

Great Falls CONNECTION

More Than Food at the Great Falls Farmers Market

NEWS, PAGE 3

Monica Kearns of Great Falls and her daughters (from left) Payton, 2, Quinn, 6, and Kenna, 4, stop at the market booth of Liberty Hill Farm at the Great Falls Community Farmers Market where Andrea Matich of Liberty Hill Farm hands Quinn a jar of raw infused honey.

Great Falls Resident Runs In Virtual Boston Marathon

NEWS, PAGE 3

Art Season Begins In Great Falls

NEWS, PAGE 5

CLASSIFIEDS, PAGE 6

PHOTO BY MERCIA HOBSON/THE CONNECTION

PRSRST STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322
Postal Customer
ECR WSS
ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 9-10-20

SEPTEMBER 9-15, 2020

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

PUBLIC NOTICE

Virtual Public Hearing on the McLean Community Center's FY 2022 Budget

(July 1, 2021-June 30, 2022)

**McLean Community Center Governing Board
Wednesday, Sept. 23, 7:30 p.m.**

Residents who wish to speak at the Public Hearing are asked to call **703-744-9348**, to be placed on the speakers list. The draft budget proposal is available on the Center's website. Copies will be available at the Public Hearing.

Written comments may be delivered to the McLean Community Center (see address below) marked "Attention: Executive Director," or sent by email to **george.sachs@fairfaxcounty.gov**. Written comments may be provided after the Public Hearing up through **Monday, Oct. 26**.

www.zoom.us



ZOOM meeting ID: 992 1990 0562
Password: 104320



McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123, TTY: 711
www.mcleancenter.org

**Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!**

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



- **Electrical (ELE)**
- **Gas Fitting (GFC)**
- **Heating Ventilation and Air Conditioning (HVA)**
- **Plumbing (PLB)**
- **Residential Building (RBC)**

Fully Insured & Class A Licensed
Since 1999



Free Estimates 703-999-2928

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com

Find out why more people with Medicaid and Medicare choose UnitedHealthcare.¹

More people with Medicare and Medicaid are enrolled in a UnitedHealthcare dual plan.¹
If you have these two cards, call us to find out if you qualify for our plan. Plans Include:



Up to **\$1,000** in credits to buy health-related items you may need.



\$3,000 toward dental services.



Up to **\$1,000** in credits to place catalog orders for health products you may need.



Unlimited one-way rides every year.

We're ready to help. 1-855-813-4414, TTY 711



UHCCP.com/VA dual



¹Based on national market share, as of 2019.
Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare.
Y0066_191120_105130_M

CST29038_H7464-001-000

NEWS

Mark Baker of Great Falls came to the market with his children Annie, 6, and Ben, 5, to buy a garlic bulb, planning to break off the cloves and plant them this fall. Clerk Alex Diaz helps with the selection.

PHOTOS BY
MERCIA HOBSON/
THE CONNECTION



More Than Food at the Great Falls Community Farmers Market

Vision-driven, producer-only and community-focused.

BY MERCIA HOBSON
THE CONNECTION

The Great Falls Community Farmers Market lured locals to the Village Center at 778 Walker Road, Great Falls, at the start of the Labor Day weekend. Open Saturday from 9 a.m. to 1 p.m., the outdoor summer market proved “a place for community spirit” as heralded on its website, Great Falls Farmers Market.

The vision-driven market fulfills residents’ wishes expressed in the Great Falls 2020 Vision Survey to have a local farmers market to build a vibrant semi-rural center. Monica Kearns of Great Falls brought her three young daughters, Payton, 2, Kenna, 4, and Quinn, 6. “This is our second time coming. It’s a beautiful fun outing for the family,” she said. Kearns said the music was a draw, as well as the two artists painting the scene. Asked what she liked best, Quinn said, “The people doing the art.”

As a producer-only market, it is farm-to-table. Only vendors who grow, cultivate, produce or make their products may sell there. Vendor Andrea Matich of Berryville is one of those vendors. She and family-members operate Liberty Hill Farm, located in the northern Shenandoah Valley. According to Matich, the farm provides pasture-raised meats, some prepared foods, chicken and turkey pot pies made with organic ingredients and signature soups, and other items such as infused honey and hand-dyed yarn spun from the fleece of their sheep. “We love coming to this market. It’s small and has large community support,” said Matich.

