



Great Falls CONNECTION

The sign marking the field as "Vanessa Pean Field" and the trees and memorial for Vanessa Péan have been marked off by orange safety barrier fencing.

WELLBEING

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Disputed Work on Great Falls Soccer Field Underway

BY FALLON FORBUSH
THE CONNECTION

The Fairfax County Park Authority has begun work to convert the Vanessa Péan Field No. 7 at the Great Falls Nike Park from natural grass to turf, despite threats of a lawsuit from Péan's mother.

"The contractor is currently working on grading and installation for subbase for the field," Judith Pedersen, a spokesperson for the Park Authority, told the Connection over email. "We are scheduled to finish construction by mid-October."

The plans for the renovation, announced to the public in May, were met with a steady stream of opposition as the news trickled throughout the Great Falls community, first from the Great Falls Citizens Association, then local advocates with the national Safe Healthy Playing Fields Coalition and Gail Péan, the mother of the late teen whose name graces the sign and memorial on the field. The qualms of the renovation were over the original plans to use crumb rubber, which opponents say is unsafe because of its potential to be poisonous and carcinogenic.

THE PARK AUTHORITY reached a compromise on Thursday, July 27, when the county agreed to abandon installing a field that used a crumb rubber and cork infill system from the FieldTurf company called CoolPlay.

In its place, the county still purchased the materials from the FieldTurf company, but instead of its CoolPlay system, the compromise field will use the company's EcoGreen system, which uses an infill system made entirely of TPE, or thermo plastic elastomer.

TPE is a non-toxic, heavy-metal-free infill that is 100 percent recyclable and reusable when the field is replaced, according to the Synthetic Turf Council, a trade association for the synthetic turf industry. TPE infill uses virgin-based material, while crumb rubber is composed of used tires.



The sign marking the field as "Vanessa Pean Field" and the trees and memorial for Vanessa Péan have been marked off by orange safety barrier fencing.

Though the parties who are funding the work — The Fairfax County Park Authority and the Great Falls Soccer Club — are happy with the compromise, Gail Péan and anti-turf advocates are still demanding the field only use natural grass systems.

Péan asked that the one TPE field that already exists at the Nike Park (field No. 4) be studied to ensure the synthetic materials don't have any adverse impact on the environment and nearby neighbors' well water quality.

In an email to Dranesville District Supervisor John Foust and David Bowden, director of the Planning and Development Division of the Park Authority, on Thursday, July 27, Péan threatened legal action if the county did not conduct a referendum and turn the decision over to the residents of Great Falls, stating the use of TPE disregarded the county's fiduciary responsibility to taxpayers.

She also demanded the park authority release any environmental studies con-

ducted on the TPE field No. 4.

All requested documentation was provided to Péan via the Office of the County Attorney after she made a Freedom of Information Act request, according to Pedersen.

These documents included safety data sheets authored by various companies about the materials that will be used for the artificial turf. The data sheets found no toxicological or ecological concerns for the grass yarn made of low-density polyethylene. However, a data sheet authored by the SO.FTER. Group found that the TPE pellets could cause "negligible hazard at ambient temperature."

If fine particles of dust from the pellets are inhaled, it could cause mild irritation, according to the data sheet. Exposure to vapors when the pellets are molten may also cause irritation to the respiratory tract. Contact with the skin or eyes when molten may also cause irritation.

The pellets are not digestible, but "no

known health hazard appears to be posed by the ingestion of small amounts of this material," the data sheet said of ingestion.

There are also ecological concerns with the pellets, as they are non-biodegradable. "The product is not dangerous, but it can be poisoning for aquatic and terrestrial organisms when ingested," the data sheet said.

When the material becomes heated to high temperatures is when the pellets can create hazardous conditions for humans.

"Although it is highly dependent on temperature and environmental conditions, traces of toxic and/or irritating gases can be released," the data sheet said.

"Do not remove molten product from burned skin," the data sheet said of contact with the skin. "This should be done by a physician."

"In case of contact with molten material immediately cool the affected area by means of large amounts of water or ice and consult a physician," the data sheet said of contact with eyes.

A SEPARATE DATA SHEET authored by Whibco of New Jersey, Inc. also found hazards with the field's sand base layer—crystalline silica in the form of Quartz—if inhaled. "Breathing silica dust may not cause noticeable injury or illness even though permanent lung damage may be occurring," the data sheet said.

Inhalation of the dust could have serious chronic health effects, including Silicosis lung disease or cancer, the data sheet said.

The Connection requested to see any studies that have been conducted on the existing TPE field (No. 4) at the park from the Park Authority if they exist.

The park authority has yet to send any such data. Pedersen told the Connection over email that, "No additional studies are underway."

In the meantime, Péan says she plans to pursue legal action against the county.



The Bermuda grass at Vanessa Péan Field No. 7 at the Great Falls Nike Park has been removed against the wishes of Péan's mother, Gail Péan.



Workers use a Bobcat T300 Compact Track Loader to move dirt and flatten the field on Thursday, Aug. 31. Construction for the new 360-yard-by-210-yard synthetic turf field is slated to be completed in time for the fall soccer season.

NEWS

Democratic-Endorsed School Board Candidate Wins

Keys-Gamarra overcomes Republican advantage in low-turnout August.

By MICHAEL LEE POPE
THE CONNECTION

Guardian ad litem and Fairfax County Planning Commission member Karen Keys-Gamarra swamped Republican Chris Grisafe and two other candidates in a special election this week, one that Democrats say is a sign of strength for their party heading into the fall. The seat was vacated by Republican-endorsed former School Board member Jeanette Hough in May, days before the deadline for the race to be on the ballot in November. Democrats cried foul, attacking the Republicans throughout the campaign for trying to rig the vote by engineering an August special election so the voters would be older and whiter and ostensibly more inclined to vote Republican than the much larger pool of voters in November.

"It backfired," said at-large School Board member Ryan McElveen, adding that the cost to taxpayers was about \$300,000 for the special election. "That became the narrative, and it's what people were talking about."

After it was clear that she had won more than 60 percent of the vote, Keys-Gamarra arrived to a raucous crowd of campaign volunteers and party faithful assembled at the Elks Lodge in Pine Ridge. Lt. Gov. Ralph Northam introduced the victorious Democrat with a speech that some in the crowd compared to the kind of delivery popularized by professional wrestlers, a newfound sense of ebullience for the typically buttoned-down candidate for governor. Keys-Gamarra thanked those who worked on her campaign without the benefit of a list, which she said she said she had been too busy to write.

"Today is so much bigger than me," said Keys-Gamarra. "This sends a message that every student, every citizen, deserves a voice."

ON THE CAMPAIGN trail, Keys-Gamarra focused on a theme of leveling the playing field for students across the county. She would frequently say that all students deserve the same opportunities no matter what ZIP code they live in. That was a message that resonated with voters in Virginia's most populous county, which has pockets of poverty scattered around some of the wealthiest neighborhoods in the county. Supporters say that was the right message for an at-large seat on the School Board, which represents all parts of the county.

