

WELLBEING

PAGE 6

Time to Read

NEWS, PAGE 3

Watch Your Back This Summer

NEWS, PAGE 12

**Finishing Season
With a Winning Record**

SPORTS, PAGE 9

**Paula Toledo reads to Benjamin Berry, 6,
of Vienna at the Patrick Henry Library.
Berry participated in the summer reading
program this summer.**

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THE CONNECTION
NEWSPAPERS

News



PHOTOS BY COLIN STOECKER/THE CONNECTION

From left: Librarians Tina Mraz and Lisa Kerny pose for a picture with student art extension work made by students about the books that they read over the summer. They are on display in the Oakton Library.

Exploring the World of Books

Oakton Library's Summer Reading Program keeps children busy, promotes creativity.

BY COLIN STOECKER
THE CONNECTION

Kairavi Dandekar, 13, an eighth grader at Rachel Carson Middle School and a Herndon resident, has been waiting patiently for her 13th birthday and chance to register in the system as a volunteer for the summer reading program. Now she sits patiently at a table in the corner of the library reading, and waiting to register newcomers to the summer reading program.

"When people stop by it makes me happy that they are interested in reading over the summer," said Dandekar. "I like to read myself — I like all books, but today mostly it's younger kids registering for the program," she said.

"Since participating in the program, I have seen Kairavi's English improve and her develop a love of books and literature," said her mother, Palavi Tipnis, a software engineer.

"I think it's a great approach for young kids to read with all the technology nowadays. Children are on their phones and this is a great way for parents to bring in their kids and win coupons," said Tipnis.

The Oakton library offers an adult summer reading handout. It comes in the form of a bingo game. To win adults cross off five of the suggested reading prompts on the list. These include "Read a Pulitzer Prize Winner" or "Read something

SEE WORLD OF BOOKS, PAGE 7



Tina Mraz, assistant branch manager at the Oakton Library points to student art work. It is part of the summer reading program's art extension, a creative outlet unique to the Oakton Library for children to relate to the books they have read over the summer.

You're Invited!

The Big Move: Downsizing and Liquidating Your Valuables
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Thursday, August 17
11:30 a.m. – 1:00 p.m.

Is a move in your future? Do you need to downsize? Are you feeling overwhelmed as you contemplate paring down all the things you've accumulated over the decades? If so, join us for this informative two-part program:

- Beckyanne Theriot, BIS in Gerontology, will offer tips on downsizing and preparing for a move.
- Mark Grove, Accredited Senior Appraiser, will discuss how to liquidate your valuables, how to spot treasures (versus trinkets!) and how to estimate the market value of heirlooms, including art and antiques.

Complimentary lunch provided. Space is limited. RSVP by August 15 to 703-956-6311 or email sfields@arborcompany.com.



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Terri Lee Weatherholtz, librarian at the Patrick Henry Library in Vienna poses for a picture next to the summer reading board in the children's section. The summer reading program at the Patrick Henry Library runs from June 23 to Sept. 2.



PHOTOS BY COLIN STOECKER/THE CONNECTION

Alicia Rocconi, Youth Services manager at the Patrick Henry Library in Vienna is in charge of the summer reading program at the Patrick Henry Library. Here she poses with Eliot the library mascot. He gets passed around from library to library in Fairfax County to promote the summer reading program. "He is named after the book 'Eliot Big City,'" she said.

Time to Read Patrick Henry Library in Vienna sees the summer as a time for reading.

BY COLIN STOECKER
THE CONNECTION

The summer is a time for reading at the Patrick Henry public library in Vienna. Librarians chat about books and children run around an open kids reading section. The board on the back wall of the library reads: "Reading by Design! Summer Reading Books."

But it is not only children that came to the Patrick Henry library to catch up on a good summer read. There are plenty of adults and teens seated at the computers and between the stacks.

"We sponsor teen events, so summer reading isn't just for kids," said Alicia Rocconi, Youth Services manager at the Patrick Henry Library in Vienna. Registration at the previous night's guided meditation was full. "This was a surprise because we usually don't get such a good turnout for the teen events."

Most of the summer reading events at the library are targeted at children. "But anyone who wants to read can be rewarded," said Rocconi. There's even a selfie wall for people to pose for a picture when they complete the program. The front desk of the library is covered in student drawn awards for completing the summer reading program.

Andres Salguero, a popular children's performer, was at the Patrick Henry library the past month.

The summer reading adventure runs from June 23 to Sept. 2. Students participating read a set amount of books for their level, Preschool through third grade read 15 books, or have them read to them, fourth through sixth grade read 10 books, and students from seventh grade to 12th read 5 books.

"The number of books goes down the higher the grade level because we expect them to be reading longer books with more substance. The little kids are just reading picture books mostly, that's why we require



Kelly Richardson was at the Patrick Henry Library with her son, Neil, 2. "The summer reading program really motivates my daughter," said Richardson. "My son doesn't care; he likes to read. But my daughter likes the coupon book as a reward."



