

Great Falls CONNECTION

Karen Huger of Great Falls, a cast member of "The Real Housewives of Potomac," met with Chris Broullire, the president of the Alzheimer's Association's National Capital Area Chapter, and staff members in McLean on Wednesday morning, Sept. 13, to discuss raising awareness and funding to fight Alzheimer's disease.

'Real Housewife' Shares Personal Mission Against Alzheimer's

NEWS, PAGE 14

Pendulum Politics in Northern Virginia?

NEWS, PAGE 3

'Passion For Fashion' To Help Abused Children

NEWS, PAGE 15

Inside
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Pendulum Politics in Northern Virginia?

With Vince Callahan gone, House District 34 has swung to the left then the right then back to the left, with increasing margin.

BY MICHAEL LEE POPE
THE CONNECTION

Northern Virginia's wealthiest suburbs are also some of its most hotly contested battleground precincts, the House of Delegates district surrounding Great Falls that's swung left and right and left again in recent years. What once was the home of legendary Republican Vince Callahan has become kind of jump ball after he announced his retirement a decade ago. It's now represented by Democrat Kathleen Murphy (D-34), who narrowly won a special election when Republican Barbara Comstock was elected to Congress in 2014.

Now Republican Cheryl Buford is challenging Murphy from the center right, waging a campaign that strays from Republican orthodoxy on issues like closing the gun show loophole.

"There isn't a good reason not to do it now," says Buford. "One of the reasons why people said we shouldn't close the gun show loophole is that it was too expensive to get law enforcement there to approve people. But now there are regulations that there has to be someone on the premises who will take people through the process."

Following in footsteps of Comstock, Buford is trying to thread a delicate needle in a district that she's hoping could swing either way politically. She's promising to get rid of needless regulation without being on the record about specifics. When pressed for details, Buford couldn't name any regulations she would reduce or eliminate. Instead, she says she wants to review the administrative code. On the campaign trail, she's attacked Murphy for being a "part-time" lawmaker. When pressed for an explanation about what that line of attack means, Buford says she hadn't seen her opponent knocking on doors in her neighborhood. Murphy says she's spent lots of time in Buford's neighborhood working on transportation issues.

"I've worked very hard with the neighborhoods over there where she lives along Route 7 to make sure their voice is heard with VDOT as they are planning exits and turn lanes and getting things done as Route 7 has expanded," says Murphy. "You ask other people over there, and they'll tell you I'm there all the time."

THE 34TH HOUSE DISTRICT stretches from Fort Marcy through Langley and Great Falls into the eastern edge of Loudoun County. It includes the CIA headquarters, Wolf Trap and Trump National Golf Course. The median household income is \$175,000,



Cheryl Buford



Kathleen Murphy

making it one of the wealthiest districts in Virginia. Callahan represented the seat for more than 20 years, but his retirement created a swing district that has parties battling for dominance ever since. Democrat Margi Vanderhye won it in 2007, although she was ousted two years later by Comstock. After Comstock was elected to Congress in 2014, Murphy won a hotly contested election against Republican Craig Parisot, beating him by three points. In a 2015 rematch between the two, the margin was even tighter.

But Donald Trump won only 38 percent of the vote last November to Hillary Clinton's 56 percent. U.S. Sen. Mark Warner (D) won the district by 51 percent to Ed Gillespie's 47 percent.

"While it will be tough for the GOP to win any seats currently held by Democrats in 2017, this is one of the few such seats with a recent track record of competitiveness," says Geoff Skelley at the University of Virginia Center for Politics. "So I don't think we can entirely count out Buford."

Recent statewide elections have seen the district lean slightly to the left, although Mitt Romney and Barack Obama were essentially tied here in the 2012 presidential election. Republican Bob McDonnell beat Democrat Creigh Deeds here in the 2009 campaign for governor, although Democrats are usually able to win a little more than half the vote in more recent elections. The outlier was the 2016 presidential election, when Democrat Hillary Clinton swamped Republican Donald Trump by almost 20 percentage points in the district.

"Murphy may be buoyed by the district's sharp turn left in 2016," says Skelley. "President Trump plays very poorly in this neck of the woods, which will make it tough for the GOP to take it back in 2017."

BUFORD, 64, is a native of Topeka, Kan. She was raised in a suburb of Kansas City, and she has a bachelor's degree in education and a master's degree in family economics, both from Kansas State University. She also has a master of public affairs from the LBJ School of Public Affairs at the University of Texas. Professionally, she started



The 34th House District stretches from Fort Marcy through Langley and Great Falls into the eastern edge of Loudoun County

her career as a home economics teacher in Chicago. After that, she became a consultant for government agencies specializing in transportation and economic development. She says she was recruited to run for the House of Delegates by Jo Thoburn, chairwoman of the 10th Congressional District Republican Committee.

"There was an opportunity here, so I said yes I wanted to give back to the community," says Buford. "I have different policy priorities than our current delegate."

On some issues, Buford is a traditional Republican. She says she would vote against expanding Medicaid, for example. She also says she would vote in favor of hospital construction standards for abortion clinics. On other issues, she takes a more moderate tone. In addition to voting to close the gun show loophole, Buford says she would vote in favor of allowing local governments to remove Confederate statues. If elected, she says, she would fight the opioid epidemic. But when pressed for details, she says she doesn't have any specific proposals in mind other than following the lead of state Sen. Bryce Reeves (R-17). One of her key campaign issues is recalculating the Local Composite Index to give more money to school divisions who have a high percentage of students who speak English as a second language.

"We are not getting credit for the English as a second language students who require additional assistance," says Buford. "We should receive that as should schools across the commonwealth."

MURPHY, 60, is a native of Chicago who spent her childhood moving around as part of a military family. She graduated high school in Phoenix, and she earned a bachelor's degree in political science and psychology. Professionally, she was a writer for a Nickelodeon show called "Beyond Be-

lief" before serving as a congressional aide on Capitol Hill for U.S. Rep. Charlie Wilson (D-Texas). During the Clinton administration, she was appointed as a congressional liaison at the U.S. Agency for International Development, later serving as a senior advisor on international trade issues at the Department of Commerce. Last year, one of her bills was used as part of a compromise Democratic Gov. Terry McAuliffe struck with Republicans on guns, a bill prevents people subject to protective orders from having firearms.

"I work well with the other side," says Murphy. "It isn't always reflected in legislative bills, but I've been endorsed twice now by the Northern Virginia Chamber of Commerce because I'm good for business."

This year, she passed a bill helping pharmacists dispense with prescription drugs in a way that prevents them from getting into the ground water.

She passed another bill requiring for-profit schools to inform students if their credits are transferrable and if the school is accredited.

Yet another new law she introduced requires school boards to report student-teacher ratios in middle schools and high schools. If re-elected, she says, she wants to introduce legislation to reduce the class size of science labs to reduce the opportunity for accidents. And she says she's also likely to expand on her previous work to keep guns out of homes where protective orders are in place. She also says she wants to make sure female veterans get all the services they need.

"I serve on the Board of Veterans Services for the state, and I'm working very hard on women's veterans issues," says Murphy. "I'm working very hard to get a women's coordinator for veterans affairs because we have a very large number of women veterans here in Virginia."

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WEEK IN GREAT FALLS

Delegate Candidates to Debate in Great Falls

The Great Falls Citizens Association (GFCA) will host a public forum for the two delegate candidates running to represent the 34th District on Thursday, Oct. 12, starting at 7 p.m., at the Great Falls Grange (9818 Georgetown Pike). Cheryl Buford (R) and Kathleen Murphy (D) will introduce themselves, explain their platforms, discuss issues important to local citizens, and take questions.

Both candidates will be available for a “meet and greet” with citizens before the forum (7- 7:25 p.m.) and after the forum in the ground floor Grange basement.

The formal speaking program will begin upstairs in the Grange at 7:30 p.m. GFCA will moderate the program, which should conclude by 9:15.

As this is a local community event at a county facility, and in conformance with Fairfax County rules and regulations, no signs will be permitted on the grounds. For meeting updates visit www.gfca.org/events.

Home Seller Seminar to Be Held in Great Falls

Home Seller Seminar “Are You An Overwhelmed Owner? Become A Savvy Seller!” Free, no obligation community service offered by Lyons McGuire Homes and Estates of Keller Williams Realty. Speakers include stager, organizer, home inspector and more. Learn insider secrets to getting the most money for

your home. Sunday, Oct. 15, 1-4 p.m., 774-A Walker Road, Great Falls. Reserve your seat at LyonsMcGuireSellerSeminar.com.

