



Candidate Forums Held in Great Falls

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Eye-opening Movie Screened at High Schools

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Education, the Power to End Human Trafficking

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Candidates for 34th District delegate, Gary Pan (R) and incumbent Kathleen Murphy (D), take questions at the Great Falls Citizens Association Candidates Forum moderated by Jim Trent.

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Education, the Power to End Human Trafficking

Confronting the problem.

BY MERCIA HOBSON
THE CONNECTION

“No one would think we have a human trafficking problem in this region, but we do,” said Sheriff Stacey Ann Kincaid at the start of the three person-panel discussion, “Human Trafficking in Our Neighborhoods, What it Looks Like and How to Stop It.” Presented Oct. 16 at the Vienna Fire Station by The Vienna Woman’s Club and Just Ask Prevention, the organization’s Founder and Executive Director, Bill Woolf moderated the two-hour discussion.

During an interview before the program, Woolf described how Just Ask Prevention, a not-for-profit educational organization based in McLean, came about. Woolf said while he was still working in law enforcement he thought perhaps he could do a little prevention education alongside investigations. However, as programming grew, Woolf started to see the effectiveness of learning about human trafficking. Woolf said when one particular case impacted him, he knew it was time to move forward with educational programs as a means to end trafficking.

Woolf recalled a case when unbeknownst to a teenaged girl a trafficker was grooming her.

At the pivotal moment in grooming, when the trafficker was ready to exploit the teen, she happened to go to school and sit through a Just Ask program. Because of the program, the teen recognized what was happening. The program empowered the teen, and she told her parents that night she thought something bad was happening. They called law enforcement. The program prevented the teen from being exploited and stopped the insidious crime from happening. Police arrested the trafficker who was then successfully prosecuted. Woolf said, “I remember her looking me in the face and saying, you have to be sure every teen in America goes through this program because, without it, I might not have been alive today.” That conversation became the impetus for Just Ask.

MAYOR OF VIENNA Laurie A. DiRocco introduced Sheriff Kincaid whose jurisdiction serves more than 1.1 million residents in Fairfax County, the City of Fairfax and the towns of Herndon and Vienna. Kincaid explained Woolf’s experience came from being an officer with Fairfax County Police Department, where he worked on its Gang Investigative Unit.

“He quickly learned about human trafficking and exploitation in our area,” Kincaid said. She added that Woolf’s prior police experience and now, as Founder of Just Ask,



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The crowd shows their support for guest speaker Susan Young, Technical Advisor for Just Ask Prevention, a Virginia organization fighting human trafficking.



On Wednesday, Oct. 16, Vienna Mayor Laurie A. DiRocco speaks at a panel discussion, ‘Human Trafficking in our Neighborhoods, What it Looks Like and How to Stop It,’ sponsored by The Vienna Woman’s Club and the nonprofit organization Just Ask Prevention.

was instrumental in bringing about awareness and prevention of human trafficking. “Certainly, the education portion... I think it is absolutely critical in today’s world, especially with technology... which can be a catalyst for people veering off and going to areas such as the Dark Web.”

“As Sheriff Kincaid mentioned, [human trafficking] is a problem ... here in the Northern Virginia region. ... It is a problem that is often hidden in plain sight. This is something we don’t necessarily recognize



Bill Woolf, Founder and Executive Director, Just Ask Prevention.

or realize what’s happening, literally right in front of our faces sometimes.”

Woolf stressed the importance of reaching out to diverse groups. As an example, he spoke about a human trafficking education program where he spoke with inmates. Unexpectedly Woolf recalled, the most impactful session was not the one during which he spoke with the female inmates but the male inmates.

“So many said we see this on the streets. Now that we know what is really going on when we get out of here, we are going to make a change. We are going to protect our kids. That’s really powerful to hear, that change that’s happening, and that awareness of human trafficking.” Just Ask Prevention has programming in 31 states and

Information for Teens and Adults

According to Woolf, the Federal Bureau of Investigation reported the average life span, after someone is drawn into an exploited scenario like human trafficking, is seven years.

For more information on what teens can do to protect themselves and their friends, what an individual can do if they think they are targeted and what parents and caretakers can do, visit, www.justaskprevention.org, call the National Trafficking Hotline 1-888-3737-888 or text “HELP” to BEFREE.

Just Ask is a U.S. registered 501(c)(3) not-for-profit educational organization based in McLean, focused on ending human trafficking in the United States and around the world through education, prevention, and intervention. The organization’s mission is to end human trafficking and believe “that well-informed citizens will decrease sex traffickers’ ability to operate in our area while ensuring that victims and survivors feel safe to come forward to ask for help.”

six countries according to Woolf. “This is really a testament to the effect of our program,” he said.

Wolfe defined human trafficking: “It is compelling another person to engage in forced unfair labor or commercial sex ... The targeted age for the commercial sex component is 14-16 years old. These are our teenagers. These are our kids that are being exploited in this illicit industry — being tricked by bad people that are willing to take advantage of them.”

The first of the three panelists to speak was Susan Young Technical Advisor at Just Ask. She said that seven years ago, as a resident in Northern Virginia, life appeared on a normal path. Happily married and with four children, she discovered too late a trafficker had lured and victimized her 15-year old daughter. “It all seemed innocent enough, a few teenaged girls getting together before the start of high school. At the theatre, our daughter met a boy who was close in age and also lived in the area. He was handsome, polite and all seemed innocuous. They exchanged phone numbers and Facebook information.”

Young described she later learned the boy was an MS-13 gang member, a recruiter who lured girls into human trafficking. Young said her daughter’s behavior changed, “lying and stealing from us ... distancing herself from previous close and trusted relationships.” She saw us as not happy with who she was. “Little did we know the gang member was brainwashing our daughter...telling her we didn’t love her, and she wasn’t wanted at home.”

The recruiter introduced Courtney to MS-13 gang members who bullied her. Eventually, the bullying turned to violence. Young said gang members took her daughter to a secluded place on school property, gang-raped her and videotaped it. If she told, they would share the video with family and friends “What family would want or love such a disgraceful daughter? My daughter

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News



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NVAR 2019 President Christine Richardson, an agent with Weichert, Realtors in Great Falls, congratulates the 2019 Realtor of the Year, Gary Lange, managing broker of Weichert, Realtors in Vienna.

Area Realtors Honored

Northern Virginia Association of Realtors announces 2019 award recipients.

Each year, the Northern Virginia Association of Realtors (NVAR) recognizes members for their outstanding contributions to the community and to the real estate industry. At the NVAR 2019 Convention and Trade Show on Oct. 15, 2019, the recipients of this year's Realtor of the Year, Good Neighbor and Broker Spirit Awards were announced.

Gary Lange, a Realtor and managing broker of Weichert, Realtors in Vienna, is the 2019 Realtor of the Year – chosen for his significant contributions and leadership to NVAR and the Northern Virginia real estate profession.

"Gary's leadership on the NVAR Board of Directors has been instrumental to our success," said Christine Richardson, president of NVAR and an agent with Weichert, Realtors in Great Falls. "He has truly made the association the best it can be for all of us."

LANGE has served the Realtor community by leading in many capacities, including on the NVAR Grievance Committee, Budget and Finance Committee, Realtors Political Action Committee (RPAC) Trustees, Education Advisory Group and Convention Advisory group. He has served on the NVAR Board of Directors since 2015.

LINDA WOLF, a Realtor with Keller Williams Realty, is the recipient of the 2019 NVAR Good Neighbor Award.

The award celebrates and recognizes a remarkable member who has made a great difference in the lives of others.

