

WELLBEING

PAGE, 6

# Great Falls CONNECTION



## Krop's Crops Expands in Great Falls

NEWS, PAGE 3

July 4th Hometown Celebration  
Parade, Festivities & Fireworks

NEWS, PAGE 2

McLean, Langley  
High Win Cappies Awards

NEWS, PAGE 3

Some of the vendors at the newly expanded Krop's Vintage Market Place, located at Krop's Crops at 11110 Georgetown Pike in Great Falls. From left: Vendor Ginger Mahon, owner Larry Krop, Joy Harrison, and Hatsie Charbonneau.

POSTAL CUSTOMER  
ECR WSS  
ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL  
REQUESTED IN HOME 7-4-19

PRST STD  
U.S. POSTAGE  
PAID  
EASTON, MD  
PERMIT #322

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



## NEWS

McLEAN COMMUNITY PLAYERS

**Opens Friday, July 12!**  
Oh, The Things You Can Think!

**Seussical™** The Musical

Music by **STEPHEN FLAHERTY**  
Lyrics by **LYNN AHRENS**  
Book by **STEPHEN FLAHERTY AND LYNN AHRENS**  
Co-Conceived by **STEPHEN FLAHERTY, LYNN AHRENS AND ERIC IDLE**  
Based on the works of **Dr. Seuss**

**July 12-28, 2019**  
FRIDAYS AND SATURDAYS AT 7:30 P.M.  
SUNDAY MATINEES ON JULY 14, 21, AND 28, AT 2:00 P.M.

Alden Theatre, 1234 Ingleside Ave. McLean, VA  
**Tickets: 866.811.4111**  
**www.McLeanPlayers.org**

The McLean Community Players, Inc. is funded in part by the Arts Council of Fairfax County. ARTSFAIRFAX  
Audio description by the Metropolitan Washington Ear is available on July 21.  
Seussical is presented through special arrangement with MusicTheatre International (MTI), 421 West 54th Street, New York, NY 10019.

CONNECT WITH MCP: [FACEBOOK.COM/MCLEANPLAYERS](https://www.facebook.com/McLeanPlayers)



### Promoting and Preserving Local History

The McLean Historical Society presented Palmer Robeson with its 2019 Henry C. Mackall Award for his outstanding service in promoting and preserving the history of McLean. Shown from left are Mary Lipsey, representing the Fairfax County History Commission, Palmer Robeson, Mary Anne Hampton, and Carole Herrick, president McLean Historical Society.

**garai**  
ORTHODONTIC  
SPECIALISTS  
BracesVIP.com



**Dr. Allen S. Garai**

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Top 1 % Invisalign Provider
- Attending Faculty - Orthodontic Department Children's Washington Hospital
- Over 15 years teaching

**"BEST ORTHODONTIST"**  
Washingtonian Magazine  
Family Living Magazine

**"TOP ORTHODONTISTS"**  
Northern Virginia Magazine  
Virginia Living  
Health & Beauty Magazine

## Thinking Invisalign: the choice is clear

- **Board Certified Orthodontic Specialist**
- **Experience** (Invisalign over 15 years)
- **Attending Faculty** (Teaching Invisalign at; Washington Hospital Center Department of Orthodontics)
- **Voted "Top/Best"** Orthodontist in Northern Virginia
- **Affordable:** Full in-house financing with 0% interest and affordable monthly payments



Please call our office to set up your **Complimentary Consultation**



703.281.4868

[BracesVIP@gmail.com](mailto:BracesVIP@gmail.com)  
[www.BracesVIP.com](http://www.BracesVIP.com)



**Vienna**  
427 Maple Ave West  
Vienna, VA 22180  
703-281-4868

**Great Falls**  
9912D Georgetown Pike  
Great Falls, VA 22066  
703-281-4868



## Krop's Crops Expands in Great Falls

PHOTOS BY STEVE HIBBARD/THE CONNECTION

**Now Krop's Vintage Market Place will have 19 vendors selling antiques, knick-knacks.**

BY STEVE HIBBARD  
THE CONNECTION

**L**arry Krop has been selling Christmas trees since 1986 at his Krop's Crops at 11110 Georgetown Pike in Great Falls. In addition to adding apples, corn, tomatoes, watermelons, and more, he is best known for his Halloween and Christmas traditions of hayrides, camp fires, apple cider, and pumpkins.

**THIS WEEK**, he's offering up an expanded Krop's Vintage Market Place — a flea-market-style shabby chic center that grew from 14 to 19 vendors. With names like The Antique Gardener and The Tangled Web, they sell everything from antiques to jewelry to knick-knacks, and are open from June 1 to Dec. 24, with the hours 10 a.m. to 6 p.m. daily.

"I'm just trying to do something for the vendors so they have a place to sell their stuff. Basically, I'm here for Halloween and Christmas. This is just something to do in the summertime and something extra," said Krop.

According to vendor Ginger Mahon, whose business is called Staging for Today: "One of the things that's so appealing about Krop's Vintage Market is unlike so much of Great Falls, it is this 40-year-old barn that you walk into that evokes another time period, and as you're walking around you're seeing things that remind you of your childhood," she said.

"You're finding a piece of jewelry that you want to give as a gift for your daughter's graduation or even an item to decorate your living room. That is the magic of this secret barn that nobody knows about," she said.

Mahon, who is in her third season, sells anything from Grandma's attic finds to furniture to Waterford crystal, antiques, China, and jewelry. "It's a real mix of accents for the home," she said.

She added: "We're trying to get more traffic as a designation for collectibles and unique finds and antiques closer than having to drive out to Leesburg and Lucketts and beyond. Instead of it just being a farmer's market that Larry's had for years, we want you to come over here and look through the barn and go home with a wonderful gift or something special to your home."

Her booth has less expensive antiques — a \$5 pitcher, creamer and little plates that one could hang on a wall — all the way up to Waterford. "Last year, I had a few beautiful old antique dressers I was selling. So, it's the kind of place where you want to come to not just once but over and over again because every space is always changing."

Another vendor, Hatsie Charbonneau, who grew up in McLean and now lives in Sterling, calls her business Kitty's Keepsakes; she has a separate jewelry business called Fans by Ferwhitia (her Goddess name). "I have a lot of vintage items we've been col-



**Vendor Ginger Mahon, whose business is called Staging for Today.**



**Vendor Hatsie Charbonneau, whose business is called Kitty's Keepsakes, with another jewelry business called Fans by Ferwhitia.**

lecting over the years. I don't really have this as a business; I have it as a means to bless others with these really nice items that go back to the 1800s," she said.

