

Mathew M. Lopez, piper, Northern Virginia Firefighters' Emerald Society of Pipe Band, at Fairfax County's 9/11 ceremony at the government center.

Gathering To Remember

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Friends Matter

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Entertainment

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SEPTEMBER 15-21, 2021

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More than 800 Turn Out for Day of Service

BY MERCIA HOBSON
THE CONNECTION

In communities across the county, more than 800 volunteers turned out on Saturday, Sept. 11, 2021 for the National Day of Service and Remembrance.

“Our older volunteers are so critical to everything we do in Fairfax County,” said Supervisor Pat Herrity (Springfield). “This is a day to celebrate those volunteer activities and encourage more people and young people to volunteer.”

On the National Day of Service and Remembrance 2021, whether the volunteers undertook in-person day-of or virtual at-home projects completed that week, people in Fairfax County stepped up. Andrew Daniels, the senior coordinator of corporate service events at Volunteer Fairfax, said they wanted “to offer as many opportunities in as many different locations” as possible.

At Chalk4Peace.org art event at the Government Center youth chanted positive messages of peace on the sidewalks leading to the ceremony.

At 10 a.m. Fairfax County’s Stuff the Bus food drives began, one at the Government Center and 22 at other locations.

Volunteers fanned out across the county, clearing overgrown areas at the Burke School, Centreville Elementary School, South Run Rec Center in Springfield, and Marshall Road Elementary Courtyard in Vienna.

At a woodworking project in Chantilly with Community Residences, Inc., volunteers helped construct outdoor wood structures, benches, and garden beds, for the participants of the Newbrook Day.

In Reston, volunteers assembled celebration boxes and packed them with food and party supplies for Cornerstones’ upcoming fundraiser event for its 50th anniversary.

At-home projects expanded opportunities to serve. According to Daniels, people made homemade dog and cat treats for rescue animals at the www.CONNECTIONNEWSPAPERS.COM



Girl Scouts Jada Stevens and Zariel Lewis with leader Melisa Cristwell, Troop 2151



Volunteers pull weeds, trim plants and shrubs, and prep garden areas, making the courtyard beautiful for students at Marshall Road Elementary School in Vienna.

PHOTOS BY SARA HOLTZ/VOLUNTEER FAIRFAX



34 volunteers removed invasive plants at Difficult Run Stream Valley Park in Oakton from Difficult Run Stream Valley Park in Oakton with Fairfax County Park Authority’s Invasive Management Area Program.



Storm drain labeling in McLean.

Homeward Trails Animal Rescue in Fairfax Station.

Volunteers wrote cards for those in home-

less shelters, like the one in Reston. Others made face masks for people with mental health, substance use, and homelessness

issues at Recovery Programs Solutions of Virginia center based in Alexandria. And in tribute, they served.

#CallTextLive is for Everyone

September is suicide prevention month.

BY JOSEPH GETCH
CEO, PRS

We are not post pandemic. We are not post pandemic-related stress and anxiety either. And if our current state is the “new normal,” then my job and those of my colleagues and peers will continue to grow. As the head of a local behavioral health nonprofit, that is not our goal.

COVID-related anxiety, depression, loneliness and decreased stress tolerance has made suicide prevention efforts more important than ever. In fact, 36% of callers to PRS’ CrisisLink Program—Virginia’s crisis intervention and suicide prevention hotline, text and chat service—identified COVID-19 as the primary stressor in

their lives with a third of those experiencing acute suicide thoughts.

Our PRS staff report seeing younger children with increasingly aggressive behaviors and teens with increased hospitalizations, suicide ideation, risky behaviors and drug use.



We all have a role to play. September is suicide prevention month, and throughout the month, we have activities as part of our annual #CallTextLive Campaign to help everyone be part of the solution. The campaign works to create awareness about preventing suicide and calling or texting a hotline to receive help

and support. On our website, we have information designed to support populations at a higher risk for suicide behaviors; facts and data about understanding the problem of suicide; resources about identifying when someone is in crisis; and invitations to PRS supported events including NAMI NoVa Walk and AFSP Fairfax Walk. Social media is an important part of the

campaign, used to engage people in sharing stories and photos on PRS Facebook, Twitter and Instagram.

Suicide, a serious issue locally and nationally and exacerbated by the pandemic, claims the lives of more than 47,000 people annually and is the second leading cause of death for people aged 10-34. A simple call or text to a crisis hotline—(800) 273-TALK [8255]—and the textline—“CONNECT” to 85511—provides the empathetic, trained voice that someone in crisis often needs to reduce their pain and provide alternatives and connections to care.

We know that prevention works. For every death, 278 people manage to move past thoughts of suicide and survive. That’s why we need to continue reducing the stigma around discussing issues that contribute to suicide and encourage people to seek help. By participating in #CallTextLive, our community can find simple ways to effect change. Visit our campaign site at www.prsinc.org/calltextlive to discover how to get and give help so that more people can adapt and live in our new and changing normal.

