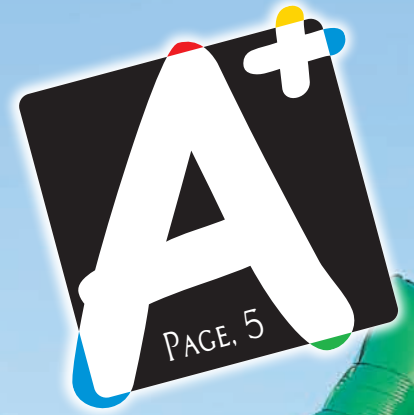


Vienna and Oakton CONNECTION



Swim team mothers and friends host first-ever Kicks for Kelly Swim-A-Thon. From left, top row: Head Coach Blair Piddington, Mona Hans, Carolyn Lynch, Kecia Harrell, Megan Wallace, Sally Payze, and Debbie Clapper; bottom row: Morgan Cunningham, Hayden Cunningham, Robin Bernhard, and Audra Hoebler.

Kicks for Kelly Bring Community Together

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Summer Strings Campers Present Space-inspired Music

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Traffic Change at Route 123/I-66

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The Brodnik Family wear matching 'Kicks for Kelly' Swim-A-Thon shirts in honor of Kelly. From left: Mallory Brodnik, Mike Brodnik, Sara Brodnik, Erin Brodnik, Renee Brodnik.

PHOTOS BY
MACKENZIE WILLIAMS/
THE CONNECTION



Westwood Swim Team 'Kicks for Kelly'

The Kelly Renee Brodnik Foundation raises more than \$27,000 in first-ever 'Kicks for Kelly' Swim-A-Thon.

BY MACKENZIE WILLIAMS
THE CONNECTION

On July 10, Westwood Country Club hosted their first-ever Kicks for Kelly Swim-A-Thon honoring their fellow teammate's battle against osteosarcoma. Osteosarcoma is a type of bone cancer that most often affects those 25 and younger.

The event raised money towards the Kelly Renee Brodnik Foundation which allocates money towards osteosarcoma research and affordable cancer treatments.

Kelly Brodnik, the inspiration behind their organization, was diagnosed at age 13. She began to fight cancer on-and off again for the next 2 and a half years as she went through middle and high school. Following a 9-month chemotherapy treatment, she was cleared for remission in November of 2017 but that was short lived. Just months later, doctors discovered 13 tumors along her spine and pelvis making her terminally ill. On Sept. 16, 2018, Kelly lost her battle to cancer leaving behind her three sisters, parents and a community determined to help find a cure.

Kelly was loved by many, especially her close-knit family. Many attendees of the event including close friends and family said she had a strong admiration for her three sisters and parents.

Her sister, Erin Brodnik, said that Kelly was quite "self-assured" as she "liked to put her own spin on everything," including fashion.

The poolside event sponsored the Westwood Club Swim team ages 5 to 18 fundraised based on donation pledges per lap. A culmination of 6,346 total laps were completed in honor of

their former teammate raising more than \$27,000 and counting.

Affordable cancer treatment is one of the pillars of the Kelly Renee Brodnik Foundation. Kelly's mother, Renee Brodnik emphasized that Kelly "wanted the money to go to kids with needs". The foundation achieves this through providing pegfilgrastim injections to children with osteosarcoma whose insurance does not cover this drug. This drug commonly referred to as Neulasta is intended to prevent infection following chemotherapy.

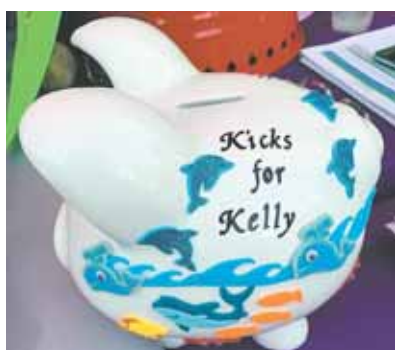
Innovative research is another goal of the foundation. Discovering alternative medicines for osteosarcoma is very important to the Kelly Renee Brodnik Foundation so children similar to Kelly will one day not have to suffer from ceaseless chemotherapy sessions and ineffective drug prescriptions.