"I've got a lot of rare, one-of-a-kind things. I've got a lot of antique tins; a lot of trivets; nice jewelry; dinner plates; China; silver; and very unique items," she added. "The one thing that attracted me to want to be a vendor here in the first place is the variety here. One person might have shabby chic stuff; another person might do some furniture. If you're looking for something special, we just brought in an H.T. Cushman original cigar humidor and cigarette stand that would make a great gift for somebody's man-cave."

SEE KROP'S CROPS, PAGE 5



PHOTOS COURTESY OF BRANDON CHANEY

**Langley High School's 'Biloxi Blues' won the Cappies Awards for Best Play and Ensemble in a Play.**

## McLean, Langley High Win Cappies Awards

**T**he 2019 National Capital Area Cappies Awards Gala on May 27 at the Kennedy Center brought together theater students from 60 high schools from Virginia, Maryland, and Washington, D.C. Theatre students from Langley and McLean high schools came away with top prizes.

Langley High School's "Biloxi Blues" won the Cappies Awards for Best Play and Ensemble in a Play.

Langley student Cole Sitilides won as Lead Actor in a Play. Mark Bosset won in the Supporting Actor in a Play category.

McLean High School won the Props Category.

McLean student Kristen Waagner won as Lead Actress in a Play for her role as Jack in "Lord of the Flies."

McLean High School again took home the arts journalism award for Best Critics Team. Team members include Mary Kate Ganley, Kristen Waagner, Helen Ganley, Kara Murri, Syd Kirk, Alannah Rivera, Katherine Kelly, Rachel Kulp, and Sophie Camus.

Kristen Waagner won the Bill Strauss Graduating Critic Cappies Award.



**Langley High student Cole Sitilides won as "Lead Actor in a Play."**



# July 4th Hometown Celebration Parade, Festivities & Fireworks

## THURSDAY, JULY 4TH



### FIREWORKS!

#### 6:00 PM FIREWORKS & FUN TURNER FARM PARK

Pack up the family and come enjoy the evening with your neighbors at Turner Farm Park. Gates open at 6:00 pm. DJ, games, rock climbing wall and food trucks will entertain until the Big Show gets underway just after dusk.

### Schedule of Events

8am-9am	<b>5K Walk/Run</b> <i>Great Falls Freedom Memorial</i>
8am-1:30pm	<b>INOVA Blood Drive</b> <i>Great Falls Fire Station</i>
9am-9:45am	<b>Little Patriot Parade</b> <i>Great Falls Village Centre Green</i>
10am-10:45am	<b>Main Parade</b> <i>Great Falls Village Centre</i>
10:30am-12:30pm	<b>Festivities, Food, Games &amp; Fun</b> <i>Great Falls Village Centre Green</i>
6pm-10pm	<b>Fireworks Celebration</b> <i>Turner Farm Park</i>



### Little Patriot Parade

*Great Falls Village Centre Green*

Babies and children up to age 5 are welcome to come decorated patriotically and parade around the Green. Awards for "Young George Washington," "Little Miss Betsy Ross," "Star Spangled Family," AND MANY OTHERS!

9am Registration at the Gazebo ~ 9:15am Start  
Email Questions to [claireabbott1@yahoo.com](mailto:claireabbott1@yahoo.com)

### Main Parade Information

#### Registration

To be in the parade, all floats, cars, entertainers & others need to register online at

[www.CelebrateGreatFalls.org](http://www.CelebrateGreatFalls.org)

Parade staging will take place at 9:30am on Lunenburg Rd. between Minburn and Columbine Streets.

#### Make a Float!

We encourage neighborhoods, local businesses, or any group to make a float for the parade!

#### PRIZES!!

BEST BUSINESS FLOAT  
BEST NEIGHBORHOOD  
BEST ORGANIZATION  
BEST MINI-FLOAT (under 8')



#### Young Bikers & Walkers

Young Bike Riders (no motorized cars) & Walkers along with their parents can join the parade in the Village Centre. Gather in the Wells Fargo large parking lot to view the parade before joining it.

No need to register



11am Performance by  
The Great Zucchini located  
in the fenced patio on  
the Village Green!



Celebrate Great Falls Foundation

Sign up for our email list at  
[www.CelebrateGreatFalls.org](http://www.CelebrateGreatFalls.org)

For weather  
cancellations  
or more information,  
visit our website

[www.celebrategreatfalls.org](http://www.celebrategreatfalls.org)

#### 5K Walk/ Run on Great Falls Trails

Great Falls Trail Blazers again will host the Annual 5K Walk/ Run on local trails. Race begins promptly at 8am from the Freedom Memorial on the library grounds. View route maps and register at

<https://runsignup.com/Race/VA/GreatFalls/July45K>

Also register on site, the day of the race, prior to 8am.

#### Volunteers Needed for this Event!

The Hometown Celebration is run entirely by community volunteers. We still need 20 people for t-shirt sales, popcorn making, snow cone making or helping kids with games. Shifts are 10:00-11:15 or 11:15-12:30. Please sign up online at [www.CelebrateGreatFalls.org](http://www.CelebrateGreatFalls.org)  
This is a great place for middle schoolers or older to help the community!

#### Celebrate Great Falls Platinum Partners



#### Celebrate Great Falls Gold Partners

The Old Brogue & Katie's Coffee House  
The Canto Group, Glynis Canto & Kevin Canto, Keller Williams Realty, Great Falls  
Bic DeCaro, Westgate Realty Group, Inc  
Rossen Landscape

Roz Drayer, The Roz Drayer Team,  
TTR Sotheby's International Realty  
Capital One Bank, Great Falls  
Keller Williams Realty, Great Falls/McLean  
John Nugent & Sons, Plumbing & Heating





PHOTOS BY STEVE HIBBARD/THE CONNECTION

A Fourth of July table at Krop's Vintage Market Place.

## Krop's Crops Expands

FROM PAGE 3

According to Fairfax resident Joy Harrison, who is originally from the Philippines and runs the business called Bella and Joy: "The Krop's Vintage Market is definitely a place where we have artisans, people who design jewelry, who have a good eye for finding vintage items, collectibles, and things like home furnishings, gifts and unique items."

She added: "My family and I used to have a business in Vienna; we would import wood items and baskets. When we folded the business, we had some beautiful things that were left over that I'm slowly adding to my inventory."

"I would say that most of my items would make people smile. I like conversation pieces; I like pieces that reflect history; pieces for entertaining — that little something that would remind you of your grandmother's table.... Something that brings back what family gatherings were. I like tablewares; I like fine china. It's an enjoyable thing to find unique pieces, especially the ones that are very old," she said.