Benjamin Berry, 6, of Vienna reads a Pokemon book at the Patrick Henry Library. "I love books, Captain Underpants is my favorite book because he doesn't wear any pants or a shirt and he uses his curtains for a cape!" he said.

Paula Toledo reads to Benjamin Berry, 6, of Vienna at the Patrick Henry Library. Berry participated in the summer reading program this summer.

15," said Rocconi.

Kelly Richardson was at the Patrick Henry Library with her son, Neil, 2.

"The summer reading program really motivates my daughter," said Richardson. "My son doesn't care; he likes to read. But

my daughter likes the coupon book as a reward."

Students who complete the summer reading adventure by Sept. 2 get a coupon booklet full of free and discounted prizes.

"We like the Patrick Henry Library be-

cause it is more open in the kids section and I can keep an eye on my kids while they read. But Oakton Library has more books," said Richardson.

Librarians like Rocconi go to the Fairfax Public Schools towards the end of the school year and begin pitching the summer reading program to the kids. They bring a few books with them to spark interest in summer reading.

"There is a direct benefit that they stay engaged during the summer and reading programs help to prevent that slide. Their mind is still running when they go back to school and teachers don't have to spend the first month of school repeating," said Rocconi.

Graphic novels are popular this year with students, as is the "Diary of a Wimpy Kid" series and "The Dork Diaries." Rocconi insists that there is no right book for summer reading. "There is no requirement; the idea is to make summer reading as fun as possible."

OPINION

So Many Chances to Vote

Next up, Fairfax County School Board At-Large, Aug. 29.

Do we have election fatigue? Or are we still reeling from last November's election? Every year is an election year in Virginia, and some years offer multiple opportunities.

Either way, every voter in Virginia had a chance to choose a Gubernatorial candidate from one party or the other in the primary election on June 13.

Now in Fairfax County, a countywide special election for School Board at-large will take place on Aug. 29, with absentee in-person voting already underway. Four candidates are on the ballot, Chris S. Grisafe, Sandra D. Allen, Karen A. Keys-Gamarra and Michael H. Owens. To read our story about the candidates, see www.connectionnewspapers.com/news/2017/jul/31/low-turnout-high-stakes-special-election-school-bo/

Absentee voting for the special election is by mail or at the Fairfax County Government Center, 12000 Government Center Pkwy., Suite

323, Fairfax, through Aug. 25. Times: Monday, Tuesday, Wednesday and Friday: 8 a.m. - 4:30 p.m.; Thursday, 8 a.m. - 7 p.m.

Then comes the General Election on Nov. 7, with every House of Delegates seat on the ballot along with the race for governor. Lieutenant governor and attorney general are also on the ballot.

To vote in the General Election on Nov. 7, the deadline to register to vote, or update an existing registration, is Monday, Oct 16. In-person absentee voting begins Sept. 22, with the last day of Nov. 4.

For Fairfax County information: Voter Registration: 703-222-0776, TTY 711; Absentee Fax: 703-324-3725, Email: voting@fairfaxcounty.gov

Virginia Voter ID

You will need to show one acceptable photo identification card (photo ID) whenever you vote in person. This is Virginia law for all voters.

Photo IDs can be used to vote up to one year after the ID has expired.

Acceptable forms of valid identification:

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- ❖ United States passport
- ❖ Employer-issued photo ID

Details

To see what's on your ballot: www.elections.virginia.gov/voter-outreach/whats-ballot.html

To check that you are registered to vote at your current address: vote.elections.virginia.gov/VoterInformation/PublicContactLookup

To find a registration office where you can obtain photo ID, even on the day of an election, visit: vote.elections.virginia.gov/VoterInformation/PublicContactLookup

To read about candidates for the Aug. 29 special election for Fairfax County School Board: www.connectionnewspapers.com/news/2017/jul/31/low-turnout-high-stakes-special-election-school-bo/

❖ Student photo ID issued by a school, college, or university located in Virginia

❖ Other U.S. or Virginia government-issued photo ID

❖ Tribal enrollment or other tribal photo ID

❖ Virginia Voter Photo ID card

If you don't have an ID, go to a voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to complete a photo ID application, have your photo taken and to sign a digital signature pad.

If you get to your polling place without acceptable photo ID, ask to vote a provisional ballot. You will be given instructions on what to do so your vote can count.

— MARY KIMM

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LETTER TO THE EDITOR

Renaming to Proceed

To the Editor:

An open letter to the community.
The Fairfax County School Board voted last night [July 28] that the name of J.E.B Stuart High School be changed no later than the start of the 2019 School Year. The School Board further directed staff to start the renaming process this fall and that as part of that process — in the spirit of compromise and in recognition of the need to minimize costs as well as the desire for continuity by alumni — request that the Stuart community consider “Stuart High School” as the new name. The Board further directed staff to create a mechanism for private funding with the expectation that private funding will pay for a substantial portion of the costs.

