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# CONNECTION McLean ♦ Vienna and Oakton

## Election Storm Of the Century

NEWS, PAGE 3



Voters cast their ballots a few minutes before 7 a.m. on Election Day 2020 in the Hunter Mill District of Fairfax County at Precinct 222, Reston # 3, Reston Community Center- Lake Anne.

### WELLBEING

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NOVEMBER 4-10, 2020

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# NEWS

## Election Storm of the Century

Saying the vote counts is an understatement.

BY MERCIA HOBSON  
THE CONNECTION

**E**lection Day 2020 will go down in history. It may take a few days or weeks to count ballots, and what happens today, tomorrow and on Inauguration Day cannot be predicted. What is known is that COVID-19 affected nearly every aspect of the election, from how the candidates campaigned to how voters cast their ballots. On Nov. 2, the day before the election, national Covid cases soared to 100,000 cases a day. The Virginia Department of Health reported 1026 new cases in the Commonwealth, with increasing cases for 14 days and increased percent positivity for 21 days.

In a rundown of the 2020 General Election in Fairfax County, early voting ended on Saturday, Oct. 31. The County saw a record-breaking number of early votes cast. Long lines with lengthy waits became the norm at the County's early election sites such as the Herndon Fort-nightly Library, North County Governmental Center in Reston and the Great Falls Library.

According to Brian Worthy, Fairfax County Office of Public Affairs there are 787,214 registered voters in Fairfax County. On Sunday, Nov. 1, the day after early voting ended, Worthy said that Fairfax County totaled more than 399,600 ballots cast in person when the polls closed Saturday. These are unofficial numbers and the final official vote total ultimately reported to the state may be different. Gary Scott, Fairfax County General Registrar and Director of Elections said the early votes cast amounted "to about 58% of what they thought the total turnout would be for this election." He added, "But we're still expecting to see at least 200,000 people cast their ballots on Nov. 3."

Well before dawn on Election Day 2020, Tuesday, Nov. 3., voters lined up at polling places across the County, including those in the local area. Tom Cranmer, Election Officer at the Dranesville District of Fairfax County, Precinct 328 Hickory, Great Falls Library, 9830 Georgetown Pike said that as of 7 a.m., an hour after the polling place opened, they had checked-in 100 voters. "A lot of people freezing outside."

Elizabeth Schreffler, Chief Election Officer from Precinct 222 Reston #3, Reston Community Center- Lake Anne said there were 30 people in line when the polls opened. "I anticipate it will be pretty slow." At 9 a.m. Schreffler said, "We had 216 voter check-ins so far." At 10 a.m. Schreffler reported a total of 270 voter check-ins.

Visit the Virginia Department of Elections website, Nov. 3, 2020 General and Special Elections to view results.



Voters lineup well before dawn on Election Day 2020, Tuesday, Nov. 3 in the Dranesville District of Fairfax County at Precinct 320, Herndon # 2, Herndon Community Center.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Town of Herndon elections for Town Council and Mayor coincide with the Nov. 3, 2020 election.

### VIEWPOINTS

## What do you hope this election changes?

PHOTOS BY MERCIA HOBSON/  
THE CONNECTION



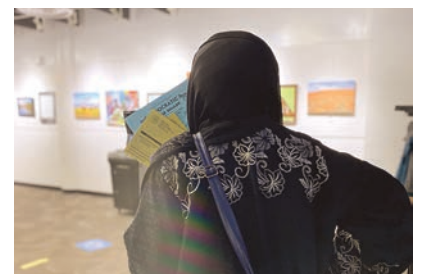
"I hope it brings back the civility and compassion we've been missing." - Joyce Burd, 30-year Herndon resident, teacher  
"I'd like to see a united nation again. No more divisiveness." - Mark Burd, 30-year resident of Herndon, project manager.



"No more of the orange guy." - D. Singh, 3-year resident of Reston, government support



"I'm hoping we return to civility and there is a restoration of balance." - Nancy Chen, 2-year resident of Reston, government employee