**KROP'S VINTAGE MARKET PLACE** is located at 11110 Georgetown Pike in Great Falls. Visit the website at <http://www.kropscrops.com>.



Joy Harrison's booth is called Bella and Joy.



A serving tray that can be used as an art piece sold by Ginger Mahon.

## Back Again!

**The Great Falls Fourth of July Fireworks  
at Turner Farm Park  
Thursday, July 4th at 6:00pm**

This wonderful patriotic event is made possible by local support, donations and volunteers. This event is financed by citizen and business donations. Without you, this isn't possible.

The Celebrate Great Falls Foundation & our Great Falls community say **"Thank You!"**

**Diamond Sponsor**



America's Most Convenient Bank®

**Platinum Sponsor**

Great Friends In Good Falls

**Gold Sponsors**

Dianne Van Volkenburg - Great Falls Great Homes

Riverbend Capital

Tyson's Bentley

Cornerstone Building Services

Anonymous

The Dean Edmonds Foundation

**Silver Sponsors**

The Rotary Club of Great Falls

The Zdravecky Family/Stephen & Jessica Zdravecky

Marks-Woods Construction Services, LLC

Sandy Spring Bank

Riverbend Landscapes & Tree Service

Debbie & Steve Gray/Katie and Frank Pieruccini

Patients Rising

Bailey's Crossroads Rotary

AOG Wealth Management

Costa Family & Cosmetic Dentistry

1ROOF Roofing, Siding & Gutters

**Bronze Sponsors**

D. Spencer Brudno, MD and Family

The Johns Family

Shelia & Thomas Rabaut

Great Falls Creamery

Roqos, Inc.

Gary Pan for the 34th District of the Virginia House of Delegates

The Kalinsky Family

Mookie's BBQ

US21 Inc.

Jim and Rosemary Tapp

Bic DeCaro, Westgate Realty Group, Inc

Capital One Bank, Great Falls

John Nugent & Sons, Plumbing & Heating

Keller Williams Realty, Great Falls/McLean

Rossen Landscape

Roz Drayer, The Roz Drayer Team, TTR Sotheby's International Realty

The Canto Group, Glynis Canto & Kevin Canto, Keller Williams Realty

The Old Brogue & Katie's Coffee House

**VIP spots still available, donations always welcome!**

**[www.CelebrateGreatFalls.org/fireworks](http://www.CelebrateGreatFalls.org/fireworks)**



(703) 587-7762

Residential & Commercial Remodeling  
www.mainstreet-home-improvement.com



**Decks Porches Patios**  
**Design Build Services**

Based in Vienna, VA

**Quality Builds Trust**

License #2705146711



## REACH YOUR ONLINE AUDIENCE

**THE CONNECTION**  
+  
**Google Ads**

**CALL 703.778.9431  
TO GET STARTED**

The Connection you know and trust now offers advertising online with Google. Our display ads can help you promote your business when people are browsing online, watching YouTube videos, checking Gmail, or using mobile devices and apps.

Choose the number of times your ad will be shown to your demographically targeted audience. Each time your ad appears on news websites, sport sites, blogs, YouTube, etc., it's counted as one impression:

- 35,000 impressions: \$350
- 50,000 impressions: \$500
- 75,000 impressions: \$750
- 100,000 impressions: \$950

Email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
for more info

## WELLBEING

# Burnout at Work

Recognizing the symptoms  
and strategies for relief.

BY MARILYN CAMPBELL  
THE CONNECTION

**M**aria Cogswell says she used to sob in her car each day as she drove to her job on Capitol Hill. She complained of stomach cramps and indigestion during the time she spent in her office.

"I was rude to people and short and irritable with my friends," she said. "I was miserable. My brain was fried and I was completely burned out at work. Eventually I just quit my job."

Cogswell is not alone. According to a recent Gallup study two-thirds of full-time workers experience burnout on the job. Researchers who conducted the study concluded that employee burnout can lead to a downward spiral in performance and can damage an employee's self-esteem and confidence. In fact, the World Health Organization (WHO) recently labeled workplace burnout as an "occupational phenomenon" that could lead to health issues.

"Burnout is a state of physical, emotional and mental exhaustion that negatively affects self-esteem," said Linda McKenna Guly, Ph.D., Professor of Psychology at Marymount University. "It affects the quality of services the burned-out employee provides. For example, nursing is a field with high burn-out, so this is a concern if the employee is not able to perform well."

The feeling that one has little or no autonomy at work can cause frustration and stress that leads to burnout. "Keep in mind [that] those jobs, across all professions in which the employee has little control and competing demands of both family and work, lead to this serious problem of burnout," added Guly, who taught the topic of stress and burnout in a recent class.

Learn to recognize the early signs of burnout, advises Carolyn Lorente, Ph.D., Professor Psychology at Northern Virginia Community College. "Often times the first indicator of work burnout and stress may be felt in our bodies," she said "Especially for those of us who learned as children to tough it out, we may have been socialized to not cue into our stressors or emotions. This can really take a toll on our physical health. We may find ourselves getting more frequent headaches, having stomach issues, or catching colds more often."

Such extreme levels of chronic stress can damage one's overall physical and mental wellbeing, added Chris Harrison, Professor of Health and Physical Education at Montgomery College. "Individuals reach the condition of burnout when they are exhausted and can't replenish their energy levels, they lack motivation, develop a chronic pessimistic attitude with feelings of frustration and hopelessness. ... Job related burnout can result in lower productivity, lower quality of work, increased accidents and increased absenteeism," continued Harrison, who teaches a class called "Controlling Stress and Tension."

One of the most effective ways to ease stress and prevent burnout before it happens is to make time throughout the day to practice self-care, advises Lorente who encourages people to take what she calls "peace pauses."

"For instance, during a lunch break take a walk outside rather than eating inside, treating yourself



PHOTO BY MARILYN CAMPBELL

**Yoga and meditation teacher Debbie Helfeld practices alternate nostril breathing which she says can relieve the type of stress that can lead to workplace burnout.**

to a favorite afternoon tea or coffee, or listening to books on tape or an interesting pod-cast to and from work."

Stress often comes from feeling a lack of control over how one's time is spent, advises Lorente who is also a psychotherapist at Belle Point Wellness clinic where she helps patients manage stress. "These peace-pauses can help us begin to take back even small parts of how our day goes and help protect against stress-related ill health," she said.

Make time to take care of one's physical health, advises Harrison. "Work to improve your sleep habits, eat a healthy diet and participate in regular physical activity," she said. To ease stress, Harrison also recommends a holistic approach. "Explore activities ... such as yoga, meditation, guided imagery or tai chi," she said. "Mindfulness is the act of focusing on your breath flow and being aware of what you're sensing and feeling in the present moment without interpretation or judgment."