I've met with both sides on this issue and it has yielded strong feelings and strong passions. Now that the Board has spoken, we will continue to follow the process as outlined by the School Board regulation for name changes. We will execute the renaming process in a fair, transparent, and expedient manner.

In this spirit, I invite you to join me on Saturday, Sept. 9, at 10 a.m., at J.E.B Stuart High School, where we will hold an open public meeting — per Regulation 8170

www.boarddocs.com/vsba/fairfax/Board.nsf/files/A6Z2RN6CA270/%24file/R8170.pdf — to gather names for consideration along with the opportunity for presentations, questions, and discussion. We will share further details with you ahead of the meeting.

As outlined in the regulation, voting for the school name will be limited to those participants residing in the school's attendance area and a weighted point system will be used to determine the top three choices. Voting will take place on Saturday, Sept. 16, at J.E.B Stuart High School and will be open from 10 a.m. to 6 p.m.

After review of the community's recommendations, the Division Superintendent will formulate a recommendation consisting of one or more of the most popular choices according to community input. The Division Superintendent shall then transmit the recommendation to the School Board for consideration and action.

The deadline for the Division Superintendent to submit a formal recommendation to the School Board shall be three weeks prior to the date scheduled for School Board action.

It is clear that this issue has impacted our community and it is my

hope that we can work together to find common ground and embrace the diversity of our friends and neighbors to strengthen our bond around what we all hold true — that every student succeed and that we provide them the support necessary to be successful.

The most important name, I

think we can all agree, is that of the teacher in front of them, and we are committed to ensuring whatever name is chosen that we have the best possible education for every student.

Scott Brabrand
Superintendent

Fairfax County Public Schools

PEOPLE & PETS



Emilia and Stella: Storytelling

Arlene Corrado of Great Falls submitted this photo titled Emilia and Stella at story telling.

Vienna & Oakton CONNECTION

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NEWS

Vienna Police Highlights

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna, Virginia Police Department, July 21– 27, 2017.

INCIDENTS

Fraud – 300 Block Broadleaf Drive, NE Between July 5 12 noon and July 13, 5:21 p.m. A resident reported that someone used his personal information to request financial government assistance.

Fraud – 600 Block Roberts Drive, NW July 17, 12:33 p.m. A resident reported that someone took out money from his bank account without his authorization.

Drunk In Public – McDonalds, 280 Cedar Lane, SE July 21, 10:06 a.m. Officers responded to check on the welfare of a subject. An ambulance was called to the scene. The subject was transported to the hospital for further treatment.

Suspicious Event – 900 Block of Country Club Drive, NE July 21 between 10:04 a.m. and 10:43 a.m. A resident reported an attempt to persuade his child to establish communication online with an unknown adult. The attempt was made using a gaming console instant message capability.

Fraud – 600 Block John Marshall Drive, NW July 13, 12 noon. A resident reported that someone took money from her bank account without her authorization.

Fraud – 700 Block Upham Place, NW Between July 5 12 noon and July 8 12 noon. A resident reported that someone applied for multiple credit cards using his personal information without his authorization.

Suspicious Event – 300 Block Park Street, NE July 21 9:54 p.m. A resident reported that someone threw trash on his property.

Suspicious Event – Vienna Carwash 159 Maple Avenue West July 23 between 4:30 p.m. and 5 p.m. Employee reported the suspicious behavior of a subject that is repeatedly in the area.

Grand Larceny – Westwood Country Club 800 Maple Avenue West July 20 between 6:30 p.m. and 9 p.m. A citizen reported that some of his property was taken from his vehicle.

Lost Property – Giant 359 Maple Avenue West July 24 1:25 p.m. A citizen reported that he lost some money.

Suspicious Event – 300 Block Branch Circle, SE Between July 16 1 p.m. and July 21 1 p.m. A citizen reported that a person who came into her home to watch her cat while she was away on vacation acted suspiciously while inside the house.

Vandalism – 1400 Block Patrick Circle, SW Between July 21 3:30 p.m. and July 24 9 a.m. A citizen reported that someone was able to make entry through an unsecured window into a house under construction. The unknown subject left empty beer bottles and a broken window.

Fraud – 1100 Block Westbriar Court, NE July 24 3:41 p.m. A citizen reported that someone made a fraudulent charge on her credit card.

Emotionally Disturbed Person – 1100 Block Lakewood Drive, SW July 24 7:15 p.m. Officers responded to assist a citizen with an emotionally disturbed person that was in a middle of a crisis. Officers investigated and determined that the subject needed medical attention. The subject was transported to the hospital for treatment.

Animal Case – Vienna Aquatic Center 625 Marshall Road, SW July 24 9:04 p.m. A citizen found a dog wandering around. The dog was transported to the Fairfax County Animal shelter.

Suspicious Event – 100 Block Patrick Street, SE July 25 11:04 a.m. A citizen requested assistance from the police to check on the welfare of a renter.