White House Ornaments on Sale

Great Falls Friends and Neighbors (GFFN) is selling White House ornaments to benefit Artemis House. The shelter is the only one of its kind in Fairfax County, serving women and children exclusively who are victims of domestic violence and human trafficking.

This year’s ornament honors President Franklin Delano Roosevelt with a large gold eagle on one side, a replica of the eagle on the podium of his first inaugural address, and the other side is a White House winter scene complete with the President’s Scottish terrier dog Fala. All proceeds go directly to benefit Artemis House. The cost is \$25 per piece, or \$22 each for the purchase of 10 or more.

Ornaments are now available for purchase at:

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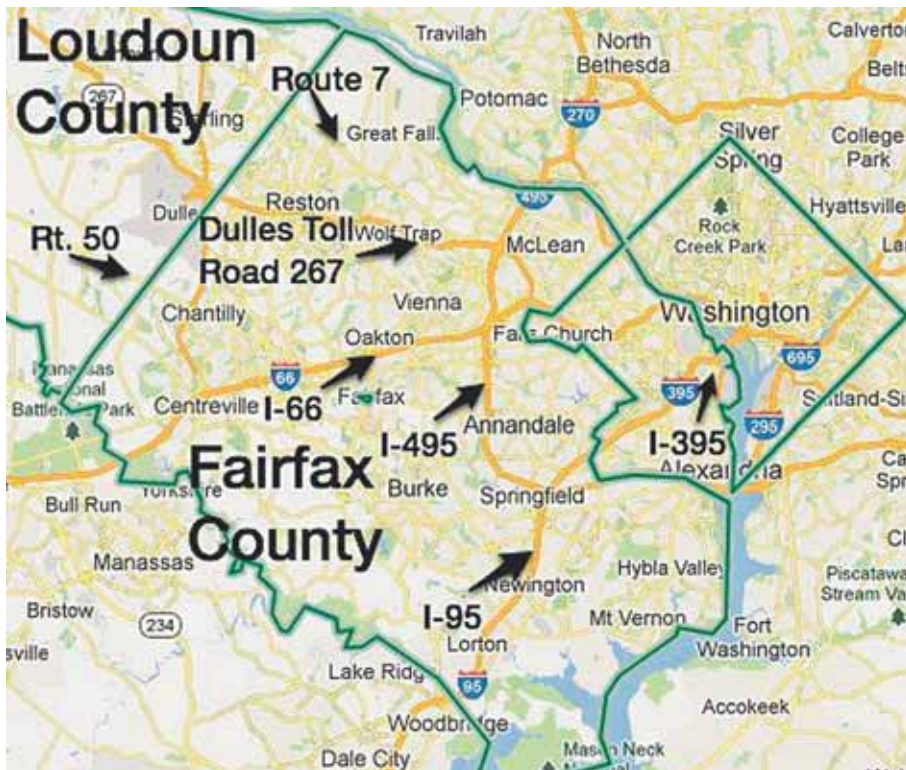
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Local historian Jim Lewis will speak on when and how the border between Fairfax County and Loudoun County came about.



How Fairfax, Loudoun Counties Agreed on a Border

A local historian Jim Lewis will come before the Great Falls Historical Society and speak on when and how the border between Fairfax County and Loudoun County came about.

This presentation will coincide with the Society's traditional Oktoberfest potluck dinner celebration at the Great Falls Grange, beginning at 6:30 p.m. on Oct. 11. Doug Cobb will introduce the after-dinner

speaker. No reservations are required for the event. However, all members are expected to come and bring their favorite dishes and desserts to share with other history lovers. Paper plates, napkins and drinks will be provided.

"Also bring your neighbors and join us for a nice fall get together," said Glen Sjoblom, President, Great Falls Historical Society.

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Challenges Remain for Police Reform

Including communications and body cameras.

BY PHILLIP NIEDZIELSKI-EICHNER

Oct. 8 will be the second anniversary of the 2015 release of the Ad Hoc Police Practices Review Commission Final Report. The catalyst for the Ad Hoc Commission's formation by the Fairfax County Board of Supervisors was the August 2013 shooting death of John Geer. The commission was charged with assessing the Police Department's performance against national best practices.

GUEST EDITORIAL

The commission made more than 200 recommendations for transforming an excellent Police Department into one that is "best in class" and for strengthening the public's trust and confidence in the department.

I served as commission member and as the chairman of Use of Force Subcommittee. I am also a member of a loosely configured Implementation Committee, a group of former commission members dedicated to helping to see that our recommendations are effectively implemented.

I commend both the Board of Supervisors (BOS) and Police Department for their progress implementing the commission's recommendations. Significant reforms are underway that when fully realized will generate increased accountability and public confidence. Major reforms already in place include:

- ❖ forming the Office of the Independent Police Auditor to determine the thoroughness, completeness, accuracy, objectivity and impartiality of investigations of death or serious injury cases.
- ❖ convening a Civilian Review Panel to review civilian complaints regarding "abuse of authority" or "serious misconduct" by a police officer;
- ❖ creating "Diversion First," which offers alternatives to incarceration for people with mental illness or developmental disabilities; and
- ❖ recrafting the Use of Force General Order to enshrine sanctity of human life as an organizing principle, with de-escalation as the strategy of first resort when confronted with a threat rather than the use of deadly force.

WHILE MUCH HAS BEEN accomplished, more is work is needed. For example, the commission advocated in strong terms for information-sharing reform to promote timeliness, completeness and transparency. In this regard, a revised Police Department Communication Policy is still in process.



The commission also called for all officers to be outfitted with body worn cameras, contingent on the enactment of laws, policies and procedures that protect individual privacy. These cameras are to complement the dashboard cameras now mounted in each Fairfax patrol vehicle.

While a potential aid to criminal prosecution, the body-worn camera's equally important contribution is to foster greater transparency and the accountability of all parties during the interactions of the police with the public. As the American Civil Liberties Union noted in an October 2014 report, body-worn cameras "[have] the potential to be a win-win, helping protect the public against police misconduct, and at the same time helping protect police against false accusations of abuse."

While the county leadership has committed to deploying this technology, its approach has been appropriately methodical. Key considerations are operational, privacy, data security and cost. For example, the supervisors have approved a pilot project that will deploy cameras in two of the county's nine magisterial districts and the department is currently evaluating proposals from prospective suppliers.

THIS PILOT PROJECT needs to generate answers to following questions, among others: the county needs to establish when cameras will be running and how will the public know the cameras are on? When can biometric technology – such as facial recognition – be used? How will the video footage be secured from hackers? Who will have access to the data and under what procedures?

How will the massive amount of video data be stored and for how long? As the county understands and appreciates, the cost of deploying body-worn cameras is not in the cameras themselves, but the storage of the massive amount of data that is generated. As reported by the Center for Digital Government and Government Technology magazine, "When it comes to [body-worn cameras], data storage is the 800-pound gorilla in the room. Video ... is a data hog."

This reality generates cost-driven data-retention policy considerations. How long should non-evidentiary video be maintained? Some police departments say it should be 60-90 days,

others say less or more. With regard to evidentiary data used in criminal prosecutions, the Virginia Commonwealth requires that evidence be stored for 99 years.

Finally, who controls access to the data? This question is becoming an increasingly significant issue nationally. Protecting evidence chain-of-custody for purposes of criminal prosecution is a necessary but not sufficient role to warrant the cost and the data protection risks inherent in the deployment of body-worn cameras. The real return-on-investment is the potential for influencing the behavior, through greater transparency and accountability, of all parties in a law-enforcement engagement.

The drive to use this technology is inexorable. A recent CATO Institute/YouGov poll found that 92 percent of the public supports the use of body-worn cameras. Implicit in this level of support are high public expectations that this technology will make a difference in law enforcement practices. Heightened expectations alone should give our policymakers pause, particularly when we know that no technology deployment is free of all mistakes and errors. The only thing worse in today's context than not collecting the data during a controversial use-of-force incident, is for the public to learn that video data under the Police Department's control is missing.