The market exists to build a sense of community. It is one of the few markets in Fairfax County that is not county-sponsored, and everyone is welcome. According to the Market website, music expresses the festive joy at bringing farmers, bakers, chefs, artisans and craftspeople together to nourish and enrich the community. On Sept. 5, the singer-songwriter duo, Luna, Kathleen Huber of Reston on ukulele and bass and Valeria Stewart of Arlington on guitar, performed, joined by singer-songwriter Jillian Matundan of Herndon.

Artists Robert Gilbert of Great Falls and Rajendra KC of Falls Church stood in front of their easels, creating watercolor paintings of the Saturday market scene. Gilbert said, “Are you looking for something to do on the weekend with no crowds, easy parking,



Artists (back to front) Robert Gilbert of Great Falls and Rajendra KC of Falls Church at the Saturday Great Falls Community Farmers Market.



(Front) Singer-songwriter Jillian Matundan of Herndon joins ‘Luna,’ the singer-songwriter duo of (back left to right) Kathleen Huber of Reston on ukulele and bass and Valeria Stewart of Arlington on guitar as the trio performs at the Great Falls Community Farmers Market.

loads of edibles, lovely live music and interesting people? The Farmers Market in Great Falls is the answer to all of these and more.”

WWW.CONNECTIONNEWSPAPERS.COM

Running in Virtual Boston Marathon

Luis Narvaez, 46, completed the race in 3 hours and 51 minutes.

BY LAURA GERSONY
THE CONNECTION

On Sunday, Sept. 6, Great Falls resident Luis Narvaez ran in his first-ever Boston Marathon, which was held virtually due to the COVID-19 pandemic.

This year, participants are required to complete a continuous marathon any time between Sept. 7 and 14, wherever they are in the world. The Boston Athletic Association, which organizes the annual marathon, also created an app that mimics runners’ experience of the actual course in Boston, including audio cues such as the National Anthem at the beginning of the course and applause at the finish line.

Narvaez completed the race in the Vienna/Reston area. His 26.2-mile loop included stretches of the Washington & Old Dominion Trail, Wiehle Avenue, and Baron Cameron Avenue.

Sunday’s marathon was the culmination of an intense six months of daily training for Narvaez. He devoted three months to developing his running speed through interval training and short, high-intensity runs, and he spent the final three months building up his endurance.

He has been a long distance runner for about ten years, and has run a total of 23 marathons in his life, seven of them last year alone. He ran his fastest marathon in 2018, with a time of 3 hours and 13 minutes. Narvaez plans to participate in the Marine Corps’ 50km Ultramarathon in October for the sixth year in a row, and he has quali-



PHOTO COURTESY OF
ANGELA NARVAEZ

Luiz Narvaez of Great Falls holds his running bib, which bears his number in the virtual race.

fied for the 2021 Boston Marathon as well.

Narvaez is a Senior Program Manager at a satellite communications company and is a licensed Personal Trainer. He owns a gym, “Train with Luis at Great Falls” on Colvin Run Road, which offers fitness plans including triathlon training, marathon training, and strength programs.

Narvaez said that he ran the race in remembrance of the victims of the 2013 Boston Marathon Bombing, hoping to support and show his solidarity with the Boston community. On the day of the race, Narvaez was cheered on by his wife Angela and several of his friends.



PHOTO COURTESY OF LUIS NARVAEZ

Luis Narvaez was cheered on by his wife, Angela.

Our Mom Eugenia Staying Afloat

The family-owned restaurant has seen a big dip in sales in recent months, but they say a loyal customer base is helping them make ends meet.

BY LAURA GERSONY
THE CONNECTION

The pandemic has not been easy for Our Mom Eugenia in Great Falls: the Greek restaurant, which relied almost entirely on indoor, dine-in service prior to the pandemic, has had to adjust to a new business model and decreased sales. But to owners' relief, the business is "making ends meet" as it opens a new location in Fairfax.