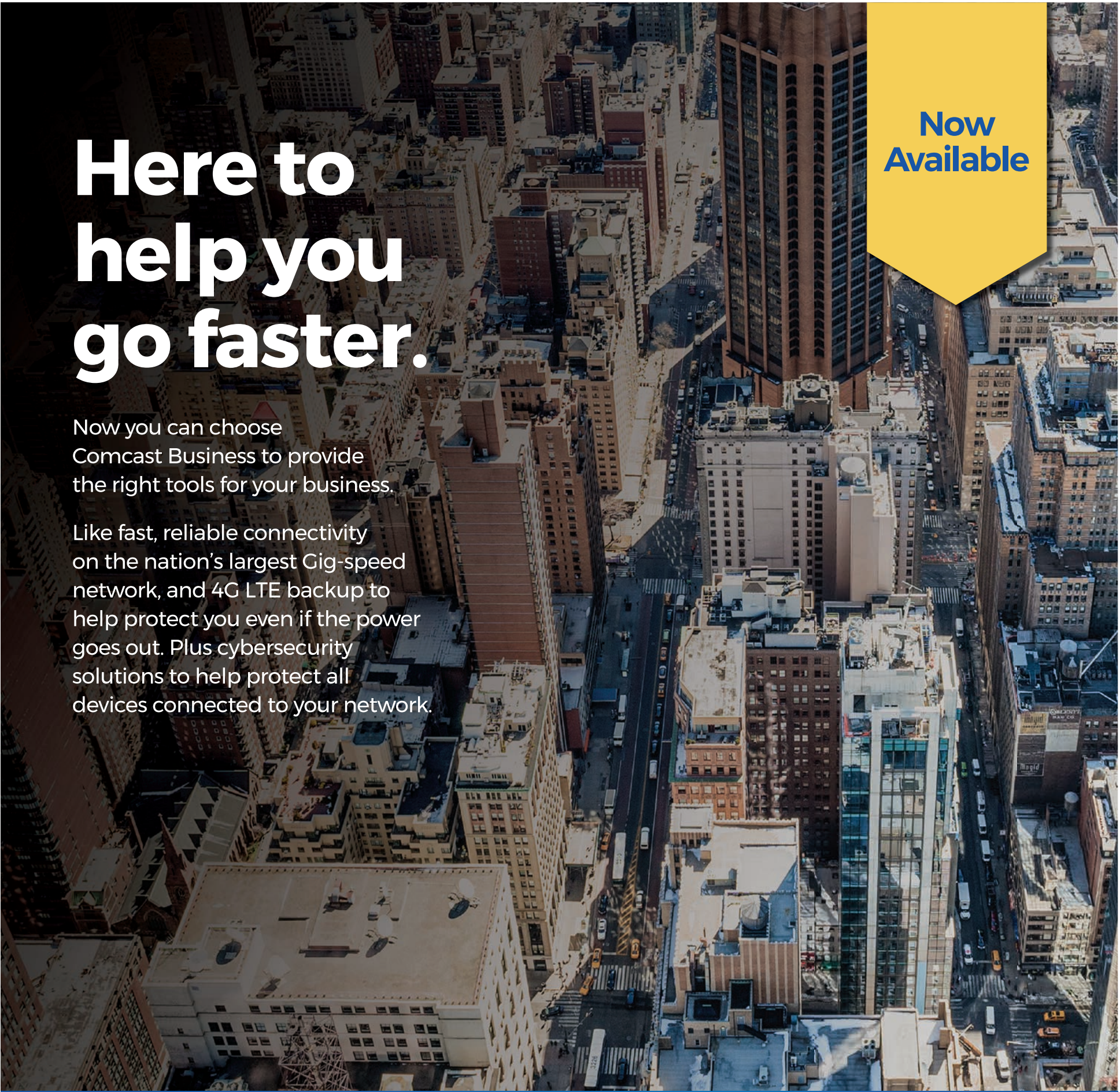


"We have hope." - Yamil Abdi Yusef, 15-year resident of Reston



"I hope this election changes how all of us are better connected." - Jariq Ullah, less than 1-year Reston resident, government





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## NEWS

### Fairfax County Park Authority Acquires Historic Property in McLean

The Fairfax County Park Authority has completed the acquisition of a 5.45-acre property known as Spring Hill, located in the Dranesville District near the intersection of Spring Hill Road and Old Dominion Drive in McLean.

The property was acquired from the Brzezinski family. The property, with both rolling terrain, informal trails, as well as level ground, currently preserves open space and holds potential for a future community park.

Dranesville District Supervisor John Foust said, "I am grateful to the Park Authority for preserving this property, and many other beautiful properties in our county, for the use of current residents and future generations. I also appreciate the Brzezinski family's desire to protect the natural beauty and cultural significance of this property, and their willingness to work with the Park Authority to make sure that happened."

The property was the residence of the Brzezinski family since 1977. Former national security adviser Zbigniew Brzezinski, his wife Emilie Brzezinski -- well-known in the art world for her creations of mon-



PHOTO COURTESY OF FCPA

A 5.45-acre property known as Spring Hill is located near the intersection of Spring Hill Road and Old Dominion Drive in McLean.

umental wood sculpture -- and their children lived there. The family often hosted diplomatic gatherings with foreign leaders.

The property was purchased for \$2.4 million funded through Park Bonds. The sale was coordinated with Washington Fine Properties and the deed was recorded in October 2020. For more information, contact the Public Information Office at 703-324-8662.

## 14th Annual Alexandria Film Festival

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**Virginia Tire & Auto of Vienna**  
141 Maple Avenue West





# OPINION

## The Results Are In!

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

**T**his column is being written before election day with a schedule for publication the day after the polls close. It may be a bit optimistic to suppose that the results of the many election day contests will be known by the next day, but I surely hope for my own sanity and those I know that the results will be known right away. The eagerness of voters to see these elections over with is evident by the historically high number of persons casting their votes early. In some localities the number of votes cast early eclipsed the total number of votes cast in that place four years ago. The event reported on social media where a voter asked those standing in line how long they had been waiting to vote and got the response "four years!" may not have actually happened, but it certainly captured the sentiment of many including myself that the last nearly four years have been a disaster for



### COMMENTARY

our country and its institutions. Pandemic aside we have much to do to restore faith in our institutions and confidence in each other and our communities.

In Virginia there were elections only for federal offices this year as state offices are filled in "off year" elections. Next year voters will choose a new governor—as Virginia governors cannot succeed themselves—lieutenant governor, attorney general and all members of the House of Delegates. While the results for federal offices are just coming in with some congressional races downstate reflecting the wide division of opinions reflected nationwide, there are those who are already lining up for the statewide positions that will be on the ballot next year. If you thought that some space would be freed up on your e-mail accounts with the elections this year being over, think again. Many people have already announced for election next year with

more no doubt coming soon from whom you will be receiving pleas for support and of course for funding to make their election possible.