Wolf, who has been a Realtor for 23 years, has contributed more than 300 unpaid hours and raised more than \$167,000 to benefit The Walter Reed Society, Mission M4. The Walter Reed Society makes a difference for the critically ill children of the military and their families by improving the patient experience.

Among her many outstanding contributions to The Walter Reed Society, Wolf secured the first In-Bore System for the children's radiology unit at Walter Reed. This system, at a cost of \$50,000 per installation, helps the child cope with the experience of the MRI process by allowing him or her to watch a movie during the scan. Wolf has raised funds to purchase a second system that is in the approval process for Tripler Army Medical Center in Hawaii, and she is currently working to gain approval for the system to be installed in 100 military hospitals around the country.

"What started with an annual ice cream party for her clients to collect toys for sick children has grown into a major project that already affects about 2,300 children a year at Walter Reed alone,"

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Area Realtors Honored

FROM PAGE 4

said Sen. Pat Roberts in a letter supporting Wolf's nomination. "That number will easily increase when the system is installed at Tripler. Optimistic about approval, there is no limit to the number of children and adults that will benefit from her efforts in the future."

NEW THIS YEAR, the Broker Spirit Award honors a brokerage that gives back to the community in a significant way.

The Coldwell Banker, Alexandria Office is the first recipient of the NVAR Broker Spirit Award.

The award is based not on funds raised, but by the brokerage's efforts in charitable outreach.

Rachel Carter, managing broker of the Coldwell Banker, Alexandria Office, co-chairs the company's charitable foundation – CB Cares. The foundation is completely funded by agent and employee contributions and has donated over \$1 million to local charities.

"NVAR created the Broker Spirit Award because we wanted to recognize offices that, through their exemplary leadership, encourage



Linda Wolf (right) accepts her 2019 NVAR Good Neighbor award from the NVAR 2019 President Christine Richardson.

Realtors to give back to their communities. The Coldwell Banker, Alexandria Office fully embodies what this award represents, and we couldn't be prouder to recognize their give-back efforts," NVAR CEO Ryan Conrad said.

The Coldwell Banker, Alexandria Office participates in an annual food drive with the company's entire Mid-Atlantic region. Coldwell Banker has

provided tens of thousands of pounds of food and donated well over \$300,000 in the past five years to area food banks. With more than 80 percent participation from office agents and some clients, the Alexandria office has collected nearly \$10,000 in the past five years – all of which has gone to local organizations such as Carpenter's Shelter and ALIVE! (ALexandrians InVolved Ecumenically).

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OPINION

Speaking Truth About Redistricting

School boundary changes can be in the taxpayer, school management, and students' best interest.

BY ADAM SIEGEL

Rumors, confusion, and fears about school redistricting are rampant in this year's School Board election campaign. For whatever reasons, some seem intent on misrepresenting the situation. Writ large, people resist change they don't understand and are passionate in defending their children. These misrepresentations seem intent on stoking parents' emotions through promoting fears of harms to their children's lives and futures. And, sadly, conversations I've had with neighbors and acquaintances indicate these disinformation efforts are having an impact and suggest that stepping back to look at basic realities of redistricting consideration is warranted.

As a small background, for seven years I served on the Fairfax County School Board's Facilities Planning Advisory Council (FPAC). The School Board formed FPAC a decade ago after the very contentious decision to close Clifton Elementary School. From its start, FPAC has struggled to provide thoughtful advice and perspectives to the FCPS staff and School board about boundary issues.

The truth is that FCPS boundaries are complex, often involve legacy issues from decades ago, and are far from optimum in fiscal, building use, traffic congestion, and student health and performance terms.

For years, a standing FPAC joke was that we

lock one of our members (a senior State Department facilities planner) in a room for 24 hours with a red pen and he'd come out with a solution to all these problems. That "let the expert be expert" approach, however, simply wouldn't be practical due to reality that these decisions can involve the lives and passions of thousands of people who will speak up, forcefully, to their elected representatives.

The FPAC sought to help FCPS toward a reasonable approach to redistricting. We had, in shorthand, some basic principles that guided our thinking:

COMMENTARY

❖ Seek to reduce bus transportation: All things being equal, spending more time on buses hurts student

health and educational achievement. Can redistricting lead to more walking (going to local schools) and shorter bus rides?

❖ Foster continuity: All things being equal, student mental health and educational achievement is stronger when students move through school with people they know.

❖ Optimize building use: All things being equal, students perform better with schools "at" (rather below or over) capacity.

As an example, let's look at the existing McLean High School/Longfellow Middle School and Langley High School/Cooper Middle School. Right now, McLean and Longfellow are overcapacity (with more crowded hallways and students in trailers) while Langley and Cooper at under capacity (with fewer students and resources than what

the schools are designed to handle). A major contributor to this situation is one of FCPS's largest "islands" that sends about 20 percent of Spring Hill Elementary students to McLean/Longfellow rather than to Langley/Cooper, where the vast majority of Spring Hill students go. Addressing that "islanding" answers affirmatively all three of the core principles: better building use; continuity of cohorts; and reduced time on buses. If acted on, the community would have lower costs, reduced traffic on congested streets, and improved outcomes at all four schools. And, students would (writ large) be healthier and have higher educational achievement. While this doesn't mean that "island" should be washed away, these real benefit streams should be part of the discussion.

Amid the school board race, some are trying to stoke fears that children might be ripped from their schools and bused to the other end of Fairfax. Honestly, I have yet to find any serious player in school planning discussions who advocates anything like this. In fact, I have uniformly encountered thoughtful and informed examination of complicated issues with people striving to come up with paths forward that will serve everyone's — especially students' — interests.

We like continuity, fear change, and fiercely want to protect our children. School redistricting discussions hit like a bombshell on these accounts.

Misinformed (if not malicious) rumors are throwing gasoline into the situation and inhibiting moves to solve real challenges.

Redistricting can be in the taxpayer, school management, and students' best interest. Let's have an honest engagement to foster better use of our tax dollars with happier and more successful students.

LETTERS TO THE EDITOR

Endorsing Fahey for Commonwealth's Attorney

To the Editor:

We are the three Deputy Commonwealth's Attorneys for Fairfax County. Collectively, we have over 40 years of experience prosecuting criminal cases in Fairfax. We have prosecuted cases against some of the County's most dangerous predators, while being responsible for training and supervising dozens of Assistant Commonwealth's Attorneys. We write today, to endorse Jonathan Fahey, Independent candidate for Commonwealth's Attorney. Jonathan is a not an

ideologically driven politician. He is a pragmatist, and a widely experienced prosecutor who will build on our many successes in reducing crime and helping crime victims while working to fix the shortcomings in our system.

Earlier this year, Ray Morrogh, the veteran and well-regarded incumbent Fairfax Commonwealth's Attorney, was narrowly defeated in the Democratic primary by a candidate funded mainly by hundreds

of thousands of dollars of out-of-state PAC money. That candidate has no experience with Virginia law or Virginia's courts, in which he has never practiced. He was a tax prosecutor for the federal government who now works in the field of behavioral health. He ran on a "reform" platform that has taken over in cities such as Philadelphia and Chicago — jurisdictions that continue to be plagued by a level of crime we want to keep at a considerable distance.

On his first day, the Commonwealth's Attorney must be ready and able to make decisions on complex criminal matters including murder, sexual assault, robbery and, occasionally, police misconduct cases. He must mentor new assistants, and must be steeped in the traditions and mores of the Fairfax County courts — traditions that have brought us both safety and respect. Jonathan is such a person; his opponent is not.