Whose Choice?

BY DELEGATE KENNETH R.
“KEN” PLUM

Recently the almost totally male and white members of the Texas legislature passed a law that would effectively end abortions in that state. The decision to end a pregnancy has been taken from the woman who is pregnant and made instead by a group of older men who with no knowledge of the circumstances or reasons decide for the woman in advance. A woman in Texas who is carrying a fetus with major fetal abnormalities or who had been raped by a stranger or family member would have her fate decided by a legislature who has no knowledge of the necessity or reasons that an abortion might appropriately need to be performed.

The Texas law provides that persons who assist anyone in getting an abortion after just six weeks can be sued by a neighbor, distant relative, abusive partner, or even a stranger and collect \$10,000 for each successful claim.



It puts enforcement of the law in the hands of vigilante bounty hunters. With the Supreme Court upholding the law we can expect such laws to be introduced in other states including Virginia depending on the outcome of elections in November. A case from Mississippi is now before the Supreme Court, and it could lead to the decision in Roe v Wade being overturned.

Most telling in the debates over the right to end an unintended pregnancy is the lack of any understanding or compassion for the woman facing such a complex and crushing decision. Up until the changes in Virginia law last year there were a number of roadblocks and barriers intended to make it as difficult as possible for a woman to access counseling and medical advice about an unintended pregnancy or one that is medically inadvisable. The laws that have been passed over the years have treated all situations as being equal when the facts are that the circumstances are very complex and personal.

Distressing to me in the debates in which I have participated in the Virginia legislature and that I have read about in other states, is that there seems to be little or no compassion or concern about the child who is born. First, there needs to be sex education programs that reduce the number of unintended pregnancies. There needs to be greatly expanded childcare and nutrition programs for the children once they are born.

Polling in Virginia has found that 82% of those in the polling sample feel that decisions about pregnancy should be made by the woman with the support of those she loves and trusts. The poll found that 79% of Virginians believe that abortion should be legal and that the government should not prevent a woman from making that decision for herself. The decision as to which way Virginia goes on this issue is of utmost importance by the voters in the current election for governor, lieutenant governor, attorney general and House of Delegates members. I trust the election outcome will make it clear that it should be the woman who makes the choice.

BULLETIN BOARD

VIRGINIA HOUSE OF DELEGATES DISTRICT CANDIDATE FORUMS

The League of Women Voters of the Fairfax Area invites the public to join Virginia House of Delegates District Candidate Forums, to be held online in September and October. These events are free and open to the public. Register and address questions to candidates at: <http://www.lwv-fairfax.org/2021-candidate-forum>. The

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

Candidate Forums are nonpartisan. The League never supports or opposes any party or candidate. They invite all certified candidates competing for office in their respective districts. Direct any questions about the event to: pr@lwv-fairfax.org

Schedule:
September 21, 2021:
Virginia House of Delegates District 49
Candidates:

Alfonso H. Lopez (D)
Timothy E. Kilcullen (R)
Terry W. Modglin (I)
September 23, 2021:
Virginia House of Delegates District 53
Candidates:
Marcus B. Simon (D)
Sarah White (R)

TUESDAY/SEPT. 21
JLNV Recruiting Event. 6-6:45 p.m.
Virtual event. The public is invited

to join in a Zoom call to learn more about membership in the Junior League of Northern Virginia. Members will share their experiences and opportunities they’ve explored through the Junior League, and answer any questions you may have about becoming a member. They are currently accepting applications for the next member class. Website: <https://www.jl-nv.org/sept-21st-jl-nv-virtual-meet-and-greet/>

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CONNECTION

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McLean Community Foundation Deadline Oct. 1

McLean Community Foundation is accepting grant requests for its current grants cycle until Oct. 1, 2021. Applications can be found on MCF's website at mcfonline.org.

In the spring 2021 grant cycle, McLean Community Foundation awarded more than \$50,000, including more than \$5,000 to Falls Church McLean Children's Center. Other grantees include National Capital Treatment & Recovery, Langley Residential Support Services, Our Minds Matter, The ARC of Northern Virginia, and McLean Cares, a new non-profit organization created in our

community in response to the COVID-19 pandemic.

The McLean Community Foundation (MCF) is a non-profit formed in 1978 by the McLean Citizens Association to meet the philanthropic needs of a growing McLean community. Grants are awarded twice a year from funds raised through annual giving and endowment interest. The focus is entirely on efforts that benefit the McLean community; grants have been made in the arts, education, sports and recreation, and emergency and social services.

BULLETIN BOARD

FROM PAGE 4

WEDNESDAY/SEPT. 22

Car Free Day. All Day. Throughout D.C., Virginia, and Maryland. Car Free Day is a free event celebrated internationally every September 22, in which commuters are encouraged to take the free pledge to get around without driving alone in cars, and instead use transit, rideshare, bike, walk, scooter, or telework. Take the free pledge to use transit, rideshare, bike, walk, scooter, or telework. Register and pledge at <https://www.carfreemetrodcc.org> to receive special promotions and be entered into a free raffle for a chance to win great prizes. Call 800-745-7433.