Suspicious Event – 100 Block Yeonas Drive, SE July 24 10:00 p.m. A resident reported a suspicious vehicle that was

parked near her residence.

Destruction of Property – 200 Block Locust Street, SE July 10 between 6 p.m. and 6:23 p.m. A citizen reported that someone entered a property she owns in town and damaged it.

Animal Case – 500 Block Follin Lane, SE July 26 between 7:50 p.m. and 8:04 p.m. A citizen found a dog wandering around. The dog was transported to the Fairfax County Animal shelter.

Arrest – Driving While Intoxicated – 500 Block Beulah Road, NE July 26 11:03 p.m. Ofc. Reedy observed a driver commit a series of traffic violations and initiated a traffic stop. Upon his interaction with the driver the officer detected signs of impairment. Ofc. Reedy placed the driver under arrest after the driver failed to successfully complete a series of field sobriety tests. Ofc. Reedy transported the 35-year-old from Sterling, Va. to the Vienna Police Station where the driver was offered the opportunity to provide a sample for breath analysis, which the driver did. The driver was then transported to the Fairfax County Adult Detention Center and charged with Driving While Intoxicated.

Animal Case – 900 Block Shady Drive, SE July 27 4 p.m. A citizen reported that a stray cat scratched his son.

Destruction of Property – 500 Block Follin Lane, SE July 27 4 p.m. A construction worker reported that someone scratched the driver's side door of his work truck and partially deflated the tires of his truck while he was working at the park.

Suspicious Event – Mill Street NE / Ayr Hill Avenue NE July 27 11:39 p.m. A citizen was walking to her car and stepped into a manhole.

CRASHES

246 Maple Avenue East July 19 3:45 p.m. Both Vehicle-1 and Vehicle-2 were on Maple Ave in rush hour traffic. Vehicle-2 was West bound on Maple Avenue going straight in the left turn lane preparing to make a left turn into the shopping center. Vehicle-1 was exiting 264 Maple Avenue East (Capital One Bank) and attempting a left turn across traffic onto East bound Maple Avenue. Two courteous Westbound drivers stopped in their traffic lanes allowing Vehicle-1 to proceed in front of them. As Vehicle-1 inched into the left turn lane impact occurred with Vehicle-2. An independent witness confirmed both Vehicle-1 and Vehicle-2 were using caution and proceeding at proper speeds, they just didn't see each other due to stopped traffic. There were no injuries - only property damage. Vehicle-1 at fault - did not have the right away. Maple Avenue East / Branch Road SE – July 22 1:19 p.m. Vehicle-2 was at a complete stop waiting at the red traffic light at the intersection of Maple Avenue East and Branch Road SE heading westbound, when Vehicle-1 admits that she did not stop soon enough and bumped into the rear of Vehicle-2 Due to the limited extent of the damage, no summons was issued.

400 Block Maple Avenue West – July 27 3:45 p.m. Vehicle-1 was exiting 416 Maple Avenue west, attempting to make a left turn to go westbound on Maple Avenue. Vehicle-2 was exiting 425 Maple Avenue West, attempting to make a left turn to go Eastbound on Maple Avenue. Both vehicles collided in the center turn lane of Maple Avenue West. Neither driver was able to determine who had entered the roadway first. It was undetermined which driver was at fault due to their account of the incident. Driver1 stated her head hurt, however, she declined rescue.

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Saving Your Skin

How to prevent sun damage while enjoying summer vacation.

BY MARILYN CAMPBELL

August approaches and many head out for sun drenched vacations with a skin-baring wardrobe. This much anticipated time of year doesn't come without danger, primarily in the form of sunburn which can lead to skin damage, skin cancer, wrinkles and dark spots. Skincare gurus offer suggestions for protecting skin without sacrificing time outside.

"Sunscreen is the best protection from the sun," said Cheryl A. Oetjen, DNP, FNP-BC, assistant professor of nursing at George Mason University. "This can be from lotions that are SPF 30 or higher or from skin-protective clothing. Wearing a hat can also protect your face to some degree. Sunglasses should also be worn."

To maximize the effectiveness of sun-

screen, Oetjen advises being aware of some of the most commonly made application mistakes. "Ideally sunscreen should be applied 30 minutes prior to sun exposure," she said. "This gives it time to soak into the skin. Avoiding the water for this time is also important."

Avoid the sun between 11 a.m. and 3 p.m. when it's most intense and use at least one ounce of sunscreen per application, says Oetjen. "The important part of applying sunscreen is ensuring that you are using enough," she said. "Fair complexions, red hair and blonde hair often are indicators of a higher risk of sunburn, so it's important to reapply often."

Make sunscreen part of one's daily skincare regimen,

advises Colleen Sanders, RN, FNP, Marymount University in Arlington. "The recommendation is that you wear sunscreen

"Sunscreen is the best protection from the sun."