"Karen was really focused on this issue of equity," said Tamara Derenak Kaufax, who represents the Lee District on the



PHOTO BY ANDREA WORKER

Karen Keys-Gamarra won the special election to fill the open school board seat vacated by Jeanette Hough.

Election Results

- ❖ Karen Keys-Gamarra: 41,436 votes, 64 percent
- ❖ Chris Grisafe: 21,315 votes, 33 percent
- ❖ Michael Owens: 1,408 votes, 2 percent
- ❖ Sandra Allen: 787 votes, 1 percent

School Board. "She understands that poverty brings challenges, and that was something she talked about at every campaign appearance."

Some Democrats were worried that the controversy surrounding the recent vote on renaming J.E.B. Stuart High School might undermine Keys-Gamarra, who agreed with those wanting to change the name. But as the precinct numbers rolled in Tuesday night, it became clear that issue might not have been the flashpoint some had feared. Democrats were closely watching precincts like Belvedere and Barcroft for a sense that voters there might be pushing back against the move to strip the high school of its controversial Confederate name.

"If there was going to be a backlash, that's where you would have seen it," said U.S. Rep. Gerry Connolly (D-11). "But she won those precincts."

Campaign manager Peter Dougherty acknowledged that turnout for the August special election was low compared to November. But he said the numbers this week exceeded his expectations, which he assumed would be maybe 6 percent or 7 percent of registered voters. Instead turnout was closer to 10 percent. Keys-Gamarra ended up with more than 41,000 votes — 64 percent, almost doubling the turnout of her Republican-endorsed opponent. Dougherty said he was surprised to see his candidate win in precincts like Fairfax Station, which is traditionally GOP territory.

"I think this shows that Democrats are really excited right now," said Dougherty. "Voters wanted someone who would stand up to what we saw in Charlottesville, and I think Karen's message was the antidote to that."

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THE CONNECTION
NEWSPAPERS

WEEK IN GREAT FALLS

Emergency Preparedness Class to Be Held in McLean

The Fairfax County Community Emergency Response Team (CERT) will offer CERT 129, a basic training class, on seven Tuesday evenings in September and October at the McLean Fire Station, 1445 Laughlin Ave., McLean on Sept. 12, 19, 26 and Oct. 3, 10, 17, 24 from 7-10:30 p.m. Students are required to attend all seven class sessions and the final. This training does not require any physical strength or agility. This CERT Basic training follows the FEMA curriculum, and is tailored to address potential local disasters and hazards. CERT Basic Training Class on emergency preparedness is co-sponsored by the Fairfax Co. Fire and Rescue Dept. and the McLean Citizens Association (MCA). For more information and to apply, visit bit.ly/2tXrP3L

Comstock Announces Service Academy Application Deadline

U.S. Rep. Barbara Comstock (R-10) announced that the deadline for students interested in applying for a nomination by the

10th District Service Academy Advisory Board to one of the nation's military academies for the Class of 2022 is 5 p.m. on Friday, Sept. 29th in her Sterling district office. "Our Service Academies depend on young men and women who embody hard work, honor, and integrity to answer the call of service."

Virginia's 10th District has distinguished students whom I have great confidence will lead our next generation. I hope each of our students who are inspired to serve their country will apply to be a part of the Class of 2022 so they can create their own legacy of excellence in a Service Academy. The 10th District Service Academy Advisory Board has the experience and commitment necessary to finding this year's dedicated class of students."

Applications can be mailed or hand delivered to Comstock's Sterling office at 21430 Cedar Drive, Suite 218, Sterling, Virginia 20164. Interested students can request an Academy Nomination Application from Comstock's Web site at comstock.house.gov/services/military-academy-nominations. The selection process is strictly a competitive one. For more information about the congressional nominating process, contact Mary Ann Cannon in Comstock's Sterling office at 703-404-6903, or go to comstock.house.gov/ and click on Military Academy Nominations under the Services section.

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Disparity, Poverty Hidden by Communities' Wealth

“How hard would it be for someone to invite me in for a bowl of soup?”

COMMENTARY

BY STEPHANIE BERKOWITZ
NORTHERN VIRGINIA FAMILY SERVICE

The U.S. Census Bureau confirmed in July what we already know: many Northern Virginia residents are doing well financially. In fact, Loudoun County, the City of Falls Church and Fairfax County are the three wealthiest jurisdictions in the U.S. while Arlington and Prince William counties and the City of Fairfax also rank in the top 20.

The new Census Bureau numbers mask the fact that there are pockets of poverty throughout our region, and many of our neighbors are struggling.

Having worked at Northern Virginia Family Service (NVFS) for 18 years, I have met countless residents who come to us for help finding affordable housing, food, healthcare, medications and job training. Without support, these issues continue to negatively impact the families around us, creating larger barriers to self-sufficiency and the opportunity to thrive in our booming region.

I'm thinking of Zaheer Iqbal, who emigrated to the U.S. from Pakistan with a master's degree in English literature, a Fulbright scholar-



ship and having worked with the U.S. military in Pakistan fighting the Taliban. In spite of his experience and education, the best job he could find was cleaning toilets and working as a cashier at an Annandale gas station. (Did I mention he also speaks seven languages?) Zaheer “graduated” to a job as a hotel night clerk in Fairfax, leaving that job every morning to go to our six-month Training Futures job program. Training Futures saw his potential and helped him make valuable connections within the business community.

He recently landed a job with a government contractor. But it took Zaheer four years of sleepless nights and uncertainty about how he would support himself and his twin boys to get to that point.

When I think about the disparity in our region, I think of the 77-year old woman who has been coming to our Hunger Resource Center in Manassas on and off for 20 years as her situation changes. (She asked that I not use her name because she doesn't want her family to know she continues to rely on the food bank.) When she was raising her son as a single mother and working as a waitress, there were times when she had to choose between paying the mortgage and feeding her family. At one point, her house was in foreclosure. Today, she is living off her monthly social security check, which doesn't cover her basic expenses. She is drawn

to the fruits and vegetables at the Hunger Resource Center and, on the days they have eggs, she “celebrates” by making an omelet. As a senior living alone, she says she feels invisible to her neighbors. “How hard would it be for someone to check up on me or invite me in for a bowl of soup?” she asks through tears.

And when I think of the challenges facing so many of our neighbors I am thinking of Carla Rocha, who grew up in Reston and graduated from high school in Sterling. All she wanted was a safe, affordable place to live with her son. Instead, she lived in her car, slept on friends' floors and stayed in transitional housing provided by Second Story – one of many outstanding nonprofits in Northern Virginia that provide a safety net for vulnerable children and youth.

Carla moved five times in six years. “I could adapt easily,” she told me. “It was harder on my son. That is a lot of change for a kid.”

With support from nonprofits like NVFS and Second Story, Carla has a great job and has been able to buy her own place. But for many other residents, living wage jobs and affordable housing remain elusive.

For nearly 100 years, NVFS has been committed to helping vulnerable residents become self-sufficient. If you are proud to call Northern Virginia home, help us in creating a stronger community where all families and individuals can thrive. Maybe you can start by inviting someone in for a bowl of soup.

The writer is president and CEO of Northern Virginia Family Service.