THURSDAY/SEPT. 23

Join Scouting Night. 6:30-7:30 p.m. At Forestville Elementary School, 1085 Utterback Store Road, Great Falls. Children in grades K-5:

bring your parents to learn about the adventure of Cub Scouts and be part of Pack 55! Cub Scouts is a year-round family program. Visit the website: <https://www.gfvascouts.com/>

THURSDAY/SEPT. 23

Childproofing our Communities from Trafficking. 7:30 p.m. Online event. RSVP at www.PreventHT.org/events/ The full name of this event is "Let's Talk Back To School Basics: Childproofing Our Communities from Human Trafficking." Attend this free online webinar to learn how to keep your kids confident and safe from threats of human trafficking as they go back into schools and new real-world hangouts. Free. Those interested in participating can register by visiting www.PreventHT.org/ or going to the RSVP page directly at:

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19th Annual

ALEXANDRIA OLD TOWN

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Jason R. Jenkins, assistant fire chief, Fairfax County government



Jeffrey McKay, chairman, Fairfax County Board of Supervisors



U.S. Rep. Gerry Connolly

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Don Graves, deputy secretary, U.S. Department of Commerce

To Honor the Lives Lost of 9/11

In unity, they remember;
united, they serve in tribute.

BY MERCIA HOBSON
THE CONNECTION

For twenty years, it's never been an easy day, the 11th of September. But the people of Fairfax County gather. Painfully, they recall the death and destruction, souls lost, and souls who forged forward united by compassion. On Saturday morning, Sept. 11, at the Fairfax County Government Center, many from across the county joined together.

More than 800 people turned out on A Day to Remember, the 20-year anniversary of 9/11, and VolunteerFest 2021. They were there to support first responders, remember the nearly 3,000 people who died in the terrorist attacks, and in tribute, transform 9/11 from a day of tragedy into a day of doing good.

Days earlier, Hollie D'Amico Gordon, manager of corporate service events at Volunteer Fairfax <https://www.volunteerfairfax.org/> said they deliberately moved up their annual signature event to align with the observance of Sept. 11 as a National Day of Service and Remembrance. VolunteerFest is an annual community-wide day of service that supports area nonprofits by adding volunteer power for wish list projects.

"For those of you who remember 9/11 as vividly as I do, you know, it was an eerily similar beautiful day that turned into a tragic day," said Chairman Jeffrey McKay, Fairfax County Board of Supervisors. He and several of his colleagues were there in remembrance and to help kickoff VolunteerFest, 2021. Steve Mutty is chief executive officer at Volunteer Fairfax who introduced public safety and elected officials at the event.

They recalled the loss of life, the collapse of the World Trade Center's North and South Towers, and the gaping holes of destruction in the western rings of the Pentagon, in a field in Pennsylvania, and the hearts of many.

"It is right and just that we focus our undivided attention right now and reflect on those who made the ultimate sacrifice and to all the families without their loved ones today," said Jason Jenkins, assistant fire chief Fairfax County Government. For many, he said, even twenty years later, the sadness and anger are forever etched in them. However, while tragic, Jenkins said, "It emphasizes preparedness, embraces interoperability,[and] ensures resiliency, all of which reaffirms our commitment to those we serve



Mathew M. Lopez, piper, Northern Virginia Firefighters' Emerald Society of Pipe Band



From left, Chairman Jeffrey McKay; Assistant Fire Chief Jason Jenkins; Supervisor Pat Herrity (Springfield); M. Lattimer, and D. Bourassa.

as we near 10:28 a.m."

Sept. 11, 2001 also united many communities. People dropped everything to help others regardless of differences. McKay said people realized whatever they were doing at that moment was immediately unimportant compared to what was happening in our country. He recalled 184 people who died at the Pentagon. "But also, on that day, our first responders, their families, and our community stood up and said, 'We will be resistant, and we will protect Fairfax County and the United States of America.'"

According to McKay, in the aftermath of 9/11, many individuals considered what they could do to help the community heal



Volunteers and community members gather for the 20th anniversary remembrance of 9/11 and the kickoff of Volunteer Fairfax's 26th annual VolunteerFest featuring more than 30 projects.



From left, Jason Jenkins, assistant fire chief, Fairfax County; Jeffrey McKay, chairman, Board of Supervisors; Caroline Evey, firefighter, Company 40; Supervisor Pat Herrity (Springfield); E. Cory; C.A. Stewart; and Supervisor Walter Alcorn (Hunter Mill).

and how to do it better. "Many of us volunteered," McKay said. "Most people in Fairfax County have stepped forward in unprecedented ways to serve and never forget the lives that were lost."

