

Vienna and Oakton CONNECTION

WELLBEING

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Traditional desserts like baklava, maamoul, namoura, or ghraybeh were some of the mouthwatering pastries available throughout the weekend at Middle Eastern Food Festival.

Eat. Play. Dance. Repeat.

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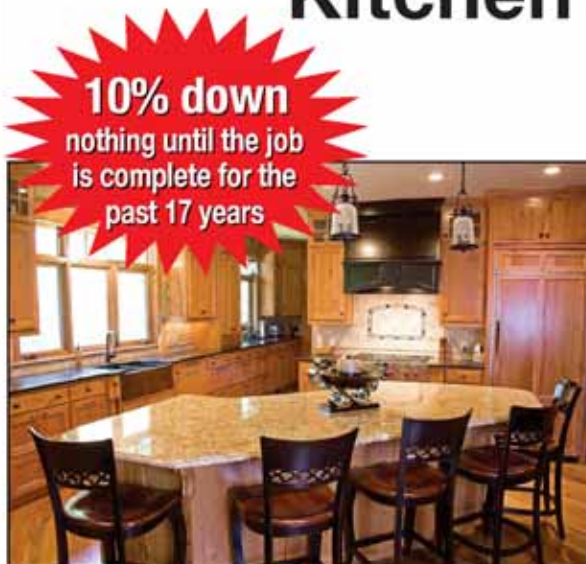
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The party's in full swing at the Middle Eastern Food Festival in McLean on Labor Day weekend.



PHOTOS BY NADEZHDA SHULGA/THE CONNECTION

Fred Tabash and Daniel Valentini are on grill duty.

Eat. Play. Dance. Repeat.

BY NADEZHDA SHULGA
THE CONNECTION

The Middle Eastern Food Festival in McLean on Labor Day weekend has been traditionally hosted by Holy Transfiguration Melkite Greek-Catholic Church. This festival has been on for 26 years. Every year, more and more people come here to enjoy Mediterranean food, music, and dances. Once you come here, you will be taken in by the charm of this place.

"We make the food, we sell the food, and our volunteers serve the food," Protodeacon David Baroody explained. "The food is a nice thing, but that's not the reason we do it. We do it to introduce ourselves and welcome visitors from the community. We want people to learn about us."

The origins of the Melkite Greek Catholic Church go back to the traditions of the Ancient Near East. The Church was serving delicious Eastern Mediterranean food such



Protodeacon David Baroody welcomes the guests of the Festival.

as Beef Shawarma, Beef and Chicken Kebabs, and Falafel. Along with the tours organized by the Church, it was a fascinat-

ing way to learn more about the culture and traditions of the Melkite Greek Catholic Church.

The Festival's special is a Roast Lamb Dinner. The waiting line for this dish stretches to the entrance. It hasn't been without the Dabke, a traditional Arab folk dance performed at the wedding or joyous celebrations, and festivals. Catchy rhythms quickly captivated everyone. Traditional desserts like baklava, maamoul, namoura, or ghraybeh were some of the mouthwatering pastries available throughout the weekend.

You can't imagine how many kinds of baklava there are — stuffed with walnuts, pistachios, or pecans; small and large, squares or round shapes. The traditional desserts were accompanied by cookies, brownies and fudge.

Jennette Tahhan Leiva, a volunteer at the

Food Festival, shared that the Church takes a special place in her life. She has been attending this church since she was a child. Her grandparents helped to start this church. Her parents, her sister, she herself was married here.

"My parents and other families ran the outside grilling section of the festival," she said. "As my parents are getting older, they passed down the tradition to us. For the last 6 years, my husband and I have been taken over this tradition. My husband is in charge of meat and grilling. I am responsible for making sure we have everything we need for the process."

For the families with kids, the festival offered a playground with a moon bounce, face painting, and pony rides. Nearby, there was a market section that sells olive oil, books, and icons, oriental jewelry, traditional dresses, and scarfs.



Jennette Tahhan Leiva and her husband are in charge of meat and grilling.



For more than eight years Dimitrios Komninou has been offering a range of oils and olives grown on his family farm in Greece

OPINION

Washington D.C. to Tokyo in Under Five Hours

BY EVA WILLIAMS-SIGUENZA

Not exactly, but this summer I felt as if I spent two weeks in Japan without even leaving the East coast.

This opportunity was High School Diplomats (HSD), which is a program hosted at Princeton University for 40 US and 40 Japanese students to exchange cultural knowledge and ideas. Using games, diplomatic discussions, activities, and even food, I gained a deeper understanding of not only another culture but also of myself and my place in the world. It's a chance to meet someone on the other side of the world that you would have never met otherwise.

My High School Diplomats experience began when my family and I hosted two Japanese students, Honatsu and Rina, for three days. We went shopping at Tysons Corner Mall, bought all the American snacks they could possibly fit in their luggage, and took a painting class. I immediately formed a tight bond with both of them and we learned about each other's cul-



Eva Williams-Siguenza and Honatsu Tanaka show off their star-spangled costumes.

tures along the way. I highly recommend anyone in Northern Virginia who applies to participate in Homestay Weekend, as it gave me a taste of what the rest of my summer would be like.

Two weeks later, we reunited at Princeton for the upcoming ten-day program. In those ten days, my mindset shifted to a more globally understanding one and I began to see both cultures in a new light. I am so grateful that I was

able to have an international experience without leaving the country. In this sense, High School Diplomats is truly unique. I met so many interesting people with whom I shared more similarities than differences. The High School Diplomats staff led us through several activities, such as a Bunka No Hi Culture and Earth Day festivals. I will never forget all the impromptu dance parties we had, the insightful diplomatic talks or the

Japanese language classes.

High School Diplomats is one of the most rewarding things I have ever done. It's also one of the most challenging, which is why it's important to go in with an open mindset ready to absorb anything and everything. I can't thank HSD enough for helping me figure out who I am and for teaching me about true friendship even if it is 6000 miles away.

Sophomore and Junior students from all over the United States can apply starting Sept. 15 until Jan. 8 at www.highschooldiplomats.com and clicking the Application Information button at the bottom of the article. After the application deadline, selected students will be contacted for an interview as the second portion of the process. Contact the program director, Celine Zapolski, with any questions about the program at celinezapolski@highschooldiplomats.com.

Start planning today your opportunity to expand your horizons, have the experience of a lifetime, and make long-lasting friends.

Eva Williams-Siguenza lives in Chantilly and attends St. Paul VI Catholic High School in Fairfax City.

LETTERS TO THE EDITOR

A Letter to Friends and Neighbors

To te Editor:

I've written to you before and I didn't think I could do it again. You see, after fighting so hard, my sister lost her battle with ovarian cancer last year. I feel her loss every day. As hard as it is to talk about, I keep remembering something she said to me after she was diagnosed. She was shocked that two educated women (she was a physician) were so unaware of the risk of ovarian cancer. As we shared her story with friends and colleagues, we discovered that we weren't the only ones unaware of this killer. She kept telling me that

we had to warn everyone. While we fought to keep her alive, we worked hard to raise awareness and to make people comfortable talking about reproductive health and ovaries.