While we understandably might want a respite from politics, the sudden shift in attention to the next election cycle is good news. It shows our faith in the system and our understanding of the need for healing and active work to repair the immense damage of the last nearly four years. The peaceful evolution of power has been a hallmark of the American system of government from its beginning, and the several attempts to disrupt that process have in the long run been over-ridden. I know the threats that have been made about the transition of power this year, but I am counting on an overwhelming vote result that will erase any doubts about the true winners. Over time with leaders who represent true American values we can deal with the needs of American citizens with honesty, decency, compassion, and equality. The people will have spoken, and the results are in. It is time to put the horrors of the recent past behind us and build a stronger country because we have had a glimpse of the alternative!

### LETTERS TO THE EDITOR

## Kindness During a Very Difficult Year

To the Editor:

The lines to vote early at the Springfield-Franconia Government Center were a 3-4 hour wait every day for two weeks. I was heartened to see people with children, pregnant women and disabled older Americans insist on voting in person rather than use the convenient curbside voting alternative. The determination emanated everywhere.

Then along comes World Kitchen: Peruvian Brothers delicious beef or vegetable empanadas handed out free to the voters. If that isn't enough, Mediterranean food take out restaurant chef comes along from "Little Sesame" and distributes free cauliflower shawarma pita sandwiches and water. . Delicious!

For once, I saw kindness during a very difficult year. I thank those companies for their acts of kindness and I wanted to let others know, the food was great!

Lillian Brooks  
Springfield



PHOTO BY MIKE SALMON/THE CONNECTION

Voters lined up around the corner at Franconia Road on Monday, Oct. 26.

## A Generation Capable of Change

To the Editor:

What kind of world do you want to live in, a world where you have no problems or issues to fix in your community? A world where you are always living in comfort and safety? Or a world where you are constantly fighting for your people, fixing mistakes that your people did not even make. Any reasonable person would pick the first option, but some people don't have a choice. Why weren't we taught as students the many issues happening in our world right

now? Why are we only taught about events that happened years and years ago, that we cannot change or fix? Of course, students should be taught of this country's and this world's history. But what about the history that is taking place at this moment. So many young students have interests, passions, and goals they just can't accomplish in their position. They have no other option but to settle and push aside their dreams to make it through life. We need to be given the proper opportunities

that can help us find what we can strive for and what we love. We should be educated and informed about all the injustices happening right now because I know that young people can make a difference. This shouldn't be a debate or an argument, there just has to be change. I know so many young, bright, individuals that so desperately want to make a change, but simply don't know if their voices are being heard. They feel as if their efforts have no outcomes and words have no meaning. But

we, as a community, need to prove them wrong.

This generation is going to be the one to make a change, so they need support, love, a quality education, and they need someone to believe in them. Only then can they make the change they know deep down they are capable of.

Manal Khalid  
Centreville  
Westfield High School,  
16, Junior

## CONNECTION

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# Decompressing after a Divisive Election

## Limit time on social media or watching post-election coverage.

BY MARILYN CAMPBELL  
THE CONNECTION

**T**he moments that stretched her to her professional limits came immediately after the 2016 presidential election. As a psychotherapist, Kendra A. O'Hora, Ph.D., owner of Wellness & Co., had to help her patients process the overwhelming emotions that they were experiencing after that tumultuous political season.

"That day was the hardest day of my career," she said.

This year's election however, has been much worse, notes O'Hora. "It's unlike anything I've ever experienced in my therapy office," she said. "For the first time ever, we are offering appointments this week specifically for those who are struggling to process."

The divisive 2020 election season has been a source of significant tension, not only locally, but nationwide. Nearly 70 percent of adults in the United States report feelings of stress as a result of this year's cycle, according to a study by the American Psychological Association (APA).

Adding the recent racial unrest and the coronavirus pandemic that's caused record deaths and wreaked havoc on the economy, the current environment — with no relief in sight — has left three out of four adults anxious about the nation's future. The current political season provides the perfect storm for mental health issues that will last for decades, say local mental health professionals.

It's understandable to feel stressed, overwhelmed, exhausted, and anxious right now, says Heather V. Ganginis Del Pino, Ph.D., licensed psychologist and associate professor of psychology at Montgomery College. "If your feelings start to interfere with your everyday life and if having those feelings are causing you distress, you might want to seek help from a professional, if one is available to you," she said.

Shock, anger, relief, disillusionment and even neutrality are all normal at this time, suggests Fairfax therapist Jana Wu, LCSW. "Emotions might run the gamut and might shift as the days progress or after engaging in dialogue with others."

"You may be asking yourself, 'What's normal to feel right now?'" added O'Hora. "The long and short of it? Everything. Most people know that anger, frustration, annoyance, and stress are what we like to call iceberg or secondary emotions. In a sense, they are what's on the surface, when there's oh so much more underneath."

Social support is important, particularly for those without access to mental health therapy, added Del Pino. "It can feel good to help someone else,

so check in on friends and family that you know are struggling or donate your time to a cause that is important to you," she said.

