

Hot Topics at School Board Candidates Debate

NEWS, PAGE 3



Anastasia
Karloutsos

Elaine
Tholen

Ardavan
Mobasher

Great Falls Teen Named on Horse Show Junior Committee

PEOPLE, PAGE 7

Three candidates running for the Dranesville District seat on the School Board: Anastasia Karloutsos endorsed by the Republican Party; Elaine Tholen endorsed by the Democrats; and Ardavan Mobasher, an independent candidate, participate in a Town Hall forum in Great Falls on Sept. 25.

St. Francis To Host Fall Fest

NEWS, PAGE 9

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



Parents help their children during warm-ups before the start of the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center to benefit the nonprofit medical group practice, Pediatric Specialists of Virginia (PSV) located in Fairfax.



The Minh Bui Family gathers for a group photo before the start of the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center benefiting Pediatric Specialists of Virginia.

Running for Many Reasons

Charity 5K
'Makes It All Better.'

By MERCIA HOBSON
THE CONNECTION

On Saturday, Sept. 28, the nonprofit medical group practice, Pediatric Specialists of Virginia (PSV) located in Fairfax held its 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center attracting a reported 334 participants and 32 teams. By Monday, Sept. 30, \$43,874 showed as raised according to firstgiving.com benefitting Pediatric Specialists of Virginia. Top Team, Team Thaitan, named after Thaitan Vinyopongphan diagnosed with Neuroblastoma Stage 4 Cancer since May 2018, raised \$4,010.

The specialists at Pediatric Specialists of Virginia care for children from Northern Virginia and surrounding areas during their hospital stays at Children's National and Inova Children's Hospital and throughout their childhood on an ongoing, outpatient basis. Proceeds from PSV's yearly fundraiser, its charity 5K and Health Fair, support its philanthropic mission "to provide superb pediatric specialty care to children of Northern Virginia, including children and families dealing with serious or chronic illnesses, experiencing hardship."

Christopher Lawlor, MD Medical Director of Cancer and Blood Disorders, works at the Fairfax office. As Chair of the Pediatric Specialists of Virginia Philanthropy Committee, he looked forward to the opportunity to participate. "Proceeds from the event go to direct patient care as well as research, education and innovations. We have charity care for patients who have limited resources. We care for tens of thousands each year, from infancy to twenty-one with some patients continuing after that," he said.

NEAR THE START line, nine-year-old Matteo Lambert of Vienna, sat on a bench with his dad, Brandon. He wore a blue and red cape with the image of a boy from Al-



Virginia Del. Ken Plum (D-36) wishes Matteo Lambert good luck before he takes off to support Hopecam at the 5th annual 5K. It was Mateo's 28th charity race of 32 he pledges to run in 2019.

exandria, on it; someone Matteo Lambert did not know personally but understood was fighting cancer. Matteo Lambert said, "I run because I want to help other people, and it's fun." Matteo added he remained committed to his original goal of running 32 5K races in 2019 to raise awareness for children with cancer and Hopecam, his charity passion. The 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center would be the 28th race he'd run to benefit Hopecam, whose mission is to overcome the social isolation experienced by children in treatment for cancer.

According to Matteo, his father introduced to him a co-worker of his, Len Forkas, founder of the nonprofit organization, Hopecam. Matteo Lambert explained, "Hopecam helps (seriously ill) kids by connecting them with their classmates using a computer or iPad. The kids are going



Lauren Lipchak of Reston with her son Wesley before the start of the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center benefiting Pediatric Specialists of Virginia.

through some tough stuff."

Near the Lamberts, many parents and children mingled, feeling the camaraderie and fellowship. Lizbeth Molina, who works in Pediatric Specialists of Virginia's Fairfax office, said, "Seeing what the practice is doing for the children is awesome." Lauren Lipchak of Reston recognized not only what Pediatric Specialists of Virginia did for her sister but also what it offered her parents. "My sister has cystic fibrosis, and when she was younger, she spent much time in the hospital. It was important to my parents how much support they received, and different organizations made a difference," she said.

The Swingle family of Springfield, Andrew, 11, Joseph, 6, and mom, Vivian understood first-hand. Joseph said, "We run for diabetes because my brother goes to PSV for his endocrinology care."

For brother Andrew Swingle, though,

competition and record-breaking drove him to the event. "I want to break a nine-minute mile."

Peter Batista of Oakton said he chose to run because he interpreted at Pediatric Specialists of Virginia, and they provided "great care."

With the race set to kick off at 8:30 a.m., participants visited the health booths, bid on auction items via the PSV Silent Auction website and enjoyed the music courtesy of guest emcee, DJ Chris Styles. Following introductions, words of thanks to sponsors such as Platinum Sponsor AbbVie, Golden Sponsors Novo Nordisk and Alliance and others, and a brief warm-up, racers assembled at the start line.

LIKE SO MANY OTHER CHARITY RACES, the mood appeared light with a feeling of fellowship. Among the hundreds of racers running for Pediatric Specialists of Virginia, Mateo Lambert waited quietly, joined by Joseph Dagbe, 17, of South Lakes High School. Dagbe said he came to race to run beside Matteo because he "is an inspiration to me."

