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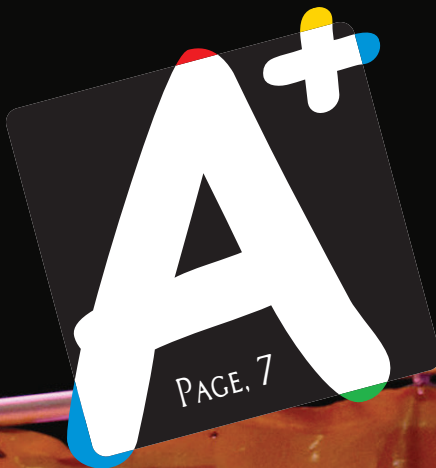
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Great Falls CONNECTION

The Traveling Players' Middle School Ensemble performed 'The Bourgeois Gentleman' on Friday at The Madeira School. Jeebu Foraida (center) played Monsieur Jourdain.



Great Theater Brought Into the Great Outdoors

NEWS, PAGE 6

Deer Management Program
Set to Start Sept. 8

NEWS, PAGE 3

\$182 Million
For 'Public Safety'?

NEWS, PAGE 2

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OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

AUGUST 15-21, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

NEWS

\$182 Million Sought for Public Safety

Voters to decide bond referendum to fund improvements to fire stations, criminal justice academy, and courthouse.

BY KEN MOORE
THE CONNECTION

The county will ask voters to approve \$182 million to renovate, expand and replace fire and police department and Circuit Court facilities on Election Day, Nov. 6.

Fairfax County Board of Supervisors authorized the \$182 million public safety bond referendum at its July 31 and June 19 meetings.

\$73 million would be earmarked for improvements to four fire stations — Mount Vernon (\$16 million), Fairview (\$16 million), Gunston (\$13 million), and Seven Corners (\$13 million) — that are all 37 years or older.

The county fire stations require the replacement of major building subsystems, such as HVAC and electrical systems. And facility improvements would expand equipment bays to provide adequate space for apparatus and space for staffing requirements, as well as to enhance bunk-rooms and locker facilities for male and female personnel, according to county documents. There were few if any female fire and rescue personnel 37 years ago.

An additional \$15 million would be used

to improve one of the eight volunteer station that is more than 40 years old.

“Staff is currently reviewing the various capital needs of these eight volunteer stations and would return to the board with the follow-on recommendation for station specific capital improvements,” according to county documents. “In addition, the bond includes temporary fire stations to maintain operations during construction.”

THE POLICE DEPARTMENT would receive \$59 million: \$18 million to renovate and expand the Mason District Station which was built in 1975; \$18 million to renovate and upgrade its Criminal Justice Academy used to train 2,300 officers, deputies, and police and sheriff’s recruits from the county police and sheriff offices as well as the towns of Herndon and Vienna; and \$18 million to renovate, expand or replace the Police Evidence Storage Building used to store evidence for court cases.

The Mason District Station, built in 1975, does not have adequate office, storage, workout, or interview spaces to support operations, according to county documents, and needs upgraded building systems and

infrastructure improvements.

The Police Evidence Storage Building also houses the warrant desk and the victim services section.

“Adequate climate controlled storage is needed to properly store this property in an organized manner. Strict accountability and oversight are also necessary to meet accreditation standards,” according to county documents. Currently, “the second and third floors are not able to adequately support high density storage, which limits storage above the first floor of the building.”

THE ADULT DETENTION Center needs \$45 million of improvements to three wings of the detention center, including plumbing, electrical, HVAC, elevator and fire protection systems as well as security and camera equipment. \$5 million would be used to improve the Jennings Judicial Center.

“The original Jennings Building was completed in the early 1980s and the courtrooms have been in constant use by the public since that time. To keep them operational and enhance their efficiency, these courtrooms require improved lighting, ductwork realignment, ADA upgrades, carpeting, wall and

BOND REFERENDUM VERBATIM

Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds in the maximum aggregate principal amount of \$182,000,000 to provide funds, in addition to funds from public safety facilities bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of public safety facilities, including the construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training and operational facilities and stations, fire and rescue training facilities and stations, including fire and rescue stations owned by volunteer organizations, and the acquisition of necessary land?

ceiling replacement/repairs, refinishing of the gallery benches, renovation of the jury rooms and technology upgrades,” according to county documents.

BY LAW, the money from the bonds may only be used for the purpose stated in the ballot question.

“While the project lists for the public safety bonds represent the current proposals regarding what projects to fund, the ballot question is phrased more generally, to allow the board flexibility as to precisely which projects to fund with the bond proceeds,” according to county documents.

The Office of Public Affairs traditionally prepares and distributes an informational pamphlet that is mailed to all county households to help inform the public about the referendum. The pamphlet will be translated into the most widely spoken non-English languages in the county, including Korean, Spanish, and Vietnamese.

Voters will be asked to vote “yes” or “no” on the public safety bond question. If ultimately approved, the county plans to sell \$182 million in general obligation bonds to make the renovations and improvements.

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NOW OPEN

Deer Management Program Set to Start Sept. 8

Officials hold public information meetings ahead of program launch.

BY ANDREA WORKER
THE CONNECTION

Saturday, Sept. 8, marks the start of the Fairfax County 2018-2019 Deer Management Program.

There are probably very few county residents who can claim to have never seen a deer in their travels around our region. Sadly, quite a few can claim having experienced an up-close-and-personal whitetail encounter on the roadways.

In a 2016 study, Virginia was ranked 13th in the nation for the number of deer-vehicle collisions. The latest study by State Farm Insurance companies puts the Commonwealth in 11th place. Since 2010, the state has averaged 111 deer-vehicle collisions reported annually, but those numbers are probably underestimating the actual events according to Dr. Katherine Edwards, the county's wildlife management specialist.

"The real number could be three or four times higher than that," said Edwards, noting that the Virginia Department of Transportation is called to pick up 1,500-1,600 deer carcasses each year and that field work has also shown that probably only 25 percent of the deer who are hit actually die on the roadside.