Limiting the amount of time one spends on social media or watching post-election coverage can help ease feelings of distress, said Wu. "Take in material that inspires and speaks to your values," she said. "Speak to and engage with community that also shares your values about next action steps to take. Practice self-care and care for others in your community, environment, and home. I personally meditate and listen to sources that inspire me to engage in life in a thoughtful way."

Focus on the bigger picture advises therapist Steven Rosenberg, Ph.D. "Avoid contentious situations and confrontations over political differences," he said. "You are not going to change anyone's mind. Remember, just as you have your own political views, others are entitled to have theirs. Let them. The issues facing our country can't be resolved in one election. Volunteer for an organization that is working on an issue or cause that you feel strongly about."

Decompress by showing yourself compassion and withholding self-judgement, says Del Pino. This could mean making sure you take care of yourself though exercise and sleep, she said. "You can spend breaks doing something you enjoy or just breathe while

giving yourself time to notice your own feelings and thoughts. If you are feeling stressed or anxious about the outcome of the election, acknowledge your stressful feelings and thoughts but also try to notice any feelings that might be hiding under the anxiety and stress.

It's important for parents to recognize and help children process intense emotions, says Del Pino. "Help children process

their feelings by simply asking them how they feel. Let them know you are there if they need to talk," she said. "While acknowledging that this is a stressful time in our country, parents should avoid expressing their own opinions. If you have young kids, limit the amount of news you are watching with them around and instead play a game, sit with them while they do homework, engage them in conversation, or do something active together."

Maintaining a consistent daily schedule, particularly with regard to sleep, suggests Del Pino. "[It] is so important, especially during times of stress," she said. "If your child is having trouble sleeping, or if you are, encourage your child to read something fun before bed or download one of the many free mindfulness or sleep applications that will help your child get in the mood for sleep."

**"Avoid contentious situations and confrontations over political differences. You are not going to change anyone's mind. Remember, just as you have your own political views, others are entitled to have theirs. Let them. The issues facing our country can't be resolved in one election."**

— Steven Rosenberg, Ph.D.

## Here's What's Happening at MCC!

### The Old Firehouse



**Snack and Paint**  
Saturday Nov. 14, 1-3 p.m.  
\$35/\$30 MCC district residents  
Preregistration is required

### The Old Firehouse



**Monday Game Challenge**  
Call of Duty: Warzone Challenge  
Monday, Nov. 16, 3:30-6:30 p.m.

### Sponsored by The Alden



**The Unruly Theatre Project's**  
Virtual Improv Show  
Wednesday, Nov. 18, 7 p.m.  
Free; preregistration is required

### The Old Firehouse



**Virtual Family Fun Trivia Night**  
Friday, Nov. 20, 7-9 p.m.  
\$5 per family

### The Old Firehouse



**Snack and Paint**  
Saturday, Nov. 21, 1-3 p.m.  
\$35/\$30 MCC district residents  
Preregistration is required

### Community Events



**MCC Fantastic Fall Scavenger Hunt**  
Ongoing through Monday, Dec. 7  
Free registration  
Registration is required

### Closing Notice

MCC will be closed on Election Day (11/3), Veterans Day (11/11) and Thanksgiving Day (11/26 - Friday, 11/27).



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## SPORTS

Defenseman senior Justin Machovina stands ground against 2 Patriots during Madison's 6-8 loss.



PHOTOS BY  
KATHERINE WILLEY

## Warhawk Ice Hockey Rebounds but Loses Season Opener

The Warhawk Varsity Ice Hockey team lost its season opener against the Parkview / Rappahannock Patriots 6-8. The Patriots came out strong in the first period scoring 6 goals. Madison forward Jake Alford would score his first of a hat trick late in the first period. The Warhawks would slow down the Patriots efforts in the second and third period while the Warhawk offense would come

back to score 5 more goals. The Patriots were able to tack on 2 more goals to keep the win. Scoring for Madison was Jake Alford with a hat trick and 1 assist, Ben Cowell with a goal and an assist. George Bilidas with a goal and Max Marr with a goal. Assists go to JT Gary (2) Nick Cooper, EJ Nelson and Peter Dorosheff. Goalie Arman Dorosheff faced 34 shots.

Forward senior Preston Cain looks for a scoring opportunity against the Patriots during Madison's season opener. The Warhawks would lose 6-8.



## Assistance League Helps Meet Needs for Local Families

Assistance League of Northern Virginia distributed another 400 \$20 grocery gift cards in October to families at the six schools that normally would have received the Weekend Food for Kids food bags.

The charity is able to continue these distributions each month in part because of the donations it has been receiving, some from first-time donors and some from long-time supporters of its philanthropic programs.

Also, as part of its New Clothing for Kids program, Assistance League delivered new clothing and shoes to several schools just before they closed because of the pandemic. The chapter is pleased that counsel-

ors are starting to distribute some of the new shoes from those shipments. With schools now open, at least to school administrators, counselors are better able to retrieve these essential items and provide them to students.

To help the chapter continue these essential endeavors, visit its website, ALNV.org, and select the 'Donate' option to contribute by credit card; or send a check to Assistance League of Northern Virginia, P.O. Box 209, Herndon, VA 20172.

If you would like to join the chapter and become personally involved in helping with its programs, visit ALNV.org, and select the Volunteer/Join options at the top of the page.

8 ♦ VIENNA/OAKTON / MCLEAN CONNECTION ♦ NOVEMBER 4-10, 2020



PHOTOS COURTESY OF VPD

From left: Sgt. Pamela Juelharte and Town of Vienna Mayor Linda Colbert.