LETTERS TO THE EDITOR

Fomenting Disunity and Hate

To the Editor:

I was appalled to read the letter (“American Values,” Aug. 30) by a group of Democrat politicians, libeling Donald Trump. No fair-minded person could honestly construe anything Mr. Trump said as a “defense of Nazism.”

Mr. Trump's initial response was: “We condemn in the strongest possible terms this egregious display of hatred, bigotry, and violence on many sides.” Who but an actual fascist could disagree?

Trump then re-stated: “Racism is evil — and those who cause violence in its name are criminals and thugs, including KKK, neo-Nazis, white supremacists, and other hate groups are repugnant to everything we hold dear as Americans.” No honest person — politician or not — could interpret this as support of Nazism.

As to the facts in Charlottesville, many of the original protestors were not neo-Nazis or Klansmen, but simply there to protest the re-

moval of Robert E. Lee's statue from the park named after him. Similarly, not all the counter-protestors were club-wielding, rock-throwing antifa — some just believed the statue should be removed. So again, Mr. Trump was undeniably correct that some [not all] on both sides were fine people.

It's hard to avoid the conclusion that the Democrat politicians who signed the defamatory letter to the Connection are primarily interested in fomenting disunity and hate by hyping fears of neo-Nazis among the voters.

Michael Crawford
Great Falls

For Tax Reform Benefiting All

To the Editor:

Trump wants to cut taxes for the rich who already have too much — who already translate their wealth into power to pervert our political and economic systems.

If Republicans are serious about tax reform, then why not go back to their favorite period in history — when Ike was president?

Under Ike's 90 percent top income tax, we had world-class living standards, science and research, public schools, road and media — we had Fairness Doctrine reporting with real investigative journalism.

Why? Because, instead of stealing from innocent hardworking Americans like my dad, the rich paid their fair share for membership in the society that benefits them most.

Go ahead and reform taxes, but do it to benefit all Americans, not just the top 1 percent.

A.J. O'Brien
Herndon

Deer Hunting Effects Misrepresented

To the Editor:

Did you receive a disturbing flyer in the mail about archery hunting in Fairfax County? The flyer displays a graphic depiction of a deer with an arrow through its face (from N.J.) and claims that

bowhunting is responsible for deer vehicle collisions (DVCs). This flyer from an anonymous source has raised many questions, as it was designed to do. However, the question you should be asking is: Are these claims true?

To not bury the lead, the answer is no. This flyer goes beyond a simple misunderstanding of ecological systems or DVCs. It falsely represents an analysis of VDOT data and takes a single sentence from the scientific literature out of context with the dubious intent of convincing you that the science supports their position when it does not.

But how do we know? The VDOT data used in the flyer were acquired through a Freedom of Information Act request. The DVCs in the data were mapped against the Fairfax County Deer Management Program in order to investigate the flyer's claim that 92 percent (287 of 310) of the DVCs occur within 1 mile of a park undergoing deer management. We found that claim was false. In order to include 287 DVCs, we had to count DVCs within one and a

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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LETTERS

FROM PAGE 6

half miles from parks, not one mile. Why does that matter? First, it is a lie in the flyer and shows the author's willingness to reject reality and replace it with their own fantasy. Second, 92 percent of Fairfax County is within one and half miles of a property in the Deer Management Program. Therefore, 92 percent of the DVCs happen on 92 percent of the area of Fairfax County. The VDOT data do not support the claim that DVCs increase because of deer management activities.

There is a research project in the City of Fairfax investigating an experimental deer sterilization method. The flyer claims that only three DVCs occurred in the city during the time of the study. However, the VDOT data shows seven. The flyer goes on to attempt to claim that the sterilization study has decreased DVCs. To investigate this claim, I used VDOT data from 2005 to 2016 for the City of Fairfax. Prior to the study being implemented in 2014, the City of Fairfax averaged 1.3 DVCs per year (12 DVCs in 9 years). During the study, the City of Fairfax averaged 2.3 DVCs per year (7 in 3 years). The number of DVCs has actually increased during the time of the deer sterilization study. However, as an honest man, I cannot suggest that this slight increase is a result of the sterilization project. The increase, while real, could be caused by any number of factors.

The flyer goes on to claim that an article published in the Journal of Wildlife Management in 1985 supports the long-held belief by those that oppose hunting that bowhunting actually increases deer populations. The article in question is "Reproductive Dynamics and Disjunct White-tailed Deer Herds in Florida" by Richter and Labisky. This study did find that female deer in hunted populations had an insignificant increase in fawns versus deer in non-hunted populations. Why? Here is where we lose the authors of the flyer because we have to apply a little ecological knowledge, or maybe read the entire article they misrepresent. This article goes on to explain that hunted deer populations are more healthy deer because they are in better balance with their environment and are better capable of reproducing than non-hunted deer because non-hunted deer are less healthy. That does not mean that hunting will increase the deer population. In fact, hunting reduces the deer population because it overcomes the slight increase in reproduction associated with healthy deer. Hunting is how deer

populations are managed in Virginia and the declining deer herd in the state is testament to the efficacy of the method.

There are other false claims in the anti-hunting flyer, but I hope that I have made my point. Perhaps there is a reason the author of the flyer did not sign their work. I will sign mine.

Kevin R Rose
Certified Wildlife Biologist

Great Falls Citizens Association Elects Secretary

The Great Falls Citizens Association (GFCA) Board unanimously elected Elizabeth Huebner as secretary at its August meeting, thereby filling a vacancy among the association's officers.

GFCA president Bill Canis said that "Elizabeth Huebner is a long-time Great Falls resident who is familiar with the issues in our community. In her volunteer work and her professional field, she has demonstrated strong writing and analytical skills which will serve her well as one of four elected GFCA officers. The



PHOTO CONTRIBUTED
Elizabeth Huebner

Board welcomes her and looks forward to her fresh perspective and recommendations."

Huebner retired two years ago as a Fairfax County Public Health Nurse, and also served as a college nursing professor for 18 years. In previous years, she has served as president, vice president, treasurer and secretary for the Great Falls Garden Club, where she remains an active member. She is also a board member of the Five Hills Garden Club in Vienna, where she writes the monthly conservation newsletter article.

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Great Falls

Donations are still being accepted at www.CelebrateGreatFalls.org under Friends of the Fireworks



The Fairfax County Board of Supervisors presented a proclamation to declare September as Suicide Awareness and Prevention Month.



Doing the walk in 2016 to raise awareness and funds and prevent suicide.

September Is Suicide Prevention Month

Area agencies, organizations and citizens engage to raise awareness and prevent deaths.

BY ANDREA WORKER
THE CONNECTION

At its meeting on July 11, the Fairfax County Board of Supervisors presented a proclamation, designating September 2017 as Suicide Awareness and Prevention Month.

Suicide is the 11th leading cause of death in Virginia. On average, one person dies by suicide every eight hours in the state. According to the statistics published for 2017 by the National Capital Area branch of the American Foundation for Suicide Prevention (AFSP), suicide is the second leading cause of death for ages 15-34 in Virginia, third for ages 10-14, and fourth among people 35-54.