Virginia Del. Ken Plum (D-36) also found Mateo Lambert. "Always glad to be with you, young man," said Plum. Not to worry, Mateo said. He explained he got his superpowers from the super kid whose image was on his cape.

As the horn blasted, racers took off, and a short time later Matteo Lambert, 9, of Vienna crossed the finish line. He placed 9th overall and 1st in his age group, chip time 28:02.1. Lambert said he would mail his award medal and cape to Lucas; they belonged to Lucas as he gave Mateo the power to run.

James Casey, 39 of Fairfax Station placed 1st, chip time 22:12.6. After the race, asked why he ran, Casey replied, "I had a daughter born at 24 weeks. Pediatrics was important to me because of my daughter."



The debate was moderated by Matt Haley, 20-years Great Falls resident who previously served as chair of the FY2017 FCPS Budget Task Force.



After the meeting Abrar Omeish, candidate running for the for the At-Large seat, answers the questions from the audience.

School Board Candidates Debate in Great Falls

Town Hall Debate at Forestville Elementary attracts full-room audience; no one was indifferent.

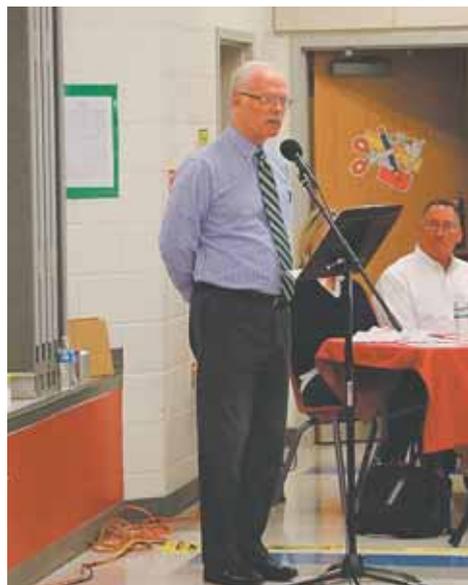
PHOTOS BY NADEZHDA SHULGA/
THE CONNECTION

BU NADEZHDA SHULGA
THE CONNECTION

On Sept. 25, the Great Falls Citi-zens Association hosted a Town Hall Forum at Forestville Elementary School with candidates for Fairfax County School Board.

Many in the audience came to the meeting well prepared. A group in the yellow hats came to support Abrar Omeish. Other groups were equipped with only the homemade signs in a show of support or protest. Some were just armed with stickers. They came to the debate to get to know the candidates better and to support particular candidates.

The cafeteria of Forestville Elementary was full of people, and no one was indiffer-



Bill Canis, Great Falls Citizens Association President, opens the Town Hall Forum.

ent. Sometimes school board debates are even hotter than presidential debates - especially when parents are in the room.

Nobody who came Wednesday night was there to stay on the sidelines.

The election for the Fairfax County Public School Board will take place on Nov. 5. The 12 School Board members are elected by district for four-year terms. Nine of them represent the magisterial districts and three members serve at-large. All 12 seats are up for this election.

For 26 years, the Dranesville District has been represented on the school board by Jane Strauss. She is now retiring. Three candidates who are running for this seat are Anastasia Karloutsos endorsed by the Republican Party; Elaine Tholen endorsed by the Democrats; and Ardavan Mobasheri, an independent candidate. All of them participated at the debate. In addition, there were five of six candidates who are running for the three at-large seats.

“Interestingly enough,” Great Falls Citizens Association President Bill Canis said opening the meeting, “I found out that the school system in Fairfax County is the third-

largest employer in the state of Virginia. We have one of the largest bus fleets in the nation, 1600 buses. I sometimes feel on the way to work that all 1600 of those are ahead of me.”

In total, the audience asked 65 questions — more than the candidates were capable of addressing during the meeting. The moderators selected the questions submitted by the audience. All candidates got to offer a one-minute pitch on the selected topic or question.

The debate was moderated by Matt Haley, 20-years Great Falls resident.

The first question addressed to all candidates was what they felt about the latest changes in the FCPS boundary policy 8130.8 which regulates the local school boundaries, program assignments, and school closings.

The changing school boundaries is a serious and weighty matter. The issue that McLean High School is overcrowded has been discussed over the last few years. The problem is getting worse every year. McLean

SEE BOUNDARIES ISSUE. PAGE 6

From FCPS, Boundary Facts Review of Boundary Policy 8130

In 2018, the School Board began discussions regarding the FCPS boundary Policy 8130. The Facilities Planning Advisory Council (FPAC) annual report (page 10, recommendation 23), requests the School Board develop recommendations for updating the boundary policies and processes. FPAC is a committee of citizens appointed by the School Board.

The School Board has held four work sessions to discuss boundary policy (Oct. 15, 2018, Feb. 25, 2019, March 11, 2019, and July 22, 2019). All of the meetings have been advertised and open to the public.