Mrs. Brodnik emphasized that there is currently the "same treatment no matter where you go," across the U.S, Canada and Mexico making research all-the-more valuable to understanding and conquering osteosarcoma.

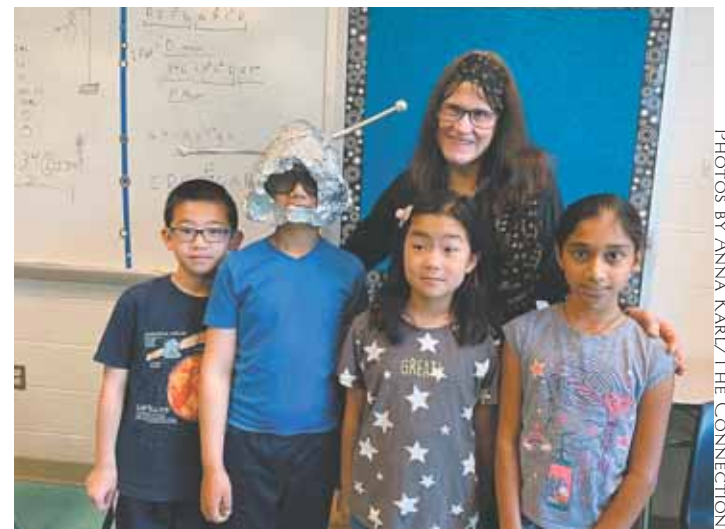
Megan Wallace, a close family friend of the Brodniks, encouraged fellow mothers of the Westwood swim team to help organize and host the event with her. With the dedication of the mothers and swim team, these individuals as well as the Westwood Country Club, sought

to create a sense of community for the Brodniks. Prior to Kick's for Kelly, Westwood Country Club has hosted numerous other occasions to support Kelly and her family such as blood drives.

The Vienna community continues to grasp the loss of Kelly. Nevertheless, they are beginning to transform their loss into a worthwhile cause: find a cure and help those alike in need.



The Kelly Renee Brodnik Foundation raises more than \$27,000 in first-ever 'Kicks for Kelly' Swim-A-Thon.



PHOTOS BY ANNA KARL/THE CONNECTION

Instructor Ruth Donahue pictured with her students, Zachary Qin, 9 of Vienna; Linus Wang, 9 of McLean; Soheon Lee, 9 of McLean; and Niketha Rajesh, 9 of Chantilly.

Strings Campers Perform Space-inspired Music

**This summer's theme:
"A Musical Journey Through
Space and Time."**

BY ANNA KARL
THE CONNECTION

How often does one see people dressed in spacesuits performing stringed instruments? At Vienna Summer Strings Camp, that's exactly what happened. Hundreds of musicians, beginners to advanced, are learning space-inspired pieces on "A Musical Journey Through Space and Time," the camp's theme this year.

The 4-week program reaches its 33rd season this summer, with 24 strings instructors, eight rehearsal assistants, and 400 young musicians.

"Vienna Summer Strings made me twice as good as I was last year," Emerson Karimi, an 11-year-old violinist from Dunn Loring shared.

Campers can work with up to 7 different instructors each day, five days a week for four weeks. In these instructional periods, they rehearse in Ensembles, learning to play songs with musicians of other instruments, and in Sectionals, where they perfect pitches within their own instruments.

"The teachers are experts in their field," said 9-year-old violinist from McLean, Brad Chen.

Children are organized into groups according to their age and ability. At one end are Green students, who are just beginning with their instru-

ments. Next are Blue, Red, and Silver groups, each increasing in age and experience. Lastly, Gold musicians are the oldest, most experienced players.