Edwards, along with Sgt. Earit Powell of the Fairfax County Police Department, and Kristen Sinclair, an ecologist with the Fairfax County Park Authority, are the county officials charged with the supervision of the program and they have been hosting a series of public information meetings prior to the launch to explain the logistics and answer any questions or concerns from citizens. The trio have already hosted two meetings; one at Fairfax County Government Center, and a second at the North Government Center in Reston.

THE SESSIONS OPEN with a bit of history explaining that public safety was the impetus behind the development of the program. Following a fatal deer-vehicle collision in 1997, and public demand for local government to address the issue of deer population, the Board of Supervisors mandated that a strategy to control the deer population in the area be put in place. The strategy addressed public safety concerns and also the increasing damage being done by the deer to private property and ecosystems of public parklands.

Today, the deer management program is implemented by the Fairfax County Police Department in partnership with the Fairfax County Park Authority and the Northern Virginia Regional Park Authority.

Powell heads the deer harvest operations. Edwards is the wildlife management specialist, and Sinclair is the expert on all things related to the natural environment which the deer inhabit — and which they are in danger of permanently damaging.

The over-browsing of the parklands by



PHOTO BY ANDREA WORKER/THE CONNECTION

From left: Sgt. Earit Powell, Fairfax County Police Department; Dr. Katherine Edwards, county wildlife management specialist; and Kristen Sinclair, county Park Authority ecologist, meet with the public at the North Governmental Center in Reston to discuss the upcoming deer management program, slated to begin on Sept. 8.



PHOTO BY MARY KIMM

Deer by the roadside: Saturday, Sept. 8, marks the start of the Fairfax County 2018-2019 Deer Management Program.

deer is "hindering forest regeneration," said Sinclair, by their consumption of seedlings and saplings, shrubs and bushes, changing the very composition of the forest over time.

Gathering accurate data on the deer population and their ecological impact continues to be challenging, Sinclair admits, but efforts have been increased and scientifically improved over the last several years.

She oversees hundreds of "browsing plots" throughout the county's park system

and in conjunction with the Northern Virginia Regional Park Authority.

The ecologist provided data showing that the impact of unchecked deer populations on parklands allows for the proliferation of non-native, invasive plant species and slowly erodes the biodiversity of these habitats.

"Over-browsing by deer can lead to a loss of ecosystem services," said Sinclair, "negatively affecting native plants, insects and

birds in the area."

THERE ARE THREE methods of deer harvesting that the county employs, all permitted under the Commonwealth's Department of Game and Inland Fisheries: archery, managed firearms hunts, and sharpshooting conducted at night by police personnel in closed-park situations.

❖ Archery is the number one management tool as it has been shown to harvest the most deer with the highest degree of safety for hunters and for the general public in such high-density areas as Fairfax County. The archery harvest will run from Sept. 8 through Feb. 23, 2019.

The hunters must complete a bow hunting education course, pass proficiency tests and criminal background checks before being assigned to a hunt cluster under the oversight of a cluster supervisor. Each hunter has a personal ID number and their equipment should be marked with that number. All activity by the hunters is logged into a database within 24 hours and are monitored.

"They are also required to field dress any deer they harvest, and to remove the carcass covered and as discreetly as possible," said Powell.

The hunts are conducted from 30 minutes prior to sunrise to 30 minutes past sunset. Parks remain open during the harvests, but Powell notes that every precaution to protect citizens is taken. Hunting can only be done from raised deer stands using the ground as the backdrop. Hunters must remain 100 feet from any private property line, and at least 50 feet from a trail. Entering private property is strictly prohibited without the consent of the property owner.

"We have had zero safety incidents," said Powell, "and we work diligently to keep things that way."

Questioned about "wounding rates" versus proven kills, Powell insists that every effort is made to track "unrecovered hits." Powell himself can take to the woods to try and find a wounded animal or determine if the deer died later from the hit. The wounding rate between 2014-2018 is between 4-to-7 percent. "But even that is too high," added Edwards, who vows that they will keep working to reduce that number.

❖ Managed firearms hunts have been scheduled in the Sully Woods area, on Wednesday, Nov. 28, Wednesday, Jan. 9, 2019, and Wednesday, Feb. 6, 2019. Again, strict control and supervision is employed to ensure hunter and public safety. Hunters are assigned tree stands by 6 a.m. and the hunt concludes with all participants vacating the stands by 1 p.m.

❖ Planned night time sharpshooting operations by specially-trained police personnel are scheduled for the Annandale Community Park, Bull Run Regional Park, Huntley Meadows/Dogue Creek Stream Valley, and Loftridge Park/Clermont Park. Officials are also considering sharpshooting at Fry-

SEE DEER MANAGEMENT, PAGE 9

OPINION

Back to School Safety Tips

BY SUPERVISOR
JOHN C. COOK
BRADDOCK DISTRICT

The sleepy days of summer are coming to an end. In a few weeks children will don their backpacks and step into yellow buses when the Fairfax County Public Schools start on Aug. 28. Back to School season is a hectic time for many Fairfax families.

This increase in activity means we all must take extra precautions to keep our children and neighbors safe, especially on the road.

Our entire community should be aware during the morning and afternoon school commutes. This time of day will bring a flurry of buses, carpools, cyclists and pedes-

trians all across the county. Morning commutes will be more crowded as more than 1,700 school buses get back on the road. Drivers should leave a few minutes earlier to allow for more time in their commute.

School buses carry thousands of children to school and back every morning and afternoon. Please respect their important role in our community. When a school bus is stopped with red flashing lights, all cars must stop unless they are in another lane divided by a median. So if you are traveling in a two lane roadway that has no median, all cars going both directions have to stop when the bus is loading or unloading. The same goes for a two lane roadway with a center turn lane



and a four lane roadway without a median separation. The only time you can continue driving when a bus is stopped is if you are driving on the other side of the median.