Yoga and meditation teacher Debbie Helfeld recommends alternative nostril breathing for calming.

Adjusting the way one views stress and changing one's thoughts, behaviors and relationships might be necessary, suggests, Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "The more that we view stress as a challenge and we develop coping skills the more we can experience growth and not harm," he said.

For those who feel a sense of hopelessness, Harrison suggests exploring available options. "Discuss specific concerns with your supervisor," she said. "Maybe you can work together to change expectations or reach compromises or solutions. Try to set goals for what must get done and what can wait."

Sometimes the best option is to get help from a therapist or simply change jobs, says Short. "In the workplace, it helps to have new challenges, a sense of purpose, autonomy to make decisions, and opportunities to master skills," he said.



# OPINION

## George Mason's Role in Founding our Nation

Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

BY JOHN C. COOK  
BRADDOCK DISTRICT SUPERVISOR



**T**he fireworks and burgers we all look forward to on Independence Day can make us forget the incredible history behind the celebration. As a public servant, I cannot help but reflect on the remarkable political events and the figures who took

incredible risks to shape the government of our young country. The work of one local man in particular inspired the Declaration of Independence and the Bill of Rights. His name was George Mason.

Mason resided in Gunston Hall and actively involved himself in the Fairfax County community. He was elected into the Virginia House of Burgesses in 1758 alongside George Washington and Patrick Henry. He left his office a short time later due to illness and a reluctance towards politics. However, he was one of the greatest and most respected political thinkers of his time. A follower of the political philosopher John Locke, Mason firmly believed in the rights of individuals and was an early adopter of the Revolutionary cause. When the British began imposing taxes on the colonies, Washington asked Mason to draft official responses

in protest. This resulted in the Fairfax Resolves, a countywide document that opposed the increasingly harsh British policies and called for an American "general congress, for the preservation of our Lives Liberties and Fortunes." While many counties wrote their own resolves, Mason's was considered the most forceful and influential.

After the House of Burgesses was dissolved by the British governor in 1774, Virginians formed their own legislative body in protest called the Virginia Convention, which created a new government structure in Virginia. As a member of the convention, George Mason drafted the groundbreaking Virginia Declaration of Rights and the 1776 Constitution, which laid the "basis and foundation" for a government in Virginia. It called for a government based on individual liberty that only received its power from the people it served. The document opened with the bold statement "That all men are by nature equally free and independent, and have certain inherent rights..." Thomas Jefferson adopted similar language for our national Declaration of Independence. These radical thoughts, so deliberately laid out, sent a shockwave through the colonies and history changed forever.

When the fighting finally ceased years later

it was time to build a stable government for the expansive territory the Americans had secured. Mason was once again invited to share his wisdom in building a government as a Virginia representative in the Constitutional Convention. Mason had a clear vision of what he would like to see in the Constitution. He strongly advocated for individual rights, popular elections, and a three-part executive branch. He was especially wary that the new government would too closely resemble England's. As the convention went on Mason's concerns grew. He opposed the slave trade and wanted to see it eradicated in the new government. When he proposed a bill of rights to be included in the body of the constitution, his motion was rejected by a majority of the convention. These two key issues led Mason to vote against the Constitution. His was one of only three dissenting votes. Many elements of Mason's philosophy, however, made their way into the subsequent Constitution and Bill of Rights. Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

I hope you and your family have a safe and happy Fourth of July. I also hope you take some time to remember the history and people behind the holiday. Without the courage and conviction of people like George Mason, our country would not be the beacon of liberty it is today.

## Threats to Our Government as We Know It

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

**T**he threats to our democratic-republican form of government are more numerous than weeks of this column could enumerate. While I will not mention the more obvious ones brought on by the current administration in Washington, I do want to focus on two that have come about in the recent past—one just last week. They impact all levels

of government and come about not from the executive branch of government or the dysfunctional Congress but rather from the judicial branch and its highest level, the Supreme Court! While I have always viewed the Supreme Court as a safety backstop that would save our republic from harm by the Congress or the president, in recent years it is the Court that has become one of the real threats to democratic governance.

One of the biggest inhibitors of advancement on progressive issues in Virginia has been the un-

restrained ability of the members of the party in power at the time of the decennial census to choose the voters they want to represent for the next decade by gerrymandering district boundaries. For some of us there has been a struggle to put in place a non-partisan method of drawing district lines. With the great organization OneVirginia2021's efforts there has been real progress towards meeting that goal. A Constitutional amendment passed the last session of the General Assembly that would establish what is described as a non-partisan and transparent process for redistricting. It must pass the 2020 session without change in order to be sent to the voters in a referendum before becoming part of the state constitution.

In the meantime lawsuits were successful in federal courts to have the Virginia Congressional and House of Delegates districts redrawn to eliminate discrimination based on race. The Supreme Court



refused to review the new House of Delegates districts drawn by a lower federal court on a technicality that the current members bringing the suit did not have standing.

Of great concern, however, is the Supreme Court decision last week saying in effect that federal courts do not have the power to redraw politically gerrymandered district lines. The outcome could be more devastating to a republican form of government as the dominant party would be left free to establish itself in power without a way to challenge it.

The Supreme Court has historically sidestepped cases in the past that would have brought them into resolving partisan redistricting. I am fearful that the Court's decision will result in rampant gerrymandering of legislative districts creating unparalleled control of legislatures. This unfortunate decision by the Supreme Court may have been exceeded in its partisan implications only by Citizens United that many people feel may have been the Court's greatest mistake by bringing uncontrolled corporate influence into elections.

As usual the checks, although extremely limited to these kinds of bad decisions, continue to be voting the very best people into elective office.