"VSS helped me learn to play in a large orchestra. At my school, there are about 25 kids, but in my Red Ensemble here, there are more than twice as many," said Carlie Khoubbieh, a 12-year-old violinist from Springfield.

It's not only the students who are impacted by the program.

"As an assistant, I liked making musical impressions on kids and beyond," said Caden Arthur, a high school assistant from Falls Church.

The strings players are challenged to improve their skill and practice more during the break between school terms in order to prepare them to advance in the upcoming year.

The third week of camp, running from July 8 - 12, has been spirit week.

"Each day, students have been invited to do something special," a camp instructor shared.

On Wednesday, students were encouraged to dress like they are in outer space. This spirit day and many of the pieces rehearsed were inspired by the "Musical Journey Through Space and Time" theme.

The camp's concert will be held at 1:30 p.m. on Friday, July 19 at Kilmer Middle School and is free and open to the public.

Human Trafficking Supply and Demand

BY BILL WOOLF
EXECUTIVE DIRECTOR, JUST ASK TRAFFICKING
PREVENTION FOUNDATION.

The recent news about Jeffrey Epstein's arrest in New York on new sex-trafficking charges involving allegations that date to the early 2000s is alarming to many.

It wasn't for us. That's the bad news. The Just Ask Trafficking Prevention Foundation, a global leader in combating human trafficking, is all too familiar with cases like Epstein's.

The good news is we're doing something about it. Our real-world experience and global knowledge about combating human trafficking enable us to do much more than sympathize with Epstein's victims of these alleged new crimes. We know how to fight back, and we are.

To better understand what we do and why we first must understand what sex trafficking is. The federal government defines it as the recruitment, harboring, transportation, provision, obtaining, patronizing, or soliciting of a person for the purposes of a commercial sex act, in which the commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act has not attained 18 years of age (22 USC § 7102).

There's a lot more to sex trafficking than just prostitution. The sex trafficking industry is a part of the world's second largest and most lucrative criminal enterprise grossing more than \$150 billion annually.

Defeating a billion-dollar industry isn't merely a battle. It's a world war with the good guys significantly outgunned financially. For example, the United Nations Voluntary Trust Fund, created in 2010 to provide humanitarian, legal and financial aid to victims of human trafficking to increase the number of those rescued and supported, and broaden the extent of assistance they receive, only received \$6.7 million as of May 2019. Jeffrey Epstein's proposed bail package is estimated to be as high as \$77 million alone.

Winning the battle is simply a matter of understanding and then eliminating the logistics behind the world's second largest criminal enterprise. Logistics? Yes, we need to reduce both

the supply of victims for human traffickers and the demand for them. Our best weapon? Human trafficking awareness and prevention is the most effective and least expensive method to reduce and ultimately eliminate the supply and demand for the sex trafficking industry.

First, we must stop the supply of human trafficking victims by educating at-risk populations about what human trafficking is, how they can be targeted, and what to do to become immune to their tactics. Most victims fall prey to the likes of predators like Epstein because they are unaware they are being lured in by lies or false



PHOTO CONTRIBUTED

Bill Woolf receives the 2018 Presidential Medal for Human Trafficking efforts from Secretary of State Mike Pompeo.

promises for things like money, prestige, power, or safety until it is too late. Then, trapped, the victims become resolved to their fate, impoverished, or worse, suicidal because of their sense of hopelessness. On average, once a person becomes involved in human trafficking, their life expectancy plummets to just seven years because of the enormous stress and physical abuse, their bodies and minds endure.

Secondly, we need to acknowledge criminals

like Jeffrey Epstein exist. Our awareness of them is the first step toward defeating them. As awareness grows for potential victims, awareness grows for prospective clients of human traffickers. By educating potential sex trafficking clients about the realities of prostitution and sex trafficking as a crime, research has proven it lowers demand by swaying them not to purchase sex or tolerate or support the practice of buying sex within their peer groups. In addition to awareness programs, the enforcement of our human trafficking laws can help deter future criminals by making it clear to the public that if you participate in human trafficking, you're going to get caught and more importantly, you're going to be held accountable.