To honor a beautiful warrior who wanted to spare anyone else's family from the pain we have endured, I would like to share our story again as September is ovarian cancer awareness month.

Denise was one of the 85 percent of women who are diagnosed after the cancer has metastasized because the symptoms are so vague. There is no accurate screen-

ing or early detection test for ovarian cancer. Nothing done during our annual trips to the gynecologist is checking us for ovarian cancer. By the time Denise was diagnosed, the cancer had spread well beyond her abdomen. My sister was an athletic, very active person until she was told she had stage IV ovarian cancer. Most people don't realize that ovarian cancer is only the 11th most common cancer among women, but is the fifth leading cause of cancer death among women.

I am calling on all of you to help me honor Denise. Pay attention to

your own bodies and be aware of changes. Don't do what most of us do and ignore them as we rush about our busy lives. If you feel any of the following: bloating that is persistent; eating less and feeling fuller; abdominal pain; urinary symptoms; please be proactive, see your gynecologist, ask for a transvaginal ultrasound; a pelvic/rectal exam; and a CA-125 blood test.

Help me spread the word during September by telling all the women in your lives about the risk of ovarian cancer.

Laura Forte
Great Falls

Preserving Area's Equestrian Culture

To the Editor:

The Northwest suburbs of Washington DC hugging the Potomac River have always been known for being horse friendly. For many years, horses, horse properties and equestrian events were commonplace. Over the past decade, this equestrian culture has come under pressure as the Fairfax County Board of Supervisors continues to increase property taxes and approve higher density real estate development.

As new homeowners join the community, they are increasingly

less informed of this equestrian heritage and may question the need to have horse friendly parks, trails and road crossings. By no means have horses left Great Falls and boarding opportunities are in high demand. All the more reason to protect Turner Farm as an equestrian park and be thankful for events such as the one that took place this past weekend – the Summer Horse Trials, Combined Test, and Dressage Show. Not only does it represent one of the many horse shows at Turner Farm over the course of any given year, it

brings the equestrian community together and raises needed money for park maintenance. It also provides a wonderful opportunity for beginner and novice riders to participate in an organized event in a friendly and supportive environment. Now in its fifth year, riders and spectators alike look forward to the event that draws hundreds to Turner Farm from surrounding communities. This all volunteer event runs smoothly, including wonderful support from Great Falls Volunteer Fire and Rescue who are present maintaining a

watchful eye on horse and rider safety. Thank you to Kristin Parisot and Wendy Masemer for your vision and leadership. The equestrian community needs more passionate leaders such as yourself to ensure that our community never forgets why Turner Farm is here, that the park is well utilized by the equestrian community and why this community invests so greatly to ensure it is maintained and preserved for future generations.

Craig Parisot
Great Falls

Vienna & Oakton CONNECTION

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Indecent Exposure Suspect Arrested

The Vienna Police Department has arrested a 33-year-old Vienna man after several incidents of Indecent Exposure were reported on the W&OD trail. The man has been charged with four counts of obscene sexual display which is a charge similar to the Indecent Exposure statute, 18.2-387. The arrest is the result of an investigation that was conducted by the Vienna Police Department's Patrol Division and Criminal Investigations Section.

The charges relate to several reports of a man who was seen exposing himself on the W&OD trail. The first incident was reported on Aug. 2 and subsequent incidents occurred on Aug. 12, Aug. 13, and Aug. 15 of 2019.

Patrol Officers received a tip from citizens which led CIS detectives to Park Terrace

Court in Vienna. Detectives began surveillance in the area and eventually identified a person of interest. After interviewing numerous witnesses and obtaining corroborating statements from the suspect, police detectives obtained arrest warrants to charge the suspect, who was arrested and transported to the Fairfax County Adult Detention Center where he was released on a \$1,000 unsecured bond.

The Vienna Police Department would like to acknowledge the citizens and witnesses who came forward to provide information about these cases and to thank residents for their patience during this investigation. Anyone who has additional information concerning these cases is asked to contact MPO Juan Vazquez. juan.vazquez@viennava.gov or 703.255.7845

Vienna Police Highlights

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna Police Department from Aug. 23 – 29, 2019.

INCIDENTS

Suspicious Event — Lincoln Street, NW Aug. 23, 12 p.m. Officers responded to a residence in order to investigate a disturbing Instagram post. After investigating the case, it was determined that there was no danger to the community.

Open Door/Window — 200 Block Mchenry Street, SE Aug. 23, 2 p.m. Officers responded to an alarm call. Upon arrival, they found the front door ajar. Officers searched the house and did not find anything out of place.

Suspicious Event — Panera Bread 136 Maple Avenue, West Aug. 23 between 8:50 p.m. and 9 p.m. An employee requested police to report an event that had just taken place. A subject walked into the store and brandished a knife at customers inside the store. The subject then left the store on foot prior to police arrival.

Domestic Dispute — Cedar Lane, SE Aug. 24 between 6:30 p.m. and 6:35 p.m. A resident requested medics and police assistance with an alleged medical emergency. After investigating the allegations, medics determined they were not needed and that it was a police matter. Officers investigated and determined that it was a domestic dispute case. All parties were interviewed and it was determined that no crime had been committed.

Arrest - Driving While Intoxicated — East Street, SE / Maple Avenue, East Aug. 25, 2:32 a.m. Sgt. Ruddy observed a driver commit a traffic violation and initiated a traffic stop. Upon the officer's interaction with the driver, she detected signs of impairment. The driver failed to complete a series of sobriety tests and was placed under arrest. The driver was transported to the Vienna Police Station, where she provided a sample of her breath for analysis. Sgt. Ruddy transported the 22-year-old woman from Oak Tanager Court in Burke to the Fairfax County Adult Detention Center where she was charged with Driving While Intoxicated.

Natural Death — 900 Block Myers Circle, SW Aug. 25 between 3 a.m. and 9 a.m. Police were requested to assist medics with a deceased person. Officers investigated the case and determined it was a natural death.

Found Property — 100 Block Saint Andrews, NE Aug. 25, 3 p.m. A resident turned in a cell phone found in Washington, DC.

Destruction of Property — Lotus Garden 224 Maple Avenue, West Aug. 25 between 7 and 7:30 p.m. A citizen reported that two tires of his vehicle went flat right after he left the business.

Escort — Wesley United Methodist Church 711 Spring Street, SE Aug. 25, 8:07 p.m. Officers responded to a church to assist a woman in a wheelchair. Officers transported the woman to a place where she could receive the services she needed.

Warrant Service - Fail to Appear To A Court Date — 1000 Block Maple Avenue, East Aug. 26, 10:36

p.m. Ofc. Farr observed a driver commit a traffic violation and initiated a traffic stop. During the traffic stop, Ofc Farr learned that the driver was wanted in another state. The driver was placed under arrest and transported to the Vienna Police Department. Ofc. Farr transported the 19-year-old man from Glenallan Avenue in Silver Spring, Md. to the Fairfax County Adult Detention Center where the arrest warrant was executed. The man was released on a \$2,500 unsecured bond.