It is important to also keep in mind that many children will be walking to school and to neighborhood bus stops. Make sure to yield to children crossing the streets, especially near schools. Look out for crossing guards and follow their instructions. Keep your car off the cross walk when stopped. Be prepared to stop for children who may make unexpected movements into roadways. And finally, follow the school zone speed limits when the signs are flashing. Most school zones have

a 25 mph speed limit, but they may vary.

Parents, please remind your children about street, pedestrian, and bus safety.

Try to get to the bus stop early so no one gets hurt while rushing to catch the bus. If you are crossing a roadway, make sure that cars are stopped in both directions before crossing. Teach them to use designated crosswalks if they are available and only approach the bus once it has come to a full stop. If you have young drivers in the family, take time to review the rules about school zones and school buses.

Every Fairfax County child has the right to an education. We all must work together to protect that right by making sure students travel safely to and from school. Please help us keep Fairfax County students safe this year.

Back to School

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

Last week I had the opportunity to visit one of my grandsons' schools, and I was genuinely impressed. Parents were invited to come by last week to meet the teachers because his school started on Aug. 15. It was one of the friendliest environments I have experienced — smiles everywhere, genuinely warm greetings for all, and an obvious feeling of caring for all children and parents and grandparents coming into the school. My grandson was clearly eager to get back to school and to see his teachers. He has some special needs that require additional understanding and assistance, and he is clearly getting it in his school setting.

The teachers and administrators wore the school's special tee shirt and were giving high-fives all around.

As one who taught in the classroom for several years, many old memories came back to me. I remember the need to always be "on" in the school day for students who needed help or attention. In most careers we can coast on a bad day and make up for it later; not so with teaching. You are always the center of attention and must be appropriately responsive to student needs whenever they occur. Students can learn as much about life from your body language and attitude as they can from the subject you are teaching them.

While teachers are assigned a grade level or a subject area, ultimately teachers are teaching children more than just content. I am convinced my son who teaches students in automotive technology



is teaching as much about attitude, work habits, developing confidence and being a good citizen as he is about an automobile.

Our daughter who teaches multiply challenged children at the elementary level is demonstrating for parents, the school, and the community the inherent value and potential for every student regardless of the challenges they might face. My wife who was a preschool teacher and director demonstrated how important it is that young children get off to a good start and is now teaching other teachers to do the same.

Increasingly school divisions are getting an exception to the "Kings Dominion Law" requiring that schools begin after Labor Day. Fairfax County Public Schools is

one district now starting before Labor Day.

I have always opposed the current law and have voted to repeal it many times.

A bill carried over from the past session for further consideration would leave the decision of the starting date for schools up to the local school division based on the unique circumstances of the community.

The legislature can do much more to support education of our children than dabble in the starting date for schools. Pay for Virginia teachers lags below the national average by about \$4,000. Clearly teachers do not stay in the profession for the money, but they should not have to suffer with low pay because they chose to educate our children. At least in the community we can express appreciation and offer our thank you to our teachers for the important work they do!

LETTERS TO THE EDITOR

Democracy Threatened

To the Editor:

I remain very concerned about the Supreme Court Nomination, particularly in light of the recently released recording of Representative Nunes revealing the RNC's strategy with regard to ending the Mueller investigation. The American people deserve to know [what] the nominee to the Supreme Court, the highest court in the land, [said] under oath to the

Senate in order to get his last judgeship. Additionally, [the administration of] our current president is under investigation for conspiracy with a foreign government to throw an election. Every day we discover new facts, many of them on tape, which further erode our faith that "checks and balances" are currently in place to prevent the complete destruction of our democracy. Allowing Mr. Trump to the

choose the man who will ultimately be charged with deciding if a sitting president can be indicted is simply not acceptable. I very much appreciate the integrity of my representatives and will work tirelessly to get you re-elected. Please continue the fight on our behalf.
#ReleaseTheRecords

Sue Gleason
Vienna

Write

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News

Great Falls Boat in Lake Anne Regatta

Cardboard plus duct tape equaled boats at the 2nd Annual Lake Anne Cardboard Boat Regatta held Saturday, Aug. 11, organized by the Reston Historic Trust & Museum and key presenting sponsor by Griffin-Owens Insurance Group of Herndon. All proceeds from the Cardboard Boat Regatta supported the Reston Historic Trust & Museum.

With a healthy dose of competition, pride and cooperation thrown in, thirty-two teams competed for first, second and third place awards in three age-based trophy categories, the People's Choice Award and the not-so-coveted but highly amusing, Titanic Award given to the team with the most spectacular boat sinking.

Spectators assembled on the lakefront plaza well before noon. With the sun high in the sky and blazing, the heat was intense but it did not deter a reported crowd of 1000 individuals.

In an interview before the race, contenders Lea Daniel, 11, of Great Falls and her brother,



PHOTO BY MERCIA HOBSON/THE CONNECTION

Pirates Lea Daniel, 11, from Great Falls and her brother, Quincey, 14, prepare to launch "USS Cinder" at the 2nd Annual Lake Anne Cardboard Boat Regatta held Saturday, Aug. 11. The team placed first in the Cadet Class with a time of 2:14.

Quincey spoke about making the boat, "Cinder," and how they designed it. "It took us about 40 hours, and it's an original design," said Lea. Pointing to her rescue dog, Cinder, Lea added: "Cinder loved coming outside to help us paint. He's a team player."

Lea's brother, Quincy, said, "We added a pontoon to the side so that

hopefully it keeps us stable." Mom Alina told how the children, who are members of the NoVa Labs, did not want to go to a weekly summer camp but instead asked to stay home where they researched how to build a boat and then constructed it together.

—MERCIA HOBSON

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The Middle School Ensemble performed 'The Bourgeois Gentleman' on Friday. Jeebu Foraida (center) played Monsieur Jourdain.



PHOTOS BY CARLYN KRANKING/THE CONNECTION

Shakespeare's 'Love's Labour's Lost' was brought to life by the High School Ensemble.

Great Theater Brought Into the Great Outdoors

Traveling Players Ensemble performs Three Classical Comedies.