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor • The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

By e-mail: editors@connectionnewspapers.com

## Great Falls CONNECTION

www.ConnectionNewspapers.com

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

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to  
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:  
greatfalls@connectionnewspapers.com

Kemal Kurspahic  
Editor ♦ 703-778-9414  
kemal@connectionnewspapers.com

Andrea Worker  
Contributing Writer  
aworker@connectionnewspapers.com

Jean Card  
Production Editor  
jcard@connectionnewspapers.com

ADVERTISING:  
For advertising information  
sales@connectionnewspapers.com  
703-778-9431

Salome Howard-Gaibler  
Display Advertising  
703-415-5394  
salome@connectionnewspapers.com

Debbie Funk  
National Sales  
703-778-9444  
debfunk@connectionnewspapers.com

David Griffin  
Marketing Assistant  
703-778-9431  
dgriffin@connectionnewspapers.com

Classified & Employment  
Advertising  
703-778-9431

Editor & Publisher  
Mary Kimm  
mkimm@connectionnewspapers.com  
@MaryKimm

Executive Vice President  
Jerry Vernon  
703-549-0004  
jvernon@connectionnewspapers.com

Editor in Chief  
Steven Mauren  
Managing Editor  
Kemal Kurspahic  
Art/Design:  
Laurence Foong, John Heinly,  
Ali Khaligh  
Production Manager:  
Geovani Flores

CIRCULATION  
circulation@connectionnewspapers.com





# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Drop-in Mah Jongg.** Wednesdays, 9:30 a.m.-noon at McLean Community Center, 1234 Ingleside Ave., McLean. Players should have a basic understanding of the rules and should bring their current American MJ League card. For McLean District residents. Email [emvarner@verizon.net](mailto:emvarner@verizon.net) for more.

**Oak Marr Farmers' Market.** 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Call 703-281-6501 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr](http://www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr) for more.

**McLean Farmers Market.** Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Visit [www.fairfaxcounty.gov/parks/farmersmarkets/mclean](http://www.fairfaxcounty.gov/parks/farmersmarkets/mclean).

**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](mailto:kathleen@greatfallsfarmersmarket.org)

**Oakton Farmers Market.** Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Visit [community-foodworks.org](http://community-foodworks.org).

## TUESDAY/JULY 2

**Kids on the Green: Reptiles Alive (live animals).** 10 a.m. on the



The Celebrate Great Falls Foundation had their own float topped with a white gazebo at the 2018 Home.

## 4th Of July Hometown Celebration and Parade

Great Falls celebrates the 4th of July. Thursday, July 4, 8 a.m.-1 p.m. at the Great Falls Village Centre. 6 p.m. at Turner Farm Park. Free admission. Visit [celebrategreatfalls.org/event/4th-of-july-hometown-celebration/](http://celebrategreatfalls.org/event/4th-of-july-hometown-celebration/) for more.

Vienna Town Green. The Kids on the Green series is a weekly collection of interactive animal shows, magicians, puppet performances, and more, running through Aug. 20. Free. Visit [viennava.gov](http://viennava.gov) for more.

## WEDNESDAY/JULY 3

**Stories, Songs & Sprinklers.** 1 p.m. on the Freeman Store lawn. Partnering with Historic Vienna, Inc., the Town of Vienna invites young children and families to an afternoon

of storybook reading, short songs, and fun with water sprinklers. Free. Visit [viennava.gov](http://viennava.gov) for more.

## THURSDAY/JULY 4

**4th Of July Hometown Celebration and Parade.** 8 a.m.-1 p.m. at the Great Falls Village Centre. 6 p.m. at Turner Farm Park. Free admission. Visit [celebrategreatfalls.org/event/4th-of-july-hometown-celebration/](http://celebrategreatfalls.org/event/4th-of-july-hometown-celebration/) for more.

❖ 8 a.m. — **5K Walk/Run** at the Great

Falls Freedom Memorial. Visit [runsignup.com/Race/VA/GreatFalls/July45K](http://runsignup.com/Race/VA/GreatFalls/July45K) to register.

❖ 8 a.m.-1:30 p.m. — **INOVA Blood Drive** with the Great Falls Volunteer Fire Department. Photo ID required. Allow 1 hour for donor visit. See you there!

❖ 9 a.m. — **Little Patriot Parade** on the Village Centre Green (at the Gazebo). Babies and Toddlers up to age 5 are welcome to parade their finest patriotic display around the Green.

❖ 10 a.m. — **Main Parade** around the Great Falls Village Centre. See the floats, horses, antique cars and pets making a loop in the Main Parade.

❖ 10:30 a.m.-12:30 p.m. — **Festivities, Food & Fun.** After the parade, enjoy burgers, dogs and snow-cones along with music, field games and festivities on the Village Centre Green.

❖ 6 p.m. — **Fireworks & Fun** at Turner Farm Park. Gates open at 6. Pack up the family and come tailgate with neighbors. Live music, games, contests and food trucks will entertain until the Big Show gets underway just after dusk.

**Sprinklers and Sparklers.** 10 a.m.-2 p.m. at the Vienna Community Center, 120 Cherry St. SE, Vienna. Features three water slides and a bevy of other water activities for children as well as five food trucks and snow cones. Kids (and adults who may encounter collateral water damage) should be prepared to get really wet and to have a really good time. Visit [viennava.gov](http://viennava.gov) or call 703-255-6361.

**McLean 4th Of July Fireworks Celebration.** 6:30 p.m. at Langley High School, 6520 Georgetown Pike, McLean. Enjoy a DJ, food trucks, and fireworks. Free onsite parking (limited).

Free satellite parking and shuttle buses (handicapped equipped) from McLean Community Center and St. John's Episcopal Church. The following are prohibited on school

grounds: smoking, alcohol, vaping, glass containers, personal fireworks, weapons and pets. Free admission. Visit [www.mcleancenter.org](http://www.mcleancenter.org) or call 703-790-0123.

**The Big Bang.** 7:15 p.m. at Yeonas Park, 1319 Ross Drive SW, Vienna. Vienna will host its annual big bang show. The Josh Christina Band will provide the evening's soundtrack. The Vienna Little League concession stand and food trucks will serve up food and non-alcoholic beverages.

The fireworks show, courtesy of Navy Federal Credit Union, starts around 9:30. Visit [viennava.gov](http://viennava.gov) or call 703-255-6361.

## FRIDAY/JULY 5

**Get Hooked on Fishing.** 5:30-7:30 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Riverbend is offering "River Fishing by Boat." In this class, participants age 5- adult will learn to fish for smallmouth bass and sunfish from a canoe or jon boat. Previous experience rowing or paddling is not required, and boats, PFDs, fishing rods and bait are provided. There will be a maximum of three participants per boat, one of whom must be 16 or older. Each participant must register. \$16 per person. If the weather's bad or river conditions are hazardous, the program will be canceled. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**Summer on the Green: U.S. Navy Band: Commodores (big band jazz).** 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Please see the text below or the attached release for details. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at

SEE CALENDAR, PAGE 9

# Same Company, Same Employees, Same Great Value - Now Celebrating 20 Years!

## TWO POOR TEACHERS

### Kitchen and Bathroom Remodeling

**10% down**  
nothing until the job  
is complete for the  
past 17 years



- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed  
Since 1999



**Free Estimates**

**703-999-2928** Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)



# CALENDAR

FROM PAGE 8  
www.viennava.gov/  
DocumentCenter/View/3997.