The review of the boundary policy was initiated because of the following issues:

- ❖ Overcrowding at several schools
- ❖ Recognition that the current level of bond funding is not sufficient to address capacity demands, renovations (currently a 37-year cycle) and major maintenance in a

timely manner

- ❖ Reliance on trailers (over 750)
- ❖ Planned growth in specific areas of the county
- ❖ Demand for additional pre-k classrooms
- ❖ The current boundary policy has not had a comprehensive review since its 1986 adoption. The county and the school system were significantly smaller at that time.

A modification that allowed a single board member and the Superintendent to make boundary changes impacting 5% or less of a school annually was introduced in 2000 and an expedited process was included in the regulation in October 2015. In 2018, the Superintendent stopped that less than transparent approach.

The One Fairfax policy, adopted in 2017, commits the county and schools to intentionally consider equity when delivering policies, programs, and services.

July 22, 2019 School Board Work Session

FCPS staff presented a draft policy in which “capacity surplus or deficit of an existing school” was listed as a reason to revise school boundaries.

The draft policy does not recommend moving students outside of their communities to balance districts based on racial and socioeconomic criteria.

The draft policy does not recommend “open boundaries” which would allow students to enroll in schools other than their base school.

The existing and proposed boundary policy includes the consideration of criteria such as walking and busing routes, travel times, and socio-economics.

FCPS provides transportation services for 139,000 eligible students every day to and from their neighborhood schools or to special programs away from their base schools.

While the majority (76%) of the bus routes in FCPS allow students to spend less than 30

minutes in transit each way, the increased roadway congestion and length of bus rides continues to concern the School Board.

School Board Requested the Superintendent:

- ❖ Hire an outside consultant to work with the Board to identify best practices in boundary policy and engage the community in the discussion.
- ❖ Identify “hot” areas of overcrowding that are not included in the current FCPS Capital Improvement Program but may need a boundary adjustment.

The School Board understands the sensitivity of discussing boundary policy and is committed to continuing its work in a transparent manner which involves the community. In the event that specific proposals for changing school boundaries are considered, they will continue to be done in a transparent manner that includes community engagement.

LETTERS

Voices of Partisanship

To the Editor:
It was going so well. I'm talking about the Sept. 25 school board candidate town hall hosted by the Great Falls Citizens Association (GFCA) at Forestville Elementary School. The GFCA president used all the right words about the association's nonpartisanship and policy of not endorsing candi-

dates. The rules laid down by the moderator were fair and respectful. Disruptive behavior was not going to be tolerated.

The Forestville audience politely applauded their favored candidates. Aside from a few placard-wielding demonstrators who tried to intimidate Democratic endorsed candidates Elaine Tholen, Abrar Omeish, Rachna Sizemore Heizer

and Karen Keys-Gamarra, the audience was pretty chill, as the young people say. Even all of the eye-rolling and head shaking from the Republican Dranesville candidate failed to encourage her supporters to misbehave.

Everything was going well until the final two questions prior to closing remarks. The moderator explained he had questions spe-

cific to Elaine Tholen and Karen Keys-Gamarra. My ears perked. He proceeded to read from submissions scribbled on both sides of two 3 by 5 cards. The words were clearly geared to embarrass Elaine and Karen rather than elicit policy-related answers.

And, obviously submitted by Voices of Fairfax (VoF).

VoF, for the uninitiated, is an echo chamber that trafficks in a conspiracy that descends to near-Pizzagate levels. It is an amalgam of gotchas, gaslights and whatabouts designed to spread false information and fear ahead of the Nov. 5 general election.

I seethed for a few minutes then lodged a complaint with the GFCA

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president. He had, in my opinion, veered – unwittingly or otherwise — into partisan territory by allowing the two questions. He answered that they were the only two questions for specific candidates. Exactly my point, sir!

Greg Brandon
McLean

'One Fairfax' Policy Affects Great Falls

To the Editor:

Every election since graduating from Langley in 1971, I have gone to the polls to cast votes for Democratic nominees up and down the ballot, beginning with George McGovern. When it comes to this year's County level races that will not happen. Since my sons graduated from

Langley in the mid 2000s I have been less tuned into local politics.

This year as I prepare to retire, I find out that the One Fairfax policy voted into effect earlier has real repercussions for Great Falls residents.

One Fairfax is a "racial and social equity policy that provides both the direction and means to eliminate disparities." While this is very much in line with my values, I had no idea that it could be used to change the process by which Fairfax County creates school boundaries. The school

board has floated the idea of hiring consultants to implement boundary changes. Pat Hynes (who endorsed Tholen) says, "to achieve that right demographic mix." This will inevitably mean eventually removing neighborhoods from Langley to dilute the "island of excellence" that exists there.

To get a better grasp of what is really going on I watched the July 2019 school board meeting twice and was surprised to see that Elizabeth Schultz, a Republican member from Springfield, was representing my interests better than my own Democratic representative in Dranesville. I am now left with no choice but to protect my interests and vote for the most qualified candidate to do so: Anastasia Karlotsos.

Amy Sinclair Dahm
Great Falls

What Do You Think?

The Connection welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers. Only your name and town name will be published. Letters are routinely edited for length, libel, grammar, good taste and factual errors.

Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By email: editors@connectionnewspapers.com
Online: www.connectionnewspapers.com/contact/letter



Public Meetings 2019 Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with a brief open house followed by a public comment period. At the open house you can learn about various transportation initiatives, including:

- Adjustments to Virginia's project prioritization process (SMART SCALE)
- Virginia's Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs (Virginia's Statewide Transportation Plan)
- Adjustments to the Highway Safety Improvement Program.

Representatives of the Office of Intermodal Planning and Investment (OIPI) and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, during which you may provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Meeting Dates and Locations

Open House begins at 4 p.m. in each of the locations unless otherwise noted.

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| <p>Tuesday, October 15, 2019* Richmond District Richmond Marriott Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060 *This meeting will also provide opportunity for comment on the I-95 Corridor Study Plan</p> | <p>Tuesday, October 22, 2019** Northern Virginia District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.</p> | <p>Monday, October 28, 2019*** Staunton District Doubletree Hotel Harrisonburg 1400 E. Market Street Harrisonburg, VA 22801 ***meeting begins at 3 p.m.</p> |
| <p>Wednesday, October 30, 2019 Salem District Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017</p> | <p>Monday, November 4, 2019 Lynchburg District Lynchburg District Complex Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501</p> | <p>Wednesday, November 6, 2019 Hampton Roads District Hampton Roads District Office 7511 Burbage Drive Suffolk, VA 23435</p> |
| <p>Thursday, November 7, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210</p> | <p>Tuesday, November 12, 2019** Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.</p> | <p>Wednesday, November 13, 2019 Culpeper District VDOT Culpeper District Office 1601 Orange Road Culpeper, VA 22701</p> |

Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2019.

You may submit comments on any transportation projects and initiatives to OIPI Deputy Director Ronique Day, 1221 E. Broad St., Richmond, VA 23219 or PublicComments@OIPI.Virginia.gov. **Comments will be accepted until November 30, 2019.**

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

Parents Raise School Boundaries Issue

FROM PAGE 3

HS is already overcrowded by 15 percent while neighboring Langley High School operates at less than 85 percent of its capacity.

Changes in boundaries raise concerns among families who might have purchased a home in the area so their children can attend a specific school.

The School Board has been amending the policy to ensure equity and effectiveness when considering school boundaries. One factor that can be included is the "One Fairfax," to consider equity. The One Fairfax policy, adopted in 2017, commits the county and schools to intentionally consider equity when delivering policies, programs, and services.

The candidates for Dranesville District member of the Fairfax County School Board were asked to briefly comment on the position on the revised draft.

"I'm against taking children from one school based on their race, and how much money their parents have, their bank account and moving them for that sole reason", Anastasia Karloutsos explains her position. "I believe that we need to look at boundaries based on overcrowding and

looking at how we actually revise our Capital Improvement Program."

Elaine Tholen said, "The statement says that the biggest reason that we would change boundaries would be capacities, such as what we're seeing between McLean High School and Langley. And I fully agree with that."

"Fairfax One doesn't say anything about equality of outcome one. It doesn't say anything about making sure schools one place or another are the same," added Ardavan Mobasher.

One minute was too short a time for candidates to formulate and deliver a substantive response.

The panel was challenged as to whether they support a schools decision to hire consultants to help with boundary conditions. There were differing views on that, but the majority supported handling this in-house. There were topics related to having more magnet schools and more advanced academic programs.

The organizers of the debate, Great Falls Citizens Association, published the full replay of the two-hour debate on their page on Facebook (facebook.com/GreatFallsCitizensAssociation/)



Three candidates who are running for the Dranesville District seat on the School Board are Anastasia Karloutsos endorsed by the Republican Party; Elaine Tholen endorsed by the Democrats; and Ardavan Mobasher, an independent candidate.

PHOTOS BY NADEZHDA SHULGA/THE CONNECTION



For the timekeeper Jim Trent, GFCA treasurer, every second counts.

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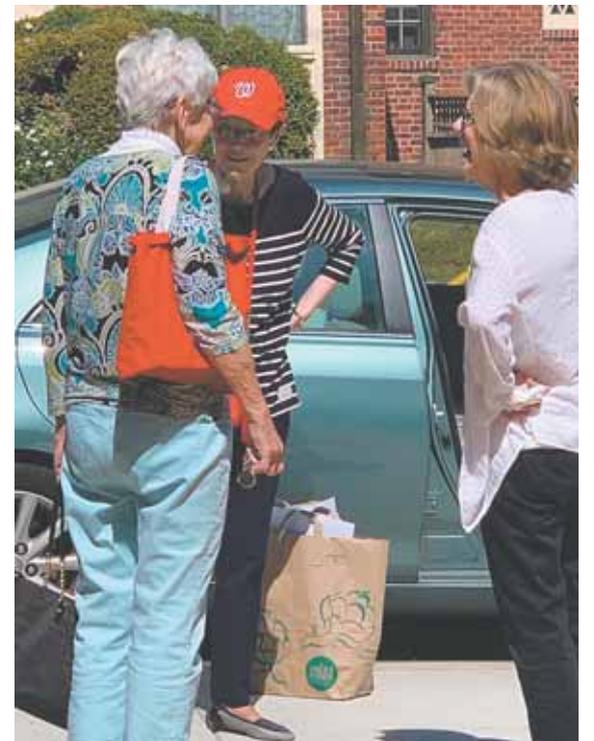
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WELLBEING

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During Breast Cancer Awareness Month, survivors like Florence Murrian and mental health professionals share insight on offering support.