We should therefore challenge the assumption that video-camera data must be maintained under the sole access control of the Police Department. Options that should be given explicit consideration by the Board of Supervisors, Police Department and Commonwealth's Attorney include assigning video data access control to the Independent Police Auditor or alternatively assigning this role to a board composed of the Police Chief, Independent Auditor and Commonwealth's Attorney.

On this second anniversary of the Ad Hoc Policy Review Commission Report, the county and Police Department have many accomplishments to be proud of with regard to implementing the commission's recommendations.

Quality-driven change is hard; some changes are especially difficult. Body-worn camera deployment is one that requires careful study and diligent attention to complex legal and operational details. I commend the county for taking the appropriate measured response to meeting this recommendation and, especially with regard the matter of access to video data, challenge the conventional wisdom that access control to such data must be under the sole purview of the Police Department.

Phillip A. Niedzielski-Eichner is a member of the Fairfax County Planning Commission, served on the Ad Hoc Police Practices Review Commission and a former member of the Fairfax County School Board.

The League of Women Voters of Virginia Holds Workshops

On Friday, Sept. 22, the League of Women Voters of Virginia (LWVVA) held Workshops in Fredericksburg, Va. attended by new and long-time members from among the 14 local

leagues in the state. The Workshops' objective was to help these members discover ways to engage with the League and to enhance League impacts in communities. Among the subjects covered were voter engagement through

VOTE411.org and election-related activities, the LWV-VA's engagement with state legislators through the weekly Women's Legislative Round Tables during the Virginia General Assembly, and engaging with local governing bodies

through Observer Corps.

LWV-VA, a non-partisan political organization, encourages participation in government and works to increase understanding of major public policy issues. Visit www.lwv-va.org.

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Senior Living

OCTOBER 2017

PHOTO BY ROB PAINE/RSVP NORTHERN VIRGINIA

Ken Kozloff, center, instructs volunteer timers at the NVSO swim meet.

Volunteering Keeps 70-Year-Old Former CEO Young

Finding the right volunteer opportunity.

BY ROB PAINE
RSVP NORTHERN VIRGINIA

RSVP Northern Virginia volunteer Ken Kozloff moves through the pool at Providence Recreation Center encouraging the child with special needs he is teaching to swim, to “stroke, breathe, and kick.”

Kozloff high-fives his students at the end of each lap and asks, “Are you having a good time?” All the while he is keeping an eye on two other volunteers he is mentoring during a Fairfax County Park Authority Adapted Aquatics class.

Kozloff will continue to do this for about 90 minutes on a Sunday morning without much of a break. Sometimes he lifts students half his weight into the air so they can experience the joy of splashing into the pool. One would never guess that the former INOVA Alexandria Hospital CEO turned 70 years old in August. “I don’t feel 70, I feel like 25,” he said.

Kozloff donates more than 40 hours of his time each month as an RSVP Northern Virginia volunteer, helping autistic children

learn how to swim, mentoring economically disadvantaged citizens to manage their finances, and directing other volunteers at large events for RSVP, including the Northern Virginia Senior Olympics in September.

RSVP (Retired and Senior Volunteer Program) is the region’s largest volunteer network for people 55 and older and provides individualized support to seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

When he is not volunteering for other organizations, he is a volunteer engagement leader for RSVP, acting as a nonprofit evangelist of sorts, spreading the word on why RSVP is such a great program. “What’s unique about RSVP is the approach it takes to new volunteers, helping them to find what they’re looking to do, not where we are looking to place them,” he said.

RSVP asks each prospective volunteer, “How can we help you find that volunteer opportunity that is going to mean something to you?” Kozloff said. He has been with RSVP for over a year and a half.

Five years ago, he began volunteering with the Fairfax County Park Authority’s Adaptive Aquatics program, teaching children on the autism spectrum to swim. He later added another afternoon of classes at Spring Hill Recreation Center in McLean,

teaching special needs adults to swim, including those with neurological issues or physical impairments. The park authority honored Kozloff in 2015 as the Adaptive Aquatics Outstanding Volunteer of the Year.

He then started working with Our Daily Bread (now called BritePaths) where he has volunteered for four years as a financial mentor. He is also a volunteer classroom instructor with Junior Achievement in Fairfax. He teaches business principles to elementary, middle, and high school students. He also teaches students with special needs in this program.

In an eight-day span in September, the RSVP volunteer managed volunteers at several community projects including the NVSO’s indoor track meet in Arlington and its swimming championships in Sterling and a gardening project at River Farm in Alexandria.

“I love to help others,” Kozloff said. “I enjoy volunteering with RSVP, not only for what I do as a volunteer, but also for the social aspect of working with other people.” During the senior Olympics he managed anywhere from 10 to 30 volunteers at the different events.

WHAT SEPARATES RSVP from other volunteer organizations is its leadership and the approach it takes, treating each volun-

teer as an individual, according to Kozloff. As an engagement leader, Kozloff tells prospective volunteers: “We are going to show you things and talk to you about specific opportunities that you can relate to.”

RSVP offers an array of opportunities for volunteers including providing rides, support and meals to older neighbors, assisting local veterans in need and helping prepare communities for disasters. RSVP also recruits volunteers for various community events.

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.

“The big thing that I get out of volunteering is the satisfaction of helping others,” he said. “I love to help others, find out what their goals are and help them achieve them, whether it is teaching an autistic child to swim from one side of the pool to the other, or teaching a stroke patient who would like to learn to swim again.”

He also enjoys working with other volunteers and letting them know how important it is to make other people feel good. He tells them that they will feel twice as good because they are helping people.

SEE KEEPING YOUNG, PAGE 11

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SENIOR LIVING



PHOTO BY JULIA MACINNIS PHOTOGRAPHY

Lita Clark (who just turned 84) in the master bedroom of the in-law suite recently added to the home of her daughter Julia MacInnis and son-in-law, Jack. The room was designed to accommodate several heirlooms, including the twin beds under a course of Mi windows that assure privacy, yet allow abundant natural light.

Household Re-Forms, Looks Ahead

Sun Design Remodeling's in-law addition complements existing architecture.

BY JOHN BYRD

Julia grew up in the Fort Hunt section of Alexandria in a close-knit family. She started dating a neighbor's son, Jack MacInnis, while still in high school and, in time, the two friends married. In the late 1990s Julia's father, Don Clark, died leaving her mother, Lita Clark, alone in the family home. A survivor of the Japanese occupation of the Philippines, Clark (as always) remained upbeat, independent; a loving mother and friend.

Fast forward a few years and Jack and Julia MacInnis own a house not far from Clark with whom

they are in daily contact. Then, in 2010 — with two sons growing quickly — the couple purchased a four-bedroom contemporary on a 1.5 acre lot in Fairfax. It's only a half hour drive from Clark, but the timing for a larger house was just right.

In the intervening years, Clark (who turns 84 this month) would visit the MacInnis residence regularly, often staying over one or two nights a week. At this stage, the three of them began actively planning ways to augment the household by building an in-law suite on some part of the existing property. Eventually, attention focused on a side elevation of the existing house which offered views of surrounding wooded acreage.

THE LOT ITSELF presented challenges. The grade sloped radically on the northeast side where the lower-level (the intended site for the new in-law addition) exited from a pair of sliding glass doors to a small deck. Because of the slope, there were potential water run-off problems; also, Fairfax County's building code required that any new construction had to allow for a full 25 feet of "set-back" from the rear of the property.

"We knew an addition of this size on this grade was going to require careful engineering," said Craig Durosko, whose firm Sun Design Remodeling found both the design and structural solutions that would make the project feasible. "Still, it's helpful when the homeowners are proactive in the decision-making process at every juncture."

Added Julia MacInnis: "We were looking for a plan that would provide privacy and independence for Mom, yet also fully incorporate her into the household. We've functioned as a family for our entire lives. Mom helped to raise the boys, and she was raised in a multi-generational culture. We saw this change as



PHOTO BY GREG HADLEY

At 580 square feet, the new suite is seamlessly married to the original house. Lead designer John Benedetto's "massing" of the new construction preserves proportionality and scale. Vinyl siding, fascia, soffits, gutters and downspouts are all matched to the existing home.

SEE LOOKING AHEAD, PAGE 10

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SENIOR LIVING

Looking Ahead, Staying Put

FROM PAGE 9

a way of creating an expanded environment that would work for everyone far into the foreseeable future.”