In his remarks, U.S. Rep. Gerry Connolly said on 9/11, he was struck by the juxtaposition of people fleeing in terror down the steps of the Twin Towers while first responders were going up. "People risked their lives to save others," he said. Connolly recalled a Monsignor part of the Vatican representation in Washington and that he observed the horror of people jumping out World Trade Center windows when faced with jet-fueled flames coming at them.

"But what this Monsignor observed was that total strangers ... at the last minute held

hands [as they jumped]. It was a statement of love and fraternity, where one victim said to another, 'You will not be alone in these final moments.' And that kindness suffused America that day and for months following," he said.

According to Connolly, the terrorists who took over the planes targeted America because, "They wanted to destroy what we stood for, freedom and the inalienable rights....life, liberty and the pursuit of happiness, unfettered here. We believe those are universal human aspirations; they're not limited to us." He added that twenty years later, Americans are fighting amongst themselves, and although the country lost nearly

Fairfax County Observances for the 20th Anniversary of 9/11

The events of 9/11 hit Fairfax County hard, being so close to the Pentagon. Parts of the tragic day unfolded in our backyard. On Saturday, the 20th anniversary of 9/11, communities around the county held remembrances in different manners. Some were like the keystone County Remembrance held at 2 p.m. at Bailey Crossroads Volunteer Fire Department in Falls Church. Many first responders from there were deployed to the Pentagon on 9/11. A video of the remembrance can be viewed on the Fairfax County Government Facebook Page.

Others were ceremonies like the one held at the Great Falls Freedom Memorial featuring keynote speaker LTG (R) John R. Wood of the U.S. Army.

In the Town of Vienna, organizers held the 20th Anniversary Remembrance 9/11, on the Freeman House Lawn, with keynote speaker Anne Dellinger, former digital content editor at the 9/11 Memorial & Museum.

In the Town of Herndon, an evening candlelight vigil at St. Timothy's Episcopal Church gathered people in remembrance. These are only a few of the observances.

In Reston, two trees, now part of the landscape, grow in memory of Norma Cruz Khan and Leonard Taylor of Reston, who died aboard American Airlines flight 77 when it crashed in the Pentagon.

Six trees are planted at the Freedom Memorial in Great Falls to remember the residents they lost.

LOCALS LOST ON 9/11

<https://pentagonmemorial.org/explore/biographies>

LTC Dean E. Mattson, 57, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Eddie Dillard, 54, of Alexandria, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Capt. Robert Edward Dolan, 43, Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Diane M. Hale-McKinzy, 38, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]

Maj. Wallace Cole Hogan, 40, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Bryan Creed Jack, 48, of Alexandria, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Steven D. "Jake" Jacoby, 43, Alexandria, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
MAJ Stephen V. Long, 39, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Terence M. Lynch, 49, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
MAJ Clifford L. Patterson, 33, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
CDR Robert Allan Schlegel, 38, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
LTC Gary F. Smith, 55, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Norma Lang Steuerle, 54, of Alexandria, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Sandra Carol Taylor, 50, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Meta L. Waller, 60, of Alexandria, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
LTC Stephen Neil Hyland, 45, of Burke, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Charles E. Sabin, 54, of Burke, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Stanley R. Hall, 68, of Centreville, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Karl W. Teepe, 57, of Centreville, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Col. Canfield Boone, 54, of Clifton, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
CAPT Jack Panches, 51, of Clifton, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Khang Nguyen, 41, of Fairfax, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Michael L. Selves, 53, of Fairfax, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Sandra Teague, 31, of Fairfax, Va. (American flight 77) [The National 9/11 Pentagon Memorial]

Mary Jane "MJ" Booth, 64 of Falls Church, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Brenda C. Gibson, 59, of Falls Church, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
1st Lt. Richard P. Gabriel, USMC, Retired, 54, of Great Falls, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Ann Judge, 49, of Great Falls, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Barbara Olson, 45, of Great Falls, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Lisa J. Raines, 42, of Great Falls, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Diane M. Simmons, of Great Falls, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
George Simmons, of Great Falls, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Capt. Charles "Chic" Burlingame III, 51, of Herndon, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Mark E. Schurmeier, 44, McLean, Va. (World Trade Center) [Legacy.com]
TC Kip P. Taylor, 38, of McLean, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Norma Cruz Khan, 45, Reston, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Leonard Taylor, 45, of Reston, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
Rosa Maria "Rosemary" Chapa, 64, of Springfield, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
LCDR Charles Droz, 52, of Springfield, Va. (American flight 77) [The National 9/11 Pentagon Memorial]
CDR Patrick S. Dunn, 39 of Springfield, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Ada L. Mason, 50, Springfield, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Patricia E. "Patti" Mickley, 41, of Springfield, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Marjorie C. Salamone, 53, of Springfield, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Janice Scott, 46, of Springfield, Va. (Pentagon) [The National 9/11 Pentagon Memorial]
Vicki C. Yancey, 43, of Springfield, Va. (American flight 77) [The National 9/11 Pentagon Memorial]

— MERCIA HOBSON

To Honor the Lives Lost of 9/11

FROM PAGE 6

3,000 souls that day 20 years ago, "in the last 16 to 17 months, we've lost 650,000."