Lead Chef and "Our Mom" Eugenia Hobson opened the restaurant in Great Falls with her sons, Alex and Phil, in 2016. Now, the restaurant's sales are down by around 35 percent from pre-pandemic levels. The owners attribute this decrease in part to their older demographic of regular patrons who are hesitant to dine indoors.

"People are starting to trickle back in, slowly...but I'll be more

optimistic when the vaccine is out," Phil Hobson said. "Especially for lunches, we depend a lot on elderly people that we have only seen for carry-out."

Before the outbreak of COVID-19, the restaurant had already created a mobile phone app and partnered with the delivery services DoorDash and UberEats, which softened the initial blow of the pandemic. Alex Hobson said that the biggest logistical challenge for the Great Falls location has been adjusting to the new carryout-oriented workflow, in which all courses in a meal must be served simultaneously, rather than one at a time.

But the even bigger challenge has been opening its new location in Fairfax. Our Mom Eugenia was recruited to open a second location at the Mosaic District shopping center in Fairfax in 2019, but it delayed opening for several months

due to the pandemic.

THE TRIALS of opening a new restaurant have only added to the host of COVID-related challenges the restaurant is already facing, Hobson said.

"Me and my brother are just trying to figure this thing out; every day is pretty much a challenge," he said. "There were a lot of video conference calls for us to obtain our permits, and we had the Health Inspector on my FaceTime walking through the restaurant... It was both challenging and interesting."

Hobson said that the Fairfax location is better equipped for the pandemic in some respects, as it draws a younger, lower-risk population and offers outdoor seating. This has not come without hiccups—he recounted chasing the restaurant's white table umbrellas as they tumbled down the street



LAURA GERSONY/THE CONNECTION

Executive chef and "Our Mom" Eugenia Hobson continues to oversee the restaurant's operations in the kitchen during the pandemic.

in a sudden gust of wind—but he says that on the whole, reopening has been successful.

The business has retained all of its kitchen staff for full-time work and about half of its wait staff throughout the pandemic. The restaurant remains afloat due to an astonishing display of support from loyal customers, Phil Hobson said.

SEE OUR MOM EUGENIA,
PAGE 6

Our Mom Eugenia

1025 Seneca Rd #H, Great Falls, VA 22066
Hours: Sunday through Thursday 11 a.m.-9 p.m., Friday and Saturday 11 a.m.-10 p.m.
(703) 870-7807
www.ourmomeugenia.com
ourmomeugenia@gmail.com



THIS YEAR'S WALK IS EVERYWHERE.

The Alzheimer's Association Walk to End Alzheimer's® is happening on every sidewalk, track, and trail across this country. All of us are raising funds for one goal: A world without Alzheimer's and all other dementia. Because this disease isn't waiting, and neither are you.

Take your first step at alz.org/walk



2020 WALK TO END ALZHEIMER'S
September 27 Northern Virginia
October 10 Washington, D.C.

Additional Walks available.
Find one near you at alz.org/walk

2020 NATIONAL PRESENTING SPONSORS

Edward Jones®

CVSHealth

20 NEWCOMERS & 20 COMMUNITY GUIDE

Publishing September 2020

For Advertising:
Call 703.778.9431 or Email
advertising@connectionnewspapers.com

The annual Newcomers and Community Guides for our different communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more is publishing soon.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made and other vital community information.

Perfect Advertising Opportunity for:
Hospitals | Healthcare | Wellbeing | New Homes |
Realtors | Schools | Malls | Shopping Centers |
Professional Services | And Much More

THE CONNECTION
Newspapers & Online

Alexandria
Gazette Packet

Mount Vernon Gazette

POTOMAC
ALMANAC

LETTERS

A Word About Sign-Stealing

Complaints about Biden signs disappearing across Great Falls have been on the rise. I saw one on a front lawn that looked like someone had driven off the road to crush it. The owner replanted the sign and the next day someone stole it – and left a box of crushed beer cans in its place. And it's not just Democrat signs, Republican signs have disappeared too. So here's the message to the sign-stealers.

It is disrespectful.

When on private property, it is trespassing.

It violates the First Amendment, which guarantees free speech.

It is illegal and deemed a misdemeanor.