## Sergeant Pamela Juelharte Retires from the Vienna Police Department

On Sept. 22, 2020, a ceremony was held at the Vienna Community Center to celebrate the retirement of Sergeant Pamela Juelharte, who retires with 20 years of dedicated service with the Town of Vienna Police Department. Sergeant Juelharte started her career with the Vienna Police Department on Sept. 21, 2000. After she graduated from the 38th Session of the Fairfax County Criminal Justice Academy, she was assigned to the Patrol Division. In 2006, she was promoted to the rank of Sergeant, where she gained respect as a leader and mentor. In 2015, Sergeant Juelharte was assigned as the Criminal Investigations Section Sergeant. She concluded her career by returning to the Patrol Division, supervising a midnight patrol squad from 2018 through 2020. Sergeant Juelharte graduated in



From left: Sgt. Pamela Juelharte and Chief James Morris.

2017 from Old Dominion University with a Bachelor's Degree in Criminal Justice and was the recipient of a Meritorious Service Award for saving the life of a teen. Sergeant Juelharte was also a firearms instructor and a member of the Town of Vienna Honor Guard. The Vienna Police Department wishes her well in her retirement.



PHOTO CONTRIBUTED

Assistance League of Northern Virginia distributes new shoes and clothing to area school children.

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## NEWS



PHOTO CONTRIBUTED

Members of the finance department who contributed to the report.

### Vienna Financial Report Recognized for 'Spirit of Full Disclosure'

The Town of Vienna has received the Government Finance Officers Association's (GFOA) Certificate of Achievement for Excellence in Financial Reporting for its fiscal year 2019 Comprehensive Annual Financial Report (CAFR).

This award, the highest form of recognition in governmental

accounting and financial reporting, is in recognition of the Town's demonstration of a constructive "spirit of full disclosure" to clearly communicate its financial story and motivate residents and other user groups to read the CAFR. This is the 33rd consecutive year that the Town of Vienna has received this award.

### VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna Police Department from Oct. 23 – Oct. 29, 2020.

#### INCIDENTS

**Fraud** -- 500 Block Brentwood Court, NW, Between Oct. 7 at 12 a.m. and Oct. 23 at 12:28 p.m. A resident reported that two checks she had mailed were stolen, forged, and cashed.

**Petit Larceny** -- 200 Block Moore Avenue, SE, Between Oct. 17 at 9 p.m. and Oct. 18 at 9 a.m. A resident reported that a political sign was stolen from her yard.

**Extortion** -- 100 Block Dogwood Street, SW, Between Oct. 18 at 12 p.m. and Oct. 22 at 11:45 a.m. A resident reported that he met a woman on-line and began corresponding with her through social media, including intimate video chats. The resident then started receiving text messages threatening to release photos of him unless he sent them money.

**Suspicious Person** -- Versatile Title and Escrow, 117 Pleasant Street SW

Oct. 19, 5:30 p.m. On Oct. 23, an employee reported that when she was leaving work on Oct. 19 she observed a man urinating behind the dumpster at the rear of the building.

**Domestic Dispute** -- Delano Drive, SE, Oct. 22, 12:56 p.m. Officers responded to a domestic dispute between a resident and her teenage daughter.

**Trespassing** -- 500 Block Wolftrap Road, SE, Oct. 22, 3:35 p.m. A citizen came to check on the new construction at his property and found a man with his work truck stuck in the mud on the property. A tow truck was called to remove the van from the

mud. The man was advised that he was not permitted on the property and may be arrested if he returns.

**Vehicle Tampering** -- 400 Block Victoria Court, NW, Between Oct. 22 at 4 p.m. and Oct. 23 at 10 a.m. A resident reported that someone rummaged through her unlocked vehicle.

**Vehicle Tampering** -- 600 Block Upham Place, NW, Oct. 22 between 8 p.m. and 11:59 p.m. A resident reported that someone rummaged through her unlocked vehicle.

**Grand Larceny** -- 600 Block Upham Place, NW, Oct. 22 between 8 p.m. and 11:59 p.m. A resident reported that someone entered his unlocked vehicle and stole his wallet and credit cards. Two of his credit cards were used to make unauthorized purchases.

**Petit Larceny** -- 600 Block Tazewell Road, NW, Between Oct. 22 at 8 p.m. and Oct. 23 at 7 a.m. A resident reported that a bicycle was stolen from his carport.

**Suspicious Event** -- 7-11, 537 Maple Avenue, West, Oct. 22, 10:16 p.m.

Officers responded to the report of an assault. A customer reported that two juveniles were spraying Fabreeze in the store and some of the spray landed on him, which led to a verbal dispute. The customer then attempted to block the cash register while the juveniles made their purchase. Officers determined that juveniles did not intentionally spray the customer and that no assault occurred.

**Grand Larceny** -- Nutley Street and Marshall Road, SW, Oct. 23, 9:30 a.m.

A Town of Vienna employee reported that the "Welcome To Vienna" sign was stolen from the median on Nutley Street.

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**-Werner Heisenberg**

**Obituary**

**Obituary**

**In loving memory of Charlotte Wineland**



After an extraordinary life of over 101 years, Charlotte Wineland passed away at her home in Oakton, VA Sunday, October 18, 2020.