## SATURDAY/JULY 6

**Get Hooked on Fishing.** 9-9:55 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Lake Fairfax Park is offering the "Fishing Fun" series for children age 7-11 on Saturdays from July 6-27. Participants will learn fishing basics. The class helps participants improve fishing skills with spinning- and closed-faced reels while teaching safety, catch-and-release fishing and protecting the environment. All equipment is provided. \$66 per child for four sessions, plus a supply fee of \$20 payable at the first class. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lake-fairfax](http://www.fairfaxcounty.gov/parks/lake-fairfax).

**Open Mic Night.** 7-10 p.m. at Caffe Amouri, 107 Church St. NE, Vienna. Every Friday, a featured host is the main performer and also the emcee who introduces other performers who show up to play music, recite poetry, or do a comedy routine. Free admission. Call 703-938-1623 or visit [caffeamouri.com/events-calendar](http://caffeamouri.com/events-calendar).

## SUNDAY/JULY 7

**Visit Colvin Run Mill.** 11 a.m.-4 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See, hear and taste history with a visit to Colvin Run Mill. Blacksmithing demonstration making iron tools and utensils, grinding demonstration turns wheat or corn into flour and meal, and free wood carving lessons onsite. Mill tours are \$8 for adults, \$7 for students 16 and up with ID, and \$6 for children and seniors. All ages are invited to enjoy these historic demonstrations, and no reservations are required. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

**Summer Concerts: DuPont Brass.** 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Alden at the McLean Community Center is again sponsoring free summer concerts in the gazebo of McLean Central Park featuring a mix of musical genres. Call 703-790-0123 or visit [www.aldentheatre.org](http://www.aldentheatre.org).

### Concerts on the Green:

**Oxymorons.** 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. Visit [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

**Summer on the Green: U.S. Navy Band: Country Current (bluegrass).** 6:30 p.m. on Vienna's Town Green. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at [www.viennava.gov/DocumentCenter/View/3997](http://www.viennava.gov/DocumentCenter/View/3997).

## TUESDAY/JULY 9

**Kids on the Green: The Great Zucchini (magician).** 10 a.m. on the Vienna Town Green. The Kids on the Green series is a weekly collection of interactive animal shows, magicians, puppet performances, and more, running through Aug. 20. Free. Visit [viennava.gov](http://viennava.gov) for more.

## WEDNESDAY/JULY 10

**Stories, Songs & Sprinklers.** 1 p.m. on the Freeman Store lawn. Partnering with Historic Vienna, Inc., the Town of Vienna invites young children and families to an afternoon of storybook reading, short songs, and fun with water sprinklers. Free. Visit [viennava.gov](http://viennava.gov) for more.

## THURSDAY/JULY 11

**Nottoway Nights: David Bach Consort.** 7:30 p.m. at Nottoway

Park, 9537 Courthouse Road, Vienna. Thursday evenings, through Aug. 22. Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

## FRIDAY/JULY 12

**ESL Playdate Cafe.** 1-2 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Meet other caregivers of young children. Adults practice English while children enjoy play time in the same room. Birth-5 years with adult. Free. Call 703-242-4020 [librarycalendar.fairfaxcounty.gov/event/5260042](http://librarycalendar.fairfaxcounty.gov/event/5260042).

**Summer on the Green: Fat Chance (rock).** 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Weather line at 703-255-7842. Learn more at [www.viennava.gov/DocumentCenter/View/3997](http://www.viennava.gov/DocumentCenter/View/3997).

## FRIDAY-SUNDAY/JULY 12-14

**Seussical The Musical.** Friday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Community Players return to the Alden Theatre with the musical "Seussical," which opens July 12, 2019, and runs weekends through July 28. "Seussical" brings together many beloved Dr. Seuss characters. \$15-\$28. Email [info@McLeanPlayers.org](mailto:info@McLeanPlayers.org) or visit [www.McLeanPlayers.org](http://www.McLeanPlayers.org) for more.

## SATURDAY/JULY 13

**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](http://www.nvmr.org).

**Open Mic Night.** 7-10 p.m. at Caffe Amouri, 107 Church St. NE, Vienna. Every Friday, a featured host is the main performer and also the emcee who introduces other performers who show up to play music, recite poetry, or do a comedy routine. Free admission. Call 703-938-1623 or visit [caffeamouri.com/events-calendar](http://caffeamouri.com/events-calendar).

## SUNDAY/JULY 14

**Summer Concerts: Frontiers - Journey tribute band.** 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Alden at the McLean Community Center is again sponsoring free summer concerts in the gazebo of McLean Central Park featuring a mix of musical genres. Call 703-790-0123 or visit [www.aldentheatre.org](http://www.aldentheatre.org).

**Concerts on the Green: Jr. Cline and the Recliners.** 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. Visit [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

## TUESDAY/JULY 16

**Kids on the Green: Bill Wellington (kids songs and storytelling).** 10 a.m. on the Vienna Town Green. The Kids on the Green series is a weekly collection of interactive animal shows, magicians, puppet performances, and more, running through Aug. 20. Free. Visit [viennava.gov](http://viennava.gov) for more.

## WEDNESDAY/JULY 17

**Stories, Songs & Sprinklers.** 1 p.m. on the Freeman Store lawn. Partnering with Historic Vienna, Inc., the Town of Vienna invites young children and families to an afternoon of storybook reading, short songs, and fun with water sprinklers. Free. Visit [viennava.gov](http://viennava.gov) for more.

Tell us what you think  
submit your Letter to the Editor to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

# State Farm Insurance G. STEPHEN DULANEY

IN GREAT FALLS

**State Farm™**  
AUTO • HOME • LIFE  
FINANCIAL SERVICES

Like A Good Neighbor, State Farm Is There.®

Open Saturdays  
Complementary Insurance and Financial Review

Visit [www.gstephendulaney.com](http://www.gstephendulaney.com)



**703-759-4155**

**731-C WALKER RD. • GREAT FALLS, VA**

State Farm Insurance Companies  
Home Office Bloomington, Illinois

Proud Supporter of Military Appreciation Mondays



**THE SYLVESTERY**

VINSON HALL RETIREMENT COMMUNITY

A memory support residence with specialized dementia care  
celebrating sixteen years of serving the community.  
No military affiliation required.