It is theft. Signs cost money.

It is a juvenile act that has no place in a democracy, no matter the political affiliation.

So to the sign-stealers: do you really want to be labeled as a thief who has little regard for our Constitution or democracy in which every voice deserves to be heard. Your thoughtlessness breeds incitement in an already polarized political climate on the eve of our election. As Americans all, we should expect better.

Eileen Curtis
Great Falls

Art Season Begins in Great Falls

September is the start of the art season in Great Falls when two big events arrive in town. The Arts of Great Falls will hold the 6th Annual Paint Great Falls: Plein Air Competition, Sept. 8 – 13 and the Adult Student Art Show.

This year's Paint Great Falls, sponsored by The Arts of Great Falls and prizes by Celebrate Great Falls Foundation, is the largest to date with 25 artists, to include several, highly recognized, award-winning artists from the DMV area. Painting en plein air, outside without the use of a photo reference, is a challenging event. There are elements such as, heat, changing light, rain and insects that studio artists do not have. That's what makes this event exciting. To accommodate social distancing and encourage artists to get out and paint, the Arts of Great Falls expanded the painting borders to include all of Northern Virginia.

In addition to the daily plein air painting, there will be a Quick Draw event in the Great Falls Village Centre on Friday, Sept. 11, 6 - 8 p.m. The Quick Draw is an excellent opportunity for the public to view artists painting in their element. In just two hours, artists will identify a composition and complete a painting that will be judged. Quick Draws are popular activities during plein air events. The Arts of Great Falls is excited to bring this activity to Paint Great Falls.

Judge for this event is Robert Johnson. All artwork will be available for viewing on online gallery, and by appointment. Sales benefit the Arts of Great Falls.

The Adult Student Art Show is now on display on line under exhibits at www.greatfallsart.org/exhibits/ and will be open to the public during the Paint Great Falls – Quick Draw Event on Friday, Sept. 11, from 6-8 p.m. Artists who were enrolled in one of the classes or workshops in 2019 were eligible to enter this annual competition. Over the years, www.connectionnewspapers.com



PHOTO CONTRIBUTED

Bob Gilbert painting his 2019 Paint Great Falls 1st Place painting in the Great Falls Village Centre.

the quality of these pieces has increased dramatically as more and more established artists are taking lessons and continuing to hone their skills with the workshops offered. This year, 16 students entered 30 pieces of art consisting of oil paintings, acrylic collage, pastel and watercolor.

Judge Laura Hopkins recognized the following artists for their excellence:

First Place, "The Gathering" by Karen Bateman

Second Place, "Ballerina Girl" by Doreen Montis

Third Place, "Pride" by Cindi Berry

Honorable Mentions: "The Wine is Fine" by Jay Pigeon; "Iris x Germanica" by Catherine Goss; "Chrysanthemum" by Theresa Miller.

The Arts of Great Falls is a non-profit organization bringing art and art education to the community.

A SOCIALLY DISTANCED OUTDOOR EVENT

18th Annual

OLD TOWN ALEXANDRIA

(Formerly on King St.)

ART FESTIVAL

JOHN CARLYLE SQUARE
ALEXANDRIA, VA
Duke St. near Whole Foods

September 12-13
Sat./Sun. 10am - 5pm

Presented by:
THE LINCOLN MOTOR COMPANY

MASKS REQUIRED

RSVP: ARTFESTIVAL.COM

JOSEPH CRAIG ENGLISH

State Farm Insurance G. STEPHEN DULANEY

IN GREAT FALLS

State Farm™
AUTO • HOME • LIFE
FINANCIAL SERVICES

Like A Good Neighbor, State Farm Is There.®

Open Saturdays

Complementary Insurance and Financial Review

Visit www.gstephendulaney.com



703-759-4155

731-C WALKER RD. • GREAT FALLS, VA

State Farm Insurance Companies
Home Office Bloomington, Illinois

Proud Supporter of Military Appreciation Mondays

Announcements



LeafFilter
GUTTER PROTECTION

✓ INSTALLS ON NEW & EXISTING GUTTERS

BEFORE LeafFilter AFTER LeafFilter

MADE IN THE USA ACCREDITED BUSINESS LIFETIME WARRANTY A COMPANY OF ULHS

15% OFF

YOUR ENTIRE PURCHASE*

AND!