That is why, as current members

of the Fairfax Commonwealth's Attorney's Office with over 40 years of prosecutorial experience among us, we give Jonathan our strongest endorsement. Jonathan has almost 20 years' experience as a prosecutor trying cases at the Virginia state and federal level. He will be ready the first day. Jonathan worked in this Office and then at the United States Attorney's Office for the Eastern District of Virginia in Alexandria. He is endorsed by Democrats and Republicans alike, and is thus the only candidate in the race with bipartisan backing. He is also endorsed by law-enforcement groups in the County. He is running as an Independent because he believes the position of chief law enforcement officer for the County should be, and under his leadership it will be, set apart from political influence or ideological extremes.

As longtime members of this Office, serving under proud Democrats Bob Horan, Jr. and Ray Morrogh, we know sensible,

hardworking, dedicated prosecutors when we see them. Jonathan Fahey is that candidate in this race. Without Mr. Fahey, the Office is certain to lose some if not most of its valuable, experienced prosecutors — prosecutors who've fought hard for crime victims while striving to ensure defendants are treated fairly and respectfully. On Tuesday, Nov. 5, please vote to continue the first-rate Commonwealth's Attorney's Office that our County has enjoyed for more than half a century and cast your vote for Jonathan Fahey.

Casey Langan,

Chief Deputy Commonwealth's Attorney for Fairfax County

Kathy Stott,

Deputy Commonwealth's Attorney for Fairfax County

Robert McClain,

Deputy Commonwealth's Attorney for Fairfax County

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Great Falls CONNECTION

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Great Falls Citizens Association Candidates Forum was held Oct. 16 at the Grange.

Candidate Forums Held in Great Falls

The Great Falls Citizens Association (GFCA) recently hosted a well-attended Town Hall Debate with candidates who will be on the Nov. 5 ballot, so residents could hear firsthand from them about their outlook and plans. Candidates delivered short opening and closing statements and then took questions collected from the audience by the moderator. The audience asked about a wide range of state and local issues, including questions on stormwater management, developers who do not adhere to zoning agreements, gun control, the county's One Fairfax policy, educational priorities, tax rebates, transportation, including widening of Route 7, expanding use of marijuana, and plans for more affordable housing.

The debate was held at the Grange on Oct. 16 with candidates for: Delegate in the 34th District—Kathleen Murphy (D) and Gary Pan (R); Dranesville District Supervisor—John Foust (D) and Ed Martin (R); and State Senator in the 31st District—Barbara Favola, with no opponent on the ballot. At the forum, a resident announced a write-in candidate for this office, Great Falls resident Craig Perisot.



State Sen. Barbara Favola (D-31) speaks at the Great Falls Citizens Association Candidates Forum.

In September, GFCA sponsored a debate with Fairfax County Public School Board candidates at Forestville Elementary School. The candidates included the three Dranesville District candidates for the Fairfax County School Board and five of the six candidates for the three At-Large seats. Go to www.GFCA.org for more details and links to the videos of the debates.



Candidates for Dranesville District Supervisor, Ed Martin (R) and incumbent John Foust (D), take questions collected from the audience by moderator Jim Trent.

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SENIOR LIVING

2.4 Million Older Adults In U.S. Identify as LGBT

The joys and obstacles of coming out later in life

BY MARILYN CAMPBELL
THE CONNECTION

A married father of five, George Murphy seemed to have it all. The successful construction company he founded, afforded him luxuries such as private school tuition for all of his children, a sprawling home in McLean, Va., and a marriage that spanned more than three decades. Still, something was missing: a satisfying romantic life.

"I loved my wife but I was not sexually attracted to her," said Murphy, now 62 and in a seven-year relationship with a man 20 years his junior. "I've known since I was 16 that I was attracted to men, but I kept it hidden. I grew up in southern Virginia and there's no way it would have been acceptable."

According to the American Psychological Association, more than 2.4 million adults over 65 in the United States identify as lesbian, gay, bisexual or transgender, with many coming out later in life. During October, Lesbian, Gay, Bisexual and Transgender (LGBT) History Month, advocates are working to raise awareness of the particular issues facing older adults.

"Many of the issues are emotional," said Bethesda marriage and family therapist Carol Barnaby. "If you think about it, feeling like you're being forced to lead a double life can cause a laundry list of issues."

Anne Whitty grew up in a devoutly Irish Catholic home, one that disavowed any romantic relationship that wasn't heterosexual. "We were taught that rela-

tionships with someone of the same sex were one of the worst types of sins," she said. "But I've known that I was lesbian since I was 30."

Now the 62 year old grandmother of four, who is married to a 73-year-old woman, says she feels liberated and finally able to live as she feels she was intended. "I'd felt a low-grade depression for most of my adult because there was a part of me that I tried to pretend didn't exist," she said. "When I was growing up, that was something that we didn't even discuss, so I was never able to get help."

"Being forced to live most of your life as someone you're not can be overwhelmingly stressful and lead to depression," adds Barnaby. "So many older adults – and younger people too – use alcohol and even drugs, to squash those feelings, which in reality only compounds them."

Seniors like Whitty, whose sexuality is at odds with their religious upbringing, can find themselves suddenly disconnected from an important part of their lives, says Barnaby. "To be accepted is something that most of us want, but when you're suddenly rejected by

a source of comfort that you've had for 40 or 50 years, it can lead to incredible loneliness, especially if you've also been rejected by some family and friends."

Suddenly experiencing discrimination for the first time in one's life can be perplexing, advises Barnaby. "For those who've never had to deal with being treated differently because of the way they looked, suddenly being singled out as a minority can be tough."

In spite of the emotional obstacles that those who decide to come out after a marriage and family, the outcome makes the effort worthwhile. "I feel like I'm finally free," said Murphy.

**"I feel like I'm
finally free."**

—George Murphy, McLean

SENIOR LIVING BRIEF

Medicare 101

Learn the facts about Medicare and how to save money, including information on what to do during Open Season if you want to consider changes to your insurance plans. Registration required. Please register by calling 703-324-5851, TTY 711. Go to www.fairfaxcounty.gov/familyservices/Older-Adults for information on county services for older adults and caregivers.

Monday, Oct. 28, 7-8:30 p.m.

Thomas Jefferson Library, 7415 Arlington Boulevard, Falls Church, VA

Tuesday, Oct. 29, 1-2:30 p.m.

Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, VA

Wednesday, Oct. 30, 2-3:30 p.m.

George Mason Regional Library, 7001 Little River Turnpike, Annandale, VA

Tuesday, Nov. 5, 9:30-11 a.m.

Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA

Tuesday, Nov. 5, 7-8:30 p.m.

Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA

Wednesday, Nov. 6, 6-8 p.m.

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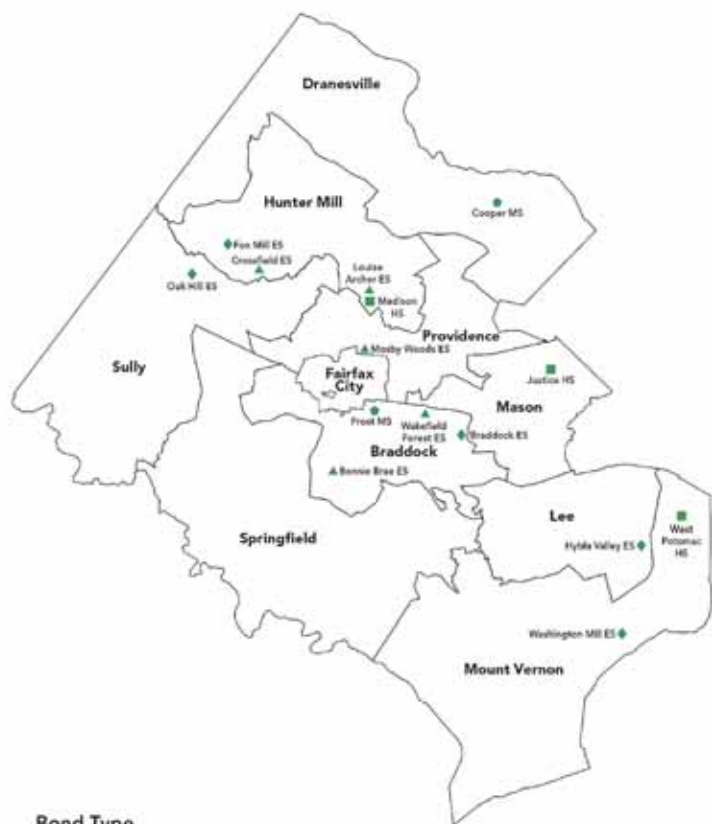
Thursday, Nov. 7, 2-3:30 p.m.