The Just Ask Trafficking Prevention Foundation is a global leader in education and awareness campaigns for people of all ages, demographics, occupations and nationalities. One of our most effective programs is our school-based curriculum, which has reached more than 160,000 students worldwide and continues to grow. In northern Virginia, two counties, Fairfax and Loudoun, employ our programming directly through the school system's Family Life Education (FLE), maximizing the opportunity to engage our children when they are most at risk. Programming in schools is critical because it's where most of the victims are. Statistically speaking, while anyone can be a potential victim of human trafficking, the primary target for predators are girls between the ages of 14-16 years-old.

Just Ask does more than educate children, though. We educate parents, teachers, school officials, police officers, businesses, politicians, local, state, federal government employees, and even world leaders about what human trafficking is and how to combat it. ...

The bottom line is we have to condition communities to not only resist becoming victims of human trafficking but remove the desire to participate in it as customers as well. Criminals who are always on the prowl for successful money-making opportunities will vacate human trafficking as a business model once they see the funding potential dry up. ...

If you want to help, us eradicate human trafficking, visit our website at www.justaskprevention.org.

Just Ask Trafficking Prevention Foundation is based in McLean.

Pet Connection, Send Photos

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Thursday, July 25.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description of what is happening in the photo, and include address and phone number (we will not publish your address or phone num-

ber, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

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— MARY KIMM

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NEWS DEPARTMENT:
vienna@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
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Don Park
Display Advertising
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National Sales
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debfunc@connectionnewspapers.com

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

**Classified & Employment
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Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

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

Editor in Chief
Steven Mauren
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CIRCULATION
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Creating Travel Journal With Children

Helping children capture vacation memories through journaling.

BY MARILYN CAMPBELL

A collection of rocks collected at Mt. Vesuvius in Naples, a souvenir from the leaning tower of Pisa, crayon-on-construction paper drawings of the beaches in Naples, Italy are all part of the travel journals that Sonia Pruneda-Hernandez preserved. These are keepsakes that her son began creating when he was in preschool. Recently she perused those journals, reliving the memories with her son who is now a 22 year-old college student.

"As a military spouse I had the opportunity to live in Naples, Italy," said Pruneda-Hernandez, who now works as the Director of Early Childhood Education Initiatives at Montgomery College. "When we traveled in Europe, I provided my son travel journals. As a preschooler, he drew pictures of the places we visited and I would write parts of our conversations on the drawings. As he learned to write, his travel journals began to become more complex with him drawing and writing. I saved those journals and he is able to relive the memories of those experiences."

Journals created during summer vacations allow families to maintain the experience of their trips long after they've returned home. Whether one's plans include a safari in Kenya or a staycation among the monuments along the National Mall, keeping detailed records gives children who are living in the age of selfies and social media posts, a thoughtful option for holding onto memories.

"Travel journals are important because they [allow children], to have those memories of those experiences," said Pruneda-Hernandez.

Advanced planning leads to creative journals that are a form of self-expression, suggests Wendy Rowe, a writing tutor and art teacher. "Before you leave for your trip, ask your child to think about what they're most excited about and the type of journal they'd like to keep," she said. "For example, my daughter likes to paint watercolor pictures of things that she sees. Other children might make a journal that's a written narrative. What's important is that parents allow children to choose the type of journal they want to make and then purchasing and packing the supplies that they might need, whether it's colored pencils and craft paper or a simple notebook and a pen."

Such diaries can spark family conversations and create opportunities to practice writing skills, advises Michelle Villano, a fourth grade teacher who encourages her students to write accounts of their summer adventures. "Children can enjoy a vacation and learn from the scenes around them," Villano said. "A child's travel journal shouldn't just be a list of things that

"Travel journals allow young children to be actively involved in the experience of their journey."