"So many of these tragedies are preventable," said Ellen Shannon, area director for the region's AFSP chapter, "if only we can end the stigma and get people talking. It's not a conversation that we're comfortable having, but if we listen, and talk, we might just save a life."

Studies show that more than 50 percent of all people who attempt suicide tell someone about their intentions, but too often people considering suicide are afraid to ask for help, and those who think they see the signs of trouble are reluctant to be wrong and then offend, or cause embarrassment.

Wendy Gradison, CEO of Psychiatric Rehabilitation Services, Inc. (PRS) that runs Northern Virginia's crisis hotline and textline, agrees. In a statement, Gradison said that by "turning up the volume, we can make it OK to have a conversation, make a call or send a text. Making a call or sending a text [to our CrisisLink] saves lives."

PRS reports that for every death, 278 people are able to move past that crisis moment, and the numbers could increase to the positive if more people can be reached. The nonprofit has contributed to those survival statistics, handling nearly

34,000 crisis calls and exchanging more than 33,000 crisis text messages from the Northern Virginia region in 2016 alone through its CrisisLink program.

All of the area organizations that support mental health and fight against suicide are actively engaged in that battle all year long, 24/7, but during Suicide Awareness and Prevention Month, those efforts get magnified to engage as many citizens as possible in the conversation.

Who's doing what to promote suicide awareness and prevention during September, and how can to get involved? Here are just a few of the events and activities taking place in the area:

Out of the Darkness Walk

The 10th annual Fairfax/NoVA Out of the Darkness Community Walk to benefit the American Foundation for Suicide Prevention, National Capital Area Chapter, (AFSP) takes place on Saturday, Sept. 16, starting at 11 a.m. Check-in begins at 9 a.m. The walk begins and ends at the Fairfax County Government Center in Fairfax.

Online registration for the event at www.afsp.donordrive.com is open until noon on the Friday before the walk, but individuals and teams can still register in person at the walk from check-in until the start of the walk.

The event is family and pet friendly. Walkers and spectators are encouraged to come early in order to explore the resources area. Representatives from local agencies and non-profits will be on hand to offer information and news about upcoming events.



From left: Capt. II Dennis Kotecki, Wellness and Fitness Program Manager, Fairfax County; Karrie Leigh Boswell, retired Fairfax County firefighter and chair of the Out of the Dark Community Walk; and Ellen Shannon, area director, National Capital Area, American Foundation for Suicide Prevention.

The organizers say it's also a good time to simply "connect and gain support" from others with similar experiences.

Working closely with the AFSP and leading the charge for the walk for the second year in a row is retired Fairfax County firefighter, Karrie Leigh Boswell, who has been an advocate for firefighter line-of-duty

death benefits during her 27-year career. She got involved in the cause to prevent suicide deaths when "trying to make sense" of the suicide "of one of our own, Nicole Mittendorf." Mittendorf was a firefighter from Woodbridge, who took her own life in April last year and whose death sparked investigations into cyberbullying as a possible contributing factor in her death.

Boswell says she felt compelled to get involved and do her part for suicide prevention for everyone, but particularly for her "brother and sister" firefighters and rescue personnel. "If you think there's a stigma among the general public when it comes to talking about your mental health or feelings of suicide," said Boswell, "it's even greater in those ranks and with law enforcement. We feel like we're supposed to be the ones helping, not the ones needing help."

Boswell is committed to doing what she can personally and to building a community to tackle the tragedies of suicide. "Nothing ever gets done without a broad-based coalition," she said.

"Last year we had about 1,000 walkers and raised about \$150,000," said Boswell. Those numbers made the Fairfax Walk number 18 of the 411 AFSP-sponsored walks that took place across the country in 2016.

Her goals for this year? "Double? Triple? Ultimately to break a million dollars!" Boswell is pleased that half of the funds raised will remain here in the community, with the other half going to

SEE SEPTEMBER, PAGE 10

WWW.CONNECTIONNEWSPAPERS.COM

WELLBEING

Healthy and in Season

From juicy apples to hearty cabbage, how to reap the health benefits of fall produce.

BY MARILYN CAMPBELL

With her one-year old daughter in tow, Ellen Knight poked at apples and caressed peppers on a Sunday morning at the Bethesda Farmers Market. The activity is part of her weekend ritual, searching for the freshest, most flavorful seasonal fruits and vegetables to use in meals throughout the rest of the week.

"I'm a little neurotic about produce and farmers markets," she said. "I try to only buy at farmers markets and only buy what's in season. I'm excited about fall and the new changes in what's coming in from the local farms."

As the weather gets cooler and temperatures drop, the bumper crops of fall can be found in flavorful abundance at farmers markets, grocery stores and even backyard gardens. Among the most nutritious and readily available produce are cabbage, peppers, squash, beets and other root vegetables, says Chef Pete Snaith of Culinaria Cooking School in Vienna.

"The fall harvest is a glorious time for peak-of-the-season vegetables and fruits," he said. "Farmers markets will be piled high"

With a flavor that can be the basis of both sweet and savory dishes, sweet potatoes are one of the most nutritious foods to debut in fall, says nutritionist Allison Speer of the Speer Nutrition Group in Alexandria. "They're loaded with potassium and vitamin E," she said. "In fall there's a greater variety available like Purple Stokes, Garnet and Hannah."

Choose small or medium-sized sweet potatoes that feel heavier than they look, advises Speer. "Store them in a dark place and keep them cool, but not cold," she said. "Letting them get cold ruins the flavor."

Winter squash is an umbrella term for a wide-range of squash varieties with thick, tough skins, such as butternut and acorn. Most readily available beginning in early fall and slow to go bad, winter squash can be stored whole for several weeks, says Arlington-based dietitian Melissa Hawkins, RD. "They are full of vitamins A and C," she said. "The also have a lot of potassium and fiber, which can make you feel full and satisfied for a longer time."

Hawkins also touts the versatility of winter squash. "I like to use butternut squash or pumpkin in soup," she said. "Acorn squash can be made into a puree. One of my favorite things to do is to spiralize winter squash to make spaghetti or noodle-like strands that I use instead of pasta. It's super easy and deeply satisfying."

Though its trendier cousins kale and Brussels sprouts get more hype, Hawkins says that cabbage is a versatile superfood that should not be overlooked. "There are so many varieties like Savoy and Napa and it's full of vitamins C and B6 and fiber," she said. "Leafy greens in general, like chard, mustards and kale, are nutrition powerhouses and are at their best in the fall."

Cabbage and other greens are low and calories and can be prepared in a myriad of ways, adds Speer. "One of the simplest ways to cook them is to roast them or stir fry them," she said. "Cabbage can also be stuffed or turned into slaw."

Most commonly seen in dark red, beets come a variety of colors like white, pink and orange. They're earthy, sweet and nutritious, says Hawkins. "Eating beets is almost like taking a big multivitamin," she said. "You're getting vitamins, A, B and C, plus iron, potassium, folic acid and beta-carotene."

Beets can be eaten raw or prepared in a variety of ways, says Speer. "You can roast them, puree them or even make beet chips," she said. "They can stain your hands and clothing so you have to be careful when handling them."