Clark’s new suite would be a 580-square-foot annex constructed outside the existing house directly parallel to the lower level. A sliding glass door that accesses the outside would be converted into an interior pocket door that opens into a downstairs recreation room.

The space plan would consist of a 17-foot-by-17-foot master bedroom surrounded by windows on three sides, a master bath with a walk-in shower and heated floors, and a sitting room/kitchenette equipped with a small refrigerator, a sink and a microwave. The sitting area includes a bistro table for four with a view of the surrounding woodland. The entire household, nonetheless, share meals and kitchen duties together every day. By the same token, Julia and Jack MacInnis and sons (Jackson and Harry) are free to drop-in on Clark just about any time.

“It’s a very comfortable, harmonious arrangement,” Clark said. “Very much what we hoped for.”

That said, engineering the suite’s durable footprint was something of a feat.

“Because of the site’s grading, we ended up designing a slab foundation with both stem walls and integral footings,” said John Benedetto, the addition’s lead designer. “To assure structural integrity, there were two concrete pours: one to form the stem walls on the new addition’s left side; a second to form the slab with integral footings on which the addition is built.”

Footings are placed 30-inches below grade; the slab itself is approximately one foot above grade. The goal: assure that the weight of the new structure is adequately supported — soil compaction being a key part of the equation.

FOR ALL THE DEFT engineering, it’s the suite’s interior that proves memorable. The three primary living areas were designed specifically to profile heirlooms, furnishings and other personal items that Clark brought from the Fort Hunt residence.

“There were two twin beds that had been in the family for years,” Julia MacInnis said. “A chest of drawers, an old vanity. Sun Design used these pieces as focal points for shaping the bedroom and sitting room. And it’s not just that everything fits well ... but also that the floor plan is well-rationalized. The twin beds, for instance, fit perfectly under high windows that assure privacy, yet allow a lot of natural light. Overall, the entire suite is spacious, and quite comfortable.”

On that note, the new addition has been fitted with a mini-split HVAC unit that allows Clark to adjust the suite’s temperature to her requirements. Meanwhile, the bathroom has a heated floor with its own thermostat.

The addition’s exterior elevations are blended with the existing house. Vinyl siding, fascia and soffits, gutters, and downspouts are all matched. Low-E Argon glass



PHOTO BY GREG HADLEY

BEFORE: A sliding glass door exiting from a lower-level rec room was identified as a potential link between the existing house and new in-law suite. The exterior egress was converted into an interior pocket door that enters Lita Clark’s sitting room.



ENTRANCE TO SUITE: The thermostatically-controlled mini-split HVAC unit above door enables Lita Clark to regulate temperature in the suite to personal requirements. To give the suite visual unity, designers installed 4-inch engineered oak flooring in the sitting room and bedroom.

vinyl windows allow for abundant natural light and views while keeping temperatures where the thermostat requires.

In all, a comfortable accommodation ... within a thriving household.

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm has a second office in McLean. For more information, call 703-425-5588 or visit www.SunDesignInc.com.

John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.

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SENIOR LIVING



Ken Kozloff works with Sami Zachaira during an Adapted Aquatic class at Providence Rec Center.

PHOTO BY ROB PAINE/RSVP
NORTHERN VIRGINIA

Keeping Young

FROM PAGE 7

“Ken is one of our most active volunteers and a great example of what it means to stay active after retirement,” said Nadia Hoonan, program manager for RSVP Northern Virginia. “He truly exemplifies the diversity of opportunities that our program offers, from leading a variety of service projects for our volunteers to cleaning up garden grounds at American Horticultural Society. No task is too small for Ken. We want more volunteers like Ken to be willing to be on the front lines of volunteering in Northern Virginia and share their lifetime experience to make a great impact

in our community,” Hoonan said. RSVP has several upcoming opportunities during which those interested can learn more about the program including orientations at the Fairfax Regional Library, Oct. 10 and at the Beatley Central Library in Alexandria, Oct. 25. RSVP will hold a special meet and greet event for current and prospective volunteers at Huntley Meadows Park, Oct. 13.

Those interested in learning more about RSVP or in signing up for any of these events should contact RSVP Northern Virginia Volunteer Specialist Carly Hubicki at 703-403-5360, email Hubicki at chubicki@volunteerfairfax.org or visit the RSVP website at rsvpnova.org.

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The committee included 42 teens from area high schools.



Sara O'Brien, Shannon August, Claire Fleury - Visitation (Chevy Chase), Cullen Flaesch - The Heights (Great Falls).

Golden Gala Raises \$134,500

Parent/teen Gala supports
St. Jude Children's Research Hospital.

In honor of September's childhood cancer awareness month and its hallmark color gold, Potomac School senior Amelia Mazloom chaired a committee of 42 teens from high schools across the DMV to plan the Second Annual St. Jude Parent/Teen Golden Gala. The committee raised \$134,500 to benefit the children of St. Jude Children's Research Hospital. This beat last years total of \$106,000.

The Gala took place at the French Embassy on Saturday, Sept. 16 with a crowd of more than 335 parents and teens. Many of these teens earned their \$100 ticket to the event by creating a fundraising page and raising funds and awareness for the cause.

WMZQ DJ, Aly Jacobs, was the emcee, Potomac School senior Parker Gioia was the teen emcee and a variety of talented local teen performers entertained the attendees all evening. Desserts from DC-area favorites such as Olivia Macaron, Nitro's Creamery, Georgetown Cupcake, Lolli and Pops, Cake Love, Le Café Descartes and Chef Deshayes of ITC delighted the attendees with their sweet creations. A silent auction and a live auction with items solicited by the teen committee members also contrib-



Leda DiLeonardo (Arlington), George Mazloom-St. Andrew's, Eunice Malzoom (Arlington), Lily Delaney-The Potomac School, April Delaney (Potomac, Md.), Gladys AbiNajm (McLean), Sally Sagarese (McLean), Piper Gioia (McLean), Parker Gioia, Caroline Cae and Becca Crowley-The Potomac School (McLean), Bella Sagarese-The Field School (McLean).

uted to the success of the evening.

St. Jude patient speaker, Emily, returned to DC again this year from Richmond. Emily expressed her gratitude to St. Jude and its

generous donors for giving her the opportunity to celebrate her 17th birthday which took place just three days after the gala. She shared her story about how St. Jude contin-

ues to support her even though she is now cancer free. In an interview with Teen Vogue about the SJ Parent/Teen Gala, she said, "I personally think it's really incredible. I think it's good that teens can come together to make something so full of love, and that they can support the life-saving medical care that kids receive at St. Jude. It proves teens can do anything; it's inspiring. I'm so thankful to share my story, especially with kids my age who are working hard to raise money and support St. Jude. This year's Golden Gala committee has grown and I feel like that brings hope to the future."

To get involved in next year's gala, contact alexis.polakoff@stjude.org.

St. Jude Children's Research Hospital freely shares all of its research. Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to more than 80 percent since it opened its doors more than 50 years ago. One-third of patients at St. Jude Children's Research Hospital are teenagers, ages 15 to 19. Families at St. Jude never receive bill for treatment, travel, housing or food. Because all a family should worry about is helping their child live.



Brendan Lui and Emma Lee, The Potomac School (McLean) and Eloise Official.



Amelia Mazloom and patient speaker Emily.

NEWS



PHOTO CONTRIBUTED

New Dominion Women's Club awards over \$20,000 to its beneficiaries. From left: Paul Kohlenberger, Board Member, Friends of Historic Pleasant Grove; Lori Carbonneau, Executive Director, McLean Project for the Arts; Desi Woltman, President, New Dominion Women's Club; Paige Farrington-Himes, Vice President, Resource Allocation, New Dominion Women's Club; Midas Vogan, Development Director, Safe Community Coalition; Vic Kimm, Vice President, SHARE of McLean.

New Dominion Women's Club Supports Local Groups

New Dominion Women's Club (NDWC) has awarded beneficiaries funds raised this past club year totaling more than \$20,000. NDWC supports non-profit organizations in the community which promote the arts, assist lower income residents, preserve history, and help educate and engage healthy youth.

The club awarded checks to four local organizations at a recent NDWC meeting held at the McLean Community Center. Club President Desi Woltman presented funds raised during the 2016-17 club year to representatives from the following beneficiaries: Lori Carbonneau, Executive Director, McLean Project for the Arts; Paul Kohlenberger, Board Member, Friends of Historic Pleasant Grove; Midas Vogan, Development Director, Safe Community Coalition; and Vic Kimm, Vice President, SHARE of McLean.