— Sonia Pruneda-Hernandez, Director of Early Childhood Education Initiatives at Montgomery College

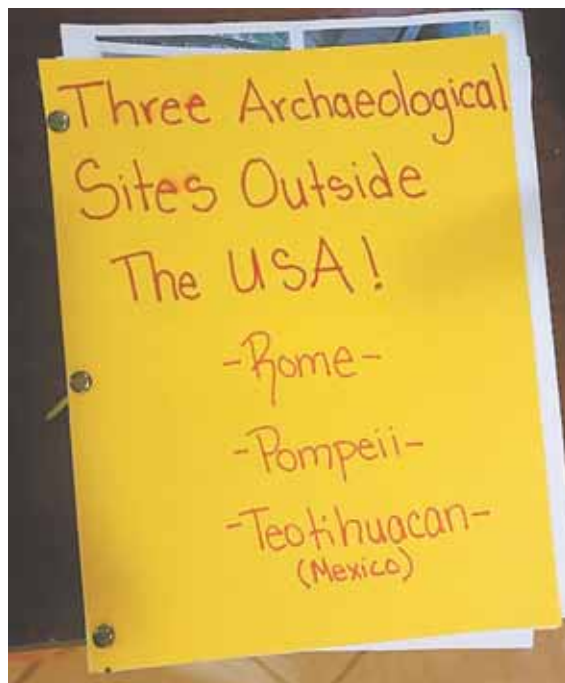


PHOTO COURTESY OF SONIA PRUNEDA-HERNANDEZ

Sonia Pruneda-Hernandez created this journal with her son when he was younger. Now that he's 22, he enjoys looking at them and reliving childhood memories.

they did or saw. Parents should encourage them to engage all of their senses like sound, touch, taste and feel. For example, if you're on a vacation in Paris, did you smell freshly baked baguettes when you walked into a restaurant for lunch? If you ate a croissant, could you taste the butter or feel the flakes on your tongue?"

The options for both the format of journals and the way that a child chooses to describe their experiences are abundant, says Rowe. "Children can include museum tickets, airplane boarding passes, leaves they collected from

a park they visited," she said. "Parents should encourage them to think long-term about things they might enjoy remembering later."

"Travel journals allow young children to be actively involved in the experience of their journey," added Pruneda-Hernandez. "They do not have to be written. Children that are not able to write yet, should be provided opportunities and materials such as a simple notebook, markers, crayons, or pencils to draw what they see and their experiences."

Prompts can be used to encourage those who are resistant to keeping a record of their vacations, says Villano. "Start by asking them to write about something they saw by describing its color or shape," she said. "They can describe the shape and color of a rock they saw while hiking in the Grand Canyon."

"Parents can sit and ask open-ended questions at the end of the day," said Pruneda-Hernandez. "This provides a [them] an opportunity to express themselves orally and provides opportunities for them to think about the experience."

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CALENDAR

Submit entertainment announcements at 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 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 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.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Email 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.

THURSDAY/JULY 18

Nottoway Nights: The Aloha Boys. 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 19

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.

Summer on the Green: Chillin' on Church: Mudlark (classic rock and blues). 6:30 p.m. on 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.

FRIDAY-SUNDAY/JULY 19-21

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 or visit www.McLeanPlayers.org for more.

SATURDAY/JULY 20

Open Mic Night. 7-10 p.m. at Caffe Amouri, 107 Church St. NE, Vienna.



Seussical The Musical

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. Running weekends: July 19-21 and July 26-28; Friday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. \$15-\$28. Email info@McLeanPlayers.org or visit www.McLeanPlayers.org for more.

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.

SUNDAY/JULY 21

Visit Colvin Run Mill. Noon-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See, hear and taste history with a visit to Colvin Run Mill. 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.

Summer Concerts: Justin Trawick and the Common Good. 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.

Concerts on the Green: the Unfinished. 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.

Summer on the Green: Vienna Community Band. 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.

TUESDAY/JULY 23

Kids on the Green: Michael Cantori (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 for more.