Among the foods most often associated with fall are apples. With varieties ranging from tart Granny Smiths to sweet Fujis, there's an orb for every palate, says Speer. "Apples are packed with fiber and vitamin C," she said. "You can slice them or eat them while, so they're accessible and easy to carry and eat." Select apples that are firm and without blemishes or bruises, and coat them with lemon juice after they've been cut to keep them from turning brown, advises Speer.

Choosing produce that is fresh and in-season, makes it easier to prepare them with little fuss so that their nutritional value is preserved. "Fresh vegetables deserve quick, simple, healthy preparation," said Snaith "Steaming, blanching, grilling, and roasting

quickly come to mind. Apples, watermelon, and peaches are abundant now as well. You can top off a delicious meal with a light dessert of baked apples or grilled peaches with homemade vanilla ice cream."



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**Walk to End Alzheimer's
in Northern Virginia
Reston Town Center
September 24 | 2:00 pm**

September Events Highlight Suicide Prevention Month

FROM PAGE 4

fund scientific research, and national suicide prevention and advocacy efforts.

AFSP.org offers seminars and workshops for clinicians as well as the general public. The group also raises funds for research and resources and advocates at all levels of government to “find better ways to prevent suicide, to edu-

cate and to procure resources.”

Contact information: Website www.afsp.org, Twitter @AFSP_NCAC and on Facebook.

24 Hour Work-Out of the Darkness

Organized by Fairfax County’s LiveWell program and Fire and Rescue’s Well-Fit program, this 24-hour workout event is a “great

companion piece” for the Out of the Darkness Walk,” said Capt. II Dennis Kotecki, wellness and fitness program manager with Fairfax County. The action also takes place at Government Center, starts at 8 a.m. on Friday, Sept. 15, and concludes an hour before the Walk check-in begins on Saturday morning.

“We are really looking for ways

to help our county employee community stay fit, physically and mentally ... and it’s just a great, fun experience and way to support efforts to prevent suicide.”

The Workout is open to all Fairfax County government employees, retirees, family members and first responders from surrounding jurisdictions. The activities are divided into 30-minute sessions and include opportunities for individual exercise as well as group fitness classes.

“We’ll have it all going on,” said Kotecki.

There will be cycling, Zumba, a walking labyrinth, a kids’ fitness zone, kettleballs and routines using TRX equipment.

Like the Out of the Darkness Walk, the Work-Out will also have a mental wellbeing expo, from 11 a.m.-2 p.m. on Friday, with information about community resources, as well as county employee benefits.

Eligible participants can learn more, register and select workout activities and timeslots at m.signupgenius.com/#/showSignUp/20f04aaba92fa1fbg-workout2.

#CallTextLive

PRS, Inc. is launching its third annual #CallTextLive campaign, using that hashtag to reach out directly through social media to engage the community and encourage those in need to make contact with people who can help. The campaign works to educate the community about what resources are available, and what they can do to get help, or give it.

On the PRS website, the organization has posted an interactive Calendar of Events. Throughout the month of September on the calendar viewers can click on links that guide them to resources, training classes, ways to volunteer or donate, inspirational messages, and actions that anyone can take to help raise awareness and prevent suicide. On Sept. 10 on the PRS calendar, there’s information about World Suicide Prevention Day. Sept. 21 invites people to join in on “Selfie Day!” by sharing pictures on PRS’s social media platforms dressed in a #CallTextLive T-shirt. Sept. 16 and 17 direct viewers to information about, and registration for, a two-day ASIST

SEE SUICIDE, PAGE 11



Public Meetings Fall Transportation Meeting

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a town hall style meeting. The open house will provide information on various transportation initiatives including proposed changes to Virginia’s project prioritization process (SMART SCALE), recently funded projects in the Six-Year Improvement Program, Virginia’s Statewide Transportation Improvement Program, VTrans Multimodal Transportation Plan, and Scenario Planning and Freight plans. Representatives from the Office of Intermodal Planning and Investment, Departments of Transportation and Rail and Public Transportation, along with Metropolitan Planning Organizations, Planning District Commissions, and Transit organizations will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia’s transportation network. The open house will be followed by a town hall session, where you can engage in discussion and ask questions about the various initiatives. Comments will be accepted informally at the meeting and may also be submitted via email, or online.

Meeting Dates and Locations

Open House begins at 4:00 pm in each of the locations:

Tuesday August 29, 2017 Germanna Community College Center for Workforce & Community Education 10000 Germanna Point Drive Fredericksburg, VA 22408	Thursday, August 31, 2017 The Prior Center at UVA-Wise 437 Stadium Drive Wise, VA 24293	Monday, September 11, 2017 Culpeper District Office Auditorium 1601 Orange Road Culpeper, VA 22701
Thursday, September 14, 2017 Chesapeake Conference Center 700 Conference Center Drive Chesapeake, VA 23320	Monday, September 18, 2017 NOVA District Office The Potomac Room 4975 Alliance Drive, Fairfax, VA 22030	Monday, October 2, 2017 Hilton Garden Inn Richmond South/ Southpark 800 Southpark Boulevard Colonial Heights, VA 23834
Wednesday, October 4, 2017 Holiday Inn Lynchburg 601 Main Street Lynchburg, VA 24504	Tuesday, October 10, 2017 Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486	Thursday, October 12, 2017 Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017

Meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning August 29, 2017.

If you cannot attend a meeting, you may also send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or SixYearProgram@VDOT.Virginia.gov and on rail, public transportation and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov. Comments will be accepted until October 20, 2017.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation’s Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation’s Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

Suicide Prevention

FROM PAGE 10

training session. ASIST is a suicide intervention workshop. The sessions are open to “virtually anyone older than 16, regardless of prior experience or training.”

In addition to running the CrisisLink Hotline and Textline, PRS offers training workshops and programs such as “CareRing Services” to maintain supportive contact with area older adults.

Contact information: Website – prsinc.org. The Crisis Hotline number is 703-527-4077. Text “CONNECT” to 85511 to reach the PRS Textline.

NAMI Northern Virginia “Help Shine a Light” Walk

The local affiliate of the National Alliance on Mental Illness will host its annual Walk on Saturday, Sept. 23, in Tysons Corner, with check-in starting at 9 a.m.

NAMI Northern Virginia has been serving residents of Fairfax, Arlington, Alexandria, Falls Church and Loudoun County for 40 years. They offer numerous classes, clubs, and support for individuals living with mental health conditions, as well as support groups, sessions and resources for the families, partners, and friends of those individuals. Contact information: Website www.nami-northernvirginia.org. Helpline 571-458.7310 Email at info@nami-vova.org.

Other mental health resources are available through the county on line at www.fairfaxcounty.gov, and through the Fairfax-Falls Church Community Services Board. Emergency mental health services with the CSB are available 24/7 by calling 703-573-5679, or coming directly to the Merrifield Center at 8221 Willow Oaks Corporate Drive, lower level, rear entrance, in Fairfax.



PHOTO CONTRIBUTED

Rowing to raise funds — from the 2016 “Work-Out of the Darkness, which precedes the Out of the Darkness Walk to prevent suicide. For the second year, Fairfax County will host a 24-hour workout event for county employees, family members and firefighters and law enforcement from neighboring jurisdictions, from 8 a.m. on Friday, Sept. 15, until 8 a.m. on Saturday, Sept. 16.