10% OFF

SENIOR & MILITARY DISCOUNTS

+

5% OFF

TO THE FIRST 50 CALLERS!**

Promo Number: 285

CALL US TODAY FOR A FREE ESTIMATE **1-877-614-6667**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. ** Offer valid at estimate only. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

Announcements

Announcements

ESTATE SALE - LOG HOMES
PAY THE BALANCE OWED ONLY!!!

AMERICAN LOG HOMES IS ASSISTING JUST RELEASED
ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

4 Log Home kits selling for BALANCE OWED, FREE DELIVERY

1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000
2) Model # 203 Georgia \$49,500...BALANCE OWED \$19,950
3) Model # 305 Biloxi \$36,825...BALANCE OWED \$14,500
4) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

BEFORE CALLING: VIEW at www.loghomedream.com
Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

BBB
A+ Rating

OFFER NOT AVAILABLE TO AMERICAN LOG HOME DEALERS

SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

Announcements

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

News

PHOTOS BY LAURA GERSONY/THE CONNECTION



Our Mom Eugenia co-owner Alex Hobson at the new Fairfax location.



The interior of Our Mom Eugenia's new location in the Mosaic District shopping center in Fairfax.

Our Mom Eugenia Expands to Fairfax

FROM PAGE 4

"Our customers call us and ask 'how many times would you like us to order per week?' People try to loan us money, give us money...We've had a lot of repeat customers that order two, three, four times a week, so they're really helping us out," he said. "They want us to stay here, and they've showed it."

The benefits of adhering to COVID-19 precautions are twofold for the Hobson brothers: professional, and personal.

"We are doing our due diligence for general public safety, but also for the fact that my mom is executive chef, and we want to take good care of her," Alex Hobson said.

And indeed, executive chef and "Our Mom" Eugenia Hobson is still working despite the pandemic, splitting her time between the two locations. She told

The Connection that she feels optimistic about the future of their business. "I'm very happy to be able to be here and work, for the family and for my two boys... We're trying to get back to normal. But what is normal, anymore?" she said with a laugh.

THE MOST DIFFICULT moment for Hobson came in March, when she and her two sons sat down for a family meeting in the restaurant. In light of public health guidelines, they came to the conclusion that they had to temporarily halt their services. "It was very difficult for us to do that," she said. "We were doing so well, and all of a sudden, the restaurant was closed."

"We thank our customers. Really, they have kept us going during all this time, for five months now," she said. "The support was amazing, unbelievable...We thank them, from the bottom of my heart."

Announcements

FREE!
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

AS SEEN ON TV



✓ Backed by American Standard's 140 years of experience
✓ Ultra low entry for easy entering & exiting
✓ Patented Quick Drain® Technology
✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
877-691-5591
Or visit: www.walkintubinfo.com/vapa

Announcements

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE!
SAVE \$1,500

Announcements

ABSOLUTE AUCTION

13583 Lee Hwy, Washington, VA

62mi from DC

182 Acre Farm • 3 Homes • 5 Scenic Tracts

Beauty, tranquility, and convenience in Rappahannock Co. just 4mi from the renowned Inn at Little Washington. Offered in 5 tracts from 16 to 79 acres.

TRFAuctions.com | 434.847.7741 | VAAF501

Announcements

Fri. Sept. 25
Bid live or online!

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION
NEWSPAPERS

HOME LIFE STYLE

Last Chance to See the ASPIRE HOUSE in McLean

Design showhouse closes on Sunday, Sept. 13.

By MARILYN CAMPBELL
THE CONNECTION

Designing a dream home can be likened to assembling a haute couture wardrobe. The right foundational pieces and accessories combine to create an aesthetic that is at once polished and nonchalant.

This weekend offers the last opportunity for the public to see and derive inspiration from such a space. The ASPIRE HOUSE McLean Designer Show House closes this Sunday, Sept. 13. The 9,600-square-foot home, located in McLean, was curated by 28 hand-picked designers, architects and remodelers. Each of the home's 30 rooms is a showcase of thoughtfully designed vignettes.