Lorton Library, 9520 Richmond Highway, Lorton, VA

Thursday, Nov. 14, 6-7:30 p.m.

Chantilly Regional Library, 4000 Stringfellow Road, Chantilly, VA

ELECTION



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- ◆ Silver Line elementary school (planning) \$ 2,007,500

New Construction Subtotal: \$ 37,337,990

Capacity Enhancement (Additions and other modifications)

- ◆ Relocation of 1 Modular Addition \$ 2,000,000
- ◆ West Potomac High School Addition (construction) \$ 22,298,143
- ◆ Justice High School Addition (construction) \$ 14,595,641
- ◆ Madison High School Addition (construction) \$ 19,543,731

Capacity Enhancement Subtotal: \$ 58,437,515

Renovation Elementary School Renovation

- ◆ Hybla Valley (construction) \$ 27,302,053
- ◆ Washington Mill (construction) \$ 28,727,060

Project Subtotal \$ 357,500,000
 Bond Cost \$ 2,500,000
REFERENDUM TOTAL \$ 360,000,000

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★ SHOW HIGHLIGHTS ★

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FRIDAY OCT 25, 7PM
 Military Night | Puissance High Jump

SATURDAY OCT 26, 6:30PM
 World Cup Night | President's Cup

Education, the Power to End Human Trafficking

FROM PAGE 3

would tell you, a piece of her died that day, which opened the door to shame and self-hate,” said Young.

THE ABUSE continued. After school, gang members sold Courtney for sex. As she spiraled out of control, Young realized her daughter was living a secret life. Alerted to the danger Courtney was in, Young found her once only to have her seized again by the gang. Two weeks later, police intercepted a transaction at the local donut shop where Courtney was about to be sold to an out-of-state gang member.

When she saw her daughter at the police station, Young described her as a pale shadow of the daughter she once knew. The family checked Courtney into a hospital for help.

The terror continued as gang members retaliated against the family; they wanted Courtney back. A person tried to force their way into the family home. Gang members confronted Young and said if they couldn’t have her older daughter, they would settle for her three-year-old daughter instead. “My eldest son was threatened and beaten at school to tell where his older sister was ... Our family had been completely and utterly destroyed ... Our boys were tortured and raped at gunpoint.” Young said that her daughter later told her when she was victimized after school, traffickers took her to a house where 8-10 men raped her, then told her to go home and act as if nothing happened. Reviewing school records, Young found out Courtney reached out 22 times to administration that took no action to remediate her requests.

After Young finished, Woolf said it never becomes easier for Young to tell her story. “I think it’s important to paint that picture.



Fairfax County Sheriff Stacey Kincaid

So often we have this image of trafficking being something that only affects our foreign national population... That’s not the reality.” Woolf reported 88 percent of trafficked individuals in the United States are U.S. citizens, with sex trafficking generating about \$8 billion in the United States. The crime is increasing because people who used to deal in drugs have learned human trafficking “is a higher yield, meaning they can make more money, and it is less risky.”

Young said it takes the community coming together to combat the issue of trafficking, engaging in the community to implement prevention.

Woolf me the second panelist, Dr. Megan F. Gerbracht, a licensed clinical psychologist from McLean, when she was involved with the NOVA Human Trafficking Initia-



PHOTOS BY MERCIA HOBSON/THE CONNECTION
Former U.S. Rep. Barbara Comstock

tive (NOVA HTI), a partner organization of Just Ask. Just Ask works on the front end of trafficking, NOVA HTI works to provide services to those who were victimized or recovered. Gerbracht worked closely with HTI case managers and providers coordinating outpatient medical care.

Gerbracht explained what it took to rehabilitate someone who has gone through trafficking and sustained trauma over a long period. “There is a real shift in one’s foundation in complex trauma,” said Gerbracht. Some of the women she worked with experienced flashbacks and panic attacks, which made it difficult to go to school or work. Their sleep is disturbed, and the ability to be back in relationships again with peers or with family is impacted.

According to Gerbracht, traffickers groom their potential victims and create sophisti-

cated plans on how to control them whether they go missing or not. A trauma bond is formed. “They bank on that...in the beginning, there is the belief there is a love relationship quite often...later on, that gets mixed in with a great deal of physical violence as well as sex and intimacy; it all kind of swirls together.” To the girl or woman, the relationship becomes extremely powerful. Victims don’t feel like they want or can getaway. Besides, after being told they are not suitable for anything else, they believe it.

THE THIRD PANELIST, former U.S. Rep. Barbara Comstock said when first in the statehouse, she sponsored a bill that if the victim was underage, she could not be charged with prostitution. “Fortunately, I was able to find people like Bill to work with and had victims who came forward and told their stories. We were able to change the laws both on the state level and later on the national level.” Comstock reminded the audiences if they see something, say something. Ask your teen children where they are going, what they are doing, make sure things line up. It’s motive and opportunity...You don’t want to give them the first chance.”

According to Young, while victims come from every ethnicity, race and socioeconomic group, “most traffickers will tell you they prefer middle to upper class... there’s more money there... those individuals are more marketable, and they have more to lose.” Traffickers look for three things: accessibility by scouting for young people to target; suggestibility by manipulating young people, buying them presents, offering jobs, pretending to be boyfriends or girlfriends; and vulnerability by tricking young people to control them, using false claims of love as well as drugs and violence.

Vienna Arts Society Asks for Help in Recovering Stolen Benches

Two hand-painted benches belonging to a larger outdoor public art installation have been stolen from public display in Vienna. The first, stolen in July from 512 Maple Avenue West, was titled “Spring.” Artist Mary Ellyn Perkowski was inspired to create the dark floral design by a bed of tulips she had photographed at a nearby Vienna botanical garden. The second, a seaside landscape titled “Big Wave” by Viktoriya Maslova, was located at 100 Church Street NE and stolen in August. Art Center Director, Lu Cousins, says, “It’s possible someone witnessed their theft and they may no longer be in the immediate area. We have been working with the Vienna Police Department to secure the remaining benches and we’re hoping that anyone with information will come forward.”

The Vienna Arts Society, in celebration of their 50th Anniversary, launched the “Take a Seat, Vienna!” campaign earlier this year. Forty-two Amish-built benches

were purchased through sponsorships with local businesses. Each was then individually painted by various artists to highlight the charm of small-town Vienna. Benches have been on display since April and have drawn both residents and visitors to be more engaged with the community through scavenger hunts, social media campaigns, and frequent appearance in local news stories. Ken Britz, Chair of the Take a Seat, Vienna Committee, says “the benches highlight the charm and unique aspects of small town Vienna.”