"We can't agree on masks. We can't agree on vaccines. We can't agree on lockdowns or quarantine or contact tracing," Connolly said. As we rededicate ourselves to try to come back together, we find what brings us together are commonly shared values, he said.

Don Graves, deputy secretary, U.S. Department of Commerce, attended the remembrance and VolunteerFest kickoff. Graves said that as we remember the victims of 9/11 and honor the Americans who responded twenty years ago, he hoped that "we as a nation, in the midst of ongoing tragedy in the suffering and pain that our nation is finding and countless others around the world, that we come together as a nation."

"Remember, all that binds us is greater than what separates us," Graves said.

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IN AN INTERVIEW a few days before the gathering at the Government Center, Muttu, CEO of Volunteer Fairfax, said on the morning of Sept. 11, 2001, he left home late and was stuck in traffic, "right next to the Pentagon."

"I saw the whole thing in my rearview mirror," Muttu said. At a dead stop and seated inside his vehicle only hundreds of feet from the Pentagon, Muttu watched American Airlines flight 77 fly into the building and erupt in a fireball. The crash, Muttu said, nearly took out the Pentagon helipad firehouse beside him.

So, on the 20th anniversary of 9/11, and officially kicking off Volunteer Fairfax's 26th annual VolunteerFest involving over 800 people and more than 30 projects, Muttu said that day of service, on Sept. 11, 2021, "maybe more than any recent years, held special meaning for him."

"It is a demonstration of our resilience and caring spirit. May that spirit continue to grow, and may we never forget what sparked that spirit on this morning 20 years ago."

495 Express Lanes Northern Extension (495 NEXT)

I-495 (Capital Beltway) from the Dulles Toll Road interchange to the George Washington Memorial Parkway interchange in the vicinity of the American Legion Bridge Fairfax County

**Virtual Public Information Meeting
Wednesday, September 29, 2021, 6:30-8:30 p.m.
www.495NorthernExtension.org**

Find out about the latest updates and information related to the Virginia Department of Transportation's plans to extend the 495 Express Lanes by approximately three miles from the Dulles Toll Road interchange to the George Washington Memorial Parkway interchange in the vicinity of the American Legion Bridge. The 495 NEXT project is advancing to the design and construction phase, following more than three years of environmental study and traffic analysis, and the receipt of "Finding of No Significant Impact (FONSI)" from the Federal Highway Administration (FHWA) and the National Park Service on its Environmental Assessment, and an approval from FHWA on its Interchange Justification Report.

Also, learn about the Maryland Department of Transportation State Highway Administration's (MDOT SHA) New American Legion Bridge I-270 to I-70 Traffic Relief Plan. MDOT SHA representatives will provide information on proposed project improvements in Virginia near the George Washington Memorial Parkway and across the American Legion Bridge into Maryland. Information about these proposed project improvements can be found at www.495-270-p3.com.

Hear about ongoing collaboration and coordination between Virginia and Maryland project teams to improve travel and bring relief and multimodal solutions to I-495 and the Capital Beltway area. Information on transit planning and commitments will also be provided.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting is available at www.495NorthernExtension.org. The project team will make a presentation beginning at 6:30 p.m., followed by an opportunity for questions and answers.

Find meeting details by visiting the project website at 495NorthernExtension.org, emailing 495NorthernExtension@vdot.virginia.gov, or calling 703-259-3378 or TTY/TDD 711 to be connected with appropriate personnel.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

State Project: 0495-029-419, P101
UPC: 113414
Federal: NHPP-495-5 (095)

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Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Structure ID	Route #	Route Name	Crossing	Posted Date
AMELIA	1247	615	NAMOZINE RD	DEEP CREEK	8/27/2021
PATRICK	13246	103	DRY POND RD/ROUTE 103	BACK CREEK	8/26/2021
PATRICK	13245	103	DRY POND HY/ROUTE 103	SANDY CREEK	8/24/2021
MONTGOMERY	12292	663	WALTON ROAD/ROUTE 663	CRAB CREEK	8/19/2021
LYNCHBURG	20519	9	NINTH ST	KANAWHA	8/19/2021
PITTSYLVANIA	13623	686	MARKHAM RD	GEOGES CREEK	8/18/2021
WYTHE	19710	649	ATKINS MILL RD	SPILLER BRANCH	8/17/2021
GRAYSON	8910	732	LAUREL CREEK RD	LAUREL CREEK	8/16/2021
SCOTT	16635	611	LOWER GRASSY CREEK	GRASSY CREEK	8/15/2021
AMHERST	1451	631	STONEWALL CREEK RD	STONEHOUSE CREEK	8/10/2021
BLAND	3048	604	WALKERS CREEK RD	BIG WALKER CREEK #3	8/9/2021
WYTHE	19714	653	GREASY CREEK RD	STUFFLE RUN	8/5/2021
LEE	10768	421	ROUTE 421	STONE CREEK	8/3/2021

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit www.virginiadot.org and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact, haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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OCTOBER 24 RESTON TOWN CENTER

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CALENDAR



The NVMR Train Show will take place Saturday, Sept. 18 in Vienna.