BY CARLYN KRANKING
THE CONNECTION

When Jeanne Harrison founded the Traveling Players Ensemble 16 years ago, she wanted to find a way to teach kids what it means to be in an ensemble. She wanted to emphasize togetherness and teach the importance of the journey of putting on a show.

"I found that actors needed the experience of caring as much about the process as they did the product," Harrison said. "I thought, 'What's the best way to teach ensemble? You take kids backpacking.' In backpacking, you remember that the journey is as important as the destination."

The Traveling Players Ensemble provides summer camps to children in third grade through 12th grade with a focus on bringing theater into the outdoors. Though it is a day camp, the young actors spend one night a week camping outside, complete with s'mores.

Friday, this summer's second session of campers performed three plays in a showcase of their work at The Madeira School. The Middle School Ensemble performed



The fairy Veruca (Soven Bhagat) casts a spell on Aurora (Katie Conner).

Moli re's "The Bourgeois Gentleman," the High School Ensemble performed William Shakespeare's "Love's Labor's Lost" and the high school Commedia Troupe performed an original version of "Sleeping Beauty."

These three ensembles had worked for four weeks to put on these productions. Through this time, the actors developed a strong sense of togetherness.

"It's a really fun community to be part

of," said Commedia Troupe member Soven Bhagat of Marshall High School. "You feel supported here. There's a like-mindedness to it, but you're with very different people that you get to learn a lot about."

After their performance Friday, the Commedia Troupe left on a nine-day tour, performing around Virginia. Prior to Friday's show, the High School Ensemble spent two nights on Skyline Drive and performed in Luray.

For the young actors, these performances are memorable and valuable. McLean resident Maddy Wakefield, 13, participated in this summer's first session of camp, playing the role of Madame Jourdain in "The Bourgeois Gentleman."

"One of my favorite memories was when I put on our show this year," Wakefield said. "It was really fun because the show went super well, and it was really funny."

The middle school ensembles from each camp session will have the opportunity to perform their show again: They have been invited to perform "The Bourgeois Gentleman" at the Reston Multicultural Festival on Sept. 22. Harrison said she will invite both casts and give a role to everyone who can go. The Traveling Players, she said, will be the only organization at the festival representing a culture that they are not from – the play represents France, but the cast is not French.

Though the play has themes of wealth and class, it is nevertheless a lighthearted comedy with singing and slapstick humor. That is one of the things Harrison enjoys about the Traveling Players Ensemble.

"I love what we get to work on. We get to tell some of the world's most complicated stories, and we put them in the mouths of teenagers," Harrison said. "And they do it. They do it well."



Oscar Lynch, Will Chapman and John Berberian played Larry, Tony Venzani and Tom in the Commedia Troupe's original production of 'Sleeping Beauty.'



Aurora (Katie Conner) and Prince Philip (Oscar Lynch) kiss to break the curse and wake up the kingdom's people.



PHOTO COURTESY OF TERRI'S TABLE

Cutting fresh produce into bite-sized pieces can make school lunches appealing to children, advises Terri Carr of Terri's Table.

Lunches That Make the Grade

Ideas for packing healthy foods that children won't want to trade.

BY MARILYN CAMPBELL

For many children, one of the exciting back-to-school rituals is selecting a new lunchbox. For parents, that means choosing midday fare to pack in those lunch-pails. While fresh ideas for healthy and satisfying meals may flow freely at the beginning of the school year, as the weeks pass, it can become easy to slip into a lunchtime rut of daily turkey sandwiches. Local nutritionists and culinary instructors offer ideas designed to serve up lunchbox love all year long.

"Making healthy lunches is just about parents educating themselves on the healthy food options that are available and then teaching their kids to make healthy food choices," said Mary Murray of Reston-based Teri Cochrane, Beyond Nutrition. "With my own kids, I just kept bad food choices out of the house so they didn't have those options."

Trade junk food favorites like potato chips for healthy alternatives like plantain chips, advises Murray. "Plantain chips are actually very good and they're also good for you and still have the crunch. If kids were to bring some extra to share with their friends, more kids will see that they're actually delicious."

"Protein and vegetables are remarkably important, but underrepresented," said Sara Ducey, professor, Nutrition and Food at Montgomery College. "A lot of carbs or snacks, stuff like chips, end up in children's lunchboxes because they have a social value for kids who feel like they're open to being judged."

There is a social component to lunchbox fare that should not be overlooked, continues Ducey. "Lunches should be exciting and appealing, especially when children are feeling like they might be judged," she

said. "Cutting fruit into larger pieces for example, keeps them from turning brown as quickly. A Granny Smith apples for example is less likely to turn brown than a Red Delicious apple."

Packing a lunchbox with foods that are hearty and nutrient-dense is a key to maintaining a feeling of satiety throughout the day, advises Ducey. "You want your kids to have a stable blood sugar," she said. "Beans are good for protein and keeping their blood sugar stable. Try things like white bean hummus, chili and stews and soups that are made with beans."

Involving children in the process of selecting and preparing the items that go into their lunch boxes is a key to increasing the chances that those healthy items will actually be consumed, advises Terri Carr of Terri's Table, a cooking school in Potomac, Md. "Children love to cook and the desire for cooking classes in this area is tremendous. Carr offers classes on cooking with children.

"Many kids will eat fresh baby carrots, celery and cucumber, which are also hydrating," added Carr. "Crunchy dried fruit like blueberry, apples and mangos can go in their lunchboxes instead of chips and they're usually a hit."

Replacing fruit juice with natural fruit water by soaking fresh fruit in water to add a burst of flavor without added sugar is another option offered by Cochrane's firm. Stevia or monkfruit can also be added to sweeten the taste without increasing the sugar content.

"When it comes to beverages, children should only have whole milk and water in their lunchboxes," said Ducey. "Whole milk keeps the child fuller longer. Skim milk actually spikes sugar and they're full at first, but hungry soon after. And a hungry kid doesn't learn as well."