She was preceded in death by her husband Lloyd G. Wineland and daughter Nancy Castle. She is survived by daughters, Linda Byrne of Oakton, VA, Christine Wineland of Leesburg, FL, and her son Lloyd Wineland of Asheville, NC, 8 grandchildren, 6 great grandchildren and 2 great great grandchildren.

Born in Baltimore on August 10, 1919, Charlotte's family moved to Washington, DC when she was 3 years old. There she attended Eastern High School and Strayer Business College. She met Lloyd G. Wineland in 1938 and they married the following year. They lived and raised their family in southeast Washington, DC and Alexandria, VA and moved to Easton, MD in 1978.

Along with her husband of almost 50 years, Charlotte was an avid collector of Fine Arts and Native American and Western Exploration Literature. She took great pride in the fact that today their important collection is permanently housed at the Smithsonian Libraries.


Charlotte returned to Virginia in 1989 and has lived in Oakton where she became involved with the Oakton Women's Club, the Oakton United Methodist Church, and Friends of Oakton Library. Charlotte's hobbies were china painting and knitting.

Charlotte will be remembered for her many lifelong friendships.

A memorial service for Charlotte will be held in the future.

**Obituary**

**Obituary**



**THEODORE L. GRAY (Age 98)** Of McLean, VA, passed away peacefully at home with his family on October 27, 2020. Born in Wise County, VA on February 11, 1922 and was predeceased by his wife, Helen Mackey Gray; his sisters, Pat Mowry and Francis Gray; and his brother, Edward Gray.

Ted came to work in DC as a bookkeeper for a construction firm in the early 1940's during the war years, later working his way through night school and earning his Bachelor's Degree in Accounting from Benjamin Franklin University before going to work for M.B. Hariton and Company. In the early 80's, he left to run his own private accounting practice, which he ran actively until his well deserved retirement in 2015 at the age of 93. He was long-involved in multiple community activities, serving as a director of McLean Rotary Club, and president at various times of the McLean Community Association, the McLean Citizens Foundation, Friends of the McLean Community Center, and his beloved Claude Moore Colonial Farm, as well as providing pro bono accounting services to these and other local service organizations. For his long service, he was awarded the Business Citizen of the Year award by the McLean Chamber of Commerce in 1996.

He is survived by his children, Sara Hampton and Douglas Gray, five grandchildren, 3 great grandchildren, and 6 nieces and nephews. A memorial service will be held at Trinity Methodist Church, 1205 Dolley Madison Blvd, McLean, VA 22101 at 11:30 AM on Saturday, November 7, 2020, preceded by a viewing at the church between 11:00-11:30 AM.

**Announcements**

**Announcements**

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**Announcements**

**Announcements**

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**BULLETIN**

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

**FRIDAY/NOV. 6**  
Digital Citizenship Webinar Series. 10-11:30 a.m. How to Find Balance with Technology. This will be an Online Webinar. Registrants will be emailed the link ahead of time. All webinars are free to families, educators, and community members. This webinar is for adults only. For more information, call 703-204-3941 or visit: <https://www.fcps.edu/resources/family-engagement/parent-resource-center>

**VIENNA LAUNCHES'SHOP & STROLL' CAMPAIGN**  
The Town of Vienna announced the launch of a new campaign to encourage visitors to explore the town's diverse shopping centers. The initiative titled Vienna Shop & Stroll will take place on Saturdays now through December. Each month, designated shopping centers will host safe and socially distant seasonal activities and in-store promotions for all to enjoy. Locals and visitors can get to know business owners and learn more about the history of each shopping center. Visit [ViennaVA.gov/shoppingandstroll](http://ViennaVA.gov/shoppingandstroll).

**Schedule: Select Saturdays 12-4 p.m.**  
November 7 -- Danor Plaza;  
November 14 -- Cedar Park;  
November 21 -- JadesShopping Center + Vienna Plaza;  
November 28 -- Small Biz Saturday on Church Street and surrounding streets off Church;  
December 5 -- Village Green;  
December 12 -- Glyndon Plaza.

**SATURDAY/NOV. 7**  
Krop's Outdoor Vintage Market. 10 a.m. to 4 p.m. At Krop's Crops, intersection of Georgetown Pike and Utterback Rd., Great Falls. Unique vintage items for your home, fun gifts for family and friends, fresh homemade pies and more yummy goodies, treasures for everyone. Free.

**SUNDAY/NOV. 8**  
Virtual Magic Show. 3:30-4:30 p.m. Virtual via Zoom. Get Ready for Laughs and Giggles from this local legend! The Great Zucchini will be putting on a Magic Show, Live on Zoom. Cost is \$15 Donation per Family. Visit the website: <https://cota.org/campaigns/COTAFforEandJ/events/The-Great-Zucchini-Live-Virtual-Performance>.

**VIENNA'S TREASURE ORNAMENT**  
The Vienna Volunteer Fire Department is offering Vienna's treasure, the 1946 Maxim Fire Engine that will be featured on a beautifully crafted ornament. Limited quantity available, delivery expected early December. Don't miss out, order yours now for \$20 at <http://vvfd.org/store.html>.