Paige Farrington-Himes, VP of Resource Allocation for NDWC, said, "It is a pleasure for our Women's Club to donate the fruit of our efforts to these four

beneficiaries who do so much for our community. We hope to have an even more successful year in 2018."

"Thanks to the enormous effort and dedication of our club members, broad support from the McLean community and the generosity of our sponsors, we had a banner fundraising year. The most gratifying aspect is being able to redirect all that goodwill to these deserving organizations which do so much to benefit our community," said club president Desi Woltman. "We owe a special thanks to our stalwart sponsors like BOWA, Keller Williams (Monica Gibson) and Giant Food; as well as to our new platinum sponsor, Bill Page Toyota and gold sponsors Bloomingdale's, Cerebrum MD, McLean Properties, The JBG Companies and Washington REIT."

Founded in 1968, NDWC is now celebrating its 50th anniversary. The club plans several community fundraisers, service projects and activities.

SCHOOL NOTES

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

Two hundred twenty-three Fairfax County Public Schools (FCPS) students from 17 high schools have been named semifinalists in the 2018 National Merit Scholarship Program.

Thomas Jefferson High School for Science and Technology (TJHSST), which also serves as the Governor's Regional School for Northern Virginia, has 145 semifinalists.

All semifinalists are eligible to compete for 7,500 National Merit Scholarship awards worth \$32 million, to be awarded in spring 2018. FCPS

2018 National Merit semifinalists are:

❖ Langley High School: **Matthew Angles, Jordan Bell, Jean Cho, Shayan Golshani, Karina Holbrook, Dong Kim, Torrey Snyder, Sophia Song, Chenming Wang, Justin Yoo, and Ashley Zhang.**

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'Real Housewife' Shares Personal Mission Ahead of Season 3

Karen Huger of Great Falls lends her reality star status to charity to raise funding and awareness for the fight against Alzheimer's disease.

A reality television star moved to northern Virginia and she's on a mission.

Karen Huger of Great Falls, Virginia is continuing to lend her reality star status from "The Real Housewives of Potomac" to charity to raise funding and awareness for the fight against a disease that has impacted her family: Alzheimer's disease.

Huger's Mother-in-law, Odessa Huger was the first family member to battle the debilitating and deadly Alzheimer's disease. Huger's father was recently diagnosed with the disease. Her mother also suffers from early onset dementia, making the battle against the progressive disease that destroys memory and other important mental functions near and dear to her heart.

"It was a wonderful evening," Huger said when talking about the charity dinner she hosted for the Alzheimer's Association. Family, friends and TV personality Carson Kressley united to raise awareness and funds for a great cause. D'Angela "Dia" Simms, president of Combs Enterprises, was also featured as the event's special guest speaker, telling guests about her personal connection with Alzheimer's. The executive of Sean "Diddy" Combs' ventures also made sure Ciroc Ultra Premium vodka and DeLeón tequila from Combs Wine & Spirits was on hand for guests' cocktails.

Chris Broullire, the president of the Alzheimer's Association's National Capital Area Chapter, which is headquartered in McLean and serves northern Virginia, suburban and southern Maryland and D.C., was the final speaker of the evening.

Broullire spoke about his organization and told guests how their donations would be used: To fund programs and services that assist people living with Alzheimer's and their caregivers and to fund Alzheimer's research.

"Candidly, the cure, or at least the treatment for Alzheimer's, is several years away," Broullire said. "Until then, we help people locally. We help people with Alzheimer's and we help their caregivers."

For every person with Alzheimer's, there might be three people who are giving care to that person and there are more women than men who are caregivers, according to Broullire.

"So, there's a real burden on women, especially," he said. "How do they manage all of that? [The Alzheimer's Association] helps them. We can give them ideas about how to handle the stress and ideas of what to expect."

Broullire likes to emphasize to those affected by Alzheimer's that they are not alone.

"If you're a caregiver, you sometimes think, 'Am I the only one in the world who is going through this? I feel so alone and my loved one doesn't even remember my name, they can barely speak; they're not



PHOTO BY FALLON FORBUSH/THE CONNECTION

The "Promise Flowers" Karen Huger is holding are used in the "Promise Garden" opening receptions of the Alzheimer's Association Walk to End Alzheimer's events nationwide. The colors represent the spectrum of walkers from those who have Alzheimer's or dementia (blue) to those who have lost someone to Alzheimer's (purple).

themselves. What do I do?" he said. "Of course, they're not the only ones going through this."

Housewife's Mission

As a reality TV star who has dealt with and continues to confront Alzheimer's, Huger is in a position to make a difference.

"I'm planting a seed this year," Huger said. "It's my way of saying, Join us in this fight against this devastating disease. If you or a loved one is affected by this disease, please know that you are not alone, together we can find a cure ..."

"This is just the beginning," she said. "I look forward to the day when we can say we have the first person living alive and well that has defeated this debilitating disease. That day is not far away. I have every hope and desire that there will be a cure and it will happen in my lifetime."

Walk To End Alzheimer's

In Virginia, Maryland and Washington, D.C., there are 249,000 people living with Alzheimer's and 774,000 caregivers, according to the Alzheimer's Association.

"No matter what path you're on, you're not excluded from the possibility of having Alzheimer's touch your life," Huger said. "We need to be proactive in finding a cure today."

Broullire invited Huger to participate in the Alzheimer's Association Walk to End Alzheimer's, which are held annually in more than 600 communities nationwide to raise awareness and funds for Alzheimer's care, support and research.



PHOTO CONTRIBUTED

Karen Huger, second from left, stands out in the fight against Alzheimer's with representatives from the Alzheimer's Association National Capital Area Chapter, from left: Lisa Huffman, Senior Director Development - Relationship Events; Cindy Schelhorn, Senior Director Communications and Marketing, and Chris Broullire, Chapter President.

In 2016, 16,000 walkers and donors raised more than \$1.5 million in the region. The opening ceremonies for each walk are

2017 Walk to End Alzheimer's – Washington, D.C.

Time: Saturday, Oct. 14, 8 a.m.
Location: National Mall
Route Length: 2 miles
Fundraising Goal: \$1.1 million
Contact: Stefanie McHugh, 703-766-9009, smchugh@alz.org

memorable, referred to as the "Promise Gardens," where participants are asked to hold up flowers representing their promise to remember, honor, care and fight for those living with Alzheimer's disease and their caregivers. Through color, these "Promise Flowers" represent motivations for the walkers:

- ❖ Blue: I have Alzheimer's/dementia
- ❖ Yellow: I am supporting or caring for someone with Alzheimer's/dementia
- ❖ Purple: I have lost someone to Alzheimer's/dementia

❖ Orange: I support the cause and the Alzheimer's Association vision of world without Alzheimer's

"You get this huge plethora of flowers," said Cindy Schelhorn, spokesperson for the Alzheimer's Association National Capital Area Chapter. "It is a really remarkable and beautiful display."

"I have every hope and desire that there will be a cure and it will happen in my lifetime."

— Karen Huger

The walks this year will plant a new hopeful element to the garden.

"We are walking for the first survivor and we believe that that person is actually out there somewhere and they will survive if we do what we need to do through this walk; through the fundraising; through the awareness; through encouraging our members of Congress to make sure that money is there for critical research to find this eventual cure," she said.

At this year's walks, there will be a single, white flower that will represent the first survivor.

"We know the first survivor is out there," Schelhorn said.

News

PHOTOS COURTESY OF SAFE SPOT



Peaches Larson, daughter of the event's co-chair Melissa Larson, walked the runway last year with Pecos, SafeSpot's facility dog. The yellow Labrador retriever comforts children at the center and also escorts them to court when needed.



Sophia Ades, a friend's daughter of a long-time supporter and volunteer of the center, walked the runway last year wearing leather fringe.



Brennan Schaller, son of Melissa Mollet of NBC4, who emceed last year's event and will do so again, walked the runway in a red, coyote-fur-trim Canada Goose parka with white duck down.

'Passion For Fashion' Show To Raise Funds for Child Victims of Abuse

BY FALLON FORBUSH
THE CONNECTION

"I really, truly believe that kids are our most precious resource and we have to protect them, and that's everybody's job," said Bootsie Humenansky, founding member of the Board of Directors of the SafeSpot Child Advocacy Center, which provides intervention, investigation, prosecution and treatment of sexual abuse and severe physical abuse of children in Fairfax County.