Call to schedule a private tour today!  
**703-538-2975**

1728 Kirby Road, McLean, VA 22101 • 703-538-2975 • [www.vinsonhall.org](http://www.vinsonhall.org)



**Like**

**LIKE US ON FACEBOOK, PLEASE**

[www.Facebook.com/connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

**Employment**

**Forget Daily Commuting**

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home  
Enjoy flexible schedule plus no daily commute  
Help local businesses grow  
Unique opportunity to be a voice in your community  
Competitive compensation

Call Jerry Vernon  
**703-549-0004**  
Connection Newspapers & Digital Media  
Trusted Connection to Local Communities

**Obituary**

**William (Tank) Andrew Edwards**, age 73 of Purcellville, Virginia left this life on June 24, 2019 at the Capital Caring Adler Center in Aldie, Virginia.

He was born on August 3, 1945 in Washington DC, the son of the late Malcolm and Emily Edwards who resided in Great Falls, Virginia. He was preceded in death by his parents, and brothers Robert Edwards and Mack Edwards.

He leaves cherished memories with his loving wife of 46 years, Barbara Edwards.; his family members, Martha Edwards of Pembroke Pines, FL, Judy Edwards of Albuquerque, NM, Robert and Angie Poland of Dunkirk, MD, Karen Hutchison and Stephen LePage of Herndon, VS, Edgar Poland of Burke, VA two generations of nieces and nephews, borrowed children and godchildren.

Tank held very close to his heart the many supportive friends through his life. He and Barbara made very fond memories through those relationships.

He retired from the Department of Justice after 33 years of service. After retirement he became a bus driver for the Loudoun County School System. Tank cherished his time at Herndon High School and the Northwestern State University of Louisiana and faithfully attended many reunions. He was an active member of several car clubs and enjoyed his music as a disc jockey for various events.

The family received friends from 2-5pm Saturday June 29, 2019 at Adams-Green Funeral Home 721 Elden St. Herndon, VA 20170.

A private burial will be held in Hillsboro Cemetery in Hillsboro, Virginia.

In lieu of flowers, memorial contributions may be made to Capital Caring Resource Development, 2900 Telstar Court, Falls Church, VA 22042 or online at CAPITALCARING.org or to a charity of your choice.

Please bring your classic car to the visitation on Saturday.

**Announcements**

**Donate A Boat or Car Today!**

**BoatAngel**

**"2-Night Free Vacation!"**

**800-700-BOAT**  
(2628)

[www.boatangel.com](http://www.boatangel.com)

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

**Announcements**

**Orange County Public Schools**  
Orange County, Virginia

**SEEKING TO FILL THE FOLLOWING POSITIONS:**

Biology Teacher  
Chemistry/Physics Teacher  
Spanish Teacher  
Special Education Teacher  
School Nurse

**Candidates must apply at [www.ocss-va.org](http://www.ocss-va.org)**

## SPORTS



PHOTO BY CHI PHAM

From left: Coach Josh Baum, Christopher Cumberbatch, Brandon Colberg, Richardson Phan, Matthew Zheng, Ethan An Pham, Nick Rongione, Ellis Sitalides, Lucas Frischling, Arnay Vohra.

# Langley Crew: Full Steam Ahead

BY AIMEE WEINSTEIN

The Langley High School Crew Team had a successful season this year, with three boats competing in Nationals, excellent placement for three boats at States, several athletes named to the U.S. Scholastic Honor Roll. A few athletes will row in college.

The team had a number of strong contenders in their lineup of boats this year, and the girls' lightweight four won the Virginia State Rowing Competition. The team's junior eight on the women's side won an impressive third and the junior eight on the men's side placed second. All three of those boats competed well at Nationals in Ohio in May as well.

Coach Joshua Baum is very proud of the team. "This was a unique year with more canceled regattas due to weather, but the team made the most of their opportunities," Baum said. "I tell the rowers that there are a lot of things that they cannot control, but they can control their attitudes and what they are going to do in the moment. At States, the rowers focused on the opportunity and took their shot."

Langley's Crew team is known for scholar-athletes and this year is no exception.

Mia Uitz and Elaine Zeng were named to the U.S. Rowing Scholastic Honor Roll with Patrick Corrigan receiving an honorable mention.

Two athletes will continue rowing in college: Emily Elkas at the University of North Carolina, Chapel Hill, and Lilliana Fedewa at the University of Miami.

Coach Julie Sutliff also takes a forward-looking approach. "Langley Crew has continued to show



PHOTO BY RUDEWAN LAOHAKITTILUK

From left: Abigail Dickerson, Iman Khan, Hyebin Yang, Lydia Conner, Caroline Hanlon, Paige Morley, Claire Johnson, Anna Romani, Coach Julie Sutliff, Coach Lauren Evans; Front, Melis Akinici.



PHOTO BY AIMEE WEINSTEIN

The winning women's four boat: Coach Lauren Evans, coach Julie Sutliff, Jenna Ashtar, Sydney Weinstein, Lilliana Fedewa, Lily Fowler, Olivia Elkas, Coach Kevin Bedell.

the ability to be competitive at all levels," she comments, "We have a young squad and are already looking forward to all of the talent and dedication representing the future of our team next year."

Langley's Learn to Row program

for new athletes will begin in early September and the winter conditioning ahead of the spring water season begins in late November. For more information, go to <https://www.langleycrew.com/> or email [langleycrew@gmail.com](mailto:langleycrew@gmail.com)



# BULLETIN

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

## SOBER-RIDE FOR JULY 4

**Free Sober Rides.** Thursday, July 4, 7 p.m. through Friday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 6 p.m. on July 4 on [www.SoberRide.com](http://www.SoberRide.com).

## TUESDAY/JULY 9

**Family Caregiver Telephone Support Group.** 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's topic is After Hospitalization: What's Next? Call 703-324-5484, TTY 711 to register.

## WEDNESDAY/JULY 10

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

## THURSDAY/JULY 11

**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](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838 or [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**New and Prospective Member Orientation.** 11:30 a.m.-1 p.m. at Tower Club, 8000 Towers Crescent Drive, Suite 1700, Vienna. Learn more about the Tysons Regional Chamber of Commerce and how to make the most of a membership through the various events, committees, member to member benefits and marketing opportunities. Meet the Chamber staff and hear from Board Members. Registration is required. Free for new and prospective members. Sandwiches provided. Visit [www.tysonschamber.org](http://www.tysonschamber.org).

## SATURDAY/JULY 13

**Car Seat Safety Check.** 9:30 a.m.-12:30 p.m. at the McLean district police station, 1437 Balls Hill Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for your appointment, you should install the seat in your vehicle using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

## WEDNESDAY/JULY 17

**Fairfax Commission on Aging Meets.** 1-3 p.m. at McLean Governmental Center, Rooms A & B, 1437 Balls Hill Road, McLean. The public is welcome to attend and join in the comment period that begins each session. Visit [www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging). Call 703-324-5403, TTY 711 for access needs.