**WEDNESDAY/NOV. 25**  
Thanksgiving Eve Service. 7-8 p.m. Online via Unity of Fairfax 2854 Hunter Mill Road, Oakton. Tune in to the livestream at 7 p.m. to watch the service. Visit <https://www.unityoffairfax.org/content/sunday-streams>

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# CALENDAR

## HAYFIELD HAWKS FUNDRAISER

The Hayfield Hawks football team is trying to raise money in order to provide players with new practice equipment and uniforms. Due to COVID, all of the fundraising is virtual this year. They have partnered with local businesses to create a discount card, which can be purchased for \$25 and entitles the cardholder to discounts and perks at a number of local restaurants. Delivery of the discount cards will be by mail /contactless and all proceeds will go directly to the program and helping the student athletes. Email Meredith Richard at EVHenderson@fcps.edu or call 703-408-4212.

## NOW THRU NOV. 12

Haunted Wine Tours. Sunday to Thursday, 6:30 p.m.; 7:30 p.m. and 8:30 p.m. At The Winery at Bull Run, 15950 Lee Highway, Centreville. The Haunted Wine Tours are back for the fifth year in a row, in a new condensed version, so you can enjoy real ghost stories and award-winning wine all while staying safe. Due to the restrictive environment surrounding COVID, there are far less tickets available this year. Therefore priority access to tickets go to wine club members.

## NOW THRU DEC. 7

MCC Fantastic Fall Scavenger Hunt. Join your friends, family and community for McLean Community Center's Fantastic Fall Scavenger Hunt. This exciting fall virtual event allows for you and your team to compete against others and win prizes. This is the perfect event to stay local and have fun with your friends and family. The Fantastic Fall Scavenger Hunt is a game played on a smart phone in which teams complete 75 missions (or challenges) both indoors and outdoors. Missions include answering questions, taking specific photos or videos, finding a specific item, geocaching or completing specific tasks as given in a list provided by the Game Master. The scavenger hunt will take place in and around McLean and from your own home. Participants work in small teams of 4-10 players. Team captains must be 16 years old or older. Visit the website [www.McLeancenter.org](http://www.McLeancenter.org).

## NOV. 3 TO DEC. 6

Nature's Palette. At The Loft Gallery of Occoquan, 313 Mill Street, Occoquan. Featuring work by Patricia Hafkemeyer and wood artist, George Jones III. Gallery Hours: Tuesday-Friday, 11 a.m.-4 p.m.; Saturday, 11 a.m.-5 p.m.; and Sunday, Noon-5 p.m. Artist's Reception: See Facebook Live Reception on Saturday, November 7 at 3:30 p.m. at <https://www.facebook.com/loftgalleryoccoquan>

## FRIDAY/NOV. 6

Nature at Night. 5:30-7 p.m. At Riverbend Park, 8700 Potomac Hills Street, Great Falls. Discover what critters are on the move in local parks after people go home for the day. Join the "Nature at Night" program at Riverbend Park, and learn what happens in the forest, on the river, in the pond and at the meadow after dark. Enjoy a nighttime hike, make an awesome craft, get a peek at nocturnal critters, and discover how these animals wake up when we go to sleep. Cost is \$8 per person. Call 703-759-9018.

## FRIDAY/NOV. 6

Wilderness Walk. 1-2 p.m. At E.C. Lawrence Park, 5040 Walney Road, Chantilly. Get off the beaten path with a naturalist and explore some of the less popular trails at Ellanor C. Lawrence Park. During this program for adults, you will identify plants and learn which animals left behind the tracks you discover in the park. Cost is \$7 per person. Call 703-631-0013.

## FRIDAY/NOV. 6

Campfire and S'Mores. 7-8:30 p.m. At Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Come to Lake Fairfax Park for an evening campfire and s'mores the whole family can enjoy. During the "Campfire Fridays"

program, you will explore the wonders of the natural world through events, such as nature walks, interactive activities and animal presentations. Learn about nature and our place in it. Topics for this monthly program vary by date. The cost is \$12 per person. Children must be accompanied by a registered adult. Call 703-471-5414.

## NOV. 6 THRU HOLIDAYS

Santa at Springfield Town Center. Santa and his reindeer will be arriving at Springfield Town Center on Nov. 6 to kick-off the holiday season. In an effort to create touchless experiences and accommodate varying levels of visitor comfort, Santa will be available at Springfield Town Center via numerous experiences and offerings: Picture with Santa; Virtual Experience; Family Pet Photos on Mondays; Family Photos and Visits with Santa. Reservations are required for all Santa and photo offerings.

## SATURDAY/NOV. 7

Flag Retirement Ceremony. 11 a.m. At Fairfax Fire Station 38, 6001 Oday Drive, Centreville. American Legion Post 1995 will conduct a flag retirement ceremony on November 7th at Fire Station 38 located at the corner of O'Day Drive and Stone Road beginning at 11:00 am. The public is invited to participate and/or to donate American, state, or county flags for a respectful retirement.

## SATURDAY/NOV. 7

Raising Theatre Babies. 2 p.m. Part of Theater and Parenting. Artists reimagine their lives in theatre post COVID-19. Part of the Virtual Round Table Discussion Series at 1st Stage in Tysons. Free. In these forums, they'll talk and share questions and thoughts with artists, actors, designers, musicians and directors about experiences they have faced as professional artists. Artists participating include Debra Kim Sivigny, Bob Barlett, Ron OJ Parsons, José Carrasquillo, Thembi Duncan, and more. Pre-registration is required and space is limited. Registration at [www.1ststage.org](http://www.1ststage.org).