The remaining benches will be sold at a live auction on Nov. 2 at the Vienna Community Center; proceeds of the ticketed auction will support Vienna Arts Society outreach activities, art demonstrations, and classes.

The Vienna Arts Society, founded in the Spring of 1969, is a volunteer-run 501(c)(3) non-profit. Vienna Arts Society exists to bring together local artists to share interests, enrich their own experiences in art,



‘Spring’ by Mary Ellyn Perkowski.

and to contribute to the Vienna community. Activities include workshops, art exhibitions, socials, scholarship programs, and philanthropic efforts. Membership includes professional artists as well as novices and is open to anyone with an interest in art.



‘Big Wave’ by Viktoriya Maslova.

Individual artists and the program committee for the Take a Seat campaign were awarded the standing “Volunteer of the Year” award by the Town.

<https://viennaartsociety.org/vas-artists-benches-in-the-town-of-vienna/>

NEWS

Ceremony Planned for Naming of Barn at Colvin Run Mill

Members of the public are invited to a ceremony at Colvin Run Mill Historic Site on Saturday, Oct. 26, as the park's barn is named in honor of Robert and Marjorie Lundegard.

The barn will officially be called the Marjorie and Robert J. Lundegard Education Center to recognize the couple's long-time advocacy for parks, education and history in Fairfax County, especially at Colvin Run Mill. The Lundegards spent much of their retirement time volunteering and spearheading preservation fundraising efforts at the mill, and after Mr. Lundegard's death in May, he was hailed as a park icon and a dedicated and visionary leader.

Marjorie Lundegard began volunteering at Colvin Run in 1988, and she and her husband were among the first members of the Friends of Colvin Run Mill when the support organization formed in 1997. As president of the group, Mr. Lundegard raised money for lights on the mill and for a portable mill for demonstrations. The Lundegards also raised funds for the mill through a partnership with a consignment shop in McLean and through Mrs. Lundegard's writing, publishing, and selling of more than a dozen books about mills in the region. Together they raised



COURTESY PHOTO

The barn will officially be called the Marjorie and Robert J. Lundegard Education Center to recognize the couple's long-time advocacy for parks, education and history.

more than \$50,000 to support Colvin Run Mill's capital improvements plan.

The barn naming ceremony begins at 11 a.m. and will include brief remarks, a ribbon-cutting, the unveiling of a plaque and light refreshments. The event is being co-sponsored by the Board of Supervisors, the Fairfax County Park Authority and the Friends of Colvin Run Mill.

Colvin Run Mill is located at 10017 Colvin Run Rd, Great Falls. For more information about the site, call 703-759-2771 or visit Colvin Run Mill.

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CALENDAR

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

ONGOING

Students' Art Work on Display. At Great Falls Starbucks, 9863 Georgetown Pike, Great Falls. Falls Studios in collaboration with Great Falls Starbucks presents "Still Life in the Style of American Realism," the work of 10 young artists ages 7-13 years who studied under Michela Mansuino, artist and Fellow at Studio Incamminati/Philadelphia in summer camp at the Arts of Great Falls. The exhibit space in the Starbucks conference room rotates the work of local students from the Arts of Great Falls, Colvin Run Elementary, Forestville Elementary and Great Falls Elementary schools. Visit www.GreatFallsStudios.com.

The Glow: A Pumpkin Wonderland. Through Oct. 27, 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. Advanced tickets are required. \$16.99 for children; \$22.99 adults, at www.glowpumpkin.com/washington-dc.

"Trying" by Joanna McClelland Glass. Through Nov. 3, at First Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m., and 8 p.m., and Sundays at 2 p.m. Tickets: \$42 general admission, \$39 seniors (65+), \$15 students and military. Purchase online at www.1ststage.org or 703-854-1856.

American Scream 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 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

Oak Marr Farmers' Market. 8 a.m.-noon at Oak Marr RECcenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. 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. 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

Oakton Farmers Market. Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Visit community-foodworks.org.

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. 23

Tricks & Treats Performance. 6:30-7:30 p.m. At Tysons Corner Center Plaza (Level 2 between Lord & Taylor and the Hyatt Regency), 1961 Chain Bridge Road, Tysons. Family friendly performance featuring Traveling Players student performers alongside Dr. Dour & Peach. Fake doctors, monsters, and silliness will abound. Visit the website: travelingplayers.org.

73rd Annual Halloween Parade. 7 p.m. The Town of Vienna's 73rd annual Halloween Parade marches down Maple Avenue. The 2019 Halloween Parade theme is "Famous Children's Books and Fairy Tales Brought to Life." Kids are invited to walk in the parade in their Halloween costumes. No registration is required; meet at 6:30 p.m. in the parking lot at United Bank, 374 Maple Avenue E. Children must be accompanied



PHOTOS BY LAUREN ROGERS PARKER/MCLEAN COMMUNITY CENTER

Andrew Tung plays Connie Rivers in 'The Grapes of Wrath' on the American Shakespeare Center National Tour, directed by Jose Zayas.

Shakespeare at Alden

McLean Community Center presents a weekend with the American Shakespeare Center on Tour at the Alden Theatre, 1234 Ingleside Road, McLean. Performances: Saturday, Oct. 26, 2019 and Sunday, Oct 27, 2019. Individual show tickets are \$40 for the general public, \$35 for seniors and \$30 for MCC tax district residents.

❖ Shakespeare's "Imogen" (Cymbeline) Saturday, Oct. 26, 2 p.m. Doors open and

by an adult. Visit viennava.gov/halloween

THURSDAY/OCT. 24

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Lady Vanishes (1938). 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. 25

SAWA Fashion Show & Luncheon. 10 a.m. At The Ritz Carlton Tysons Corner, 1700 Tysons Blvd. McLean. Cost is \$150. In partnership with Bloomingdale's, The Salvation Army Women's Auxiliary of Washington, D.C., will host its 70th Anniversary Platinum Celebration Fashion Show Luncheon and Auction. Event ticket sales, "Gift-for-Gift" luxury items and live and silent auction proceeds will provide direct support to local programs. Visit SalvationArmyNCA.org.

SATURDAY/OCT. 26

Help Plant Trees. 9:30-12 p.m. At McLean Hamlet Park, 8209 Dunsinane Court, McLean. Help to remove invasive plants and plant native trees. No experience necessary. Trees filter clean air, provide fresh drinking water. Tools and trees provided by Fairfax ReLeaf. Sponsored by Sierra Club Great Falls Group. Contact Susan Bonney at 703-402-9292.

Fairfax Genealogy Society Fall Fair. 9 a.m.-2 p.m. At Dunn Loring Volunteer Fire Station, 2148 Gallows Road, Vienna. Visit vendors, network with fellow family researchers, enjoy speaker Sharon MacInnes with tips about organizing family research and timelines and coordinating with other researchers. Fee after Oct 15: FxGS members \$45; non members \$55. Registration at door or on line at <http://2019fxgsfallfair.eventbrite.com>. Further details at www.fxgs.org

Wellness Fair. 9:30-3:30 p.m. At Holy Comforter Episcopal Church, 543 Beulah Road, Vienna. Tools and resources for body, mind and soul at the North Fairfax Region in the Episcopal Diocese of Virginia's Wellness Fair. Activities for all ages. Cost is \$12 adults, \$5 for children and \$25 for family. Visit the website: www.holycomforter.com

Re-Naming of Barn at Colvin Run Mill. 11



Madeline Calais, who plays Imogen in 'Imogen' (aka 'Cymbeline') on the American Shakespeare Center National Tour, directed by Vanessa Morosco.

live music starts at 1:30 p.m. Recommended for age 13+

❖ Shakespeare's "A Midsummer Night's Dream" Saturday, Oct. 26, 7:30 p.m. Doors open and live music starts at 7 p.m. Recommended for All Ages.