Animal Case — 600 Block Blackstone Terrace, NW Aug. 27, 10:20 a.m. Animal Control Officer Barker requested police assistance with an injured fawn. An officer responded to the scene and had to euthanize the injured fawn.

Juvenile — Cedar Lane School 101 Cedar Lane, SW Aug. 27, 12 p.m. An employee requested a police officer to document an incident that took place at the school.

Fraud — Vienna Rexall Drug Center 150 Maple Avenue, West Aug. 27 between 1 and 3 p.m. An employee reported that they believe someone was attempting to pass a fraudulent prescription. Officers investigated the allegations and were able to identify the suspect in the area. The suspect ran away from Sergeant Sheeran through several streets in town. Several officers were dispatched to the area to assist with the search. Sergeant Sheeran was able to locate and apprehend the suspect at a nearby business. The 24-year-old man from Telfair Boulevard in Camp Springs, Md. was transported to the Fairfax County Adult Detention Center where he was charged with Prescription Fraud, Four Counts of Unauthorized Possession of Credit/Debit Cards, and Possession of Marijuana. The man was already out on bond on charges from a different county, he was held without bond and remanded to the custody of the Fairfax County Sheriff's Office.

Stolen Vehicle — Patrick Henry Library 101 Maple Avenue, East Aug. 28 between 1:30 p.m. and 2 p.m. A person went into the Patrick Henry Library and left her purse unattended for a few minutes to use her cell phone and the restroom. When the person left the library, she discovered that her car keys were missing from her purse and that her vehicle had been stolen.

Suspicious Person — Park Street, SE / Cherry Street SE Aug. 28 between 2:45 p.m. and 2:50 p.m. A 13-year-old reported that while he was waiting to cross the street, a man driving a blue hybrid vehicle pulled up right next to him and attempted to lure him into his vehicle. He described the man as white and around 60 to 70 years of age.

Grand Larceny — 100 Block of Moore Avenue, SW Aug. 28 between 6:30 p.m. and 6:50 p.m. A resident reported that someone had rummaged through her unlocked vehicle and stolen a bicycle from her unsecured garage.

Arrest - Drunk in Public - Cottage Street, SW / Cherry Street, SW Aug. 28, 7:47 p.m. Ofc Murray was dispatched to a suspicious person walking in the roadway with a bicycle. Ofc Murray made contact with the person and determined that the

SEE POLICE. PAGE 12



Faith Foundations Breakfast

Saturday, October 5 • 9:30 am – 11 am

Join us for "What Your Faith Means to You," an intimate conversation presented by our local community faith leaders. They will share how their faith has helped them through life's changes. Enjoy our chef-prepared breakfast while you feed your faith and gain inspiration from our community's cultural diversity. All denominations are welcome!

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All classes take place on Tuesday and Thursday evenings at the ST. MARK Christian Formation Center, 9972 Vale Road, Vienna. Students are welcome to register from 7 to 9 pm, September 17 and 19.

For more information on volunteering or student registration, call Monica at 703-980-9380 or email stmarksesl@gmail.com.

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WELLBEING



PHOTO COURTESY OF CHRISTIAN ELLIOT

Yoga can lead to body awareness which can be a gateway to better self-awareness, advises Christian Elliot who is pictured here. September is National Yoga Month.

Get on the Mat, Boys

Raising awareness of the benefits of yoga for men during National Yoga Month.

BY MARILYN CAMPBELL
THE CONNECTION

Take a quick scan of most yoga classes at East Meets West Yoga Studio in Vienna, Virginia and you're likely to see the mats being occupied primarily by women. That is changing, says studio owner Dawn Curtis. A recent Harris study shows that while women make up more than 70% of yoga practitioners, the number of men has increased from 4 million to ten million over the last 7 years. Practitioners are working to raise that number even higher this September - which is National Yoga Month - by emphasizing the health benefits for men. "We've seen an increase of men in yoga classes, but also an increase in the number of male yoga teachers and men who are coming into our yoga teacher training program," said Curtis. "We've had a lot of older men of the Boomer age taking classes because they're realizing that the exercise routine that they've been doing hasn't increased their flexibility." Because yoga classes often begin with an inward focus, those who practice it might be more inclined to develop body mindfulness off-the-mat. Exercising bodily-awareness during activities such as weight lifting can help prevent injury. "Breathing and body awareness can both be gateways to better self-awareness....," said Christian Elliot, owner, TRUE Whole Human. "Everything about modern convenience is geared toward making it easier for you to meet your basic needs with-

out moving," continued Elliot. "As we age, often what happens is we move less, thus becoming stiff." "Yoga makes you more flexible and your muscles and joints are more lubricated, you're less prone to injury," added Curtis. The practice's reputation as stress reliever is credited with the uptick in male students. "I've seen men use yoga as a stress management tool," said Curtis. "Men don't always realize how stressed they until they start talking yoga classes. Anytime you're doing yoga you're going to have stress management and relief. "Just one yoga class has proven to lower cortisol [stress] levels," added Luann Fulbright, Director, Dream Yoga Studio & Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders with success. This is a dominant reason folks come to yoga." Improvement in sleep is another asset to be gained from adding a yoga practice to one's life, says Curtis. "Yoga can lead to better sleep patterns because the mental

"Men don't always realize how stressed they until they start talking yoga classes."

**—Dawn Curtis,
East Meets West Yoga**

stress that we have is held within the body," said Curtis. "Once that's released you can relax, fall asleep and stay asleep." An overall sense of well-being is subtle, but definite benefit of yoga, advises Curtis. "Yoga provides more balance, men typically musical their way through things which means over-activity," she said. "Yoga teaches them to slow down and not push their way through. I often hear people say, 'Yoga makes me a better person'. That's because they're less reactive because they aren't feeling stressed. You have to do it on a regular basis though to benefit from it."

Write

The Connection welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
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NEWS

Vienna Minority Owned Business Among Top 100 in the Region

The Capital Region Minority Supplier Development Council (CRMSDC) announced that Monica B. Mitchell, President & CEO, MERAssociates, LLC (MERA) in Vienna was named a 2019 Top 100 MBE winner. This award recognizes owners of minority business enterprises in Maryland, Virginia and the District of Columbia who have demonstrated exceptional entrepreneurial accomplishments, a high level of professionalism, and have made substantial contributions to their community.

Established in 2007, the Top 100 MBE Awards ceremony welcomes nearly 1,000 attendees in celebration of the creativity and innovation of regional MBEs who are role models and inspire the entire community.

Sharon R. Pinder, CRMSDC's president and CEO, says, "Our board of directors and our corporate members congratulate the 2019 Top 100 MBEs on their stellar accomplishments. We are proud to add this year's class of winners to our circle of leadership."

The Top 100 MBE Awards will be presented at the CRMSDC's 38th Annual Leaders and Legends Awards Ceremony, on Thursday, Oct. 3, 2019 at the MGM National Harbor.