SafeSpot's Fifth Annual "Passion For Fashion" Show will hit the runway on Sunday, Oct. 15, at 9:30 a.m. in Bloomingdale's at the Tysons Corner Center mall in McLean, and Humenansky wants everyone in the community to be involved.

"It doesn't matter who you are, [abuse] is there," Humenansky said about the center receiving cases in even the most affluent neighborhoods in the county. "We try to help people understand what it is, that it exists and that they can do something about it."

The purpose of the fashion show is to raise awareness of child abuse in the community and to raise funds for SafeSpot's services.

The event will begin with champagne, a light brunch, a raffle and a silent auction before the main event: A fashion show featuring adult and child models — professional and from the community — wearing Bloomingdale's merchandise. Melissa Mollet of NBC4 will emcee the show for the second year.

The event will end with a shopping event in which the store will contribute 10 percent of sales from associated merchandise to the center. The store will also give more shoppers time to shop in support of SafeSpot by extending the 10 percent contribution of associated merchandise sales for the entire week. Sponsorships are also available from \$250 to \$15,000 on SafeSpot's website: www.safespotpassionforfashion.com.

The fashion show is an example of friends and neighbors coming together to help their community.

The volunteers coordinating the event are Marge Odeen of McLean, who is chairman of the event, and

Getting Help

To report child abuse, SafeSpot recommends calling the Fairfax County Child Protective Services Hotline at 703-324-7400. With a referral from CPS or law enforcement, SafeSpot can provide the following services:

- ❖ trauma-focused cognitive behavioral therapy;
- ❖ video recorded forensic interviews of children;
- ❖ expert court testimony; and
- ❖ training to community professionals on abuse and neglect indicators.

Annette Kerlin of Great Falls, Kara Hourihan of McLean, Jill Feeko of Vienna and Jane Pennewell of McLean, who are all co-chairing the event.

Odeen and Kerlin are also members of the SafeSpot Board of Directors.

"This is really being done by families of Fairfax County for kids and families of Fairfax County," said Odeen. "Almost all of the donations are either from very small local businesses or from individuals. This is really a family event."

Many of the models participating in the show are mother-daughter combinations.

"In fact, there's even one that's a mother-daughter-granddaughter combination ... this is really kind of neat," Odeen said.

The physical and sexual abuse cases the center handles have all been reported to law enforcement in Fairfax County, according to Odeen. The staff and board make sure the center is calm and welcoming for the families that visit the center seeking help.

"The little center, which is such a child-friendly environment, rather than in the police department, or at the hospital, or in the back seat of a police car, or in the principal's office at school," Odeen said. "It's nice to have a warm and caring place for these kids at a tough time."

The center is also equipped with a certified facility dog trained by Canine Companions for Independence, who comforts and provides companionship to children who visit.

"This dog actually even goes to court with the kids if they think it'll be a soothing thing for them," Odeen said.

SEE SAFE SPOT, PAGE 17

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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.

McLean Farmers Market, Fridays,

through Nov. 17, 2017; 8 a.m. to noon, 1659 Chain Bridge Road, McLean, Master Gardener Plant Clinic on site to answer questions about plants in your landscape

Vienna Saturday Farmers Market,

through Oct. 28, 8am-noon, sponsored by the Optimist Club, Across from Vienna Volunteer Fire Department in parking lot of Faith Baptist Church, 201 Center Street South, Vienna

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.

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.

Fundamentals of Watercolors.

Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit www.greatfallsart.org for more.

Evening Painting. Tuesdays 6:30 -

9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/clothed figure from a live model. Visit www.greatfallsart.org for more.

WEDNESDAY/OCT. 4

McLean Newcomers and

Neighbors. 11 a.m. to 12:30 p.m. at the McLean Project for the Arts, 1446 Chain Bridge Road. The purpose of the club is to create new friendships, provide opportunities for socializing and to acquaint residents with the community. Visit www.McLeanNewcomers.org or email McLeanNewcomers@yahoo.com.

OCT. 4-NOV. 22

Fit for Life Classes. Wednesdays, 11 a.m.-noon at Bruen Chapel United Methodist Church, 3035 Cedar Lane, Fairfax. Sponsored by the Shepherd's

Center of Oakton-Vienna, to improve strength, balance and mobility for older adults, taught by instructor, Michele DeGarmo. \$5. Call 703-281-0538 or email eileentarr1@verizon.net

FRIDAY/OCT. 6

2017 Community Leadership

Award Presentation. 6:30 p.m. at McLean Hilton Tysons Corner, 7920 Jones Branch Drive. Honoring Mark and Brenda Moore. Visit www.leadershipfairfax.org/ for more.

OCT. 6-8

Annual Used Book Sale. Friday 9

a.m.-7 p.m., Saturday 10 a.m.-6 p.m., and Sunday noon-4 p.m. at the Spring Hill Recreation Center, 1239 Spring Hill Road, McLean. Hosted by the McLean Area Branch of the American Association of University Women (AAUW) featuring the auction of a signed Washington National Max Scherzer shirt and cap. Visit www.aauw.org/ for more.

OCT. 6-9

Glass Art Exhibit. Various times at the Vienna Art Center, 115 Pleasant Street, NW. "Catching Eyes with Watercolor and Glass" with Carole Choucair Oueijan.

SATURDAY/OCT. 7

Stuff the Truck Food Drive. 9 a.m.-4

p.m. at Safeway, 9881 Georgetown Pike, Great Falls. Benefit for Committee for Helping Others (CHO) and Artemis House to provide emergency food aid to those in need in Vienna, Oakton, Dunn Loring and Merrifield. Artemis House is Fairfax County's only 24-hour emergency shelter for victims of domestic and sexual violence, stalking and human trafficking. Sponsored by The Church of Jesus Christ of Latter-day Saints and the Great Falls Baha'is as part of the regional Day to Serve initiative. Visit www.daytoserve.org/ for more.

Vienna Oktoberfest. 11 a.m.-7 p.m.

along Church St., Vienna. Live entertainment on three stages, beer, food, games, German Auto Show. Visit www.viennaoktoberfest.org/ for more.

Fall Fest. 3-7 p.m. at Francis Episcopal

Church, 9220 Georgetown Pike, Great Falls. Featuring local food, music, wine tasting, children's activities, and a fabulous silent auction. Call 703-450-0321 or visit www.stfranciscgreatfalls.org/ for more.

2017 Oktoberfest. 6-9 p.m. at The

Pavilions of Turkey Run, 6310 Georgetown Pike, McLean. Attend the Claude Moore Colonial Farm's 2017 Oktoberfest to help support the programs and services of this privately operated local National Park and living history working farm. \$35 Adults; \$25 Volunteers; \$12 Kids 6-12; Kids under 6 free admission. Email jengle@1771.org for more.

TUESDAY/OCT. 10

McLean Historian. 7:30 p.m. at the

Balls Hill Government Center 1437 Balls Hill Road. Jim Lewis will address "The Consummate Citizen-Soldier, Charles Russell Lowell, Jr." Call 703-356-8223 for more.

WEDNESDAY/OCT. 11

Oktoberfest Potluck. 6:30 p.m. at

Great Falls Grange, 9818 Georgetown Pike, Great Falls. Great Falls Historical Society is holding an Oktoberfest Potluck, and speaker Jim Lewis will present "How Fairfax and Loudoun Counties Finally Agreed on a Border." Visit www.gfhs.org/ for more.



There will be music throughout the day at St. Francis Fall Fest.

St. Francis to Host Fall Fest

St. Francis Episcopal Church in Great Falls will host its Fall Fest, featuring Wine Tasting and Silent Auction event on Saturday, Oct. 7 from 3 to 7 p.m. The annual community gathering will showcase wine tastings by The Wine Cabinet, including a variety of hand selected wines presented by Franciscan "sommeliers."

There will also be live bluegrass music by the Andrew Acosta Band and food by Mookie's BBQ and the Great Falls Creamery. The silent auction, featuring items for all ages, is a great place to find a treasure or do some early holiday shopping. Hayrides, face painting, pumpkin tossing and other activities will be provided for children. Admission and parking to the Fall Fest are free. Tick-



The St. Francis Fall Fest is Oct. 7, 13. to 7 p.m. (rain or shine) at St. Francis Episcopal Church.

ets (and a valid ID) are required for wine tasting. Tickets for wine tastings and food are available at stfranciscgreatfalls.org online and at the door. The event is rain or shine.