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9818 Georgetown Pike • Great Falls, VA 22066
7:00 p.m.

As the centennial anniversary of the 19th Amendment approaches, Pat hopes to educate, surprise and entertain you as she discusses the 72-year suffrage movement and Turning Point's mission and goals.
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CALENDAR

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.

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.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Play on Wednesday evenings and Saturday mornings in Vienna. Visit www.goldengirls.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.

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 (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.

WEDNESDAY/SEPT. 6

McLean Newcomers and Neighbors. 11 a.m.-12:30 p.m. in the Community Room, Regency at McLean, 1800 Old Meadow Road, McLean. Visit www.McLeanNewcomers.org for more.

SEPT. 7-9

Quarterly Book Sale. 11 a.m.-8 p.m.; Saturday 10 a.m.-2 p.m. at the Tysons Library, 7700 and 7704 Leesburg Pike. Large selection of books and media for all ages and interests. Visit tysonslibraryfriends@gmail.com or 703-338-3307 for more.

FRIDAY/SEPT. 8

Dave & Buster's Adventure. 3:30-10 p.m. leaving from The Old Firehouse, 1440 Chain Bridge Road, McLean. 7th- through 9th-graders, teens will have all access to Dave & Buster's private dinner buffet and a \$25 game card with unlimited arcade game play is included in the trip fee. \$55/\$45 MCC district residents. Visit www.mcleancenter.org for more.

SATURDAY/SEPT. 9

Virginia Indian Festival. 10 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Activities include hands-on activities and live demonstrations such as American Indian storytelling, shooting bow and arrows, throwing spears and making stone tools. Additional activities include building a dugout canoe, and a visit to a marketplace of American Indian crafts, pottery and jewelry. \$8. Call 703-759-9018 or visit online at www.fairfaxcounty.gov/parks/riverbend-park for more.

End of Summer Community Picnic. 4:30-6:30 p.m. at The Hunger Church - Charles Wesley UMC, 6817 Dean Drive, McLean. Free. Food, games, moon bounce. Visit www.thehungerchurch.org for more.

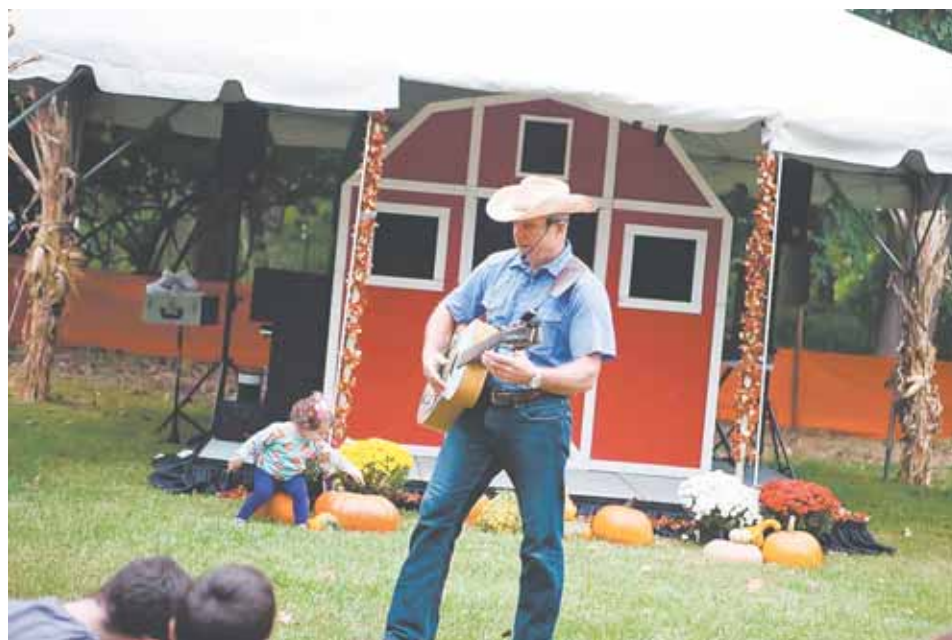
SEPT. 9-20

Northern Virginia Senior Olympics. Various



Garage Sale

The McLean Garage Sale is on Saturday, Sept. 16, 9 a.m.-1 p.m. at the parking lot, 1420 Beverly Road, McLean. The deadline to register is Wednesday, Sept. 13. Visit www.mcleancenter.org for more.



Harvest Happenings

On Saturday, Sept. 30, it's outdoors for "Harvest Happenings," 11 a.m.-2 p.m. at St. Luke's School, 7005 Georgetown Pike, McLean. Live entertainment, a petting zoo, crafts and games. All activities are free, except for the cost of purchasing pumpkins for crafts activities and food concessions. Visit www.mcleancenter.org for more.

times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit www.nvso.us for more.

SUNDAY/SEPT. 10

The Old Dominion Chrysanthemum Society. 2:30 p.m. at the Falls Church Community Center, 223 Little Falls St., Falls Church. A discussion and demonstration on preparing and presenting Mums for a flower show. Free. Call 703-560- 8776 or visit www.odcsmums.org.

WEDNESDAY/SEPT. 13

Riverboat Cruise. 10-11:30 a.m. at Shepherd's Center of Oakton-Vienna (SCOV) 541 Marshall Road SW, Shepherd's Center of Oakton-Vienna hosts day trip to Georgetown Harbor via riverboat cruise from Alexandria to Georgetown

for shopping, exploring and lunch. Will return by riverboat to Alexandria, then the bus trip home to Vienna. \$85 includes transportation and riverboat cruise. Call 703-281-0538 or visit www.scov.org.

Live after Five. 6-9 p.m. at Jammin Java, 227 Maple Ave. E, Vienna. Hors d'oeuvres and local musicians highlight the tour. Visit www.jamminjava.com for more.

THURSDAY/SEPT. 14

Remembering Jerry Halpin. 7:30-9 a.m. at J. Gilbert's Wood-fired Steaks & Seafood, 6930 Old Dominion Drive, McLean. Chaired by John Ulfelder, former West*Group SVP and Partner, currently Dranesville Planning Commissioner. \$20, future members \$30. Visit www.jgilberts.com or call 703-893-1034 for more.

SEPT. 14-16

Fall Book Sale. Various times at Oakton Community Library, 10304 Lynnhaven Place, Oakton. Free. Visit www.fairfaxcounty.gov/library/friends/ok/ or call 703-281-0300 for more.

FRIDAY/SEPT. 15

Tequila Tasting. 5:30-7:30 p.m. at the Härth Restaurant, Hilton McLean Tysons Corner, 7920 Jones Branch Drive. A free tasting event unveiling a new proprietary tequila from Herradura. Free, and open to anyone 21+ Call 703-847-5000 for more.

Family Fun Bingo. 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Players can win prizes, play guessing games and enjoy light refreshments. Advance registration is required. Visit www.mcleancenter.org for more.