❖ Steinbeck's "The Grapes of Wrath" Sunday, Oct. 27, 2 p.m. Doors open and live music starts at 1:30 p.m. Recommended for age 13+

a.m. At Colvin Run Mill Historic Site, 10017 Colvin Run Road, Great Falls. Members of the public are invited to a ceremony at Colvin Run Mill Historic Site as the park's barn is named in honor of Robert and Marjorie Lundegard. The barn will officially be called the Marjorie and Robert J. Lundegard Education Center to recognize the couple's long-time advocacy for parks, education and history in Fairfax County, especially at Colvin Run Mill. The Lundegards spent much of their retirement time volunteering and spearheading preservation fundraising efforts at the mill, and after Mr. Lundegard's death in May, he was hailed as a park icon and a dedicated and visionary leader. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

Pool Pumpkin Patch. 2-4 p.m. At Oak Marr RECcenter, 3200 Jermantown Road, Oakton. Put a new twist on your Halloween pumpkin picking this year with a visit to the watery pumpkin patch. Wear a swimsuit and come to the "Pumpkin Pool Patch." Children age six months to 12 years can choose a floating pumpkin from the pool's beach area and then head to tables on the pool deck to decorate their pumpkins. The cost is \$10 per person, which includes admission into the facility and a pumpkin to decorate and take home. Children under the age of 4 must have an adult in the water within arm's reach at all times. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/recenter/oak-marr.

Shakespeare's "Imogen (Cymbeline)." 2 p.m. At The Alden Theater, McLean. Doors open and live music starts at 1:30 p.m. Princess Imogen is catapulted onto an epic journey when her father, King Cymbeline, banishes her soulmate. Featuring a band of tough-but-loveable woodsmen, an evil queen, noble battles and unexpected plot twists, this late Shakespearean play enchants audiences with a story about a powerful princess who will do anything for love. Visit: www.aldentheatre.org or call 703-790-0123.

Arlington Free Clinic Gala. 6 p.m. At Ritz Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Cost is \$325. Arlington Free Clinic will hold its Annual Benefit Gala, An Autumn Affair. Visit www.gala.arlingtonfreeclinic.org.

Shakespeare's "A Midsummer Night's Dream." 7:30 p.m. At The Alden Theater,

McLean. Doors open and live music starts at 7 p.m. In "A Midsummer Night's Dream," Shakespeare casts a theatrical spell powerful enough to make audiences of all ages believe in anything. This mischievous comedy of lovers, heroes, fairies and rude mechanicals is his tribute to humankind's power of imagination and reveals that the "course of true love" can alter with just one touch of magic. Visit: www.aldentheatre.org or call 703-790-0123.

VOCE Chamber Singers Presents: Eternal Light. 8 p.m. At Church of the Holy Cross, 2455 Gallows Rd., Dunn Loring. Morten Lauridsen's *Lux Aeterna* is among the most beloved and widely performed choral works of the last quarter-century. Frequently programmed by larger choruses in the arrangement for full orchestra, this performance offers listeners the experience of hearing Lauridsen's transcendent score with the more intimate ensemble of chamber choir and organ. Tickets: Advance sale, \$25 general admission, \$20 age 62+; these prices \$5 more at door. \$10 student (18+); under 18 free. Email: info@vocechambersingers.org

SUNDAY/OCT. 27

John Steinbeck's "The Grapes of Wrath." 2 p.m. At The Alden Theater, McLean. Doors open and live music starts at 1:30 p.m. An Oklahoma drought during the Great Depression forces the Joad family to flee their home for the promise of a new life in California. Will hope prevail through the hardships and heartbreak? Steinbeck's classic novel comes to life in this Tony Award-winning stage adaptation. Running time: two hours. Visit: www.aldentheatre.org or call 703-790-0123.

VOCE Chamber Singers Presents: Eternal Light. At 4 p.m. At Church of the Holy Comforter, 543 Beulah Rd. NE, Vienna. Morten Lauridsen's *Lux Aeterna* is among the most beloved and widely performed choral works of the last quarter-century. This performance offers listeners the experience of hearing Lauridsen's transcendent score with the more intimate ensemble of chamber choir and organ. Tickets: Advance sale, \$25 general admission, \$20 age 62+; these prices \$5 more at door. \$10 student (18+); under 18 free. Email: info@vocechambersingers.org

Bachtoberfest. 7 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Organ works of J.S. Bach, Cello Suite No. 3 BWV 1009, and Ein feste Burg ist unser Gott Cantata BWV 80, followed by German desserts. Artists: John Nothaft, organist, Katie McCarthy, cellist, The Lewinsville Chancel Choir with orchestra. Visit <https://www.lewinsville.org/concerts/> or call the church office during business hours 703-356-7200.

MONDAY/OCT. 28

Ayr Hill Garden Club Meeting. 12:45-3 p.m. At Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Vienna resident Kathy Rooney will discuss how she substituted native plants for existing non-natives in her home garden. Learn how to add native plants and maintain the integrity of your current landscape. Free. For more information, email emilielarson@rcn.com.

TUESDAY/OCT. 29

Author Patricia Tanumihardja. 7:30-9 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. Meet the author of three books on Asian cooking and learn how to pair traditional Asian ingredients and techniques with what's readily available locally and seasonally. Books available for sale and signing. Free. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/5498328>

THURSDAY/OCT. 31

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Psycho (1960). 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.

SATURDAY/NOV. 2

"Take A Seat Vienna" Bench Live Auction. 6-10 p.m. At the Vienna Community Center, 120 Cherry Street, SE, Vienna. Member artists of the Vienna Arts Society donated their time and supplies to create 42 one-of-a-kind art benches on display throughout the Town of Vienna. The benches are Amish built wood benches and will be a lovely addition to any yard, porch, home or business. Doors open at 6 p.m. for a pre-auction preview and reception. Bidding will begin at 7 p.m. Proceeds from the auction will support the Vienna Arts Center and the organization's community outreach activities. Tickets can be purchased online <https://takeaseatvienna.brownpapertickets.com>.

Eye-opening Movie Screened at High Schools

Safe Community Coalition screens “LIKE” documentary at Langley, McLean High.

BY GINA MANNING
BOARD MEMBER/SCC

Approximately 400 people gathered in the Langley High School and McLean High School auditoriums Oct. 10 and Oct. 15 to see the Safe Community Coalition’s free public screenings of the IndieFlix Original documentary “LIKE,” which takes a deep dive into impact of technology on young people.

In the film, young people discuss the pervasiveness of social media on their lives, admitting they have an unhealthy relationship with their phones. For all the positive qualities of connecting on social media, the constant interaction on platforms such as Instagram and Snapchat invariably leads to a harmful amount of self-comparison, a fear of missing out, and a deterioration of relationships that need face-to-face interaction to subsist. Exacerbating this is counting the number of “likes” as a measure of one’s self-worth and spending substantial time perfecting an online “brand” that can feel disingenuous when it doesn’t always mesh with reality.

What’s all this time online doing to our brains?

IN THE FILM, adolescent medicine specialist Dr. Cora Breuner says, “There’s a lot of data that show that people get addicted to their phones because the same addiction centers light up as if you were using heroin.” Another part of the brain lights up on an MRI both if you’re in love and if you’re using your phone. “When kids say, ‘I love my phone,’ they really do!” says Bruener.

“The most important thing for young people to understand is that these devices are not designed for you,” says Max Stossel of the Center for Humane Technology. “You are not the customer; you are the product being sold here and are you really using technology or is technology using you?”