Breast cancer survivors Florence Murrian gets together with friends to volunteer for a supplies drive.

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Supporting Friends and Loved Ones with Breast Cancer

Choosing words and actions that don't cause additional pain or anxiety.

BY MARILYN CAMPBELL
THE CONNECTION

When Florence Murrian was diagnosed with stage two breast cancer last December, the treatment recommended by her oncologist was a lumpectomy and radiation. In an attempt to help, Murrian's sister urged her to seek multiple medical opinions and insisted she ask for a more aggressive treatment. Murrian, 54, felt overwhelmed by the barrage of advice.

"It was the friends who just listened to me as I sometimes rambled on and on that gave me comfort," she said. "There were times when I didn't want to talk about it or cry about it. I needed to feel normal and sometimes was in denial. What I didn't want is someone asking me why I wasn't acting a certain way."

When a close friend of loved one is diagnosed with breast cancer, the reaction can range from aggressive advice giving as in Murrian's case to excessive questioning to learning every detail. During October, Breast Cancer Awareness Month, some survivors and mental health professionals share insight on offering support.

"Sometimes I had conversations with friends that made me feel worse that I already felt," said Murrian who lives in Arlington. "I was so overwhelmed that I didn't want advice and I didn't want to have to cheer up my friends."

Conversations designed to convey concern can go awry. "I recommend avoiding invalidating comments

like, 'Everything happens for a reason.' or forecasting comments such as 'Everything will be fine,'" said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Though it is natural to be concerned and want specific details about a loved one's condition, sometimes the best words are no words at all, says Professor of Psychology at George Mason University. "There may be times to mostly listen and other times to joke around," said Short. "Plan to continue enjoyable activities together, but confirm whether your loved one wants to get together."

Avoid non-specific offers to help, says Short. "I recommend taking the perspective of your friend and loved one and imagining what she might like to hear," he said. "You should express empathy and support ... prepare small meals or snacks to share. Offer to help with household tasks, errands, or caring for family members or pets."

"Everyone's situation and diagnosis is different."

— Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College

For those who are unsure, considering your loved the best source of information about her needs is more effective than making assumptions, suggests Bagshaw. "I do recommend asking how you can be of support," said she said. "One can simply say, 'Just let me know how I can help.'"

"It is good to be encouraging, but realistic," added Short. "Follow cues from your friend or loved one on how to interact."

Listening, validating and inquiring about her overall wellbeing can be more comforting than offering opinions or sharing stories about other women who've been diagnosed with breast cancer. "Everyone's situation and diagnosis is different," said Bagshaw.

"Avoid advice and assumptions unless you are asked for your opinion," added Short. "Some examples [of things] to say are, 'I am sorry that this happened to you. I want you to know that I care about you. How are you doing? I want to help'"

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PEOPLE



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Area Teens Named on Horse Show Junior Committee

Kendall Schuler, 15, of Great Falls attends Connelly School of the Holy Child in Potomac, and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see www.wihs.com

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CALENDAR

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

ONGOING

Countless Shades of Black. Through Oct. 12, 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. Free. Visit www.theframefactory1.com for a slideshow.

Pop-Up Selfie Museum. Through Nov. 3, on 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.

Oak Marr Farmers' Market. 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Vendors include produce, meats, eggs, cheeses, pies, cured and smoked meats, popsicles, sorbet, bread, croissants, falafel sandwiches, hummus, and pesto. 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. Sixteen local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, coffee, and more. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

Great Falls Farmers Market. Year-round, Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

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

Mah Jongg Cards. Order cards through 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/OCT. 2

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

THURSDAY/OCT. 3

Strong Girls Celebration. 6-9 p.m. at The Atrium at Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Join in a night of fun and help raise funds to support Girls on the Run of Northern Virginia. A joyous event that ensures more girls gain the skills they need to be strong, confident, and healthy. \$85. Visit www.gotrnova.org or call 703-273-3153.

Selling Suffrage: Words and Symbols to Win the Vote and the ERA. 6-9 p.m. at Tower Club-Tysons Corner, 8000 Towers Crescent Drive, Suite 1700, Vienna (entrance at back of building). Powerful arguments and compelling visual images were essential in convincing the American public to support votes for women. The need to "sell" the Equal Rights Amendment has also faced communication challenges. Come hear experts and advocates describe the written and graphic messages that suffragists used to change public opinion, and learn how those messages connect to later campaigns for the Equal Rights Amendment. Heavy hors d'oeuvres, wine, beer and soft drinks

will be served. \$75. Visit suffragistmemorial.org/ to register.

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Dial M for Murder (3D). Hitchcock's 1954 classic was originally shot in 3D but rarely seen in this format. Every Thursday night in October, a classic film by Alfred Hitchcock will be featured, culminating with a showing of Psycho on Halloween. \$14.50. Visit www.AngleikaFilmCenter.com for more.