SATURDAY/SEPT. 16

American Legion Breakfast. 8 a.m.-noon at Post 180, 330 Center St., N., Vienna. Buffet includes omelets, blueberry, pancakes, sausage, bacon and more. Adults \$9, children 12 and under \$3. Call 703-938-6580 for more.

McLean Community Fall Garage Sale. 9 a.m.-1 p.m. at the parking lot, 1420 Beverly Road, McLean. This year's sale features a Kids' Corner area where children will sell their toys, clothes, games and other items. The deadline to register is Wednesday, Sept. 13. Visit www.mcleancenter.org for more.

John Eaton in Concert. 2 p.m. at Vinson Hall Auditorium, 6251 Old Dominion Drive, McLean. Jazz pianist, brilliant historian and local legend John Eaton will perform a concert of Great American Songbook tunes. \$20/\$14 MCC district residents. Visit www.mcleancenter.org for more.

SEPT. 16-17

Bonsai Show and Auction. 10 a.m.-5 p.m. at Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Sponsored by the Northern Virginia Bonsai Society and the Potomac Bonsai Association. Visit www.potomacbonsai.com for more.



Vivian Attermeyer

Painting Demonstration on Thursday, Sept. 14 at 7:30 p.m. at Vienna Art Center, 115 Pleasant St., NW, Vienna. Learn how award-winning artist Vivian Attermeyer creates her original artworks capturing different seasons and light conditions. Visit www.ViennaArtsSociety.org or call 703-319-3971 for more.

NEWS

Boy Scouts Build a Rain Garden

Boy Scouts of Troop 673 in Great Falls spent Saturday, Aug. 26 doing a community service project to build a rain garden at Great Falls United Methodist Church. The rain garden will help to control stormwater runoff, which is a major source of pollution in the Potomac River and Chesapeake Bay.



PHOTO BY BENJI PRICKETT

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Here's What's Happening at MCC

The Old Firehouse Friday Night Trips
Dave & Buster's
Friday, Sept. 8, 3:30-10 p.m.
\$55/\$45 MCC district residents
1440 Chain Bridge Rd., McLean, Va. 22101



The Old Firehouse Family Events **Family Fun**



Friday, Sept. 15, 7-9 p.m.
\$10/\$5 MCC district residents
1440 Chain Bridge Rd., McLean, Va. 22101



Clear the Clutter! **McLean Community Fall Garage Sale** Featuring a Kids' Corner

Saturday, Sept. 16, 9 a.m.-1 p.m.
Free Admission
1420 Beverly Rd., McLean, Va. 22101

Presented by The Alden **John Eaton in Concert**

Saturday, Sept. 16, 2 p.m.
\$20/\$14 MCC district residents
Vinson Hall Auditorium
6251 Old Dominion Dr.
McLean, Va. 22101



The Old Firehouse Teacher Workday Trip **Kings Dominion**

Friday, Sept. 22, 8 a.m.-6:30 p.m.
\$80/\$70 MCC district residents
1440 Chain Bridge Rd., McLean, Va. 22101

Presented by The Alden **The Princess Bride** Quote-Along Movie

Friday, Sept. 22, 7 p.m.
Admission and popcorn are free.
Prop bags are \$5 each.
The Old Firehouse, 1440 Chain Bridge Rd.,
McLean, Va. 22101

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



Administrative Offices
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Fax Resume (703) 425-2703. EOE.

Legals

ABC LICENSE

MOJDA, INC. trading as SAFFRON,
1025 SENECA RD STE A, GREAT FALLS,
FAIRFAX COUNTY, VIRGINIA 22066-1365.
The above establishment is applying to the
VIRGINIA DEPARTMENT OF ALCOHOLIC
BEVERAGE CONTROL (ABC) for a WINE
AND BEER ON PREMISES license to sell
or manufacture alcoholic beverages. MO-
JGAN ABDUL KARIM, MEMBER. NOTE:
Objections to the issuance of this license
must be submitted to ABC no later than 30
days from the publishing date of the first
of two required newspaper legal notices.
Objections should be registered at www.abc.virginia.gov or 800-552-3200.

An expert is someone who knows some
of the worst mistakes that can be
made in his subject and how to avoid them.

-Werner Heisenberg

Announcements

Announcements

NEWS

PHOTO COURTESY OF SCOV

**From left: Pastor Kyungsuk
Cho, Wesley United Method-
ist Church; Rev. Dustin
Parson Schwarz, Emmaus
United Church of Christ;
Pastor Jeff Haugh, Vale
UMC; Pastor Austin
Almaguer, Vienna Baptist
Church; Rev. Kristin
McBrayer, Emmaus United
Church of Christ; Pastor
Carl Sweatman, Antioch
Christian Church; Rev.
Jamie Samilio, Holy Cross
Episcopal; Pastor CJ Cous-
ins, Vienna Seventh Day
Adventist; Rev. William
Metzger, Our Lady of Good
Counsel; Michelle Scott, ED
Shepherd's Center of
Oakton-Vienna; and Rev.
John Dolan, Our Lady of
Good Counsel.**



Local Clergy and Guests Gather for a Minister's Breakfast Networking Event

This summer the Shepherd's Center of Oakton-Vienna (SCOV) hosted a Minister's Breakfast with local clergy attending. The purpose of SCOV's Minister's Breakfast was to provide an opportunity for local clergy to introduce the "old and the new" pastors currently serving in the Northern Virginia area to each other and to share the many services offered by the Shepherd's Center. The event was sponsored by The Arbor Terrace of Fairfax Senior Living and held in the Vienna Baptist Church fellowship hall. For more information about SCOV's services and programs for seniors (50+), visit their website at www.scov.org or their Facebook page at www.facebook.com/scov.org.

Founded in 1998, the Shepherd's Center of Oakton-Vienna is a volunteer-based nonprofit organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. The unique approach employed by SCOV has also allowed for mature adults to volunteer their time and skills providing vital services to the more vulnerable seniors needing assistance. In 2018 SCOV will be celebrating twenty years of service to the community.

As the country's population is living longer and oftentimes isolated from family support, "aging in place" becomes a challenge. The concept of "Seniors

Helping Seniors" truly defines the spirit and purpose of the Shepherd's Center of Oakton-Vienna. Their personal enrichment and volunteer opportunities reaches more than 3,000 older adults (50+) in the region.

Each year more than 250 volunteers at SCOV serve as medical drivers, companion drivers, friendly callers and visitors, health and wellness educators, office assistants, fundraisers, and grant writers. Volunteers also run programs such as SCOV's Lunch n' Life, Adventures in Learning, trips and outings, special events, and the caregivers' support group and caregivers treat event. Please LIKE and SHARE their Facebook page www.facebook.com/scov.org

Brought back by popular demand, SCOV's signature fundraiser to be held on Sunday, Oct. 22, 2017, 3 p.m. will again feature the Capitol Steps - Making DC laugh for over 35 years. Tickets are \$35. Organizers are suggesting tickets be purchased early as this show is expected to sell out. Visit www.scov.org/fundraiser-tickets or call 703-281-0538. Sponsorships are still available. Visit www.scov.org/Fundraiser-Sponsorship to view the corporate benefits provided with a sponsorship.