— Cheryl A. Oetjen,
George Mason University



PHOTO BY MARILYN CAMPBELL

Wearing sunscreen offers the best protection from sun damage.

every day if you're going to be outside even for a short period of time," she said. "It should be part of your everyday routine."

Relying solely on the SPF found in some cosmetics like foundation or powder is unwise, says dermatologist Dr. Lisa Bronstein. "Makeup doesn't necessarily provide the protection that it claims to provide," she said. "There are a lot of tinted sunscreens out now that match a variety of skin tones and also give amazing protection from sun damage."

"Wearing sunglasses with UVA and UVB protection as well as a hat will help prevent damage, says Sanders. "Common areas that people often forget to cover, and where we often find skin cancer, are the tops

of ears and the backs of their hands," she said "These are places where people forget to put sunscreen."

"Make sure the most sensitive areas are covered ... these areas include the top of the ears, lips [and] the nose, added Oetjen. "Zinc oxide can be applied to sensitive areas."

Infants who are younger than six months old should have limited exposure to the sun, says Oetjen.

"The FDA has not approved a sunscreen for infants under 6 months so it is best for them to stay in the shade and wear sun protective clothing and hat," she said. "The skin of infants is thinner and more sensitive to the sun and sunscreen."

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NEWS

Herndon residents, Kairavi Dandekar, 13, eighth grader at Rachel Carson Middle School and her mother Palavi Tipnis, a software engineer, pose for a picture. Dandekar is a volunteer at the Oakton Library this summer and helps to register younger students for the summer reading program.



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World of Books

FROM PAGE 2

by an author from Virginia.”
“The adults come in with their kids and maybe they’re just looking for a way to take up the time but they love to do the bingo challenge,” said Lisa Kerny, librarian for 15 years, and branch manager at the Oakton Library. Assistant Branch Manager Tina Mraz loves to ask children what they read and watch their faces light up.

The Oakton library also offers a reading extension, or chance for kids to make art and put in on display about the books that

they have read. “The kids take all of the books over the summer and it’s sad to see them go, but at least they’re reading,” said Mraz.

Eric Chung, 6, a rising first grader and Oakton resident, was at the library with his nanny Ellie Rakoff, 20. “It’s hard but it’s also fun. The list has all of the books that I can read on it. I also help look after my little sister,” he said.

“It’s also a great way for them to occupy their time, not just playing video games or watching cartoons all day,” said Rakoff.

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. 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, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

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 for more.

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 for more.

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 for more.

“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 for more.

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 for more.

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-on-church/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

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, improve breathing and health, 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 available for purchase. Reservations required for group rentals. \$6/rental



‘Hair’

Hear classics like “Aquarius” and “Let the Sunshine In” at the Vienna Youth Players production of “Hair,” Aug. 4-5 and again Aug. 11-12, 7:30 p.m. at Vienna Baptist Church, 541 Marshall Road SW. \$14. Visit viennava.gov/webtrac for more.

(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.

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 for more.

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.

FRIDAY-SATURDAY/AUG. 4-5

“Hair.” 7:30 p.m. at Vienna Baptist Church, 541 Marshall Road SW. Vienna Youth Players (VYP) is putting its own spin on what youthful frustration with society looks and sounds like in its production of the

1968 Broadway musical “Hair,” which features classics like “Aquarius” and “Let the Sunshine In.” \$14. Visit viennava.gov/webtrac for more.

SUNDAY/AUG. 6

Colonial Mill Demonstration. Noon-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Demonstration on how grains were milled in years past. \$7 for adults, \$6 for students 16 and up with ID, and \$5 for children and seniors. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks.

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 for more.



Summer Sunday

Summer Sunday Concerts in the Park featuring Big Bang Boom, Sunday, Aug. 6, at 5 p.m. in McLean Central Park, 1468 Dolley Madison Blvd. Free. Call the Center at 703-790-0123 or visit aldentheatre.org.

WEDNESDAY/AUG. 9

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.

FRIDAY/AUG. 11

Pair of Plays. 5 p.m. at The Madeira School, 8328 Georgetown Pike, 8328 Georgetown Pike, McLean. Traveling Players perform Shakespeare’s “Comedy of Errors” at 5 p.m., and “Atum’s Eye: the Dawn of Time,” by Judy White at 7 p.m. Guests are invited to bring a picnic dinner. \$10. Visit www.madeira.org for more.

FRIDAY-SATURDAY/AUG. 11-12

“Hair.” 7:30 p.m. at Vienna Baptist Church, 541 Marshall Road SW. Vienna Youth Players (VYP) is putting its own spin on what youthful frustration with society looks and sounds like in its production of the 1968 Broadway musical “Hair,” which features classics like “Aquarius” and “Let the Sunshine In.” \$14. Visit viennava.gov/webtrac for more.

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 for more.

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 for more.

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 for more.

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 for more.

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.

SATURDAY/AUG. 18

Chillin’ on Church. 6:30 p.m. at Church St., Vienna. Water games, Mudlark band playing rock and blues. Visit www.viennava.gov or call 703-255-6360.