As important as the food that goes into a child's lunchbox are the containers that hold each dish, suggests Ducey. "Invest in good quality stainless steel containers and utensils rather than plastic," she said. "Plastic can transmit chemicals into your food, so stainless steel is a good alternative."

"Lunches should be exciting and appealing, especially when children are feeling like they might be judged."

— Sara Ducey, Professor, Nutrition and Food at Montgomery College

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Newspapers & Online

SPECIAL PULLOUT TAB

Newcomers & Community Guide

August 22, 2018

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

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

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

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Art Exhibit: “Too Much of Too Much.” Through Aug. 18, gallery hours in the Bullock | Hitt Gallery at MPA@ChainBridge, 1446 Chain Bridge Road, McLean. McLean Project for the Arts will open “Too Much of Too Much: Overstimulated, Overexposed, and Overextended,” featuring works by mid-Atlantic artists whose works explore the ideas of overstimulation, excessiveness and bombardment, be it through too much information, activity, expectation, or by any other means. Visit mpaart.org.

Row by Row Junior. Through Oct. 31, local quilt shop proprietors like Jinny Beyer Studio (776 Walker Road, Great Falls) are welcoming children participating in Row by Row Junior to their shops. It’s the junior version of the summertime travel event for quilt making fans known as Row by Row Experience. Kids visit shops in person, collect a free sewing pattern, and find inspiration in colorful, creative world of sewing. At home, families can find free tutorial support and activities online by visiting www.rowbyrowexperience.com or jinnybeyer.com for local quilting.

Vienna Farmers Market. 8 a.m.-noon, Saturdays, through Nov. 3 at Vienna Community Center, 120 Cherry St. S.E., Vienna. The Vienna Farmers Market, hosted by the Optimist Club of Greater Vienna, has more than 30 vendors from across the region, the Vienna Farmers Market provides locally-sourced fruits and vegetables and homemade eats. Throughout the year, great music will be featured to accompany your shopping. Visit optimistclubofgreatervienna.org/.

Oakton Farmers Market. 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

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.

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.

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna’s heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior



Ann Wilson & Jeff Beck

Ann Wilson of Heart is gearing up for a busy summer that will see her performing on the “Stars Align Tour” with Jeff Beck and Paul Rodgers and prepping the release of her new solo album, IMMORTAL, due out Sept. 14. Monday, Aug. 20, 8 p.m. at Wolf Trap’s Filene Center, 1551 Trap Road, Vienna. \$35-\$75. Visit www.wolftrap.org for tickets.

PHOTO BY
KIMBERLY ADAMIS

Ann Wilson

discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

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. Games are on Wednesday evenings and Saturday mornings in Vienna, April-October. Other activities during the year. Visit www.goldengirls.org.

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.

Fishing Rod Rentals. Riverbend Park, 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/.

REGISTRATION OPEN

Vienna Youth Soccer Fall 2018. House Soccer is Vienna Youth Soccer’s recreation soccer program. House is open to all boys and girls ages 3-18 years old who wish to play and learn soccer while having fun, making friends, and developing sportsmanship in a non-pressure environment. Visit www.vys.org.

WEDNESDAY-THURSDAY/AUG. 15-16

Studio Ghibli: Howl’s Moving Castle. Wednesday, 7 p.m. (Japanese with English subtitles); Thursday, 11 a.m. (English dubbed) at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the celebrated Studio Ghibli praised for their originality, stunning animation, and ambitious storytelling. All tickets are regular admission. Visit www.AngleikaFilmCenter.com.

THURSDAY/AUG. 16

Nottoway Nights. 7:30-8:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Featuring Seldom

Scene (Bluegrass). Bring blankets and chairs and enjoy music from around the world every Thursday evening at Nottoway Park. Free. Visit www.fairfaxcounty.gov/parks/performances/nottoway-nights.

FRIDAY/AUG. 17

Chillin’ on Church with the Josh Christina Band. 6:30 p.m. area residents can catch a new and diverse musical act every Friday at the Town Green or at Chillin’ on Church. Bring blankets and chairs, but please leave Fido and any other pets at home. The concerts are free and open to the public. Visit www.viennava.gov.

SATURDAY/AUG. 18

Ribbon-Cutting Ceremony. 10 a.m. at Safeway – Chesterbrook, 6244 Old Dominion Drive, McLean. Safeway will unveil renovations to its Chesterbrook store. Local dignitaries are expected to join Safeway officials for the ceremony, with live music presented by McLean High School band students.

Paddle the Potomac. 5:30-7:30 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Watch for deer foraging on the islands and osprey and bald eagles searching for fish as you paddle a kayak through a wildlife-rich section of the Potomac River. This is not a whitewater tour, and no previous experience is required. Kayaks will be provided – one person per kayak. For participants age 14 to adult runs. Download the waiver at go.usa.gov/xnFNc and bring the completed form to the tour. \$40 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

SUNDAY/AUG. 19

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

Concerts on the Green: Vinyl Invention. 6-8 p.m. on the Great Falls Village Centre Green. Sundays throughout the summer, bring a picnic and chairs for an evening of free, live music. Visit celebrategreatfalls.org.

MONDAY/AUG. 20

Ann Wilson & Jeff Beck. 8 p.m. at Wolf Trap’s Filene Center, 1551 Trap Road, Vienna. Ann Wilson of Heart is gearing up for a busy summer that will see her performing on the “Stars Align Tour” with Jeff Beck and Paul

Rodgers and prepping the release of her new solo album, IMMORTAL, due out Sept. 14. \$35-\$75. Visit www.wolftrap.org for tickets.

WEDNESDAY-THURSDAY/AUG. 22-23

Studio Ghibli: From Up On Poppy Hill. Wednesday, 7 p.m. (Japanese with English subtitles); Thursday, 11 a.m. (English dubbed) at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the celebrated Studio Ghibli praised for their originality, stunning animation, and ambitious storytelling. All tickets are regular admission. Visit www.AngleikaFilmCenter.com.