OCT. 3-27

The Glow: A Pumpkin Wonderland. Thursday-Sunday nights in Lake Fairfax Park, 140 Lake Fairfax Drive, Reston. Enjoy an immersive Halloween stroll along a trail illuminated by thousands of intricately carved pumpkins, many highlighting the Capital City's most famous including pumpkin look-a-likes of iconic landmarks, musicians, movie stars, superheroes and princesses. Autism Speaks Night on Sunday, Oct. 6 at 7 p.m. with adjustments made for guests on the autism spectrum. Advanced tickets are required. \$16.99 for children; \$22.99 for adults, at www.glowpumpkin.com/washington-dc.

FRIDAY/OCT. 4

OLGC Golf Classic. 11 a.m.-8 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Join Vienna's Our Lady of Good Counsel Catholic Church for a fun-filled day with contests, food and drink, and company to share it with. Register by Sept. 23. \$200. Visit www.olgcv.org/fellowship/golf-classic or call 703-896-7425.

Raise the Region Gala. 6:30-10 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. A fundraiser for the Community Foundation for Northern Virginia supporting their work to grow philanthropy to respond to need, seed innovation, and lead and convene the community. The evening includes a cocktail reception, silent and live auctions, an elegant seated dinner, and the Community Leadership Award presentation. Black tie attire. \$300. Visit www.cfnova.org/ for tickets.

SATURDAY/OCT. 5

Vienna Oktoberfest. 11 a.m.-7 p.m. On Historic Church Street in Vienna. At the 12th Anniversary, celebrate with loads of food, vendors, music, entertainment, kids' activities, and beer and wine. Presented by the Vienna Business Association and Town of Vienna. The festival draws 20,000-30,000 attendees. Visit www.viennaoktoberfest.org.

3rd annual DC-Metro Modern Home Tour. 11 a.m.-5 p.m. in areas including Arlington, Fairfax, and Great Falls. The DC-Metro Modern Home Tour, a self-guided event, provides a day of local sight-seeing and open-house-style visits for lovers of architecture, design, real estate, and anyone on the hunt for ideas and inspiration. \$20-\$50. Visit www.dcmetromodernhometour.com for tickets.

Tea Seminar: Exploring Teas. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. An advanced workshop for those who have attended past basic tea seminars. An exploration into unique teas - by process, terroir, and/or scarcity. Tea infused treats and a take home tea sampler included. \$35 per person. Use ID Code 731.1973. Register at www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664.

SATURDAY-SUNDAY/OCT. 5-6

Book Sale. Saturday, 10 a.m.-4 p.m.; Sunday, 10 a.m.-2 p.m. (fill a bag for \$5) at Patrick Henry Library, 101 Maple Ave. E., Vienna. Featuring thousands of used books, CDs, DVDs, and books on CD. Free parking and admission. Prices remain the same: hardbacks \$2, trade



MPAartfest

The McLean Project for the Arts will host its annual MPAartfest. During MPAartfest, Central Park is transformed into a landscape of mini art galleries and features live music throughout the day, a Children's Art Walk, hands-on art studio, STEAM experiences, food vendors, and more. Sunday, Oct. 6, 10 a.m.-5 p.m. in McLean Central Park; 1468 Dolley Madison Blvd; McLean. Free admission. Visit www.mpaart.org or call 703-790-1953.

paperbacks \$1, pocket paperbacks 50 cents, kids books 25 and 50 cents. CDs and videos \$1-\$2. Credit cards accepted. All proceeds benefit the library. Email sharonbohlman@msn.com or call 703-568-0104.

SUNDAY/OCT. 6

MPAartfest. 10 a.m.-5 p.m. in McLean Central Park; 1468 Dolley Madison Blvd; McLean. The McLean Project for the Arts will host its annual MPAartfest. During MPAartfest, Central Park is transformed into a landscape of mini art galleries and features live music throughout the day, a Children's Art Walk, hands-on art studio, STEAM experiences, food vendors, and more. Free admission. Visit www.mpaart.org or call 703-790-1953.

Barn Sale. Noon-4 p.m. at Lift Me Up!, 9700 Georgetown Pike, Great Falls. Support Lift Me Up! a local non-profit organization. Deals on saddles to riding apparel to blankets and more. Prices are as low as \$1. Rain or shine. Donations accepted. Email jackie.collins@liftmeup.org or visit liftmeup.org for more.

Vienna Hunger Stroll. 2-4 p.m. at Committee for Helping Others, 133 Park St. NE, Vienna. An alternative to Vienna's CROP Hunger Walk, the "Cafe Stroll" is less than a mile and stops at Bards' Alley, Rita's, and Cafe Amouri. Proceeds support hunger relief. Free, donations are encouraged. See crophungerwalk.org/viennava.

THURSDAY/OCT. 10

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. North by Northwest (1959). Every Thursday night in October, a classic film by Alfred Hitchcock will be featured culminating with a showing of PSYCHO on Halloween. \$14.50. Visit www.AngleikaFilmCenter.com for more.