SEPT. 3-30

Transitions to Abstractions -- Five Painters. Exhibition at the Great Falls Library, Large Meeting Room, 9830 Georgetown Pike, Great Falls. A collective of local painters show their work at the Great Falls Library. The show features a group of experienced artists who began working in more abstract painting after exploring other mediums and styles. Featured artists include two sculptors and an architect. They are a part of the Great Falls Studios group.

Naohiro Kasuya, headmaster of the Ichiyo School of Ikebana in Japan, will be making a rare appearance demonstrating what he calls "balance through imbalance" — a centuries old, philosophical approach to nature that's rooted in Buddhist monasteries. Tickets: \$60.00 includes demonstration and luncheon. Demonstration is \$50. Tickets can be purchased online at <https://iichapter1.com/> which is the homepage for Ikebana International, Chapter No. 1, Washington, D.C.

SEPT. 16-26

"Bo-Nita." At Boro Park at The Boro Tysons, 350 Broad Street, Tysons. When: September 16 at 8:00 p.m., September 17 at 8:00 p.m., September 18 at 8:00 p.m., September 19 at 8:00 p.m., September 22 at 8:00 p.m., September 23 at 8:00 p.m., September 24 at 8:00 p.m., September 25 at 8:00 p.m., and September 26 at 8:00 p.m. Tickets: More information about tickets and event details are available at www.1ststage.org

FRIDAY/SEPT. 17

Celebrate Garba (Sharad Navratri) Workshop (Virtual). 6 p.m. At The Alden at McLean Community Center, McLean. When people in the northwestern Indian state of Gujarat want to celebrate, the ecstatic dance, traditionally known as Garba, often provides the fuel. An essential component of wedding celebrations and of the nine-day, fall Hindu festival Navratri, Garba refers to both a style of Indian folk dance as well as the event at which the dance is performed. The dance is an intoxicating, high-energy dance style marked by handclaps and twirls. Purchase tickets online at www.aldentheatre.org.

FRIDAY/SEPT. 17

Family Bingo Night (Virtual). 7-9:30 p.m. Sponsored by McLean Community Center. Join in a virtual evening of fun and prizes with your family. Winners will take their pick of prizes. Preregistration is recommended. Activity No. 4701.221. Cost is \$5 per person for 5 Virtual Bingo Cards. Call OFC at 703-448-TEEN (8336).

FRIDAY/SEPT. 17

The Floral Art of Ikebana. 10 a.m. to 2 p.m. At the Hilton McLean, 7920 Jones Branch Drive, Tysons Corner. Demonstration of Japanese flower arranging. Master artist

SATURDAY/SEPT. 18

NVMR Train Show. 1-5 p.m. At the Vienna Train Station, 231 Dominion Ave., N.E., Vienna. Stop by the Historic Vienna Train Station where you can see and hear HO scale model trolleys and trains including Thomas and some of his friends on display and in operation. Great family fun and activity for the young and young-at-heart. The museum and model train layout was included on Fox 5 "zip trip" must see in Vienna. Hosted by the Northern Virginia Model Railroaders.

SATURDAY/SEPT. 18

Buckets N Boards Comedy Percussion Show. 5 p.m. At McLean Central Park, 1468 Dolley Madison Blvd., McLean. Buckets N Boards is a high-energy, comedy percussion show that is equal parts music and humor. The intricate beats, ridiculous songs, tap dancing and stunning synchronicity combined with the variety of instruments and found objects that they manipulate is unlike any other show.

SATURDAY/SEPT. 18

Super Heroes for SafeSpot 5K Run/Walk. 8:30 a.m. At Lake Fairfax in Reston. A Fun-filled morning that the entire family can enjoy. In addition to a certified 5K, they will have a Fun Run for children, bouncers, games, and entertainment. Dress up as your favorite Superhero to show your support. Proceeds benefit SafeSpot Children's Advocacy Center which provides services for abused children. Register at <https://www.safespotfairfax.org/s4s-5k/>.

SATURDAY/SEPT. 18

Block Party. 1-4 p.m. At 1440 Chain Bridge Road, McLean. The Old Firehouse Center in McLean is cel-

SEE CALENDAR, PAGE 9

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The Buckets N Boards Comedy Percussion Show will take place at the McLean Central Park on Saturday, Sept. 18.