WWW.CONNECTIONNEWSPAPERS.COM

SPORTS

Finishing Season With A Winning Record

The Otter divers finished the 2017 season with a winning record of three wins and two losses, losing their final meet of the season by only one point to Mantua, with a final score of 36 to 35.

Three Otter divers placed first in their respective categories: Jon Anthony Montel in Junior Boys with a score of 98.85; Blaise Wuest in Intermediate Boys with a score of 115.4; and Spencer Dearman in Senior Boys with a score of 166.3.

The other Otter divers who placed were: Finn MacStravic (Freshman Boys, second); Leo Estes (Freshman Boys, third); Christina Angelicchio (Junior Girls, second); Kalina Montel (Junior Girls, third); Molly Estes (Intermediate Girls, second); Molly Kenefick (Intermediate Girls, third); Josh Shipley (Intermediate Boys, second); Claire Newberry (Senior Girls, second); Gillian MacStravic (Senior Girls, third); and Liam Klopfenstein (Senior Boys, third).



Kalina Montel.



Spencer Dearman.

PHOTOS
BY SUSAN ESTES





Pastor Martin T. Pickett
Senior Pastor

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THE CONNECTION
NEWSPAPERS



Left to right, top to bottom: Hamlet II, Solar III, Mid-
night, Welling II, Romer III, Agent, Bishop IV and Ekina.

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Cheshire has submitted some pho-
tos of animals the family raised
(eight so far). For further informa-
tion, go to CCI's web site at cci.org.



Solar III turning on lights.



JJ IV, the family's ninth
puppy, in his training vest.



Midnight in his service vest.

BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

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. 10

Fairfax Connector Bus Changes. 6-8 p.m. (7 p.m. presentation) at Stenwood Elementary School Cafeteria, 2620 Gallows Road, Vienna. Fairfax Connector proposes service adjustments for implementation in September 2017 to improve the customer experience through increased on-time performance, improved service reliability and reduced crowding. In order to serve the greatest number of riders as effectively as possible, improvements target high-ridership corridors and partially address the elimination of Metrobus 2T. Routes in the proposal include: 171, 231, 232, 321, 322, 333, 334, 335, 395, 462, 463, and 551. Visit <http://www.fairfaxcounty.gov/connector/news> for more.

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.

THROUGH AUG. 18

Artist Application Deadline. Visual artists who wish to participate in the 17th Annual Reston Multicultural Festival art exhibit "Art Mirrors Culture" should visit www.restoncommunitycenter.com. 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 SUMMER

Vienna Street-sweeping Program. The Town of Vienna began its annual street-sweeping program beginning March 20. The Town is divided into eight sections for purposes of the sweeping program.

During the first pass through Town, the Public Works Department asks that residents not park on the street. Find the "sweeping" sections at viennava.gov/sweeping.

Additionally, signs will be placed on streets marking a window of 7-10 days during which the truck will come through. Contact public works at 703-255-6380.

SUPPORT GROUPS

Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 jtarr5@verizon.net.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Virginia Chronic Pain Support Group Meets from 1:30 - 3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

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<p>An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.</p> <p>-Werner Heisenberg</p>			

Week to Weak



By KENNETH B. LOURIE

And speaking, a few weeks late, of my "whirled," (see July 5, 2017 column, "Not an Auto-Matic Fix"); at least as it relates to my next week or so: 24-hour urine collection on Tuesday, pre-chemotherapy lab work on Wednesday, in the Connection office on Thursday, chemotherapy infusion on Friday, continuing anxiety concerning the previous Wednesday's CT Scan/awaiting results from my oncologist followed by our usual post-scan appointment with him Friday a week later to discuss my future: status quo or the great unknown; coinciding with the typical eating challenges/post-chemo side effect which lasts a week to 10 days after treatment. If this cycle of gloom doesn't sound like fun, you're right, but it's a living/my life and I'm extraordinarily (I didn't want to say "damn") lucky to be able to live it.

And recently having spoken to a new stage IV, non-small cell lung cancer "diagnosee," who's on a 24-hour morphine drip and Percocet every four hours because he's in constant pain, I know how amazingly fortunate I am/have been since being originally diagnosed in late February, 2009. Sure, I've had my share of pain and discomfort, but in the medical-measuring system I'd give it a "1." Hardly the stuff with which nightmares are made (see column in a few weeks, as yet untitled).

I've always been a great believer in context. Not so much comparison because what you see and what you get are not necessarily relevant, comparatively speaking, but more that the circumstances are all relative. It takes me back to Popeye the Sailor Man, who apologizing to no one, always said: "I 'yam what I 'yam." And so am I. When I see other cancer patients at the Infusion Center, when I talk to cancer survivors, when I hear or read of other cancer patient circumstances, I try to live and learn, not take it personally, and count my blessings. Given the hand that I was dealt back on Feb. 27, 2009 I wouldn't say "Wild" Bill Hickok (and his black aces and black eights) came to mind, but my life, according to the "11 month to two-year" prognosis I was given, certainly passed before me - and much sooner than I had anticipated.