Monica Mitchell, MERA CEO, says, "I am extremely honored and excited to be recognized by the Capital Region Minority Supplier Development Council and to be among such an outstanding group of awardees. This award reflects the commitment of so many to the success of MERA, including our great staff, the



PHOTO BY BONNIE JOHNSON PHOTOGRAPHY

Monica B. Mitchell.

best clients, exceptional partners and my wonderful supportive family."

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CALENDAR

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

ONGOING

Senior Olympics. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The public is invited, free of charge, to all NVSO events. The games run Sept. 14-28. There will be no on-site registration for participants. Visit www.nvso.us.

Art Exhibit: Vienna Arts Society Reception. Through Aug. 31, 3-5 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Vienna. The Vienna Arts Society invites the public to a reception celebrating two exhibitions. The “Healing Wall” is created by troops on the mend at Fort Belvoir Hospital. “The Open Door” features a judged photography exhibition. Free and open to the public. Visit www.ViennaArtsSociety.org or call 703-319-3971.

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. Music, vendors, fresh produce, fresh prepared food. 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. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

THURSDAY/SEPT. 5

Caregivers Treat Event. 9 a.m.-1 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The 2019 Shepherd’s Center of Oakton-Vienna’s Caregivers Treat event is free and is open to caregivers of adult family members with dementia. The event offers a half day of relaxation, socialization, and a sharing of experiences. Activities include massages, exchange of ideas, breakfast and lunch, speakers. Guests are invited to sign in from. Register at 703-281-0538 or office@scov.org by Thursday, Aug. 29.

FRIDAY/SEPT. 6

Live Music: Bentwood Rockers. 6:30 p.m. (doors open 5:30) at Jammin Java, 227 Maple Ave. E., Vienna. The Shepherd’s Center of Oakton-Vienna (SCOV) hosts a benefit performance with the Bentwood Rockers. Enjoy some fabulous foot-stomping Bluegrass music. \$20-\$25 at www.jamminjava.com. To volunteer, donate or learn more, visit www.scov.org.

Old Firehouse Family Movie Night: Frozen (2013, PG). 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. For all ages. Gather the whole family and bring blankets, pillows and camp chairs for an indoor, picnic style family movie night. Enjoy unlimited popcorn while watching the movie on the Old Firehouse’s huge projection screen. Door prizes. \$3 per person. Preregistration is recommended. Visit www.mcleancenter.org or call 703-448-8336.

FRIDAY-SUNDAY/SEPT. 6-8

Library Book Sale. Friday, 11 a.m-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday, 1-4 p.m. at Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Large selection of books and media for all ages and interests. Sunday is half price and \$10 per bag sales. Free admission. Email tysonslibraryfriends@gmail.com or call 703-790-4031 or 703-338-3307.

SATURDAY/SEPT. 7

Dog Daze. 10 a.m.-1 p.m. at The Water Mine at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The Water Mine is going to the dogs as it closes out the swimming season. The water park is open for canine-only swimming. Stop by the Canine Resource Fair and visit with a host of dog-centric vendors. Take advantage of the low-cost rabies clinic from noon-2 p.m. Suggested donation is \$10 per dog. Proceeds benefit the



PHOTO COURTESY OF THE BENTWOOD ROCKERS

The Bentwood Rockers (from left: Dave Goldman, Alan Cohen, Ken Tackett, Pat Markham, and Stafford Markham).

Live Music: Bentwood Rockers

The Shepherd’s Center of Oakton-Vienna (SCOV) hosts a benefit performance with the Bentwood Rockers. Enjoy some fabulous foot-stomping Bluegrass music. Friday, Sept. 6, 6:30 p.m. (doors open 5:30) at Jammin Java, 227 Maple Ave. E., Vienna. \$20-\$25 at www.jamminjava.com. To volunteer, donate or learn more, visit www.scov.org.



Winter Sunset Austria by Bob Magneson.

Art Demonstration

After a brief membership meeting, enjoy light refreshments while artist Bob Magneson describes his quick application techniques, using acrylics to create impressionistic/post-impressionistic paintings. An experienced plein air painter, Bob is a copyist for the National Gallery of Art and other Washington, D.C. museums. Thursday, Sept. 12, 7:30-9 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Suite 100 LL, Vienna. Open to the public. Free. Visit www.ViennaArtsSociety.org or call 703-319-3971.

Fairfax County Animal Shelter and the Fairfax County Park Foundation. Dog food donations will be collected. Call 703-471-5415 or visit www.fairfaxcounty.gov/parks/lake-fairfax/.

Virginia Native American Festival. 10 a.m.-4 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Learn about the culture of Virginia’s first residents. The festival includes eight American Indian tribes from Virginia including the Rappahannock dancers and drummers. Enjoy hands on activities and live demonstrations including storytelling, shooting bow and arrows, throwing spears and making stone tools. Also, assist in building a dugout canoe and visit our marketplace of American Indian crafts, pottery and jewelry. \$8 in advance; \$10 at the gate. Visit www.fairfaxcounty.gov/parks/riverbend/native-american-festival/090719.

SEPT. 7-OCT. 12

Countless Shades of Black. Monday-Saturday, 10 a.m.-5 p.m. at The Frame Factory Gallery, 212 Dominion Road N.E., Vienna. Countless Shades of Black features local artist Alfredo Milian and Discovery Graphics. An artist

reception is planned for Saturday, Sept. 7, 5-8 p.m. Free. Visit www.theframefactory1.com for a slide show.

SUNDAY/SEPT. 8

Get Fired Up. 11 a.m.-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. The mill’s blacksmith will be firing up his forge – watch as he works with hammer and tongs to make iron tools and utensils. Free, no reservations are required.No reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

TUESDAY/SEPT. 10

McLean Historical Society Program. 7:30-9:30 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. The speaker will be Merrily Pierce who will present the “History of the McLean Citizen’s Association.” Everyone is welcome. Free. Contact Carole Herrick at 703-356-8223.

SEPT. 10-JAN. 15

Mah Jongg Cards. Order cards Sept. 10, 2019-

Jan. 15, 2020 from Temple Rodef Shalom, 2100 Westmoreland St. 2020 Mah Jongg cards are \$8 for small cards and \$9 for large cards. Official cards and will be sent directly from the National Mah Jongg League in late March/early April 2020. Go to bit.ly/mahjonggcards2020 or email iva.gresko@gmail.com to order.

WEDNESDAY/SEPT. 11

Movies for Kids and Families. 12:30 p.m. in the McLean Community Center Community Hall, 1234 Ingleside Ave., McLean. Presented by The Alden. Bring an indoor picnic and introduce kids to the classic animated movies that their parents love. Free admission. Visit www.mcleancenter.org or call 703-790-9223.

