

# Vienna and Oakton CONNECTION

## WELLBEING

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Ranger Day  
at Wolf Trap:  
Children can  
enjoy outdoor  
activities with  
a National Park  
Ranger and earn  
their Junior  
Ranger Badge.

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PHOTOS BY CHAMBERLAIN ZULAUF/THE CONNECTION

Youth Services Manager Lauren Neal welcoming visitors at the front desk.

# Summer Reading for All Ages

Youth, adults  
take Oakton  
Library  
Summer Reading  
Challenge.

BY CHAMBERLAIN ZULAUF  
THE CONNECTION

**T**he Oakton Library reading program has lots to offer to readers of different age groups in the community. During the “Summer Reading Adventure” from June 13 through Aug. 31 children from babies to seniors in high school can participate for prizes and fun. This initiative is shared through all Fairfax County Public Libraries, and to promote this program Oakton Library had a program called Dancing with Andreas which included participation of a Grammy winning artist.

To promote their initiative, the libraries youth staff will visit schools to have “Book Talks” in which they talk to children about particular books the library is excited about. In fact, each year the marketing team for Fairfax County Public Libraries films a promotional video at the Oakton Library because of its attractive design.

“The reading program helps [children] to prevent the summer slide, because if you’re not reading over the summer you can drop



Oakton Library conserves energy with natural light.

almost a full grade in reading,” said Lauren Neal, the youth services manager at Oakton library.

The program varies for different age groups, depending on what grade they are in they will read a certain amount of books. Third grade and below can either read or have read to them 15 books, fourth and fifth grade read 10 books, and all grades above that, up to seniors in high school read five.

Points can be redeemed for prizes ranging from food coupons to laser tag and this year is the first year that adults are able to participate in the program for their own prizes such as coupon books.

“It’s a lot of fun for both of us... the thing I like most about it is that

the reading program is something for us to do together,” said Barbara Sclasese about participating in the summer reading program with her daughter.

“I think it’s very good for young kids to be reading. It keeps their minds active and it also gets them interested in reading so that they will continue to read through their whole life,” said Sclasese.

The Oakton library has many special events for people of all ages to participate in as well. The library offers reading for different age groups as well as educational events in STEM or culture. These programs are held throughout Fairfax County public libraries so wherever you are there is an opportunity to participate.



PHOTO COURTESY WOLF TRAP NATIONAL PARK FOR THE PERFORMING ARTS  
**Children on the way to the Wolf Trap Theatre-in-the-Woods.**

## Children’s Theatre in The Neighborhood

**Wolf Trap National Park for  
the Performing Arts presents  
Theatre-in-the-Woods.**

BY DAVID SIEGEL  
THE CONNECTION

### Where and When

**W**ith summertime’s arrival Wolf Trap, the nation’s national park for the performing arts, has a full schedule of children’s performing arts at its matchless outdoor theatre-in-the-woods. The performances are from local, national, and internationally-inspired artists

“This summer, children of all ages and their families can come to Children’s Theatre-in-the-Woods to enjoy a performance. And patrons are encouraged to stay after the show, enjoy a picnic, and enjoy free games and activities,” said Cate Bechtold, Director of Internships and Community Programs, Wolf Trap Foundation for the Performing Arts. Performances at Wolf Trap’s Theatre-in-the-Woods run through Aug. 3, Tuesday-Saturday at 10:30 a.m.

“We think the diversity of our programming, both culturally diverse and also spanning the whole arts discipline spectrum, is important and reflective of our community. We look around and see the hundreds of cultural backgrounds that exist within the greater Washington D.C. area, and believe that the arts are a perfect vehicle for young children to begin to understand, appreciate, and celebrate those cultures,” added Bechtold.

“We strive each summer to accomplish this goal through a variety of different art forms – music, drama, dance, puppetry – to give our audiences a taste of all the performing arts has to offer. If we instill a love of puppetry or an appreciation for dance, or even inspire a shower

Wolf Trap Summer 2019 Children’s Theatre-in-the-Woods/Performances through Aug. 3, 2019. All shows start at 10:30 a.m. Tuesday-Saturday. Tickets: \$10-\$20, children under two free. Information about the full season of Children’s Theatre-in-the-Woods can be located at [www.wolftrap.org/Woods](http://www.wolftrap.org/Woods) or call 1-877-WolfTrap. Note: Free parking

singer through one of our performances, we’ll have done our job!” said Bechtold.