THURSDAY/AUG. 23

Games at Riverbend Park. 4:30-6 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Looking for new ways to keep children entertained this summer? Play traditional Eastern Woodland Indian games of skill and luck that were popular at the time the first Europeans reached this area. Enjoy the tradition of oral storytelling and make a game to take home. For ages 4-adult. \$12 per person. Children must be accompanied by an adult registered for the program. Call 703-759-9018 or visit fairfaxcounty.gov/parks/riverbend.

SoberRide Fundraiser. 6-9 p.m. at Glory Days Grill, 3059 Nutley St. SW, Fairfax. The Washington Regional Alcohol Program’s (WRAP) third-annual “Football & Fundraising” event features former Washington Redskin Gary Clark, a sports memorabilia silent auction and door prizes. Open to the public. Visit www.wrap.org for tickets.

Nottoway Nights. 7:30-8:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Featuring The Amish Outlaws (Amish cover band). Bring blankets and chairs and enjoy music from around the world every Thursday evening at Nottoway Park. Free. Visit www.fairfaxcounty.gov/parks/performances/nottoway-nights.

FRIDAY/AUG. 24

River Fishing by Boat. 5:30-7:30 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Fish for smallmouth bass and sunfish from a canoe or boat with an introductory class on boating and fishing basics. No previous experience paddling or rowing is required. Boats and personal flotation devices (PFDs), fishing rods and bait are provided. Designed for participants age 5 to adult. Maximum of three participants per boat, one of whom must be 16 or older. \$16 per person, and each

participant must register. Call 703-759-9018 or visit fairfaxcounty.gov/parks/riverbend.

Theater Under the Stars. 8 p.m. at the Vienna Town Green, 144 Maple Ave. E., Vienna. The Town of Vienna offers “Paddington 2” on the Big Screen on the Green at 8 p.m. Friday, August 24. The 2017 movie, which is rated PG, follows the adventures of Paddington the bear, who spreads marmalade and joy wherever he goes. Bring blankets and lawn chairs. Free popcorn and water will be available while supplies last. Rain date: Sunday, Aug. 26. Free admission. Visit www.viennava.gov.

SUNDAY/AUG. 26

Concerts on the Green: Mike Terpak Blues Explosion. 6-8 p.m. on the Great Falls Village Centre Green. Sundays throughout the summer, bring a picnic and chairs for an evening of free, live music. Visit www.celebrategreatfalls.org.

TUESDAY/AUG. 28

Dance Open House. 4-6 p.m. at Cuppett Performing Arts Center, 135 Park St. S.E., Vienna. Cuppett Performing Arts Center’s hosts and open house for prospective students to learn about their programs: beginner through pre-professional dance classes in ballet, tap, jazz, modern, lyrical, hip hop, acro and musical theatre. Free. Call 703-938-9019 or visit cuppettepac.com.

WEDNESDAY/SEPT. 5

Newcomers & Neighbors Coffee. 11 a.m.-12:30 p.m. at in the Community Room of the Regency at McLean, 1800 Old Meadow Road, McLean. The McLean Newcomers and Neighbors will host a coffee for members and for non-members who might be interested in joining. Visit www.McLeanNewcomers.org.

THURSDAYS/SEPT. 13, 20 & 27

Mah Jongg for Beginners. 6:30-9:30 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. A three-session Mah Jongg class for beginners. Enrollment is limited. \$85 includes nine hours of lessons with a Mah Jongg card. To register, send a check made out to WoTRS to Iva Gresko, 120 N. Fairfax St., Falls Church, VA 22046. Include your e-mail address, home address, and your home and cell telephone numbers. The check is registration. Email iva.gresko@gmail.com or 703-328-1606.

SATURDAY/SEPT. 15

Tea Tasting Seminar. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Teas from Across Africa a tea tasting seminar with Certified Tea Specialist Chef Laurie Bell. The diversity of Africa’s tea production is evident from the black teas of eastern Africa to South Africa’s Rooibos and Honeybush, to Morocco’s famous mint tea, and Egypt’s chamomile. Tea infused treats and a take home tea sampler included. \$35. Use class activity code 266 407 0401 and visit www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664 to register.

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

Deer Management Program Explained

FROM PAGE 3

ing Pan Farm Park. These operations will be conducted between November 2018 and March 2019, but no hunts will take place over the Thanksgiving holidays or during the winter holiday season between Dec. 19, 2018 and Jan. 2, 2019. The venison from the harvest is donated primarily to homeless shelters through the nonprofit "Hunters for the Hungry."

Hunting deer as a method of controlling their population is not always met with approval. Some residents object to destroying an animal that is just trying to survive in a vanishing wilderness. But as Edwards explained, other, non-lethal methods like tagging deer with birth control drugs or sterilization "just haven't proven effective or are cost prohibitive, although we continue to stay up to date with the latest research and will adjust our program accordingly."

THE DEER MANAGEMENT program is ultimately about public safety, said Edwards, "and the protection of the environment, and about helping sustain a population of healthy deer as part of our natural surroundings."

There is one more public meeting scheduled for Thursday, Aug. 16, at 7 p.m. at the Mount Vernon District Police Station Community Room at 2511 Parkers Lane in Alexandria. A complete list of the parks where deer harvesting will take place, and the methods that will be employed at each, including dates for managed firearm and sharpshooting operations, is available on the county's website at www.fairfaxcounty.gov/wildlife/deer-management-program. The site also provides historical data on the numbers of deer harvested in past operations by location, by method, and by sex and more information about the logistics, requirements, and frequently asked questions.



Reston resident Tammi Petrine talks about the effects of deer over-browsing on her property with Mark Gauntner, who will be joining the deer management team in September.

PHOTOS BY ANDREA WORKER/THE CONNECTION



Gwyn Whittaker, CEO of GreenFare caf in Herndon, has a few questions for Sgt. Earit Powell who heads the deer harvest operations.

Edwards, Powell and Sinclair welcome comments and questions from residents of the county, and are more than willing to speak with local groups, HOAs and other organizations, or private citizens looking for advice on how to coexist with hooved neighbors. Their contact information can be found on the website.