The spaces, "represent the very best of the design community," said Mary Douglas Drysdale, design chair. "[It celebrates] great design from a multitude of diverse voices and cultures."

A predilection for antique furnishings served as inspiration for Federica Asack's design of the home's powder room vestibule. Using a French antique sculpture as the focal point, she gave the space a sense of intimacy by hanging framed antique drawings on the walls which she swathed in floral wallpaper. The floor is covered with an antique rug in jewel tones of deep reds and greens.

"I wanted the space to be a place that would catch the attention of visitors," said Asack, of Masseria Chic in McLean. "I wanted it to be a space where guests could have a private conversation."

When designing the gallery, Lenore Winters Studios in Bethesda used intricately detailed panel moldings as a natural frame for the art that would inhabit the space. "Our primary intent was to...showcase the artworks to be displayed, said Winters. "Having that element as our primary focus, the design was carefully edited to respect and enhance the visitors' experience of each individual artwork."

A theatre without traditional stadium-style seating is the image that Courtney McLeod of Right Meets Left Interior Design used as the concept for her creation of the home's cinema, an entertainment space where family and visitors alike would gather to watch movies.

McLeod imagined that the homeowners would be well-traveled, so the space should appear as though it had evolved over time. "We wanted the room to have a collected feel, filled with pieces from around the



PHOTO BY STACY ZARIN GOLDBERG

The ASPIRE HOUSE McLean Designer Show House closes this Sunday, Sept. 13.



PHOTO BY FEDERICA ASACK

A French antique sculpture was the focal point for Federica Asack's design of the home's powder room vestibule.

"Great design from a multitude of diverse voices and cultures."

—Mary Douglas Drysdale, design chair, ASPIRE HOUSE McLean Designer Show House

world," she said.

The walls and ceiling are painted in Rickwood Red by Sherwin Williams. "By using the same color on the wall and ceilings, we were able to camouflage the fact that the ceiling height changes, which felt awkward when we first saw it," said McLeod.

A leather ottoman in olive green sits in the center of the room, surrounded by seating in shades of

cream. "It's a big, multifunctional piece of furniture," said McLeod. "The ottoman is a perfect spot for a tray holding a glass or wine or snacks or put your feet up while you're watching a movie."

The show house is for sale, priced at \$6.75 million and is located at 952 Mackall Farms Lane, McLean, VA. It will be open through Sunday, Sept. 14th from 10 a.m. - 5 p.m. with in-person tours every 15 minutes. The last admission is at 4 p.m. All visitors must wear masks. Tickets are \$50 for adults, \$45 for military and \$45 for seniors and a group tour is a max of 12 people at a time (12 ticket holders). Proceeds will benefit the ASPIRE DESIGN AND HOME Diversity in Design Scholarship Fund.

WWW.CONNECTIONNEWSPAPERS.COM

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004
FOR ADVERTISING INFORMATION

ELECTRICAL	ELECTRICAL
K & D ELECTRIC	
COMMERCIAL / RESIDENTIAL SERVICE	
Family Owned & Operated	
Recessed Lighting	Licensed/Bonded/Insured
Ceiling Fans	Office 703-335-0654
Phone/CATV	Mobile 703-499-0522
Computer Network Cabling	Service Upgrades
Hot Tubs, etc...	letrkman28@gmail.com

LANDSCAPING	LANDSCAPING
Quality Tree Service & Landscaping	
Reasonable prices. Licensed & insured.	
Summer Cleanup...	
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.	
25 years of experience - Free estimates	
703-868-5358	
24 Hour Emergency Tree Service	

Patios & Drainage
Your neighborhood company since 1987
703-772-0500

J.E.S. Services
Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

Sign up for
FREE DIGITAL SUBSCRIPTION
to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

Cancer For Dummies: Me



By KENNETH B. LOURIE

As I was telling my long-time friend, Rita, over the phone on Saturday afternoon, as a cancer patient - and I know this is going to sound ridiculous, short-sighted and stupid, I am not always forthcoming and honest when it comes to sharing new symptoms with my docotors, particularly my oncologist. Aside from the obvious discomfort neglecting a new problem would cause, not telling my doctords everything, all the time prevents me from learning - for a brief moment anyway, exactly what either of my two types of cancer are doing to me. Out of sight, though not totally out of mind provides a certain salve for what ails me. A mixed up version of what I don't know can't hurt me - which of course, it most definitely can.