WEDNESDAY/JULY 24

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 for more.

Family Movie Night: The Incredibles 2. 6:30-8:30 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Lewinsville's fourth Family Movie

Night of the summer will feature The Incredibles 2 (PG). A dinner of pizza will be served. Bring a lawn chair and friends. The community is welcome, visitors do not need to be a member of Lewinsville. Visit www.lewinsville.org/events/family-movie-night-4/.

THURSDAY/JULY 25

Nottoway Nights: Randy Thompson Band. 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.

FRIDAY/JULY 26

Summer on the Green: U.S. Army Band: Swamp Rump (Louisiana jazz and folk). 6:30 p.m. on Vienna's Town Green. Friday nights through Aug. 23. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. Weather line at 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.

FRIDAY-SUNDAY/JULY 26-28

Seussical The Musical. Friday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. "Seussical," runs weekends through July 28. "Seussical" brings together many beloved Dr. Seuss characters. \$15-\$28. Email info@McLeanPlayers.org or visit www.McLeanPlayers.org

SATURDAY/JULY 27

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

SUNDAY/JULY 28

Summer Concerts: Slippery When Wet: The Ultimate Bon Jovi Tribute. 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.

Concerts on the Green: Dr. Guy Van Syckle. 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.

BULLETIN

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

CAMPS

Camp Invention. Monday-Friday, July 22-26, at Wolftrap Elementary School, 1903 Beulah Road. 9 a.m.-3:30 p.m., \$265. Camp Invention challenges children in grades K-6 to find their inner inventor. Various STEM-based activities and at the end of the program, each camper will bring home a robot. Visit invent.org/camp.

Summer Choir Camp. Monday-Friday, Aug. 12-16 and Sunday, Aug. 18 at Church of the Holy Comforter, 543 Beulah Road NE. \$125 fee includes lunches, recreational activities, music education and camp t-shirt. All children in rising 2nd-7th grade are welcome. No prior music experience or training required; solid reading skills are highly recommended. Scholarships are available. Download registration forms at www.holycomforter.com.

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. Contact facilitator Jack Tarr at 703-821-6838 or 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 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. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. Visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

SUNDAY/JULY 28

Movie Screening: Proof of Heaven. 2-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Best-selling author of Proof of Heaven: A Neurosurgeon's Journey into the Afterlife, Dr. Eben Alexander will describe his personal near death experience and the lessons he has learned. \$25. Register at proofofheavenunity.eventbrite.com.

THURSDAY/AUG. 1

Nomination Deadline. The nomination process for the 2019 annual Fairfax County Champions of Character Awards are underway. The Fairfax County Champions of Character Awards program honors youth, coaches and parents for extraordinary service in pursuing victory with honor in various athletics programs throughout Fairfax County. Anyone can nominate a player, coach or parent for consideration of a Champions of Character Award. Visit www.fairfaxcounty.gov/neighborhood-community-services/athletics/champions-of-character for more.

TUESDAY/AUG. 13

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 focus is an open discussion on caregiver stress. Share experiences, gain support and get information without having to travel. Call 703-324-5484, TTY 711 to register.

THURSDAY/AUG. 22

Hispanic Connect NOVA. 8:30-9:30 a.m. at 8300 Boone Blvd. in the Partners' Conference Room, Suite 450, Vienna. Join the Virginia Hispanic Chamber for this recurring event series designed for chamber members and newcomers

SEE BULLETIN, PAGE 8

BUSINESS DIRECTORY

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Stamp of Disapproval



By KENNETH B. LOURIE

For those of you still going to the post office and buying/selecting stamps, this column is for you (and for others too with a memory of such tasks).

Since I am among a dwindling number of those who actually affix their own stamps and mail their own correspondence (bills, birthday cards and miscellaneous other such hard copies), rather than bill-pay online, greet electronically or text incessantly, I may be writing uphill here. (Remember readers, parking is almost always free at the post office). Nevertheless, I will continue trudging on.