“A unique offering at Children’s Theatre-in-the-Woods, families can stay after every performance for a picnic, a stroll around Wolf Trap National Park for the Performing Arts, or games and activities in the grassy meadow,” said Bechtold. “After select shows, we have Junior Ranger Days, where children can enjoy outdoor activities with a National Park Ranger and earn their Junior Ranger Badge, as well as artist workshops, which are small-group, often hands-on experiences with the artists who they just saw perform.”

Asked what would Wolf Trap would like children and families to come away with after attending a performance, Bechtold said “We want to make sure that a morning at Children’s Theatre-in-the-Woods doesn’t have to be just an hour-long performance. We encourage families to make a whole morning out of their experience at Wolf Trap, and enjoy everything that it has to offer. Our hope is that after spending a morning at Children’s Theatre-in-the-Woods children, and adults, leave with a deeper appreciation for and love of the performing arts and nature.”

# 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

**COMMENTARY** 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

**COMMENTARY** 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:

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## 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 Gulyn, 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 Gulyn, 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 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 alternate 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



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.**

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.

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-Werner Heisenberg

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**OBITUARY**

**Clarene H. Vickery, Early Childhood Education Pioneer, Dies at Age 101**

When Clarene Vickery moved from the District of Columbia to Vienna in 1951, Virginia had no public kindergarten and very little attention was given to early childhood education. Learning of her experience in teaching preschoolers at the Naylor Gardens Cooperative in the District, mothers in her new neighborhood approached her about starting a kindergarten in Vienna. The result was the founding of Parkwood School. Sixty-four years later, more than ten thousand children have attended during the ages three to five, and Mrs. Vickery has contributed to early childhood education throughout the Commonwealth.

Mrs. Vickery was a founder of the Virginia Association for Early Childhood Education and an active member of the National Association for the Education of Young Children. She served on the Executive Board of the VAECE for forty-five years and held several leadership positions during that period. For her efforts, she was honored with a Lifetime Achievement Award from the Virginia Association for Early Childhood Education. In 2017, she was recognized by the Fairfax County Health Department for her "more than six decades of promoting the health and well-being of young children." Upon her 100th birthday, the Virginia General Assembly and Town of Vienna presented her with resolutions honoring her achievements and they were noted in the Congressional Record.



**Clarene H. Vickery.**

Mrs. Vickery claimed, in her words, "only the distinction of having served and loved children."

In addition to her work as an educator, Mrs. Vickery was active in her church and community. She was a founding member of Providence Baptist Church in Tysons Corner, and a 65-year member of Vienna Baptist Church, where she taught Sunday School and held other positions. She was the Greater Vienna Chamber of Commerce Business Person of the Year in 1987, she received recognition for her support of the 100th anniversary of the Town of Vienna in

1990, was President and Honorary Lifetime Member of the Ayr Hill Garden Club in Vienna, and Grand Marshal of the Vienna Halloween Parade in 2006,

Born May 22, 1918, on a farm near Collins, Miss., she was married to the late Lt. Colonel Raymond E. Vickery Sr. As a member of the "Greatest Generation," she supported him and their family while he fought in the European Theater and served in the military in Germany. She was the mother of four sons: Raymond, Jr. (former Member of the General Assembly and U.S. Assistant Secretary of Commerce), Donald (medical doctor and wellness author), Kenneth (Professor at North Carolina State University), and Steven (screenwriter). She is survived by seven grandchildren and four great grandchildren

Interment will be in Arlington National Cemetery with her husband. Donations in memorial may be made to the Virginia Association for Early Childhood Education <http://www.vaaeyc.org/index.html>

**Supporting Britepaths, Community For Helping Others**

Our Lady of Good Counsel (OLGC) Catholic Church parishioners donated more than 1,100 pounds of food and personal items and almost \$2,000 for food gift cards on behalf of Britepaths (formerly Our Daily Bread), and Community for Helping Others (CHO). Many of the families receiving the donations are dependent on free breakfast and lunch during the school year. With the school year over the donations are critical in keeping children fed. There were numerous volunteers who donated many hours of work to this cause by passing out flyers, collecting donations, sorting food, and delivering donated items all over Fairfax County. Britepaths said donations help families in a food emergency and when "Janet" came to us for help, she needed basic necessities, and without this support, Britepaths, formerly known as Our Daily Bread, has been a



**The Wickham family helped pack cars and deliver to families in Fairfax County.**

dedicated leader in developing sustainable solutions that stabilize low-income working families, build resilience through financial literacy and mentoring, and provide seasonal supports <https://britepaths.org/>. CHO is an all-volunteer organization that was organized in 1969 by a group of con-

cerned churches and individuals in the Vienna, Oakton, Dunn Loring, and Merrifield area to provide simple, loving charity to those in need of goods and services they were unable to provide for themselves or obtain from government social service organizations.