FROM PAGE 8

celebrating 31 years of service to the community with a free community block party. Activities will include live music provided by Bach 2 Rock Music School, a three-sided climbing wall and a mobile arcade truck provided by Fantasy World Entertainment and art stations and access to OFC's game room, which includes a pool table, table tennis and arcade games. Food and beverages will be provided by Big Cheese and Ben and Jerry's food trucks and the Old Firehouse will provide free popcorn and beverages as well. Call OFC at 703-448-8336, TTY: 711, or visit the website, www.oldfirehouse.org.

SEPT. 18-19

KORUS Festival. At Tysons Corner Center, Bloomingdale's Parking Lot, Vienna. KORUS will be filled with entertainers, food, retail and service merchants, games, kid's zone, and the beer garden. There will be K-pop, Jazz, Rock, Funk and R&B, Flamenco, Hip hop, Opera, Popera, Nanta, and world music fusion. There will be Kpop dance covers, Swing dance, Line dance, Clogging, and Random dance.

SEPT. 18

10K/5K/Kid's Fun Run. 8-10 a.m. At St. Andrew the Apostle, 6720 Union Mill Road, Clifton. Join in the "Dash into the 80's" 10K, 5K & Fun Run located in Clifton. The

race starts at the school and winds through the beautiful roads of Clifton on 10K, 5K, and Fun Run courses. All participants receive a race shirt and goodie bag. Dress up in your favorite sweatbands, legwarmers, and neon for the full "80's Dash" experience! This is a USATF Sanctioned Event. Email: ngrifka@mac.com

Event Information for In Person Registrants:

- ❖ 5K Run – 8:00 a.m.
 - ❖ 10K Run – 8:10 a.m.
 - ❖ Kids Fun Run – 9:15 a.m. The Kids Fun Run is approximately 1 mile.
- Online Registration fees (In Person & Virtual):
- ❖ 5K: \$35 on Race Day
 - ❖ 10K: \$45 on Race Day
 - ❖ Fun Run: \$24 on Race Day

ALEXANDRIA OLD TOWN ART FESTIVAL

19th Annual Alexandria Old Town Art Festival

Saturday, Sept. 18, 2021, 10 a.m. to 5 p.m.

Sunday, Sept. 19, 2021, 10 a.m. to 5 p.m.

Where: 300 John Carlyle St. in Alexandria, VA

Free Admission

<http://www.artfestival.com/festivals/19th-annual-alexandria-old-town-art-festival>

SUNDAY/SEPT. 19

Mutts Gone Nuts, A Comedy Dog Act. 3 p.m. and 7 p.m. At Reston Community Center Hunters Woods, Reston. Expect the unexpected, as canines and comedy collide in a smash hit performance that's

leaving audiences everywhere howling for more. \$10 Reston/\$15 Non-Reston. Performances take place at the CenterStage, located at Reston Community Center Hunters Woods. Visit www.restoncommunitycenter.com.

SUNDAY/SEPT. 19

Inside Area 51. 2-3:30 p.m. Online. At the Cold War Museum, 7134 Lineweaver Rd., Vint Hill, VA. Ever wonder what really happened at Area 51 during the Cold War? Ask a former CIA officer who was an eyewitness on the ground. Cost is \$20. Visit the website: <https://www.eventbrite.com/e/area-51-in-the-cold-war-the-true-story-tickets-160345318163>

SUNDAY/SEPT. 19

Concert on the Green. 6-8 p.m. At the Village Centre Green, behind the Old Brogue, Great Falls. Featuring Scott Kurt and Memphis 59. Sponsored by Keller Williams Realty, Great Falls/McLean.

TUESDAY/SEPT. 21

Concert - Joe Newberry. 7:15 p.m. At Reston Herndon Folk Club at Amphora Diner Deluxe, 1151 Elden Street, Herndon. Joe Newberry is known worldwide for his clawhammer banjo playing. He is also a powerful guitarist, singer and songwriter. Visit the website: restonherndonfolkclub.com.

WOLF TRAP PERFORMANCES

At Wolf Trap Farm Park
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Visit www.wolftrap.org for tickets. By phone at 877.WOLFTRAP

SEPT. 24-26

ValeArts Fall Show. 10 a.m. to 6 p.m. At Vale School House, 3124 Fox Mil Road, Oakton. Nine artists of ValeArts present more than 160 original oils, watercolors, mixed media et al in a local art show at the historic Vale Schoolhouse. "Home is Where the Art Is." Visit the website: <http://www.valearts.com>

RCC OFFERING ESPORTS

Reston Community Center is excited to offer participation in an esports league this fall. Teaming with GGLeagues, a new national program for recreation departments, will give gamers of all ages access to affordable, socially distanced competition.

RCC is teaming with GG Leagues to create esports teams that will virtually compete against other players. Players, divided into age groups, will play on their own consoles and from their own homes. They may choose from several popular games, including Madden, FIFA, Fortnite and Super Smash Bros., among others.

Esports has expanded to become a sanctioned high school and college sport – with colleges now offering more than \$16 million in scholarships, according to a recent NPR report. Beginning this year, the Virginia High School Sports League will offer esports on a pilot basis to determine if it should be included among official competition sports.