Funeral Arrangements for Joyce (Joy) Ann Trickett

Funeral arrangements for Joyce (Joy) Ann Trickett have been made through the Adams-Green Funeral Home, 721 Elden Street, Herndon.

Visitation will be held at the Funeral Home on Friday, Aug. 17, 2018 from 2- 4 p.m. and also from 6-8 p.m .

Joy's Memorial Service will be held on Saturday, Aug. 18 at 11 a.m. at the Herndon United Methodist Church, 701 Bennett Street, Herndon.

Fellowship, food and sharing will immediately follow the Memorial Service at the Church.

Flowers have been sent to the Funeral Home from the Great Falls Senior Center.

"We all can take comfort that we had the opportunity to know and love Joy, a wonderful woman who was such a force in our community. Her life most certainly comprised many achievements, accomplishments, and wonderful works. Joy may be gone from us but she will always be with us in our hearts," GFSC said in a statement.

Friends of Riverbend Park to Host Barbeque Benefit

The Friends of Riverbend Park (FORB) is sponsoring a fundraising benefit for Riverbend Park at the Visitors' Center, 8700 Potomac Hills Street in Great Falls, on Saturday, Sept. 22, from 6 to 9 p.m. Bring your family and come relax by the Potomac River on a late summer's evening while supporting your favorite Fairfax County park. Enjoy a glass of wine or a bottle of beer on the deck, followed by a barbeque dinner catered by Mookie's of Great Falls.

Explore the exhibits in the Riverbend Park Visitors' Center, and learn about all the camps and programs Riverbend Park offers throughout the year. Boat rides on the Potomac and s'mores by a campfire will also be available. It's a perfect opportunity for an evening of family fun while supporting a worthy cause.

Admission for adults is \$50 per person (\$20 tax-deductible), \$25 per person for children under 21 (\$10 tax-deductible), and

\$125 per family of three or more persons (\$50 tax-deductible). Registration for the Riverbend Park Barbeque Benefit may be done online at FORB's website (www.forb.wildapricot.org) and payments may be made by credit card or PayPal online or by checks sent to FORB, Post Office Box 1481, Great Falls VA 22066.

If you are unable to attend the Riverbend Park Barbeque Benefit, consider supporting Riverbend Park by becoming a Member of FORB or making a donation. An individual One-Year Membership is \$25, a Family/Benefactor Two-Year Membership is \$100, while a Three-Year Riverbend Park Supporter Membership is \$500. Membership dues are all fully tax-deductible as are donations of any amount. Membership dues payments and donations may be made online at FORB's website (www.forb.wildapricot.org) by credit card, PayPal or by checks sent to FORB, Post Office Box 1481, Great Falls, VA 22066.

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Obituary

Obituary



Rita Elizabeth Padon née Atwood "Becky" (Age 78)

On 8 August 2018, Rita Elizabeth Padon, of Great Falls, Virginia, was permanently released from the pain of this world. Friends, family, or wandering strangers, may greet her immediate family between 6-8 PM, Wednesday, 15 August, at Money & King Funeral Home, Vienna. At 11:00, 16 August, there will be a Catholic Mass at Our Lady of Good Counsel, Vienna; On 18 August, Becky's ashes will be interred at Cunningham Memorial Gardens, St. Albans, West Virginia. Both the Mass and the interment will be followed by a reception.

She is survived by husband H. Maxwell Padon II; daughter Stephanie (Paul) Snow, Lake Oswego, OR; her older son Christopher (Ellen) Fairfax; younger son Stephen (Heather) Edwardsville, IL. She had nine grandchildren from 30 to 9, 5 boys and 4 girls, but only got one redhead. She loved them all regardless of hair color. Online condolences and fond memories of Becky may be offered to the family at www.moneyandking.com

NEWS

Apply for Citizens Fire Academy

An eight-week Citizens Fire & Rescue Academy (CFRA) program will show participants what firefighters and paramedics do every day. The CFRA is open to county residents 18 and older. Each session will cover different aspects of the organization, providing an overview of the department and its uniformed and civilian workforce. Program topics include: fire suppression, emergency medical services, training, recruitment, special operations, and other interesting topics. CFRA applications will be accepted until Aug. 31. The Academy will begin Sept. 20 and will meet for eight consecutive Thursdays, from 6 p.m. to 9 p.m. and ending on Nov. 8. See <https://www.fairfaxcounty.gov/fire-ems/cfra>.

FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT PHOTO



Nonprofits Initiate 5k Home Run for the Homeless

Combined effort to raise funds.

BY SHIRLEY RUHE
THE CONNECTION

Three non-profit organizations have banded together to sponsor the first Home Run for the Homeless 5k run on Saturday, Sept. 15. Community Lodgings, Home-stretch and Bridges to Independence are all organizations which provide housing, employment, youth education and outreach and child care to parents and children as they move toward self sufficiency in the City of Alexandria, and Arlington and Fairfax counties.

Mark Riley, volunteer coordinator of the event, says this is rare if not unprecedented, that nonprofits come together in this kind of effort.

In an area known for its wealth, the 2018 Point in Time survey identified 1,434 individuals as homeless in Northern Virginia. "The Home Run is a great opportunity for people to support not just one, but three organizations working to help Northern Virginia families overcome homelessness," according to Sam Kelly, chief executive officer, Bridges to Independence.

Lynn Thomas, executive director of Community Lodgings, said, "The primary goal of the race is to inform community members about homelessness and encourage them to become involved."

Riley said, "It would be nice to net, say, ten grand but this isn't about the money; it's about the visibility for the good work of these organizations." Riley said their goal is to get 250 participants, the maximum allowed. "But it is difficult to go to 250 the first year from scratch."

Riley says the race is scheduled to begin at 9 a.m. at Bluemoont Park shelter on Manchester

Street in Arlington. It will follow the W&OD trail almost to Falls Church and end back at Bluemoont Park.