In spite of my diagnosis/prognosis, and the miscellaneous ups and downs that I and most cancer patients endure, I've never given in to my oncologist's initial assessment. It was so unbelievable hearing such grim news, especially considering that I was age 54 and a half, that it almost seemed like an out-of-body experience, sort of like Scrooge in Charles Dickens "novella," "A Christmas Carol." Sure we were listening attentively and asked our share of questions, but it didn't seem real or even about me, sort of. I mean at this juncture, I had no pain and no symptoms and no family history of cancer - and I was a life-long non-smoker. Yet here I was, in the bulls eye of a dreaded disease with no known cure receiving a modest life expectancy/two percent chance of living beyond five years.

But eight years and five months later, here I sit, breathe and try to write some wrongs about a life mostly unexpected, and one in which I haven't sweated too many details nor concerned myself with the "nattering nabobs of negativism," to quote former Vice President, Spiro T. Agnew, specifically as it relates to lung cancer outcomes. Which are dramatically improving.

New drug approvals and increased funding for lung cancer research has infused hope into lung cancer patient's lives. Routines with which us lung cancer patients/survivors have become accustomed will be less routine and will make our lives more fulfilling. It might not be perfect, but it's definitely a life worth living.

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

Watch Your Back This Summer

How to prevent, manage, and treat back pain.

BY MERCIA HOBSON
THE CONNECTION

Summer is in full swing in Northern Virginia. Everywhere you look, people are out cycling, running, and golfing, enjoying the sun and doing outdoor activities. But all it takes is one move, a twist, a turn, and suddenly pain runs through your lower back.

Days later, after ice packs and ibuprofen, you are not sleeping. You are grumpy, and even when you think you are standing up straight, your loved one says, "You're bent up like a pretzel."

Now what? You make your way to the doctor's office. According to the Mayo Clinic, back pain is one of the most common reasons people see a physician or miss work.

Recently, Jae Y. Lim, M.D., Chief of Neurosurgery Trauma at the Reston Hospital Center in Reston, and one of the principal surgeons at Atlantic Brain and Spine located in Fairfax, shared his knowledge on some of the common causes of back pain, what can be done for it as well as prevent it, especially back pain caused by summer activities or years of wear and tear.

Lim opened the discussion describing the more common summer-time back injuries, beginning with those that happen around the house causing a fracture. "Generally, a back fracture is caused by trauma, such as falling off a ladder, roof, or out of trees," Lim said. Painting trim, cleaning gutters, and cutting tree branches are dangerous household chores many homeowners perform. The simple way to avoid these injuries is apparent, "Be aware and use caution," Lim said. Seek immediate care if back pain follows a fall or blow to your back.

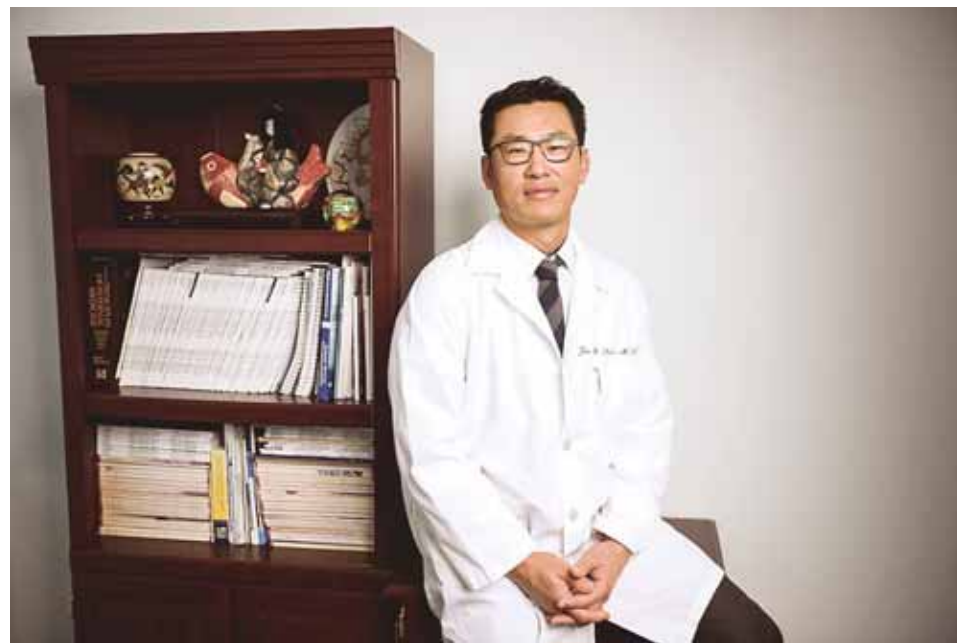
Another common back injury Lim sees, especially in the summer, is a pulled back – "a soft tissue injury." This type of injury includes damage to muscles, tendons, and ligaments. It is especially common in people, who, as Lim said, "are going all out or overly ambitious with yard work or sports." To prevent injury, Lim cautioned, "Work up to it, and slowly. Too often the mentality, especially in sports is 'no pain, no gain.'"