9/11 Remembrance Ceremony. 7-8 p.m. at the Great Falls Freedom Memorial, 9830 Georgetown Pike, Great Falls. The annual Sept.11 Remembrance Ceremony at the Great Falls Freedom Memorial (behind the library) will honor the six residents lost to the attacks and all who sacrificed on that day and in its aftermath with a color guard, patriotic songs, candle lighting, and remarks by former CNN Washington bureau chief Frank Sesno. The ceremony is open to all. Attendees are encouraged to bring chairs. Free. Visit www.gffreedom.org for more.

THURSDAY/SEPT. 12

Art Demonstration. 7:30-9 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Suite 100 LL, Vienna. After a brief membership meeting, enjoy light refreshments while artist Bob Magneson describes his quick application techniques, using acrylics to create impressionistic/post-impressionistic paintings. An experienced plein air painter, Bob is a copyist for the National Gallery of Art and other Washington, D.C. museums. Open to the public. Free. Visit www.ViennaArtsSociety.org or call 703-319-3971.

FRIDAY/SEPT. 13

Old Firehouse Friday Night Trip. 4-10 p.m. meet at The Old Firehouse, 1440 Chain Bridge Road. Old Firehouse Friday night trip to Dave and Buster’s, dining and entertainment attraction. Dinner and a \$25 game card with unlimited arcade game play are included in the fee. \$50; \$40 MCC district residents. Visit www.mcleancenter.org or call 703-448-8336.

SEPT. 13-NOV. 3

Laugh and Scream! Pop-Up Selfie Museum. Select dates and times at Tysons Corner Center, Lower Level near Lord & Taylor. The American Scream Selfie Museum will feature interactive exhibits that will make visitors laugh and scream and the star of eye-popping selfies. The museum will feature an array of custom-built Halloween themed sets individuals can interact with: sit on the Iron Throne and rule the Seven Kingdoms, stand in an ancient Egyptian tomb and face the Mummy; visit a gruesome morgue; and more.\$15-\$18. Visit www.american-scream.com for timed tickets and schedule.

SATURDAY/SEPT. 14

Tea Seminar: ABC’s of Tea. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Learn about and taste teas from around the globe - white, green, oolong, black, and dark styles - their history; how they are similar to, and different from, each other; and how to best brew each style for optimum flavor. Tea infused treats and a take home tea sampler included. \$35 per person. Use ID Code 070.6BBA. Register at www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664.

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. Free admission. Call 703-938-5157 or visit www.nvmr.org.

American Feud Documentary. 2-4 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. American Feud: A History of Conservatives and Liberals is the only non-partisan classroom friendly documentary that traces the American story featuring voices from many perspectives. Explores dysfunctional government in light of liberalism and conservatism that have become increasingly incoherent. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/5395442.

SUNDAY/SEPT. 15

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

DINING

Outstanding Barbecue in Falls Church

Restaurant Review: Liberty Barbecue in Falls Church.

BY ALEXANDRA GREELEY
THE CONNECTION

Among the most compelling kitchen and cooking aromas around, those of woody fires and grilling meats are perhaps the most captivating. These inspire foodies to want barbecue, and lots of it. Perhaps for breakfast, lunch, and dinner ... and a midnight snack as well.

To satisfy the barbecue cravings, Liberty Barbecue in Falls Church takes the cake, so to speak. Perhaps the restaurant's aromas are not all woody and meaty, but the menu delivers on outstanding barbecue, from barbecued oysters as appetizers to beef brisket, pulled pork, turkey breast, pork spareribs and baby back ribs. Oh, and patrons can double down on the yummy smoked meats with a half-pound sausage link.

The interior — and yes, there is outdoor seating — has lots of wood, underscoring the outdoorsy appeal of barbecue. A long bar takes up one part of the area, but there are plenty of tables for all the hungry patrons. Once seated and scanning the menu, one's best bet is to hope you are with friends, because even among the appetizers, each one is super tempting. Two top picks are the deviled eggs topped with a pinch or two of chopped candied bacon; then the hush puppies, so very Southern, are formulated with cheddar cheese, garlic, and jalapeños. If plenty of people are at your table, do try thy nacho platter with your choice of add-on meats—pulled pork,

pulled chicken, and beef brisket. The nachos are fancied up with queso, barbecued beans, and jalapeños.

When it comes to entrées, patrons have the choice of smoked meats sold separately or heaped onto platters. These include your choice of 2, 3, or 4 smoked meats and sides. Patrons can also go with pickle-brined whole or half a fried chicken with a baked biscuit and honey.

But if you have already overdosed on appetizers, head to the sandwich selections, all served on either a potato bun or for a little extra money, a gluten-free bun. Sandwiches include a smoked brisket; fried chicken; pulled pork or pulled chicken; a Liberty burger with an add-on of bacon; a curiously named Thanksgiving sandwich with turkey, of course; and a vegetarian option of a Mushroom Melt. There are plenty of sides to accompany whichever choice, and the barbecued Navy beans with burnt ends are over the top. Plan to save room for dessert, for two of the choices are worth every calorie: the Texas sheet cake and the butterscotch banana pudding. Also on the menu: pie, a warm brownie sundae, and soft-serve ice cream. Also, the restaurant features an all-you-can-eat weekend brunch buffet, with special cocktails, sides, and desserts. The restaurant hosts frequent special events. It is also affiliated with The Liberty Tavern, Northside Social, and Lyon Hall restaurants.

Liberty Barbecue, 370 West Broad St., Falls Church. Phone: 703-237-8227. Kitchen hours: Mon.-Fri., 11:30 a.m. to 10 p.m.; Sat., 10 a.m. to 10 p.m.; Sun., 10 a.m. to 9 p.m.



Christy Altomare



Courtney Reed



Susan Egan

Alden to Host 'Princess Party'

Three critically acclaimed stars bring their vocal excellence to The Alden in McLean.

The Alden in McLean begins its 2019-2020 Professional Series with "Broadway Princess Party" at 3 p.m. on Sunday, Sept. 22. The show features three critically acclaimed musical theater stars, who have performed on Broadway and who will reprise their performances and share insider stories about their experiences. Tickets are \$50 for the general public, \$45 for students and seniors, and \$35 for residents of Dranesville District 1-A. The theater is located at 1234 Ingleside Ave.

Brush off your tiara and unleash your inner princess with royalty in this hit concert direct from New York City, featuring Tony-nominee Susan Egan (Broadway's original Belle in "Beauty and the Beast") and the voice of Meg in the movie "Hercules"); Grammy-nominee Courtney Reed (the original Jasmine in Disney's "Aladdin" on Broadway) and Christy

Altomare (who played the lead role in "Anastasia" on Broadway). Your every dream will come true as knockout voices sing the petticoats off every princess song in the book, sharing hilarious and heartfelt stories of their royal antics backstage, on stage and beyond. "The quality of each princess's singing was astounding... Short of the Tony Awards, I know of no other place where you can find such an abundance of talent on one stage."—Twin Cities Arts Reader

Tickets are on sale now. For more information visit: www.aldentheatre.org or call 703-790-0123, TTY: 711. For ADA accommodations, contact Patron Services Manager Evelyn Hill at atevelyn.hill@fairfaxcounty.gov or call 571-296-8385.

www.aldentheatre.org.