Still, after 11 and 1/2 years of walking this walk, I can't always get the message through my thick head. I'd rather rationalize and/or self-diagnose or attribute the miscellaneous maladies (aches and pains) to older age than I've ever been or due to the fact that I'm overweight and out of shape. And though my friend Frank might think that I'm in pretty good shape for the shape I'm in, the problem is that cancer has its own agenda and doesn't listen to anybody. Moreover, in my experience anyway, it seems to be able to affect one's judgment.

But how else, other than in a roundabout way, does one deal with such weighty issues such as life and death? Granted, I can see how I'm working against my own best/self-interest here when I neglect to mention something now which could harm my future defense (a sort of British Miranda-type warning). Unfortunately, that's another facet of cancer's insidious toll: common sense. Your perceptions and all are altered as you look at your life/choices through this prism of cancer. If you're honest and upfront about your symptoms, it could hasten your death by confirming your progression. If you're not it could definitely hasten your demise. (Cancer symptoms generally don't just disappear.) Either way, you're in cancer's grip. Extricating oneself is difficult. Fending off the demons is a full-time job. I'm not exactly Linda Blair from "The Exorcist," but occasionally, I do feel as if I'm possessed and unable to right my own wrongs.

You would think that eventually, one would be able to think outside their own box and realize that self-medicating/self-diagnosing and/or presuming one's age is the explanation for all the ifs, and or buts, concerning one's symptoms/health is akin to taking a long walk off a very short pier. It may suffice for the present, but the future is hardly there for the taking, if it's there at all. Realizing that fact has been difficult for me to assimilate. Part of my survival strategy, if one were even to call it that, has been to try and avoid any rabbit holes of emotional despair. My thought has been that I'd rather deal with it later than deal with it now, and since it will be bad enough later, I'm not going to subject myself to it now. Ill-advised? Probably. Recipe for success? I doubt it. But that's how I've mostly rolled since my "terminal" diagnosis in late February, 2009.

Well, better late than never. As I finally wake up and smell the coffee - which I never drink (smell the bacon would be a better example), closing my eyes to an impending nightmare is hardly the stuff of dreams (more like nightmares). I imagine the stuff of dreams is more about admitting and facing adversity with your head on straight instead of facing it with your head on crooked. Pretending/hoping a problem/symptom doesn't matter/likely to go away on its own is not how proper health and hygiene works, especially not cancer. It has a well-earned reputation and one's prognosis would be better served by being proactive rather than reactive. Cancer waits for no man - or woman. It's on its own schedule. Come hell or high water.

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



DIANNE VAN VOLKENBURG

Buy with Confidence. Sell with Success.

Work with the #1 Realtor

Dianne Van Volkenburg and her team of real estate agents and marketing specialists are unsurpassed in providing first-class service to buyers and sellers. In fact, Dianne and her team have one of the highest rates of repeat clients in all of Northern Virginia as former clients, families and friends trust them for their real estate needs.

Over \$80 Million in Sales for 2020!



Great Falls \$2,599,000



Great Falls \$1,199,999



Great Falls \$2,399,000



Great Falls \$935,000



Great Falls \$1,299,000



Great Falls \$1,899,000



Great Falls \$3,699,000



Great Falls \$699,000



Great Falls \$1,450,000



Great Falls \$2,099,000



Great Falls \$1,150,000



McLean \$2,269,000



Great Falls \$2,690,000



Great Falls \$1,575,000



Great Falls \$3,499,000



Fairfax Station \$1,299,000

Inventory Is Low - Call Me Today

LONG & FOSTER | CHRISTIE'S
REAL ESTATE INTERNATIONAL REAL ESTATE

9841 Georgetown Pike, Great Falls, VA 22066
703-759-9190 • GreatFallsGreatHomes.com

703-757-3222

sales@GreatFallsGreatHomes.com