"Ignore that saying," said Lim emphatically.

A SOFT TISSUE INJURY can sideline an

"If conservative treatments such as medication, ice, stretching, and injections fail, then it's time to consider surgery."

— Jae Y. Lim, M.D., Chief of Neurosurgery Trauma at the Reston Hospital Center.



Jae Y. Lim, M.D., Chief of Neurosurgery Trauma at the Reston Hospital Center in Reston, said, "People are living longer, healthier lives, and want to remain active." Lim resides in Vienna.

individual for weeks, and surgery is not appropriate for this type of damage. A vicious cycle may start as the patient with a soft tissue injury restricts movement resulting in the muscles becoming less flexible and receiving less circulation. The best way to resolve the injury Lim said is gentle stretching or yoga. Get the muscles moving to increase circulation so the musculature ligaments can heal faster and get back to doing what they do best, supporting the spine to prevent more serious injuries.

Hydration is necessary to increase circulation, vital to healing. Dehydration can even be the source of back pain, as explained in detail on Lim's website. Between every two vertebra lies a disc that acts as a cushion. The discs are like little water-filled inflatables made up of two parts, a flexible, tough outer ring and inside a gelatinous substance primarily made of water. This inner material takes the brunt of softening blow after blow to the spine. However, many people do not know discs are made to lose water and rehydrate. If there's not enough water in your system, meaning you do not drink enough, the discs flatten out and shrink. The outer layer of the dehydrated disc is then forced to take on the majority of the work, absorbing the shock of impact, which it was not made to do. Eventually, the disc may swell with resulting pain, bulge, or rupture – commonly termed a herniated or ruptured disc.

ALL TYPES OF SPORTS can lead to injuries. In Northern Virginia, residents have access to a multitude of walking, running,

and bike trails, paved and cross-country, in addition to golf courses.

Lim said, "Running in itself is not debilitating. It is the repetitive pounding activity produced when running that is."

Lim asked, "Is it worth the price going forward?"

Lim acknowledged running is a widely practiced physical activity, so he suggested runners alter their running form, from a heel pounding impact to a high cadence. "Reduce the impact. Instead of going at a full running gait, leaping then landing, try a high stepping gait, so as not to subject your body force against the ground."

As for cycling, Lim said smooth paths are fine. Rugged terrains, such as mountain bike trails, can strain the surrounding musculature and ligaments of a cyclist, especially if the person's core muscles are not strengthened. "When those get injured, it's a common back or neck strain."

Turning his attention to golf, Lim said, "Golf has a sequence of steps – turning the hips, spine, shoulders, and wrists. They all have to be in order. The golfer with a back injury has to learn to protect his spine during the turn. Other parts have to take over." Lim said there had been a lot of attention focused on

golf and back pain recently because of Tiger Woods. Woods recently had his fourth back surgery, a fusion to alleviate nerve pain that nonsurgical routes couldn't lessen.

LIM IS CHIEF of Neurosurgery Trauma at the Reston Hospital Center, with a specialty in robotic spine surgery. Lim said if a golfer had a typical robotic spine surgery (RSS) compared directly to a traditional procedure, the RSS patient generally would have a faster recovery time and return to normal life.

"Typically three months after surgery, my patients are back out on the green," Lim said. "I advise my patients to start slow though. In short, chipping, pitching, and putting." Asked when an individual would be fully healed after robotic spinal surgery, Lim replied, "Back to fully recovered in 1 year, although some think and feel they are at six months and tell me so. But at the one-year visit, they say no. Now I'm fully recovered."

Asked when surgery is the correct option for anyone with back pain, Lim replied, "Timing has to be well thought out, and the patient decides...surgery is not magic. If conservative treatments such as medication, ice, stretching, and injections fail," Lim said, "then it's time to consider surgery." Lim cited as a timing example, a recent robotic spine surgery patient of his.

"The first time I saw my patient, he was in his 80s," Lim said. The man said, "I'm too young for surgery." Then he returned six years later when he was 92. He said he was old enough then and had a successful lumbar surgery."

Regardless if the back pain is a sports-related injury or recurring pain from years of wear-and-tear, there are methods to reduce or prevent further damage, and conservative or surgical options for pain. Lim said sit-ups, push-ups, pull-ups all help firm core muscles that support the spine. Exercise with low-impact. Stretch, try yoga. And when conservative pain reducing methods such as ice, ibuprofen, physical training and stretching, do not produce the results desired, and it is not a soft tissue injury, it is time to consider surgery.



Jae Y. Lim, M.D., Vienna resident and Chief of Neurosurgery Trauma at the Reston Hospital Center.



No pain, no gain. Fitness myth or fact?