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NEWS

Candidates, Fairfax County

Chairman, Board of Supervisors
Jeffrey C. McKay (D)
Joseph F. Galdo (R)

Commonwealth's Attorney
Steve T. Descano (D)
Jonathan L. Fahey (I)

Sheriff
Stacey Ann Kincaid (D)
Christopher F. De Carlo (I)

Board of Supervisors, District Representatives
Braddock District
James R. Walkinshaw (D)
S. Jason Remer (R)
Carey Chet Campbell (I)

Dranesville District
John W. Foust (D) incumbent
Ed. R. Martin (R)

Hunter Mill District
Walter L. Acorn (D) unopposed

Lee District
Rodney L. Lusk (D) unopposed

Mason District
Penelope A. "Penny" Gross (D) incumbent
Gary N. Aiken (R)

Mount Vernon District
Daniel G. "Dan" Storck (D) incumbent, unopposed

Providence District
Dalia A. Palchik (D), unopposed

Springfield District
Linda D. Sperling (D)
Patrick S. "Pat" Herrity (R) incumbent

Sully District
Kathy L. Smith (D) incumbent
Srilekha R. Palle (R)

School Board

School Board At-Large (vote for three)

Abrar E. Omeish
Cheryl A. Buford
Priscilla M. DeStefano
Rachna Sizemore Heizer
Vinson Xavier Palathingal
Ilryong Moon, incumbent
Karen A. Keys-Gamarra, incumbent

Braddock District, School Board
Zia Tompkins
Megan O. McLaughlin, incumbent

Dranesville District, School Board
Anastasia S. Karloutsos
Ardavan Mobasheri
Elaine V. Tholen

Hunter Mill District, School Board
Laura Ramirez Drain
Melanie K. Meren

Lee District, School Board
Tamara J. Derenak Kaufax, incumbent

Mason District, School Board
Ricardy J. Anderson
Tom L. Pafford

Mount Vernon District, School Board
Pamela C. Ononiwu
Steven D. Mosley
Karen L. Corbett Sanders, incumbent

Providence District, School Board
Andrea L. "Andi" Bayer
Jung Byun
Karl V. Frisch

Springfield District, School Board
Laura Jane H. Cohen
R. Kyle McDaniel
Elizabeth L. Schultz, incumbent

Correction

The list of local and General Assembly candidates in Fairfax County contained several errors.
Corrected in the version below:
❖ Republican Gary G. Pan is running against Kathleen Murphy in House of Delegates District 34.
❖ Republican Richard T. Hayden is running against Paul Krizek in House of Delegates District 44.
❖ Vinson Palathingal is a candidate for School Board At Large candidates for School Board section.,
❖ Paul Bolon, running for BOS from Providence, died earlier in August, and his name should not have appeared.

Sully District, School Board
Stella G. Pekarsky
Tom A. Wilson, incumbent

Soil and Water Conservation Director Northern Virginia District

Vote for Three
C. Jane Dudik
Chris E. Koerner
Christopher A. Bowen
Edward F. McGovern
Jonah E. "Jet" Thomas
Monica A. Billger
Gerald Owen "Jerry" Peters Jr., incumbent

Candidates, General Assembly

HOUSE OF DELEGATES

District 34
Kathleen J. Murphy (D), incumbent
Gary G. Pan (R)

District 35
Mark L. Keam (D), incumbent, unopposed

District 36
Kenneth R. "Ken" Plum, incumbent, unopposed

District 37
David L. Bulova (D), incumbent, unopposed

District 38
L. Kaye Kory (D), incumbent, unopposed

District 39
Nick O. Bell (R)
Vivian E. Watts (D), incumbent

District 40
Dan I. Helmer (D)
Timothy D. "Tim" Hugo (R), incumbent

District 41
Eileen Filler-Corn (D), incumbent
John M. Wolfe (I)
Rachel D. Mace (L)

District 42
Kathy K. L. Tran (D), incumbent
Steve P. Adragna (R)

District 43
Mark D. Sickles (D), incumbent
Richard T. Hayden (R)

District 44
Paul E. Krizek (D), incumbent
Richard T. Hayden (R)

District 45
Mark H. Levine (D), incumbent, unopposed

District 46
Charniele L. Herring (D), incumbent, unopposed

District 47
Patrick A. Hope (D), incumbent, unopposed

District 48
Richard C. "Rip" Sullivan (D), incumbent, unopposed

District 49
Alfonso H. Lopez (D), incumbent
Terry W. Modglin (I)

District 53
Marcus B. Simon (D), incumbent, unopposed

District 67
Karrie K. Delaney (D), incumbent, unopposed

District 86
Ibraheem S. Samirah (D), incumbent, unopposed

Virginia State Senate

District 30
Adam P. Ebbin (D), incumbent, unopposed

District 31
Barbara A. Favola (D), incumbent, unopposed

District 32
Janet D. Howell (D), incumbent
Arthur G. Purves (R)

District 33
Jennifer B. Boysko (D), incumbent
Suzanne D. Fox (R)

District 34
J. C. "Chap" Petersen (D), incumbent, unopposed

District 35
Richard L. "Dick" Saslaw (D), incumbent, unopposed

District 36
Scott A. Surovell (D), incumbent, unopposed

District 37
Dave W. Marsden (D), incumbent, unopposed

District 39
George L. Barker (D), incumbent
S. W. "Dutch" Hillenburg (R)

Candidates Forum to be Held on Sept. 23

The League of Women Voters of the Fairfax Area will hold a Candidate Forum for Fairfax County Chair of the Board of Supervisors and At-Large School Board candidates on Monday, Sept. 23, 2019 at 7 p.m. The event will be held at the Fairfax County Government Center; 12000 Government Center Parkway, in Fairfax.

All certified candidates for the Nov. 5, 2019 General Election have been invited. This event is free and open to the public, and questions for the candidates will come from the audience. Questions can be submitted in advance by accessing: www.surveymonkey.com/r/LWVFA2019

BULLETIN

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

THURSDAY/SEPT. 5

Traffic Changes Near Vienna Metro Station.

On or about Sept. 5, 2019, the ramp from Saintsbury Drive to eastbound I-66 near the Vienna Metrorail Station will close permanently as part of the future I-66 Outside the Beltway Express Lanes configuration, followed by a temporary closure of the Vaden Drive bridge over I-66 that is needed to accommodate construction. Visit outside.transform66.org for more.

FRIDAY/SEPT. 6

Application Deadline: Youth Leadership Scholarship. The Great Falls Rotary is offering grants to high school juniors or seniors for a leadership camp taking place Oct. 4-6 in Prince William Forest Park, Virginia. Free to scholarship winners. Call 703-759-3858 or visit www.rotarygreatfallsva.org/Ryla for more.

SATURDAY/SEPT. 7

Open House. 10 a.m.-noon at the Patrick Henry Library, 101 Maple Ave. E., Vienna. The Vienna branch of the American Association of University Women (AAUW) will hold an informational Open House. AAUW is the nation's leading voice promoting equity and education for women and girls. Membership dues discount for those who join at this event. Refreshments. Free. Visit vienna-va.aauw.net/ for more.