Following the movie, Dr. Clifford Sussman, MD, led discussion and took questions from the audience. Before the Q&A, he used a model of the brain to point out the different areas affected by screen use.

“The brain’s limbic system, what we refer to as the ‘animal or lizard brain’ thrives on immediate gratification – it’s the driver,” said Dr. Sussman. “Yet the prefrontal cortex, which serves as our brakes, isn’t yet fully developed in teens. It’s a constant struggle everyday between the driver and the brakes.”

Asked if there was a “right age” for kids to get a



PHOTO BY GINA MANNING/SCC

Dr. Clifford Sussman, MD and SCC President Elizabeth Hale.

phone, Dr. Sussman said, “There is no definitive answer to that. Even the American Academy of Pediatrics doesn’t have a recommendation, perhaps because technology changes so quickly.”

Dr. Sussman stressed the importance of structure, especially on the weekends when there is a lot of time to fill. While overscheduling kids to the point of exhaustion is detrimental, not having enough structure can backfire. “Downtime to many kids means screentime,” explained Dr. Sussman. Parents need to be cognizant of all screentime – video games, social media, YouTube, Netflix, TV, etc. “Kids who receive continuous stimulation have a lower tolerance for boredom, and the lure of the screen grows more powerful as the vicious cycle continues.”

A BALANCED RELATIONSHIP with digital technology is the goal. For those who want to regain some balance, consider reframing the intent from “spending less time on your phone” to “spending more time on your life.”

For a listing of specific takeaways, visit the SCC’s website at www.mcleanscc.org for Tips for Managing Social Media Use.

The Safe Community Coalition is a 25-year old non-profit organization of community volunteers. To find out more about the Safe Community Coalition, visit mcleanscc.org. You can also visit thelikemovie.com for a list of resources. And follow us on Facebook and Twitter with @mcleanscc.

Here’s What’s Happening at MCC!

Presented by The Alden

American Shakespeare Center on Tour
Saturday, Oct. 26–Sunday, Oct. 27
\$40 per show/\$35 students & seniors
\$30 MCC district residents

OCT 26
Shakespeare’s “Imogen” (“Cymbeline”)
Saturday, Oct. 26, 2 p.m.
Live music starts at 1:30 p.m.

OCT 26
Shakespeare’s “A Midsummer Night’s Dream”
Saturday, Oct. 26, 7:30 p.m.
Live music starts at 7 p.m.

OCT 27
Steinbeck’s “The Grapes of Wrath”
Saturday, Oct. 27, 2 p.m.
Live music starts at 1:30 p.m.

Presented by The Alden

NOV 2
“Mario the Maker Magician”
Saturday, Nov. 2, 1 p.m. and 4 p.m.
\$15/\$10 MCC district residents

The Old Firehouse Teacher Work Day Trip

NOV 4
Indoor Waterpark
Monday, Nov. 4, 8 a.m.–7 p.m.
1440 Chain Bridge Rd.
\$65/\$55 MCC district residents

The Old Firehouse Teacher Work Day Trip

NOV 5
iFly & Movie
Tuesday, Nov. 5, 8 a.m.–6 p.m.
1440 Chain Bridge Rd.
\$90/\$80 MCC district residents

The Old Firehouse

NOV 8
Family Fun Bingo
Friday, Nov. 8, 7–9 p.m.
1440 Chain Bridge Rd.
\$15/\$10 MCC district residents
Preregistration is recommended.



The McLean
Community Center
www.mcleancenter.org

Home of the Alden Theatre
www.aldentheatre.org

703-790-0123, TTY: 711

1234 Ingleside Ave., McLean, VA 22101



@mcleanvacenter



@mcleancenterva

Share of McLean and Rotary to Provide Christmas Trees and Wreaths

Share and the McLean Rotary Club are again collaborating to offer Christmas trees and wreaths at cost if you will make a donation to the Share food pantry. Not only will you get a fresh cut Fraser fir tree and/or wreath, but you will also participate in the spirit of Christmas by helping needy individuals and families living in our area. You can order and pay online at

www.foodfortrees.org using PayPal. The deadline for ordering is Tuesday, Nov. 19. Tree pickup will be on Saturday, Dec. 7 from noon to 3 p.m. in the McLean Baptist Church parking lot, 1367 Chain Bridge Road. Please bring \$35 worth of groceries, grocery gift cards, or a donation in cash or check, with checks payable to McLean Rotary Club.

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LETTERS

Vote for Better Transportation

To the Editor:

A vote for Gary Pan to represent the 34th District in the Virginia House of Delegates is a vote to finally resolve chronic transportation issues in our community. Mr. Pan's opponent sits on the House Transportation Committee and when asked about Northern Virginia representation on the Commonwealth Transportation Board (CTB) at the recent Great Falls Citizens Association candidates' debate, she ... had nothing (literally nothing) to say. She was tongue-tied. Ms. Murphy should be embarrassed given the amount of money our region sends to Richmond, the role the CTB plays statewide and the substantial needs we have here at home. No wonder the Northern Virginia Technology Council chose not to endorse her. No representation means we have no voice. Gary Pan's priority is to address years of neglect (and he is actually capable of doing so). Time is up for Ms. Murphy.

Traffic congestion has increased dramatically in the 5 years since she has been in office and we still have tolls on I-66 inside the beltway (despite warnings that she could not be trusted to stop them). The only bright spot is some movement on Rt 7 but only after substantial community pressure and years of unnecessary delays. We need a Delegate that will work for us on the issues that matter most to our community and our quality of life. Not someone who spends all of her time and limited political capital on personal pursuits. Please vote Gary Pan Nov. 5.

Craig Parisot
Great Falls

Murphy: Delegate Representing Shared Values

To the Editor:

Northern Virginia is the Commonwealth's economic engine because we embrace education, welcome new people and ideas, and plan for growth. Our success did not happen overnight. Hard work and lots of time were required, and we had to quell rumors that our changing ways were wrong. Some citizens opposed change because they didn't want to adapt, even if adapting would enable all to prosper.

Now, Fairfax County's property values and reputation are proof

that allowing the professionals to manage our county and its schools works to our benefit. Northern Virginia's education system has drawn many of us here. Our public education system is the pride of the county and is among the best in the nation. Our children and grandchildren are accomplished and thoughtful. Professional, evidence-based educational policy-making deserves much of the credit for this.

Diversity and property values have walked hand in hand for decades in Fairfax County. We should trust our educational professionals to do their jobs and resist political interference in education.

If we are concerned for the future and property values, we should embrace, not deny, the One Fairfax Initiative which states. "Fairness is our shared value as Americans, and every child should have an equitable chance to succeed." This simply verbalizes what makes Fairfax County the huge success that it is.

Kathleen Murphy supports One Fairfax. She stands for all that is positive about Northern Virginia as she fights in the House of Delegates for the rights of all people. We need her experience and commitment in Richmond.

Hal Donahue
Great Falls

Making a Difference in Traffic Congestion

To the Editor:

Vote for Gary Pan Tuesday Nov. 5 for the 34th District House of Delegates. He is passionate about transportation and he will fight for our taxes to be spent on much needed improvements. Kathleen Murphy is "All talk and no action." What has Kathleen Murphy done that makes a difference relieving traffic congestion? Murphy demonstrates consistent ignorance in transportation issues when our community's taxes are spent elsewhere in Virginia. ... There is not even a representative on the Commonwealth Transportation Board from Northern Virginia. Barbara Favola and Kathleen Murphy are two peas in a pod in their lethargy in fighting for our community's Transportation needs is hurting us all.