FRIDAY/OCT. 11

Great Decisions: Cyber Conflict and Geopolitics. 1-3 p.m. at Great Falls Public Library. Great Falls Senior Center is partnered with the Fairfax County Department of Neighborhood and Community Services in all ventures and events. Visit gfseniors.org for more.

SATURDAY/OCT. 12

Celebrating Lady Liberty's Birthday. 6-8 p.m. at The Garden by Building Momentum, 5380 Eisenhower Avenue, #Suite C, Alexandria. A night of music, cocktails, hors d'oeuvres, silent auctions and more. Party hosted by local non-profit Just Neighbors to support legal services for low-income immigrants and refugees. Childcare will be available at Scramble next door to the venue. More information at Just Neighbors (www.justneighbors.org)

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

THURSDAY/OCT. 17

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Birds (1963). Every Thursday night in October, a classic film by Alfred Hitchcock will be featured culminating with a showing of Psycho on Halloween. \$14.50. Visit www.AngleikaFilmCenter.com for more.

Meet Bill Lewers. 7:30-9 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. Meet the author of the Gatekeepers of Democracy series, fiction books that celebrate those who volunteer on Election Day to serve as election officers.

Learn about "a day at the polls" as seen through the eyes of the election officers, who are truly the unsung heroes of the American election system. Books available for sale and signing. Visit <https://librarycalendar.fairfaxcounty.gov/event/5247267>.

SATURDAY/OCT. 19

Fearless Girls. 2-3 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. "Fearless Girls": An Afternoon of Storytelling. Folk stories of brave women and fearless girls can be found around the world. Kristin Moyer will tell two stories about Molly Whuppie, from the collection The Adventures of Molly Whuppie and Other Appalachian Folktales, with a musical interlude. Visit <https://vienna-va.aauw.net/>.

Bingo. 7-10 p.m. At Unity of Fairfax, 2854 Hunter Mill Road, Oakton. The community is invited to join Unity of Fairfax for an evening of fun and connection as they play different Bingo games. Snacks and drinks are available for sale. Participants can make donations at the door to play. Suggested donation is \$20 for adults, \$10 for youth under 18. Additional cards will be available for an extra donation. The pot will be split between the church and winners of the various games. Visit <https://unitybingooctober.eventbrite.com>.

SUNDAY/OCT. 20

Conversations in Consciousness. 2-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. What can the final words of the dying tell us about life after death? What does language tell us about altered states and new dimensions? Find out in this workshop! Cost is \$25. Visit <https://consciousnessconversation.eventbrite.com/>.

I Dream a World. 4-6:30 p.m. At St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The Reston Chorale presents I Dream a World, a concert of music by African-American composers, from stirring arrangements of traditional spirituals to contemporary choral settings of Langston Hughes' poems, plus instrumental works by Daniel Hurd and Scott Joplin. Guest artists include Soprano Simone Paulwell, Baritone James Martin and Composers Evelyn Simpson Curenton and Rev. David North. Visit www.restonchorale.org.

COMMUNITY



PHOTOS CONTRIBUTED

Children take a break from pumpkin painting to dance with the bluegrass music of the Andrew Acosta Band.

St. Francis Fall Fest to Be Held in Great Falls

Say goodbye to summer and hello to fall at the St. Francis Fall Fest. Held from 3-7 p.m. on Saturday, Oct. 5, St. Francis Episcopal Church invites the entire community to an afternoon of bluegrass music, food trucks, kids' activities, Great Falls Creamery treats and wine tasting by the Wine Outlet. Festival admission is free.

Proceeds from the festival will support the ministries of St. Francis.

This annual event coincides with the Feast of St. Francis, the church's patron saint. The Fall Fest will be followed on

Sunday, Oct. 6 at 10 a.m. with the annual Blessing of the Animals, where creatures great and small (and their owners) receive blessings for the year ahead. You do not have to be a member of St. Francis to bring your animals to be blessed. Information on the Fall Fest and St. Francis Church can be found at: stfranciscgreatfalls.org or by calling the church office at: 703-759-2082. St. Francis is located at 9220 Georgetown Pike, Great Falls – at the intersection of Georgetown Pike and Riverbend near Great Falls Park.



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NEWS



PHOTOS BY TOM MANNING/THE CONNECTION

Thomas Godwin of McLean concentrates as he prepares to throw in the frisbee competition.

Frisbee, Football Throwing Events Held at Senior Olympics

The 2019 Northern Virginia Senior Olympics (NVSO) featured the frisbee and football throwing events, including the softball hit and throw events, at Wakefield Park in Annandale

on Sept. 18. The 37th annual NVSO provides senior adults with an opportunity for competition, self-improvement, and fellowship through various athletic and recreational events.



Vienna resident Ken Unger won a silver medal with a throw of 125' 5". It was Unger's first time competing in the NVSO.



Falls Church resident Mary Lou D'Alessandris makes contact with the softball to win a gold medal in the 80-84 age group.



Gharemon Suleymon from McLean throws the softball 100 feet to come in fourth place in his division.

BULLETIN

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

THROUGH 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.

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.