Mindful 365 Meditation. 10 a.m.-noon at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Most people find that meditating in community strengthens their practice. If the idea of being part of a meditation sangha is appealing, whether currently practicing or not, consider joining the 365 Mindful meditation sitting group. \$10. Email becky.bruner@gmail.com or visit sittinggroup-2019.eventbrite.com/ for more.

SUNDAY/SEPT. 8

Festival Sunday. 10-11:30 a.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Celebrate Festival Sunday at the 10 a.m. service of worship (Lewinsville's final single service of worship of the summer). An Ice Cream Social will follow in Fellowship Hall. Free. Visit www.lewinsville.org/events/festival-sunday/ or call 703-356-7200.

Welcoming Sunday. 11 a.m.-3 p.m. at St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Join in the Welcoming Sunday festivities. Meet the new rector and clergy and see what the St. John's community is all about. The celebration begins immediately following the 10 a.m. worship service and includes a picnic lunch, petting zoo, and the opportunity for fellowship after a busy summer. Free, and parking available. Visit www.stjohnsmclean.org

Living Quantum Consciousness. 1-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. A look at the intersection of science and spirituality. Join Jackie Woodside to learn techniques to break free from emotional loops and spirals, and get out of chaos. \$20. Email kdickman@gmu.edu for more.

MONDAY/SEPT. 9

GFCA Environment and Parks (EP) Committee Meeting. 7:30 p.m. at Great Falls Library, large meeting room. Erica Carter, Fairfax County's Recycling Coordinator, will speak regarding all the local confusion about trash pickup and the reality and changing recycling policies and markets. Visit gfca.org for complete agenda.

TUESDAY/SEPT. 10

Entrepreneurship 101. 8-10:30 a.m. in the First Floor Conference Center at 8300 Boone Boulevard, Tysons. Starting a Business in Fairfax County – the workshop provides an overview of start-up basics (licenses and permits), workforce services and training programs, and SBA resources including financing and certification programs. Free. Registration required at www.vahcc.com/events.

NARF Meeting. 1 p.m. at Vienna Community Center, 120 Cherry St., SE, Vienna. Meeting for

SEE BULLETIN, PAGE 12

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Something or Nothing



By KENNETH B. LOURIE

As you can imagine – or read every week in this space, my health, especially considering that my stage IV non-small lung cancer is incurable/terminal, is top of mind. (If truth be told, it's middle of mind, bottom of mind and every other mind in between and all around.)

That being said – repeatedly, I am prone to exaggerate the significance of seemingly unrelated peculiarities and draw them into my cancer “centricity” without any facts to support them. Though I feel fine-ish, mostly, (the previous weeks’ columns “Barbasoul” and “Side Splitting But Not Very Funny” notwithstanding), there are a number of things in my life which aren’t doing as fine and have given me pause for this column.

First and foremost is Chino, one of our two diabetic cats (“The Diabetic Duo” as I call him and his brother, Biscuit) is now up to 14 units of insulin per day and is a shell of his former self, literally. His appetite remains good but he’s confined in the kitchen because he doesn’t seem particularly interested or aware of his litter box. His co-diagnosee Biscuit, has had the complete opposite reaction to his medicine. He’s down to two units a day and appears quite himself. He’s free to roam around and seems quite clear about the reason for the multiple litter boxes located throughout the house.

Unfortunately, Chino is slowly getting worse and despite following doctor’s orders and feeding him prescription food, nothing really seems to be stemming the tide.

The rest of the examples I’m about to give pale in comparison to Chino’s situation but in the aggregate, they represent a pattern that’s making me nervous.

My inherited model-year-2000 Honda Accord is most definitely showing its age and may very well be nearing the end of its useful life. I have given up trying to make the necessary repairs suggested by the multiple idiot lights illuminating my dashboard. As determined as I am to ignore them, the different sizes, shapes and colors of the various lights/symbols are drawing me ever closer to the wear and tear they represent. I fear the worst, as with Chino.

Now into a more mundane world, a world in which technology has ensnared us. What would we do without the various hand-held devices with which most of us are all too familiar? I’m getting regular messages that unless I act accordingly, I’m about to find out.

My museum-piece flip phone is dying. It won’t hold a battery charge for nearly as long as it used to. Either I’m speaking into it or I’m speaking at it because I only have one bar and I need to charge it. As a result, it’s become unreliable and a bit of a bother. If it had any legs, it would be on its last ones.

The battery-operated key fob for my car has recently advised me that it too is dying and, unless I make the necessary battery replacement, it will no longer start my car. Do I really need my key fob communicating with me? A metal key never bothered me with such trivialities and so long as I was inserting it into the car to which it was mated, I was usually able to reach my intended target – without any backtalk.

Finally, I’ve been receiving messages on my television that the remote control is unhappy and also needs a battery replacement and unless I respond, it too will fade into nothingness and I’ll be staring at a blank screen. I don’t mind a smart TV but I do object to one that persists in its demands.

All these elements, crucial in their own way, intersecting with my cancer life at the same time and all seemingly headed in the same direction: south.

I can ignore and compartmentalize some things, but I can’t ignore and compartmentalize all things. After all, as the old joke “punchlines:” I gave you lots of warnings.

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

Vienna Parish Offers Life-changing Support

The Fil/Am Community Ministry based at Our Lady of Good Counsel (OLGC) parish in Vienna has announced that the ministry had a recent graduate, a young fellow who they saw through as he pursued a Bachelor of Science degree in Secondary Education in the Philippines. While Leobert Francisco did not have a chance at this four years ago with his mother who did not have a job, his father working intermittently as a laborer, an 8-year-old sister who could not attend school because of financial want, and an extended family at home all of whom were also out of work, he now stands all the chances in the world to make a difference in his family's life. In his graduation profile sent to OLGC by Caritas Manila which solicits funds for the educational needs of youth servant leaders from the poorest of the poor provinces in the Philippines, Leobert promises to find a job in his local community to earn some salary and gain experience to be able to give back. He is now working towards passing the Licensure Examination for teach-



Leobert Francisco.

ers in the Philippines. This is heartwarming for the Fil/Am Community Ministry, and we are humbled to be part of the difference Leobert is now able to make.

In addition to Leobert, Claudine Diaton was supported from her junior year in pursuit of a college degree in Agriculture. She graduated in 2018. The Ministry now has another student who they are helping attain his dream to get a Bachelor of Science degree in Secondary Education. Ephraim Gaano, who for the same lack of financial means, was not able to start attending college until he was



Claudine Diaton.

22 years old, is now a sophomore at a university north of the Philippines. The Fil/Am Community Ministry has recently received grants and donations from organizations such as the Navy Federal Credit Union, the Women of Our Lady of Good Counsel, and other individual benefactors, and has now taken in a couple more students who are entering their freshman year, each pursuing a bachelor's degree in Secondary Education.