On Sunday, Oct. 8 St. Francis will host the community for its annual Blessing of the Animals. Creatures large and small along with their owners are invited to join the congregation at the 10 a.m. Holy Eucharist service in the tent behind the church.

St. Francis Episcopal Church is located at 9220 Georgetown Pike, Great Falls. For questions, call the church office at: 703-759-2082 or visit the website at stfranciscgreatfalls.org.

FRIDAY/OCT. 13

British Car Tour for Military Kids.

9:30 a.m. A 750-mile maiden American tour through the hills and autumn foliage of Maryland, West Virginia and Virginia. Called the DC Area America's Reliability Run, it's a fundraiser for Our Military Kids, a nonprofit in McLean, Virginia. Visit www.ourmilitarykids.org or call Judy McSpadden at 703-734-6654.

Drumming and Drum Circle

Workshop. 7-8:30 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Join The Alden and master artist Kofi Dennis for an introduction to djembe drumming skills and improvisation. \$15/\$10 MCC district residents; \$7 each additional person, \$5 MCC district residents. Visit www.mcleancenter.org for more.

SATURDAY/OCT. 14

Watershed Cleanup Day. 9-11:30

p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. An opportunity for individuals, students, families, scouts and other community groups to be part of this year's

International Coastal Cleanup. Help clear the earth's arteries by collecting tires, bed springs, bottles, cans and other debris from the local waterways. Visit bit.ly/FCPAwatershedClean or call 703-759-9018 for more.

Watershed Cleanup Day. 9-11:30

p.m. at Scott's Run Nature Preserve, 7400 Georgetown Pike, McLean. An opportunity for individuals, students, families, scouts and other community groups to be part of this year's International Coastal Cleanup. Help clear the earth's arteries by collecting tires, bed springs, bottles, cans and other debris from the local waterways. Visit bit.ly/FCPAwatershedClean or call 703-759-9018 for more.

Naming Ceremony. 10 a.m. at Ken Lawrence Park, 8081 Jones Branch Drive in Tysons. Jones Branch Fields and Arbor Row Park will be consolidated to form the new Ken Lawrence Park in Tysons. Call 703-324-8662 or email Parkmail@fairfaxcounty.gov for more.

OCT. 14-15

Cello Concert. Various times at several locations around town, such as the McLean Project for the Arts' Chain Bridge Gallery, 1446 Chain Bridge Road.; Dolley Madison Library, 1244 Oak Ridge Ave.; and Spring Hill RECenter, 1239 Spring Hill Road. The Alden in McLean presents internationally renowned cellist Matt Haimovitz in a multi-part performance of "A Moveable Feast." Call 703-790-9223 for more.

TUESDAY/OCT. 17

Meet the Author. 11 a.m.-1:30 p.m. at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Hoffman is an American writer and a Contributing Editor at the Washington Post and has been a journalist for 30 years and Pulitzer Prize winner in 2010 for a book about the legacy of the nuclear arms race. Email karen.emami@globalinfotek.com, call 703-938-6411 or visit gfseniors.org.

Supporting SafeSpot for Children Victims of Abuse

FROM PAGE 15

The funds from the fashion show last year helped fund a new family advocate position for the center.

"This year, we desperately need another therapist because we give free therapy to the kids and families as needed," Odeen said. "The whole service deal is a free situation to the people."

While each state has its own definitions of child abuse and neglect, the federal Child Abuse Prevention and Treatment Act defines child abuse and neglect as, at a minimum: Any recent act or failure to act on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act, which presents an imminent risk of serious harm.

Most states recognize four major types of maltreatment: neglect, physical abuse, psychological maltreatment and sexual abuse. Although any of the forms of child maltreatment may be found separately, they can occur in combination.

Nationwide, there were 683,000 victims of child abuse and neglect reported to child protective services in 2015, an increase of 3.8 percent since 2011, according to the U.S. Department of Health and Human Services Administration for Children and Families "Child Maltreatment 2015" report, which was published in January 2017. Three-quarters, 75.3 percent, of victims were neglected; 17.2 percent were physically abused; and 8.4 percent were sexually abused, according to the report.

The Fairfax County Child Protective Services receives an annual average of 2,400 validated reports of child abuse, according to Humenansky.

Child victims often know the people who perpetrate the abuse.

In Virginia, there were 5,014 adults identified as perpetrators of reported child abuse committed in 2015, who were labeled with these relationships to their victims: 3,649 parents; 126 child daycare providers; 15 foster parents; 14 legal guardians; 250 other; 63 other professionals; 401 other relatives; 7 group home and residential facility staff members; 165 unmarried partners of parents; 125 unknown; and 199 individuals with multiple relationships to the victim, according to the report.

"I can talk about [SafeSpot], I can raise money for it; I can no more do the hands-on work than fly,"



PHOTO COURTESY OF SAFE SPOT

Melissa Larson, co-chair of the event; Melissa Mollet of NBC4, emcee of the show; and Erin West, co-chair of the event; were given roses for their contributions.

Odeen said. "I would just be a wreck. You can't believe where you live this would ever be a problem. Uncovering this and making people aware is something that we also do."

Located in Fairfax, the SafeSpot Child Advocacy Center is a public-private partnership with Fairfax County law enforcement, child protective services, the Commonwealth Attorney's Office, Inova Fairfax Hospital and the Fairfax-Falls Church Community Services Board.

"If you suspect abuse, call the hotline, Humenansky said. "Let the professionals take over. People think they have to have proof or something; if you suspect something, your instincts are often right. Help save a child and speak up for them. They're too small, too inexperienced, too scared, too confused to know what is even happening to them sometimes."

Going National

Last week the United States Tennis Association hosted the 14U Junior Team Tennis National Championships at the USTA National Campus in Orlando, Fla. Fairfax team (4Star Junior Aces) competed in the tournament, finishing 16th in the intermediate division. Pictured, back row, from left: Michael Yao (Great Falls), Evan Zhu (McLean), Elyse Ladia (Chantilly), Drew Winters (Arlington), Lucas Mew (Centreville), Maia Barrett (Fairfax), Coach Grace Kim. Front row: Chelsea Nguyen (Springfield), Smriti Balasubramanian (Chantilly), Mia Kim (Fairfax), and Kyra Li (McLean).



PHOTO CONTRIBUTED



McLean Community Center

The Center of It All



Here's What's Happening at MCC



Join in McLean's Fun Run!

McLean 5K

Saturday, Oct. 7, 8 a.m.

McLean Square Shopping Center
6627 Old Dominion Dr.

Registration: \$35/\$40 day of race


Sponsored by The Alden

Intro to Djembe Drumming and Drum Circle Workshop

Friday, Oct. 13, 7-8:30 p.m.

The Old Firehouse,
1440 Chain Bridge Rd.

\$15/\$10 MCC district residents; \$7 each additional person/\$5 MCC district residents.



Presented by The Alden

Cellist Matt Haimovitz: "A Moveable Feast"

Sunday, Oct. 15, 2 p.m.

The Old Firehouse,
1440 Chain Bridge Rd.

\$20/\$14 MCC district residents





The Old Firehouse

Haunted Activity

Friday, Oct. 20, 3:30-10 p.m.

The Old Firehouse
1440 Chain Bridge Rd.

\$60/\$50 MCC district residents


The Alden

"Peter Pan" presented by Dufflebag Theatre

Saturday, Oct. 28, 1 p.m.

The Old Firehouse
1440 Chain Bridge Rd.

\$15/\$10 MCC district residents



The McLean Community Center

www.mcleancenter.org

Home of the Alden Theatre

www.aldentheatre.org

Administrative Offices
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NEWS

Run, Walk, and Wheel in Tysons' 'Race for Everybody'

**The annual 5K
Walk and Wheel held
at Tysons Corner
on Sunday.**

BY COLIN STOECKER
THE CONNECTION

Sunday Morning, Sept. 24 the starting line of the 5K at the Sports & Health Club at Tysons Corner, was filled with people waiting to wheel their way to victory.