WEDNESDAY/OCT 3

CarFit. 9 a.m.-1 p.m. at Vienna Volunteer Fire Department (parking lot), 400 Center St. S., Vienna. Program offers older adults the opportunity to check how well their personal vehicles "fit" them. CarFit is an individualized, personal instruction to educate drivers on how to best position themselves (by adjusting the car's safety features) to maximize their safe driving experience. Schedule an appointment at 703-255-7801. Learn more about the program at www.car-fit.org.

SATURDAY/OCT. 5

Mental Health and Wellness Conference. 8 a.m.-4 p.m. at Fairfax High School. The morning will focus on social and emotional learning, with a keynote address given by Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence. A special session for high school students, the Our Minds Matter Teen Summit, will take place in the morning as well. Attendees are encouraged to stay for Inova's Act on Addiction Summit, which will be held from 12:30-4 p.m. Breakout sessions, exhibit tables, and resources will be available to all attendees throughout the day. Lunch will be provided. Visit www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness to register.

Fall Festival. 10 a.m.-4 p.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. The second "Fall Festival: Where Fun and Kindness Connect!" includes a food packing event, as well as a blood drive, children's program, moon bounce, first-ever animal blessing (noon) and food and refreshments. Free, though canned food donations accepted. A Pet Blessing, a first-time event for the church, will take place at noon to celebrate the feast day of St. Francis. Visit www.GoodShepherdVA.com or call 703-281-3987.

WEDNESDAY/OCT. 9

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

THURSDAY/OCT. 10

Social Media Wellness. 7-8:30 p.m. At Langley High School, 6520 Georgetown Pike, McLean. The Safe Community Coalition hosts a free community showing of the IndieFlix Original Documentary "LIKE." The movie explores the social impact of social media on our lives and the effects of technology on the brain. After the film, discussion will be led by Dr. Cliff Sussman, a DC-based psychiatrist and expert on helping people achieve a more balanced relationship with digital technology. This event is free and recommended for adults and students of any age who have phones. Visit www.mcleanscc.org

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When Compounding isn't a Good Thing



By KENNETH B. LOURIE

Dealing with a cancer diagnosis is one thing, and certainly a big thing, but I'm much better dealing with it when the 50 million other things we all have to deal with are not having to be dealt with (ending a sentence with a preposition notwithstanding) at the same time. And not that I'm the least bit unique in having all these other tasks and concerns or even the most bit interesting in that I have them. Hardly. They are simply the elements that sometimes make living more of a job and less of an adventure. That being said, when I am uncluttered by these mundane responsibilities and am able to focus on the things I want to do rather than the things I have to do, I am so much more able to fend off the inevitable demons that haunt any of us diagnosed with a serious/in my case "terminal," disease.

The last month was, and still is, such a month. It all started with my application for a reverse mortgage. After the first company I engaged gave up, I met another, local company who so far has exhibited the wherewithal to get the application approved. However, the structural integrity problem you regular readers know about has impeded the progress I was hoping to have made by now. Not knowing yet the estimate to right this wrong, I am twisting in a bit of an ill wind, and I assure you, it is not improving my demeanor.

Yes, "Medicare is in The House," but as of September 27, it's sort of a house divided. Because even though its effective date was September 1st, I've not received an invoice. And since I haven't paid for any new coverage, am I still supposed to cancel my old, in-force "Obama Care?" Moreover, if I don't know exactly what I have, am I supposed to buy a Medicare Supplement for coverage I don't know for sure even exists? I mean, it's not as if my medical welfare/financial future depends on it. So yes, I'm even more worried, and obviously confused.

If the unresolved reverse mortgage and health insurance situations weren't sufficient enough to stress over, consider my concern for the "Diabetic Duo," our two cats with diabetes. Other than the real possibility that either, if not both, of these cats will die on our watch, the expense of sustaining their lives is past adding up. Items include insulin, syringes, prescription wet food, prescription dry food, two sizes of pee pads (because the liter box has less interest to them or they can't quite see it) and since they're eating and drinking constantly, we're buying more liter than ever before, and vet bills: diabetic boarding when we've been away for a weekend or two and glucose monitoring every week to 10 days to check their sugar level, all times two. Can you say credit card?

Two other extremely mundane tasks have also fallen on me during this time line. Both involving the M.V.A., never an easy process: emissions inspection and a driver's license renewal. Again, not Herculean tasks, but in the middle of all this other stuff. The issue? More money and possibly more hassle to resolve their respective 'issues:' possibly replacing a catalytic converter in the 29 year-old Honda Accord, which has happened previously under identical circumstances, and renewing one's driver's license, which now comes with a host of never-before identification/security requirements which if I don't have/can't prove, present another slew of potential entanglements. And of course, the eye test. I don't wear glasses. What if I fail the test and they tell me I need glasses. Then I have to see my way through that morass, and delay resolving another task.

And just to complicate matters, I am waiting for results from my bi-monthly CT scan and my wife, Dina, is waiting for results from a scan she recently completed. Though neither one of us is the least bit symptomatic, we are hardly dealing in absolutes here. Absolutely though, I will say, I am thrilled to finally check a few boxes. Once I check the rest, I'll be back to abnormal and then I can plan for the future rather than plod through the present.

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

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