Like many of my generation, I've been accustomed to having my hands wrapped around or placed in proximity to, that which I'm reading, writing or "arithmeticking" (tactile you might say). And in the course of such endeavors, doing so with a pen in hand rather than with opposing thumbs side-saddling a device.

In so doing, I am regularly buying stamps – myself – and selecting from a variety of seasonal, promotional and "commemorative" (I make up words, like my father did; "surgerize" and "confliction" being two of his favorites) offerings. However, I am not "philatelic" in the least. In the most, I am a buyer and a sticker. Not a collector at all.

To that end, I am merely at the post office to justify my means: mailing my correspondence/parcels in a timely and efficient manner. Other than Christmas stamps my wife, Dina, will request that I buy, I care very little about the particular stamp/book that I purchase.

In fact, you could call me a stamp-contrarian (among other descriptions, I'm sure).

What I typically say in response to the post office clerk's question about my stamp preference is: "Give me the stamps on top (as they flip through their stamp booklet)," or "Whatever you're tired of looking/wanting to get rid of." And generally speaking, they're happy to comply, as you might imagine, giggling a bit as they hand over the stamps.

When I'm given the stamps, often I'll make a casual comment about their look and then "Exit stage, left," (to quote Snagglepuss, the most famous cartoon cougar from the Yogi Bear Show of the 1960s). Never, ever, will I return/replace them. I will use them and not think once, let alone twice, about them. In fact, I prefer to use the stamps most out of favor, most inappropriate to the time (Christmas stamps in July, as an example; and I jokingly always ask for a discount) and most undesirable (apparently, to the stamp-buying public). It pleases me to be the user of these "undesirables" until yesterday, that is (or should that be, was).

I went to my local post office. Stood in line. Approached the counter when called and then made my usual/per-this-column request. I received my first class stamps and while barely taking notice of them, affixed them to my envelopes and "slotted" them in the outgoing mail. I then walked out to my car, opened the door and as I sat down, tossed the remaining stamps in my car's auxiliary tray.

That's when I actually took notice of them and "Heavens to Murgatroyd," realized what I had done/purchased. I had bought and then used "Love" stamps on two bill-payment envelopes. Can you imagine?

Hardly would I want to impart that message in a communication with VISA. I mean, it wasn't exactly a wedding invitation. Quite the opposite. It was more like a divorce, if anything, and love definitely wasn't in the air.

Unfortunately for me though, it was on the envelope.

"What do you say to that? What do you say to that?" (I learned while going online that, amazingly/coincidentally, Snagglepuss and I have the same birthday.)

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

ENTERTAINMENT

Heart Pounding 'Volta' Comes to Tysons

Cirque du Soleil celebrates the adventurous spirit.

BY DAVID SIEGEL
THE CONNECTION

With a theme about freedom to blaze one's own trail in life, Cirque du Soleil returns to the area with "Volta," an all new show under the 60-foot Big Top at Tysons II.

"After 35 years of creating circus shows, Cirque du Soleil wanted to explore new territories, and we thought that street sports were a very great element around which we had never worked. Those sports usually come with an attitude: a freedom to do what you want, the way you want. That's why we decided to tell a story about freedom and about self-acceptance," said Steven Ross, Senior Publicist, VOLTA by Cirque du Soleil.

"Volta" tells the story of Waz, a game show contestant bound for a

journey of extraordinary self-discovery. He seems to have lost touch with himself. What will he find on his journey? "Volta" unites high energy, physical agility, street sports and extreme performances into a visually arresting world; along with Anthony Gonzalez's high-energy musical compositions. The evocative costumes are by Zaldy.

"We want to connect with our audiences" said Danila Bim, a hair suspension artist. "It's magical to fly," said Bim describing her extraordinary "Volta" performance. She is suspended by a hook in the bun of her hair then lifted to a height of 25 feet to perform acrobatics. Bim is held only by the hook through her hair.