## NOV. 9, 16, 23

Family Fishing. 11 a.m. to noon. At Burke Lake Park, 7315 Ox Road, Fairfax Station. Park staff will provide all the equipment and bait you need to start you on your way to creating your own fish tales. The program is designed for family members age 5 to adult. Cost is \$10 per person. Meet at Shelter Call 703-323-6600, or visit Burke Lake Park.

## NOV. 11, 13, AND 14

Christmas Bazaar for Charity. 10 a.m. to 4 p.m. At 1025 Bellview Place, McLean. Sale of new and vintage Christmas items, including a huge collection of ornaments, tabletop decor, and kids' crafts, handmade wreaths and gift items. All proceeds donated to Jill's House and Operation Christmas Child.

## WEDNESDAY/NOV. 11

Saluting Independence. 10 a.m. Virtual event. Join in Saluting Independence as they present the Col. E. David Woycik, Jr., Esq., USA (Ret.) and Lance Corporal Matias Ferreira, USMC (Ret.) Outstanding Service Award. The virtual event honors veterans and raises support and awareness for Canine Companions, a non-profit organization that provides highly trained assistance dogs to children, adults and veterans with disabilities at no cost to the recipient. Unable to attend the premier? The event will still be available for you to watch at your convenience. Registration is required to receive access to the event. Register now at [www.cci.org/salutingindependence](http://www.cci.org/salutingindependence). A suggested donation of \$75 would be appreciated.

## SATURDAY/NOV. 14

Lesson Zero. 7:30-10:30 p.m. At P.J. Mulligans, 2310 Woodland Crossing Dr., Herndon. More information available on [www.youtube.com/lessonzero](http://www.youtube.com/lessonzero) or [www.reverbNation.com/lessonzero](http://www.reverbNation.com/lessonzero).

# BUSINESS DIRECTORY

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## Better Late Than Never ...



By KENNETH B. LOURIE

... to get a second opinion about one's first cancer; especially if there's now a second cancer to consider. For most of the nearly 12 years during which I've been a cancer patient, my diagnosis has been non small cell lung cancer stage IV. Within the past 10 months or so, it has become apparent and subsequently confirmed by a surgical biopsy of a tumor located in my lungs, that I have papillary thyroid cancer. The big question remains - and has not been agreed to by my endocrinologist and oncologist, is whether I have two types of cancer or just one. And moreover, whether I've always had two types or one primary - previously undiagnosed, that has now metastasized after 10-plus years from the thyroid into the lungs?

From my understanding - or actually what I've been told, it's possible, though hardly prudent to biopsy all the remaining tumors in my lungs to confirm exactly what type (types) of cancer I have. According to my doctors, the medical risks to me are too great. Therefore, the decision has been made to treat the thyroid cancer and to monitor - for lack of a better description, the lung cancer. And I can live with that (hope to live with that I should say). Nevertheless, it seemed an opportune time to get, for the first time in my cancer life, a second opinion. This week, after waiting out the transfer of medical records and a thyroid cancer specialist's evaluation, Team Lourie will be going to the Lombardi Cancer Center at Georgetown University Hospital for an independent assessment. To say we are extremely anxious is an understatement.

When I was initially diagnosed in late Feb., 2009, we did not get a second opinion. Perhaps we were naive, but at the moment the oncologist told us my diagnosis - and prognosis: non small cell lung cancer stage IV. he was not the least bit perplexed and the path forward seemed clear, and we didn't question him too much. A week later, I began chemotherapy. I have never wavered in this decision and I have no regrets about the path I chose. The fact that I have lived years beyond my prognosis has occasionally given me moments of curiosity as to why I was so amazingly lucky to have survived when so many others have not. Not wanting to look a gift oncologist in the mouth (if you know what I mean), I rarely thought to ask. I mean, I was doing so well.

Then about two years ago, a lump appeared under my Adams Apple. Upon examining me/it, my oncologist characterized it as a clone of my lung cancer and did nothing more than note its size and shape when he regularly examined me until the first of three biopsies (of a lymph node) was ultimately performed. It indicated thyroid cancer. This was new information to my oncologist. And so I was referred to an endocrinologist. She took one look at my "Adams Apple tumor" as I called it, and did a needle biopsy right then and there - in her office. She called me two days later with the results. Again, it confirmed thyroid cancer which subsequently led to the removal of my thyroid a month or so later. A few months after that, a hospitalization followed for radioiodine treatment to locate and kill any remaining thyroid cancer. Within another month I began chemotherapy treatment for thyroid cancer. Which is how I am presently being treated. Nothing more has changed. However, we wondered, what about my lung cancer? It was not being treated? As George Costanza asked after having sex with the cleaning lady on an old Seinfeld episode: "Was that a bad thing?"

And so we have taken steps to find out what it is we don't know that maybe the doctors know. Unfortunately, my original tissue sample is too degraded to re-biopsy, but all other relevant medical information has been transferred. I don't suppose we'll be able to go too far back in time, but given the future that I ended up having, there's no time like the present to review the past.

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





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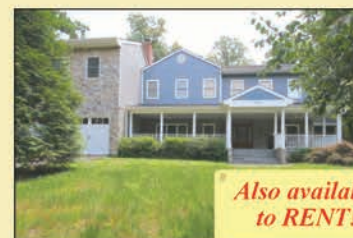
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