# 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.

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## 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.*

# 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. Email [kathleen@greatfallsfarmersmarket.org](mailto:kathleen@greatfallsfarmersmarket.org) for more.

**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 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)

## 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.

**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.



PHOTO COURTESY OF KANISHA FOSTER

**Kanisha Foster performing in “Joy Rebel” at 1<sup>st</sup> Stage’s 3<sup>rd</sup> Annual Logan Festival of Solo Performance.**



PHOTO COURTESY OF THE HUB THEATER

**Tia Shearer performing in “The Happiest Place on Earth” at 1<sup>st</sup> Stage’s 3<sup>rd</sup> Annual Logan Festival of Solo Performance.**



PHOTO COURTESY OF DAVID SITLER

**David Sitler performing in “The Things They Carried with Them” at 1<sup>st</sup> Stage’s 3<sup>rd</sup> Annual Logan Festival of Solo Performance.**

# Logan Festival Returns to 1<sup>st</sup> Stage

## Solo Performance Festival brings three new plays.

BY DAVID SIEGEL  
THE CONNECTION

## Where and When

The “Annual Logan Festival of Solo Performance” returns to 1<sup>st</sup> Stage with all new stories and performers. “We always look for shows that show the range of what solo work can be in style, voice and content,” said Alex Levy, 1<sup>st</sup> Stage Artistic Director. Levy curated the Festival.

This 2019 Logan Festival features three unusual tales. “All three are very different in structure and content but are remarkably beautiful and show off the unique power of solo work,” said Levy. The three are: “The Things They Carried,” “The Happiest Place on Earth,” and “Joy Rebel.”

In “Joy Rebel,” Khanisha Foster performs an autobiographical story with multiple characters each played by Foster. She shares her very distinctive personal experiences growing up in a bi-racial family. Her dad was a Black Panther. “Joy Rebel” is about more than surviving the chaos of my early family life,” said Foster. “It explores finding myself in the

1<sup>st</sup> Stage presents 3<sup>rd</sup> Annual Logan Festival of Solo Performance at 1523 Spring Hill Road, Tysons. Performances July 11-21, 2019. Tickets: \$20 (adults), \$10 (students). For tickets and information call 703-854-1856 or visit [www.1stStageTysons.org](http://www.1stStageTysons.org). Logan Festival of Solo Performance schedule follows:

“The Things They Carried”: July 11 at 7:30 p.m., July 14 at 5 p.m., July 18 at 7:30 p.m. July 20 at 8 p.m. and July 21 at 2 p.m.

“Joy Rebel”: July 12 at 8 p.m. July 14 at 8 p.m., July 16 at 7:30 p.m. July 19 at 8:00 p.m. July 20 at 2: p.m. and July 21 at 5 p.m.

“The Happiest Place on Earth”: July 13 at 8 p.m., July 14 at 2 p.m., July 17 at 7:30 p.m., July 20 at 5 p.m. and July 21 at 8 p.m

middle of the chaos and asking ‘what next’? To blend in was to disappear. How could I stand out? Finding joy was a way for me to become who I am.”

“The Things They Carried” is a dramatized experience based upon the literary classic by Vietnam vet Tim O’Brien, as dramatized by Jim Stowell. The production features a solo performance by David Sitler in more than a dozen characters. He “explores the lives of those serving in the Vietnam War. The live medium of The-

atre has a unique opportunity to put us in touch with their physical presence; to give us a sense of the strong but breakable bodies our service members put on the line in our name.”

Local actor Tia Shearer performs in “The Happiest Place on Earth” written by Philip Dawkins. It is a bittersweet, thoughtful solo show. “Happiest Place” entwines Philip Dawkins family’s story with the story of Disneyland,” said Shearer. Portraying about 30 characters Shearer and her characters ponder “if there really is a place where the dream that we wish for can come true.” Characters include a handful of Disney characters.

Matt Bassett from Northern Virginia’s Hub Theatre directs.

“The challenge, and part of the reason for doing the ‘Logan Festival’ is that many of us have preconceived notions about solo work. We wanted to give people the opportunity to experience the unique power of solo performance.”

1<sup>st</sup> Stage’s “Logan Festival” is presented with support from the Reva & David Logan Foundation.

**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. 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).

## 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. 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. 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. Weather line at 703-255-7842. [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.