The annual 5K Walk and Wheel is a community benefit for Adaptive Sports Programs at MedStar National Rehabilitation Network in Washington, D.C. The race sponsors sports programs like yoga, basketball, bocchia ball, cycling, fitness, quad rugby, and rowing, for people with disabilities.

The race is held each year to honor those in the surrounding community. It was named after Harry Freedman who lost his leg — the Super H.

Although many of the racers aren't disabled, plenty of people were there to run alongside those in wheelchairs and bikes.

Pete Brown of Alexandria accompanied Ryan Brown, a patent examiner from Alexandria who was participating in the race for the first time. "It's going to be a good race," said Ryan Brown. "I'm just here to accompany him," said Pete Brown.

Funds raised from the Super H 5K have helped MedStar's NRN wheelchair basketball team compete in their national wheelchair basketball tournament and paralympic athletes reach the U.S. paralympic team which helps athletes with disabilities compete in the Olympics.

Don Brazelton, a financial professional and fitness instructor was wearing a superman suit and holding a megaphone. He was the official announcer of the race and as one of the original organizers has been participating in support of his friend Harry for 14 years.

"We started this as a fundraiser to pay for Harry's sea-leg, because his insurance company wouldn't pay for it. We put on the race every year to facilitate the financing of challenged athletes," said Brazelton.



Racers prepare to begin the 14th annual Super H 5K race Sunday morning in Tysons Corner.

PHOTOS BY COLIN STOECKER/THE CONNECTION



Don Brazelton, a financial professional and fitness instructor was wearing a superman suit and holding a mega-phone announcing the start of the Super H 5K race Sunday morning, Sept. 24 in Tysons Corner.

Recently, Brazelton and Freedman did a short segment for local channel 9 on the race.

"It's very inspiring to see athletes of all ages. The course is somewhat hilly and it makes you realize that as a healthy person you really can't complain!" said Brazelton.

Top three women finishers:

Megan Heidt, Silver Spring, Md.; Emily Riffle, Washington, D.C.; and Megan Moran, Chantilly, Va.

Top three men finishers:

Anthony Caparella, Silver Spring, Md.; Bryce Doody, Rockville, Md.; and Joseph Baremore, Silver Spring, Md.

FAITH NOTES

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

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna, offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing (first Sunday of the month, 5 p.m. at St. Mary's Chapel). The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MacCracken and includes a team of lay healers who have gone through intentional training and formation. Contact the Rev. Valerie Hayes at vhayes@holycorforter.com.

Yoga Class with a Christian

Focus is held Saturdays, 3-4 p.m., McGill Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Feel free to bring a towel, block(s) or strap. Contact the Church Office at 703-938-6521.

Mom's Group meets second and fourth Thursday of the Month, 9:30-11:30 a.m. at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Join the group for coffee and fellowship. The group meets in the Lillian Croy Room, near the Church Office. Childcare will be available just across the hall in the Childcare Center. If you are interested in joining the group, contact the Church Office at 703-

938-6521 so that we can plan appropriately for materials and childcare.

St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls, has Sunday services at 7:45, 9 and 11 a.m. with nursery care provided. In the summer, they offer musical, educational, outreach and fellowship ministries in addition to worship services, including an 8 a.m. worship service without music and a 10 a.m. worship service with nursery care. 703-759-2082.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

BULLETIN

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

THURSDAY/OCT. 5

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia, first and third Thursdays of every month. Free. Call 703-821-6838 or email jtarr5@verizon.net.

SATURDAY/OCT. 7

Metro – Fund It/Fix It. 9:30 a.m.-2 p.m. at National Rural Electric Cooperative Association, 4301 Wilson Blvd. The League of Women Voters of the National Capital Area (LWVNCA) and the Coalition for Smarter Growth (CSG) will hold a free forum for the public to learn about funding and fixing our Washington D.C. area Metro system. Event is free. Lunch will be available for purchase (\$10), but a request for lunch must be made at the time of registration. Register at www.eventbrite.com and search “Metro fund it.”

TUESDAY/OCT. 10

NARFE Chapter Meeting. 1 p.m. at American Legion Post 180, 330 North Center St., Vienna. Vienna Oakton Chapter of NARFE (National Active and Retired Federal Employees Association) will have a chapter meeting with speaker will be Gayle Nelson. Call 703-938-9757.

WEDNESDAY/OCT. 18

McLean Newcomers Luncheon. 11:30 a.m.-12:30 p.m. at Mylo's Grill, 6238 Old Dominion Drive. Nancy Harvey Steorts, a former Chairman of the Consumer Product Safety Commission, will discuss “How Safe is Your Home?”. \$30. Visit www.McLeanNewcomers.org or email McLeanNewcomers@yahoo.com.

FRIDAY/OCT. 20

Retailer Job Fair. 1-8 p.m. at Tysons Corner Center-Fashion Court, 1961 Chain Bridge Road. Tysons Corner Center will be hosting a multi-retailer job fair showcasing over 30 retailers and restaurants. Come meet the brands, engage with potential coworkers, and come ready for on-the-spot interviews. Email becca.willcox@macerich.com or call 703-770-1123 for more.

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.

VOLUNTEERS NEEDED

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.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

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A Question Which Begs What Answer



By KENNETH B. LOURIE

Twice recently, in print, I have been asked the same question. Once on an evaluation of a previous doctor appointment, and within the last week, on a pre-registration form for an oral surgeon.

The question: “How is your health?” “Excellent.” “Good.” Fair.” “Poor.” The two times I saw this question, I snickered. I mean, I have cancer: Stage IV, non-small cell lung cancer in fact, the terminal kind.

And even though I’ve lived way beyond my original “13 month to two-year” prognosis, (eight and a half years and counting, always counting), I’m still undergoing treatment. I see my oncologist every three months. I’m not in remission. My tumors, so far as I’ve been told, are not necrotic (dead). I’m still scheduling CT Scans, brain MRIs and PET Scans quarterly, semi-annually and yearly, respectively. And while amazingly thrilled to be still alive, my fate turns on the results of any one of these diagnostic scans so I wonder aloud: how is my health?

In the two most recent opportunities (I’ve had others) to answer this question, I have erred on the side of reality (my reality) and answered “Poor.” Whether I’m up and about or down and out, cancer is sort of the definition of ‘poor,’ isn’t it? Let’s be honest: who wants to receive a diagnosis of cancer, regardless of type and/or stage. Moreover, it’s hardly the gift that keeps on giving. Quite the opposite. It’s like the houseguest who never leaves. It’s always there and the more it’s around, the worse it’s likely to get.

As much as one tries, a cancer diagnosis is hard to forget. Whether you’re still undergoing treatment as I am, or have been told you’re cancer-free/in remission/N.E.D. (no evidence of disease), the prospect of a life unaltered by the experience is unrealistic, especially so when questions are asked pertaining to your health. It’s not as if you become stigmatized by your cancer diagnosis and/or medical history, but you do become a lifetime member of a club you’d rather not have joined (the more serious and exact opposite of a feeling expressed by Groucho Marx when he so famously joked that he wouldn’t want to belong to a club that would have him as a member). If only it were that simple – and funny.

A straight forward question about one’s health which requires a thoughtful and honest answer. Yet, an answer which somehow must, in my opinion, educate the asker. I’m not a normal respondent (no comments from the peanut gallery). I’m a cancer patient/survivor. Presumably, my immune system is somewhat compromised. What’s good for the goose is probably not good for the gander. My life expectancy is all fouled up. Cancer is likely in control.

As much as I want to delude myself otherwise, the writing, if not necessarily on the walls, is certainly in multiple books and journals. And not that there aren’t exceptions to every rule (my survival is proof of that), generally speaking, a cancer diagnosis “spells trouble with a capital ‘T,’” if I may invoke the late actor, Robert Preston, from his career-defining role as Harold Hill in the 1962 movie, “The Music Man.” Still, life is going on, and not too badly, I may add. But on any given day ...

I suppose the solution then is an asterisk. But how does one add an asterisk to a standardized form. And given the evolving nature of our almost-entirely inhumane (non-human) electronic contact, where does one go/what does one say, to separate and be heard. I want to be treated equally, but as a cancer patient, I’m not. I’m different. If there’s a box for that, I’ll gladly check it. I want the best outcome, naturally. But not giving me the opportunity to properly define myself/my circumstances doesn’t help either one of us. And does even less for the next respondent.

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



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