Asked how she gets ready to perform her routine, she said, "All my hair together is strong. My performance is not only physical but mental."

Where and When

Cirque du Soleil presents "Volta" at Tysons II under The Big Top, 8025 Galleria Drive, Tysons. Performances July 25, 2019 to Sept. 29, 2019. Tuesday, Wednesday and Thursday at 7:30 p.m., Fridays at 8 p.m. (Friday, August 30 at 4:30 & 8 p.m.), Saturday at 3:30 p.m. and 7 p.m. and Sunday at 12:30 p.m. and 4 p.m. No performances on Mondays. Tickets start at \$49. Special tickets packages such as VIP Experience, Behind The Scenes, Producer Seats and Family Pack are available. For groups of 12 or more there are also special offers. For detailed information visit www.cirquedusoleil.com/volta or call 1-877-924-7783. **Note:** The show contains flashing lights which may cause difficulties for people with photosensitive epilepsy.

Bradley Henderson is a hoops diving artist. He dashes forward on the Cirque stage and then hurls himself through hoops that are placed higher and higher off the floor. "The hoops are stacked together to a height of about 15 feet," said Henderson.

"I have to be very precise when I launch myself to tumble through each hoop. To do that I manipulate my body to complete the routine very accurately," added Henderson. Both Bim and Henderson de-



Danila Bim, hair suspension artist in "Volta" from Cirque du Soleil

PHOTOS BY MATT BAERD/COURTESY CIRQUE DU SOLEIL



"Volta" Hoops diving artists with Bradly Henderson (in red)

scribed the importance of the audience to them.

"Audience applause, gasps and silences mean so much. It means they are here with us," said Bim. It feels amazing to have the audience respond to what we do."

Henderson added, "We want it to be magical for them. We want them to leave their daily reality."

Cirque du Soleil's "Volta" aims to amaze audiences of all ages with a story about inclusion and "oh-my" feats.

New Temporary Traffic Change at Route 123/I-66 Interchange

Drivers traveling on I-66 West to Route 123 (Chain Bridge Road) North toward Oakton will use a new, temporary exit ramp beginning on or about July 22 for approximately three months. The temporary ramp will have two right-turn lanes and a traffic signal to allow drivers to access Route 123 North. The old ramp from I-66 West to Route 123 North will be demolished to allow construction of a new ramp slightly to the east. This change is necessary to build dedicated Express Lanes ramps and shared-use path at the Route 123 Interchange, as part of the Transform 66 Outside the Beltway Project. During construction, posted travel speeds along Route 123 through the I-66 interchange are reduced to 35 miles per hour (mph), consistent with posted travel speeds on Route 123 north and south of the I-66 interchange. Drivers traveling north on Route 123 should use caution and be alert for vehicles entering the roadway. Drivers should expect construction-related detours and traffic pattern changes as work progresses at the Route 123 and I-66 interchange during the next three years of construction. Drivers are reminded to slow down and pay attention to lane markings and roadway signs at all times. Learn more about the I-66 Outside the Beltway Project and sign up for project updates and lane closure alerts at Transform66.org.



Beginning on or about July 22, drivers exiting I-66 West to northbound Route 123 will use a new exit ramp and turn right at a temporary traffic signal.



When complete in December 2022, the reconstructed Route 123/I-66 interchange will provide direct access to and from the new Express Lanes for both eastbound and westbound travelers. A new shared-use path through the interchange will connect the new I-66 corridor trail with planned trails in the City of Fairfax.

BULLETIN BOARD

FROM PAGE 7

alike. Members, business owners, community leaders, entrepreneurs and more connect with their peers, share ideas and gain useful knowledge. Free for members, \$10 nonmembers. Register at www.vahcc.com/hispanic-connect-nova.

SUNDAY/NOV. 3

Low Cost Rabies Vaccine Clinic. 9-11 a.m. at Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nam-northernvirginia.org/parent-peer-support.html.