For more information about the ministry contact Chiqui Pacis-Sanchez, 571.499.8277, filminolgc@gmail.com.

PHOTOS CONTRIBUTED



PHOTO COURTESY FCP

Therapy Dog Joins Thoreau MS Staff

The student services department at Thoreau Middle welcomes therapy dog Jackson Granados as part of their clinical team. Jackson will be at Thoreau part-time with school social worker Joy Granados visiting select classrooms and students and traveling the hallways at arrival and dismissal times. Jackson has been certified as a therapy dog through Therapy Dog International and is up-to-date on all his vaccinations. Research has shown that petting a dog can decrease levels of stress hormones, regulate breathing, and lower blood pressure. It also promotes greater self-esteem and focused interaction with other students and teachers. Contact news liaison Tresa Krukowski at tjkruskowski@fcps.edu.

Vienna Police Highlights

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person was heavily intoxicated and unable to care for himself. Ofc Murray arrested the 45-year-old man from Cottage Street, SW in Vienna and transported him to the Fairfax County Adult Detention Center where he was charged with being Drunk in Public. He was remanded to the custody of the Fairfax County Sheriff's Office.

Domestic Dispute — 200 Block Talahi Road, SE Aug. 29 between 9 a.m. and 9:26 a.m. A resident requested police assistance with a domestic dispute. Officers responded to the residence and investigated the allegations. It was determined that no violations of law had taken place.

Found Property — 400 Block Center Street, South Aug. 29 between 7:50 p.m. and 7:53 p.m. A citizen turned in a found wallet.

Fraud — Giant 359 Maple Avenue, East Aug. 29, 11:52 p.m. A person called into Giant and impersonated a security

officer for the supermarket chain in an attempt to scam one of their store employees out of a large amount of money. The employee realized it was a scam and hung up the phone before completing the unusual request.

CRASHES

Accident — 521 Maple Avenue, East Aug. 21, 4 p.m. Vehicle-1 and vehicle-2 were traveling westbound on the 500 Block of Maple Avenue, East approaching the intersection with Berry Street, SE. Vehicle-2 came to a complete stop for the traffic ahead. Vehicle-1 did not realize that vehicle-2 had come to a complete stop and rear-ended vehicle-2.

Hit and Run — East Street, NE / Council Court, NE Aug. 23, 2 p.m. An unknown vehicle struck a fire hydrant sometime on Aug. 22, 2019.

Accident — Surrey Lane, SE / Ninovan Road, SE August 24 10:00 a.m. Vehicle-1 was making a right hand turn onto Surrey Lane, SE from Ninovan

Road, SE when it ran off the road and struck a stop sign at the intersection.

Hit and Run — Plum Street, SW – Meadow Lane, SW Aug. 24, 10:30 a.m. Vehicle-1 was making a left turn from Meadow Lane, SW onto Plum Street, SW. While negotiating the turn, Vehicle-1 ran off the right side of the road striking the curb and then a highway sign. Vehicle-1 fled the area without exchanging information.

Accident — 246 Cedar Lane, SE Aug. 24, 7:33 p.m. Vehicle-2 was legally parked unoccupied along the curb perpendicular to the parking spaces at 246 Cedar Lane, SE while Officers were responding to a call for a medical emergency. Vehicle-1 was attempting to back out of a parking space across from where Vehicle-2 was parked. The left rear corner of Vehicle-1 struck the rear left wheel of Vehicle-2, causing minimal damage.

Accident — Maple Avenue, West / Courthouse Road, SW Aug. 25, 12:05

p.m. Vehicle-2 was making a right turn onto Courthouse Road, SW from Eastbound Maple Avenue, West. Vehicle-1 was traveling in the right lane on Eastbound Maple Avenue, West directly behind Vehicle-2. Vehicle-2 slowed/stopped for a pedestrian crossing Courthouse Road, SW Driver-1 was not paying attention and rear-ended Vehicle-2 causing property damage. Driver of vehicle-1 was issued a citation for

failure to pay full time and attention.

Accident — Virginia Tire & Auto 141 Maple Avenue, West Aug. 28, 10:33 p.m. Vehicle-1 and Vehicle-2 were traveling Westbound on the 100 Block of Maple Avenue, West in the left-hand lane of travel. Vehicle-2 began to slow down to a stop. Vehicle-1 was following too closely to stop in time thus rear-ending Vehicle-2.

BULLETIN BOARD

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NARFE (National Active and Retired Federal Employees Association) Chapter 1116 (Vienna-Oakton). "The Federal Government as seen on U.S. Postage Stamps" with stamp collector Harriet Epstein. Free. Members and guests welcome. Call 703-205-9041.

Environment Volunteer Night. 6:30-8:30 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn from Food & Water Watch about new pipelines proposed for Virginia. Break into action groups to brainstorm actions for stopping them. Free. Email sbonney001@aol.com or call 703-402-9292 for more.

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax

County's Family Caregiver Telephone Support Group meets by phone. This month's topic is an open discussion on advance care planning and end of life decisions. Call 703-324-5484, TTY 711 to register.

McLean Citizens Association Meeting. 7 p.m. at the McLean Community Center. Charles Cuvelier, the new U.S. Park Service Superintendent of George Washington (G.W.) Memorial Parkway, will be available to speak and answer questions about community issues such as the future of Claude Moore Park and multiple issues impacting G.W. Memorial Parkway. Visit mca-va.clubexpress.com for more.

SEPT. 10-OCT. 23

How to Build a Better Budget. At the McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Community Center (MCC) Governing Board invites residents of Small District 1A-Dranesville to engage with planning Center's fiscal year 2021 budget. All meetings of the Governing Board are open to the public. The preliminary consolidated budget will be posted on the Center's website and available at the Center's reception desk a week prior to the public hearing on Wednesday, Sept. 25. Visit www.mcleancenter.org/news-items/404-board-holds-

meetings-on-fy2021-budget-proposal for more.

- ❖ The first meeting, the Finance Committee Meeting of the Whole, will be held at 7:30 p.m. on Tuesday, Sept. 10.
- ❖ A second meeting, the Public Hearing on the FY2021 Budget, will be held at 7:30 p.m. on Wednesday, Sept. 25.
- ❖ Residents may submit written comments through Monday, Oct. 21 - by mail to McLean Community Center, 1234 Ingleside Ave., McLean VA 22101; fax 703-653-9435; or email to george.sachs@fairfaxcounty.gov.
- ❖ The Board will approve the FY2021 budget when it meets at 7:30 p.m. on Wednesday, Oct. 23. The final budget

will be approved by the Fairfax County Board of Supervisors in spring 2020.

TUESDAYS/SEPT. 10-OCT. 15

Diabetes Self-Management Program. 1:30-3:30 p.m. at City of Falls Church Community Center, 223 Little Falls St., Falls Church. This program is for individuals concerned or frustrated by living with pre-diabetes or diabetes. Free. To register, visit www.fairfaxcounty.gov/OlderAdults and click on Chronic Disease Self-Mgmt. Call 703-324-7721, TTY 711.