## THURSDAY/JULY 18

**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](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838 or [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**Memory Cafe.** 2-4 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Helping those with dementia and their caregivers find fun, resources and "family." Email Carol Blackwell at [lovriver@aol.com](mailto:lovriver@aol.com) or call at 571-236-6933.

## WEDNESDAY/JULY 24

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax.

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>		Good is not good, where better is expected. <b>-Thomas Fuller</b>		<b>TILE / MARBLE</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Spring Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>ELECTRICAL</b> <b>K&amp;D ELECTRIC</b> <b>COMMERCIAL / RESIDENTIAL SERVICE</b> Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 <a href="mailto:lektrkman28@gmail.com">lektrkman28@gmail.com</a>		<b>ELECTRICAL</b>			
<b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/Ins 703-802-0483 free est. <a href="mailto:jamil@lawnsandgutters.com">jamil@lawnsandgutters.com</a> <a href="http://web:lawnsandgutters.com">web:lawnsandgutters.com</a> Friendly Service with a Friendly Price!		<b>GUTTER</b>			
<b>A&amp;S Landscaping</b> <ul style="list-style-type: none"> <li>• All Concrete work</li> <li>• Retaining Walls • Patios</li> <li>• Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>• French Drains • Sump Pumps</li> <li>• Driveway Asphalt Sealing</li> </ul> <b>703-863-7465</b> LICENSED Serving All of N. Virginia					
 <b>RN. CONTRACTORS, INC.</b> Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic <b>Phone: 703-887-3827</b> <b>E-mail: <a href="mailto:rncontractorsinc@gmail.com">rncontractorsinc@gmail.com</a></b> <b><a href="http://www.rncontractors.com">www.rncontractors.com</a></b>					
<b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b>		<b>LANDSCAPING</b>			
<b>J.E.S. Services</b> Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> <li>• Planting &amp; Landscaping Design</li> <li>• Drainage &amp; Water Problems</li> <li>• Concrete Driveways, Replacement or New</li> <li>• Patios and Walks • Masonry Work or Dry Laid</li> <li>• Paver, Flagstone, Brick, any style you choose</li> <li>• Retaining walls of all types</li> </ul> All work Guaranteed					
<b>ATTENTION ADVERTISERS:</b> expand your audience beyond our weekly print edition with <b>THE CONNECTION DIGITAL</b> <ul style="list-style-type: none"> <li>► Email Marketing</li> <li>► Social Media</li> <li>► Sponsored Content</li> </ul> FOR MORE INFORMATION CALL 703.778.9431 OR VISIT <b>CONNECTIONNEWSPAPERS.COM/ADVERTISING</b>					
 <b>Sign up for FREE DIGITAL SUBSCRIPTION</b> to any or all of our 15 papers <b>WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE</b>					

## Coup de Gras



By KENNETH B. LOURIE

Now that I'm unburdened from the web-site weight I've been carrying for the past few weeks, I will, for the second week in a row, not write about cancer.

This week's topic will be manufacturer's coupons and the trick certain supermarkets are playing on us unsuspecting consumers.

Like many of you, or maybe not that many, I use coupons to save money. In fact, I have become rather adept at doing so. I'm not willing or talented enough to go on television – and tell my tales; I'm not that good. As an example, I'm not able/inclined to download and print the digital coupons some brands/sites offer.

All I know to do is clip/use the paper coupons inserted in the Sunday newspapers and "clip" the digital coupons offered on certain supermarket and drugstore websites.

In my "couponing" I am aware and mindful of the doubling and occasionally even tripling coupon opportunities. Moreover, I am similarly aware of the less frequent doubling/tripling of coupons with values of one dollar or more.

Most of the time, I am using coupons whose face value is less than one dollar whose amount is then doubled (a 75 cent coupon is worth \$1.50). In addition, I'm always looking to use my "couponing" skills with items that are already on sale for super savings.

Unfortunately, the opportunity doesn't present itself as often/on as many items as I like to purchase. Although, until recently, there had been a savings opportunity when the identical-to-the-paper digital coupon appeared on the supermarket's website. On those occasions, one could use both the paper and digital coupons on the same item, to double dip, so to speak (and a super-duper savings if that item were already on sale); a loophole which has since been closed.

Another loophole, of sorts, one that saves the supermarket's money – at the consumer's expense, literally and figuratively, involves their digital coupons. Not only can you no longer 'double dip,' but if you "clip" the digital coupons, the ones under one dollar, the face amount doesn't double as it would for a similarly valued paper coupon.

Who does that help? The convenience of digital coupons. I'm not buying it anymore.

In summary, two ways here I see the supermarkets making money where previously they hadn't.

First, they're encouraging consumers to use digital coupons, like it's money for nothing. Really it's money for something, just not the consumer's something. Granted, there seem to be more digital coupons than paper coupons but the more digital coupons you use, especially instead of paper coupons for the same item, the more money you lose (by not benefiting from the doubling opportunity afforded by paper coupons).

Second, for whatever coincidental/conspiratorial reason, there are fewer coupon inserts in the Sunday papers. There's less to cut on Sundays and accordingly, less to show for it on Mondays, when I plan my week's "consumer-ing." The result is that due to this lack of paper coupons, consumers are being forced to go digital, and by doing so, are losing our ability to double down.

Rather than supply the demand in paper, the supermarkets are demanding the supply by forcing our hands to go mouse-clicking.

You may view this coupon pursuit as a bit of a fools errand, but I view it more as a challenge, and as a way to overthrow the conspirators, while there's still time.

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



# If you're buying or selling a home, think of this as a defining moment.



Great Falls \$1,299,000



Great Falls \$1,700,000



Great Falls \$1,288,000



Great Falls \$1,499,000



Great Falls \$3,699,000



Reston \$1,148,000



Great Falls \$1,199,000



Great Falls \$1,140,000



McLean \$5,499,000



Great Falls \$1,399,000



Great Falls \$1,750,000

**Dianne Van Volkenburg**  
and her team of real estate agents and marketing specialists are unsurpassed in providing first-class service to buyers and sellers. In fact, Dianne and her team have one of the highest rates of repeat clients in all of Northern Virginia as former clients, families and friends trust them for their real estate needs.



**DIANNE  
JAN & DAN**  
LONG & FOSTER REAL ESTATE | CHRISTIE'S INTERNATIONAL REAL ESTATE  
9841 Georgetown Pike, Great Falls, VA 22066  
703-759-9190 • GreatFallsGreatHomes.com  
703-757-3222

For more information on these and our other available listings visit [greatfallsgreathomes.com](http://greatfallsgreathomes.com)