Also, please "write-in" Craig Parisot for State Senate in the 31st District to send a message to Barbara Favola that the community

needs legislators that will proactively work for their constituents and get the results we deserve. Craig is a well-respected member of our community that we know will work hard for all of us.

Ethel Pascal
Great Falls

Supporting Murphy

To the Editor:

Del. Kathleen Murphy speaks my language and I believe she speaks the language of a majority of her constituents.

She stands up for what she believes and she doesn't speak in code.

Del. Murphy's opponent says which issues are important to him. Yet you won't find substantive approaches to these issues on his campaign website. On the other hand, Del. Murphy has detailed approaches and a solid record in Richmond on issues including: common sense answers to gun violence, the environment, infrastructure investment, and protecting women's rights to make their own healthcare decisions.

Her opponent talks about human trafficking and gang violence but is silent about guns. He deplores the high cost of medicines and sales of prescription painkillers but doesn't mention pharmaceutical companies. He touts his business experience and hangs his political hat on fixing Northern Virginia's transportation problems and alleviating traffic but he offers no legislative plan for doing either.

He speaks about education but never mentions teachers. His goal for our children? That they be "ultimately competitive in the global economy." What is his plan?

We all want Northern Virginia to be a strong "economic engine" but Del. Murphy believes we need to do more than cutting business taxes and reducing regulations. To attract businesses, we must support our schools, ensure access to affordable healthcare, and solve growing transportation challenges.

The Republican record in the House of Delegates is clear. If, like me, you want innovative thinking, real legislative change, facing facts, and working together towards a community that we are happy to live and raise our families in, join me and vote for Del. Kathleen Murphy on Nov. 5.

Kathleen Nawaz
McLean

BULLETIN

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

Fairfax County Board of Supervisors Meetings in 2019

12000 Government Center Parkway
Fairfax, VA 22035
Oct. 29, 2019 9:30 a.m. - Full Board of Supervisors Meeting
Nov. 19, 2019 9:30 a.m. - Full Board of Supervisors Meeting
Nov. 26 Committee Meetings
♦ 9:30 a.m. - Economic Advisory Commission
♦ 11 a.m. - Personnel Committee
♦ 1:30 p.m. - Legislative Committee
♦ 3 p.m. - Budget Committee
♦ 5 p.m. - Audit Committee
Dec. 3, 2019 9:30 a.m. - Full Board of Supervisors Meeting
Dec. 10 Committee Meetings
♦ 9:30 a.m. - Health, Housing and Human Services Committee
♦ 11 a.m. - Development Process Committee
♦ 1:30 p.m. - Transportation Committee
♦ 3 p.m. - General Assembly Annual Reception and Work Session

THURSDAY/OCT. 24

2019 North/West Fairfax County Distinguished Citizen Dinner. Powhatan District BSA recognizes a distinguished business and civic leader, Frederick P. Baerenz, President & CEO of AOG Wealth Management. Join Us for a Great Evening — Celebrate the impact of BSA Scouting in our area. Benefit BSA programs for boys and girls in North/West Fairfax County.
6 p.m. Reception, Hors d'oeuvres & Cash Bar
7 p.m. Dinner & Program.
Location: River Bend Country Club, 375 Walker Road, Great Falls, Va. 22066
Contact: Raymond.Posluszny@Scouting.org
Phone: 202-669-3548. For online registrations: <http://bit.ly/2lYfhGt>
Adventures in Learning. At Unitarian Universalist Congregation of Fairfax, Program Building 2709 Hunter Mill Rd, Oakton. Hosted by the Shepherd's Center of Oakton-Vienna. Call 703-281-0538 to register or view online at www.scov.org.

FRIDAY/OCT. 25

Mind Matters. 11:30 a.m. to 1:30 p.m. At Tysons Corner Hyatt Regency, 7901 Tysons One Place, Tysons Corner. Stroke Comeback's Mind Matters luncheon featuring author Abby Maslin. Cost is \$65. Visit www.strokecomebackcenter.org.

SUNDAY/NOV. 3

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

TUESDAY/NOV. 5

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.

MONDAY/NOV. 11

Free Bagels to Veterans. At Manhattan Bagel Company, 310 Maple Ave., West, Vienna. Manhattan Bagel Company announces that on Veterans Day it will offer a free bagel and cream cheese to all veterans at participating locations. Continuing its long-standing tradition, all active, former and retired military personnel are invited to visit their local store to take advantage of this one-day promotion.

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“Maturation”



By KENNETH B. LOURIE

When I heard this word used recently, twice, I thought it was one of my father's made-up words like “surgerize” and “conflition” risen from his memory to finally enter the world of Merriam-Webster. And so they have, sort of. Apparently, “maturation” is a word some doctors use to answer any and all questions asked by patients inquiring as to why something or other health wise is happening to them. In short, “maturation” means wear and tear. If Mick Mulvaney were the doctor, he might have said: “It happens all the time. Get over it!” Fortunately, he wasn't. Rather, he is the acting White House Chief of Staff, a man who likewise may be asking his doctor a few questions. The answers to which will likely not be “maturation.” “What were you thinking?” might be first and foremost.

For a cancer patient (yours truly) who has survived above and beyond the call of his oncologist's original prognosis, “maturation,” to quote Boston Red Sox television announcer - and Hall of Famer, Dennis Eckersley, “Is a beautiful thing.” Diagnosed at age 54 and a half when all bodily functions were “performing within normal parameters,” to quote Commander Data from “Star Trek: Next Generation,” thinking I'd outlive my original prognosis from late February, 2009, and have senior-type moments 10-plus years later, was unrealistic, if I were to interpret my oncologist's rather grim demeanor.

Yet here I am, Medicare card in wallet and still writing cancer columns as if cancer was only an astrological sign rather than the dreaded - and feared disease, that it is. However, having cancer doesn't mean that I don't experience similar aches and pains as the rest of you. It simply means “Other than that, Mrs. Lincoln, how was the play?” A sarcastic reference to the fact that other things are still occurring, despite the obvious. Cancer doesn't preclude other older age medical realities from rearing their predictable ugly head: gray hair, bone loss, muscle weakness, memory loss, to name a few; it just complicates them and in so doing, confuses you.

It complicates them by ignoring them for fear that they are cancer-related and thus life-threatening and visiting a doctor would merely confirm your worst fear: dying/death, an upside down version of what you don't know not hurting you. And by neglecting to see a doctor, the symptoms (for me, it was a pain in my upper left arm/shoulder which turned out to be a rotator cuff problem) becomes worse and more severe than it otherwise would have become if you simply went to the doctor in the first place, and you end up suffering needlessly because it's actually not cancer, it's “maturation.” So you're confused like “Bob's Big Boy” used to be: You don't know whether to stay or go.

When you're diagnosed with a “terminal” disease,” you want to live, but it's extremely difficult not to think about dying. It dominates your brain and preoccupies your mind. Old age and living a full retirement become signposts in the distance that you can never quite read. And since you can never quite read them, you're not really prepared for what they say. Some of what they say - or infer, is that you're going to be visiting doctors more regularly than you ever have, and it's not necessarily all bad. It's merely a sign of your times which are now changing and you're living beyond a certain age, unexpected as it may have initially been suggested. As such, maintenance will be required to keep the older body and brain functioning. Ignoring symptoms, as my doctors have made clear to me, is NOT GOOD. Neither is assuming that such and such or so and so is good, bad or indifferent. It is what it is and it may be something or it may be nothing. Presuming facts and feelings which are not yet in evidence is a bit like putting the cart in front of the horse.

I know I'm afraid of dying. What these more recent pains and subsequent visits to the doctors have also shown me is that I can't be afraid of living.

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

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