To volunteer, donate or learn more about how you can help, visit www.scov.org or contact the office at 703-281-0538, office@scov.org.

Senior Center to Host David E. Hoffman, Author

The Great Falls Senior Center (GFSC) will welcome David E. Hoffman as its guest speaker for Oct. 17 event. Hoffman is an American writer and a contributing editor at the Washington Post and has been a journalist for 30 years. He won a Pulitzer Prize in 2010 for a book about the legacy of the nuclear arms race.

Hoffman came to Washington, D.C., in 1977 to work for the Capitol Hill News Service. He covered Ronald Reagan's 1980 presidential campaign. In 1982 he joined the Washington Post to help cover the Reagan White House; he also covered the first two years of the George H.W. Bush presidency. His White House coverage won three national journalism awards. Later, he was diplomatic correspondent at the time the Soviet Union collapsed, and then served as Jerusalem correspondent, covering the Oslo

peace accords. From 1995 to 2001, he served as Moscow Bureau Chief. He was also the Foreign Editor and Assistant Managing Editor for Foreign News. His first book was "The Oligarchs: The Wealth and Power in the New Russia" followed by "Dead Hand: The Untold Story of the Cold War Arms Race and its Dangerous Legacy," and "The Billion Dollar Spy: A True Story of Cold War Espionage and Betrayal."

The Oct. 17 event will be held at St. Francis Episcopal Church, Great Falls, 9220 Georgetown Pike, 11 a.m.-1:30 p.m. and includes lunch. Reservations are required, contact Karen Emami at Karen.emami@globalinfotek.com or call 703-938-6411. Visit gfseniors.org.

The event sponsor is Adams-Green Funeral Home and Crematory, family owned and operated since 1885, 721 Elden St., Herndon.

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

SENIOR VOLUNTEERS

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403- 5360. To learn more about RSVP, visit www.rsvpnova.org.

THURSDAY/SEPT. 7

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

Adventures In Learning. 10 a.m.-noon at Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton. Open House to see what's on the Shepherd's Center's fall semester of Adventures in Learning. Call 703-281-0538 or visit www.scov.org.

MONDAY/SEPT. 11

Grupo Hispano de Unity of Fairfax. 7-9 p.m. at Unity of Fairfax, Conference Room, Unity of Fairfax, 2854 Hunter Mill Road, Oakton. This new ongoing Spanish-speaking group will celebrate spirituality with music, messages from The Daily Word, guided meditations and prayers. Weekly event every Monday. All are welcome. Free. Email grupohispano@unityoffairfax.org for more.

TUESDAY/SEPT. 12

MCC Finance Committee Meeting. 7:30 p.m. at MCC Administrative Offices, 6631 Old Dominion Drive, McLean. Residents of Dranesville District 1-A are invited to attend a meeting at 7:30 p.m. on Tuesday, Sept. 12, when the full MCC Governing Board will meet as a Finance Committee of the Whole to work on the details of the Center's FY 2019 draft budget proposal. Visit www.mcleancenter.org for more.

Emergency Preparedness Class. The Fairfax County Community Emergency Response Team (CERT) will offer CERT 129, a basic training class, on seven Tuesday evenings in September and October at the McLean Fire Station, 1445 Laughlin Ave., McLean beginning Sept. 12 from 7-10:30 p.m. Students are required to attend all seven class sessions and the final. This training does not require any physical strength or agility. For more information and to apply, visit bit.ly/2tXrP3L.

IN-PERSON, TV DEBATES

The League of Women Voters of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates' priorities and positions, visit www.vote411.org.

In-person forums:

- ♦ **Sunday, Sept. 17** at 2:30 p.m. at Reston Community Center: Hunters Woods Village Center, 2310 Colts Neck Road, Reston.
- ♦ **Thursday, Sept. 28** at 7 p.m. at Providence Community Center: 3001 Vaden Drive, Fairfax.

The televised forums at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can submit questions by email to theinsidescoopvtv@gmail.com or call 571-749-1142 between 7-8:30 p.m. Tune in on:

Monday, Sept. 11 at 8 p.m.; **Monday, Sept. 18** at 8 p.m.; and **Monday, Oct. 2** at 8 p.m.

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Nothing To Do With Cancer, Almost



By KENNETH B. LOURIE

How lucky am I? In the last two days, I have been the extremely lucky, though presumably random, recipient, of not one but two unsolicited phone calls offering me FREE accommodations at any number of Marriott and Hilton hotels, fairly reputable brands, I'd say. All I have to do is transport my wife, Dina, and myself to the agreed-upon hotel during the designated window of opportunity and voila, a semi-unencumbered vacation for two awaits. And believe me, the offer couldn't have come at a better time. Let's be honest, what more than a cure does a "terminal" cancer patient need than a reasonably priced, stress-free get away from his every day? Need I even characterize that previous question as rhetorical?

Now since I hung up rather quickly, I don't have all the details, other than their phone numbers of course. Because, as you might imagine, I still have a few questions I'd like answered — you know, to optimize the benefits/coordinate the timing of our vacation. But the 'unsolicited' nature of the call didn't enable me to organize my thoughts and ask all the appropriate questions. Nevertheless, the opportunity seems worthy of a follow-up phone call.

Ideally, what I'd like to do is bracket my vacation/air fare and the miscellaneous travel expenses I'm undoubtedly going to incur around the respective properties' availability. Meaning, I'd like to fly once and stay twice; staying in their respective properties in the same city/location switching out of Marriott after my first free weekend stay and then booking into the Hilton for my next free weekend stay (and I'd be willing to pay for my mid-week excursion during the transition). In effect, making the trip a two-for-one as opposed to a not-going-at-all. And in so arranging, using as much of corporate America's largess and marketing budget as is cleverly possible for a non-corporate America employee to exploit. Not having pursued this possible presumption quite yet because I've just had chemotherapy on Friday and I'm not really in the mood to tangle with a fast-talking, smooth operator, who though he/she may have my best travel plans at heart, may not exactly be feeling my strain. So I'm going to wait a few days until I regain my bearings — and patience, and tolerance and call them back unsolicited at a time convenient for me but possibly not so for them and see if we can make a deal.

Because, to tell you the truth, if I could coordinate two hotel reservations — along with all the amenities with which I'm likely to be showered for accepting these extraordinarily generous offers, combined with some free air miles I've accumulated with United Airlines/their travel partners, this indeed could be the trip that my oncologist encouraged us to take when he first delivered the life-changing/life-ending prognosis: "13 months to two years" back in late February 2009. Further adding that, before starting chemotherapy, was as good as I would likely feel for a long time. And as I have come to learn, the quality of my life is very important to my oncologist.

At that time however, I didn't feel the need and/or wasn't motivated to follow my oncologist's suggestion; I wanted to get started on my treatment. Now, eight and half years later, perhaps the timing is better, especially given that it presents itself at the beginning of a new Redskins football season. And if I may quote the late, great, former, head coach of the "Over the hill gang," George Allen: "The future is now." So let me sift through the offers this week and see if I can indeed take the "trip we've always dreamed of." I know it's often said that you can't go back. Maybe we can still go forward.

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



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