Riley says he has organized other races such as the Thanksgiving Day Turkey Trot. His role for this race is to be the coordinator go-to guy. He says this race involves getting three permits: for the trail, the shelter and the overall special events permit. "You have to make sure it is on the county calendar."

"Then you get your people lined up" — the host beneficiaries and leadership group and the sponsors. "I help with the parking, the food and the music. It sets a mood." Two other essential pieces are the race management company to help time the race and provide the cones and barrels and other necessary equipment. And, of course, the T-shirts for people and this year "really nifty medals. The children love the medals more."

Riley says County Board member John Vihstadt probably inspired the impetus for this event. "Two years ago he contacted me to find out about Home-stretch because they were doing a fundraiser for their childcare." One thing led to another and these three groups got together.

Register for the race at <https://goo.gl/GtrFqe>. Registration fees are \$40 for 18-years and older and \$25 for 6-17 years. Online registration ends Sept. 13 unless it has already sold out. Packet pick up will be Friday, Sept. 14 at Christ Church in Arlington from 5-7p.m. And on Saturday before the race starting at 7 a.m.

Is Riley running the 5k? "Those days are over, but I did sign up."



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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

BULLETIN

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

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

THURSDAY/AUG. 16

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. Hosted by Shepherd's Center of Oakton-Vienna. scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Macy's Hiring Event. 11 a.m.- 7 p.m. Job candidates may visit the following Macy's stores to be considered for full- or part-time positions: Macy's Fair Oaks, Macy's Tysons Corner Center, Macy's Westfield Montgomery, Macy's Tysons Galleria and Macy's Fashion Center At Pentagon City. Candidates should apply in advance at macysJOBS.com.

After Work Networking Mixer. 5:30-7:30 p.m. at 8300 Greensboro Drive, Suite 150, McLean. Wine Tasting and Networking Event, hosted by Dr. Nicole Van, DDS, PC. Wine tasting will be served by Vienna Vintner and appetizers will be catered by Purple Onion Catering. Visit tysons-chamber.org to register.

THROUGH FRIDAY/AUG. 17

Disaster Preparedness Kits. Community members are invited to visit participating Allstate agencies to receive free Allstate Foundation disaster preparedness kits, while supplies last, and localized information from the American Red Cross. Visit www.allstate.com. The following allstate agents are participating:

- ❖ Robin Hill: 5222 Rolling Road, Burke
- ❖ Danni Cravins: 203 Elden St., Suite 304, Herndon
- ❖ Ray Manfredi: 6506 Loisdale Road, Springfield
- ❖ Joe Nadimi: 8212-C Old Courthouse Road, Suite 1, Vienna

SATURDAY/AUG. 18

Write Away Stress. 9:30 a.m.-3:30 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Learn how in a writing workshop featuring the all-new Write It Away method of stress management. Facilitator is Sue McCollum, LPC, therapeutic writing coach and co-author of a soon-to-be-published book on how to use writing to tame the tension in your life. \$30. Email comms@unityoffairfax.org.

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Progressing, But So Am I



By KENNETH B. LOURIE

"Slow progression" does not mean we are now progressing slowly. Quite the opposite in fact. During this past Monday's "Phoning It In" appointment when the three semi-amigos – me, my wife Dina, and my oncologist – discussed/assessed my most recent CT scan results, a decision was made to fight potential cancer fire with treatment fire.

In effect, we are doubling down, decreasing my present every-seven-week infusion schedule back down to every three weeks and likewise reducing my three-month CT scan interval to two months. All of which changes my "manageable" life to one more cancer centric. Not all appealing but as the South Korean woman driving the white Cadillac told "Hawkeye" in a long-ago M*A*S*H episode: "That's where the water is."

And so we are returning to the scene of the crime (three week intervals) so to speak, and hoping we can nip this tumor growth in the bud thereby enabling yours truly to live longer and hopefully prosper (and live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

I don't want to be totally naive and presume that since the same medication has worked for five years, there's no reason to think, with a little tweaking, it can't continue to work for another five years. However, my oncologist did say he's had patients where a similar approach worked to slow/stop the growth (after an unspecified period of stability like me) so to quote my late father: "The idea has merit."

Ergo, the honeymoon is over. Now the hard part begins, again. One week not feeling well, two weeks feeling pretty well. Then waiting for scan results as if my life depended on it (duh!).

It's nothing my family and I haven't experienced off and on going on nine and half years since my diagnosis/prognosis. Still, after the last five years of relative calm (since I was hospitalized and began the "miracle" drug alimta), life has been normal-ish with infusion intervals widening and scan results indicating some initial shrinkage ("like a frightened turtle"), followed by nearly five years of "stable" CT scans.

But so what else is new in the cancer-patient world? (That's a rhetorical question.)

Cancer returning with or without a vengeance to patients who perhaps had expected otherwise. Cancer is not exactly a disease you forget you had or one that you presume you'll never see or worry about again. Nothing could be further from the truth. The truth being: you are scarred for life – sort of. You become a life-long member of the biggest club in the world. A club, as Groucho Marx might joke, you'd rather not join, especially if they'd have you as a member.

"Cancer Sucks" as a meme is the most insincere form of flattery – for a reason: people die. Cancer leaves a wake and in its path devastation and destruction. Its swath cuts across generations, cultures, demographics, ethnic backgrounds and gender identifications.

If there's any fear we share collectively it is a diagnosis of cancer. Living with it and trying not to die from it has been the bane of my existence – and millions more, many of whom have already succumbed to its ravages. Continuing research into the cause and effect has given me years my oncologist told me I probably didn't have. ("13 months to two years" was my original prognosis.)

How lucky am I. (Not a rhetorical question.)

Now I face another hurdle. Or rather, more of the same hurdle I've managed to jump over for nine-plus years. Whether the 10 percent-ish tumor growth is the real deal or merely just a blip on the cancer radar, only time and treatment will tell. This is the uncertainty all of us cancer patients endure. It's not ideal, but ideal left the building on Feb. 27, 2009.

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

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