PUBLIC NOTICE

In-Person Public Hearing on the McLean Community Center's FY2023 Budget (July 1, 2022-June 30, 2023)

**McLean Community Center Governing Board
Wednesday, Sept. 22, 6:30 p.m.**

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, 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 daniel.singh@fairfaxcounty.gov. Written comments may be provided after the Public Hearing up through Monday, Oct. 25.



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FROM PAGE 5

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LIBRARY REOPENS IN FALLS CHURCH

Mary Riley Styles Public Library, a staple of the Falls Church, community since 1957, reopened its doors this week following a nearly 18-month renovation and expansion designed by design firm BKV Group. The updated library includes a two-story, 6,849-square-foot addition that brings the total size of the facility to 25,727 square feet. Improvements include a new entrance on the corner of Park and Virginia avenues, dedicated youth sections on the lower level, consolidated adult collection on the main floor, expanded conference rooms, an enhanced Falls Church History Room, accessibility upgrades, and completely updated interiors throughout.

FAIL ART CLASSES

Registration is currently underway for fall art classes at McLean Project for the Arts (MPA). Classes begin Sept. 22. Autumn offerings include the return of many popular classes, as well as the debut of exciting new options. MPA will be holding fall classes both online and in-studio. Classes are available for adults and youth, and for new and experienced art students alike. Join MPA for a variety of imaginative and inspiring classes to ignite your creativity and expand your horizons. In-studio classes held at MPA's DuVal Studio in the McLean Community Center; online classes also available. Visit mpaart.org for a complete list of fall class offerings. Or visit <https://mpaart.org/education/art-classes/>

TUESDAY/SEPT. 28

Great Falls resident and expert on native plant gardening Meghan McGinty, Ph.D., will be offering five free clinics in September and October at Freedom Memorial in Great Falls from 11 a.m. to 12 noon Sept. 28 Oct. 5, 19, and 26. If interested, please register at CultivateNature@gmail.com. The clinics will be held rain or shine, except for extreme weather. They will be casual, question-driven sessions. Meghan is a botanist with a Ph.D. in Ecology and Environmental Biology from Columbia University. In 2013, she and her husband purchased a five acre property in Great Falls where she has slowly been restoring native plants. In addition to planting native trees in a meadow to restore forest on her property, she also has removed lawn to establish a fenced native plant garden. The garden has thrived and is now home to butterflies and songbirds, skinks, toads, native insects, hawks and so much more.

Check out Meghan's Instagram account @cultivatnature to follow the seasons of her garden and to pick up gardening tips and advice. EP members may remember Meghan's Zoom presentation in October 2020.

ONGOING

In-Person Worship Begins. 10:15 a.m. The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. In-person worship services will resume with some restrictions. Details at: https://faithconnector.s3.amazonaws.com/goodshepherdva/files/revise2_in_person_worship_begins_june_13.pdf

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Helping Children Develop Healthy Friendships

Positive relationships with peers offer happiness and security.

BY MARILYN CAMPBELL
THE CONNECTION

After a call from the guidance counselor at her son's school, Amy Lucas, a Chantilly, Va. mother of four, learned that her sixth-grade son sat alone in the school cafeteria and was often afraid to eat in front of other students.

"He's overweight and was being teased mercilessly because of it," said Lucas. "We started seeing a therapist because he was so depressed and had very few, if any friends."

From playdates for elementary school students to trips to the mall for middle and high school students, friendships can be a source of happiness, security and comfort. Some children have difficulty acquiring companions and need help developing the social skills necessary to overcome this challenge.

"Making friends and maintaining healthy relationships is a critical part of a child's social and emotional development," says Marta Cohen, an Alexandria-based therapist who specializes in teens with anxiety disorders. "Not only do they help build self-esteem, and self-confidence, they also help a child establish their identity. This is especially true for children in middle school and high school. Knowing that a group of your peers has your back a critical part of their growth."

Recognizing unhealthy relationships is just as important as nurturing those that are positive, says Cohen. "For example, if your child's so-called friend teases or belittles your child, especially at school or in other public settings, you can guarantee yourself that the relationship is toxic. The same is true for a friend who encourages your child to break rules at school or be disrespectful to teachers or other adults."

"Help your child identify the way that they feel after spending time with that friend, continued Cohen. "One thing that you don't want to do is forbid your child to see their toxic friend or criticize that friend. Doing so could cause your child to rebel. Try not to



FILE PHOTOS BY SHIRLEY RUHE
Children playing with friends on an Arlington playground in June 2020.

"Making friends and maintaining healthy relationships is a critical part of a child's social and emotional development."

— Marta Cohen

nag. Instead have a conversation about the consequences of the undesirable behaviors."

Developing and maintaining healthy friendships requires skills that not all children possess, says Laura Maxwell of Bethesda, a former school guidance counselor.

"Modeling healthy friendships by allowing your child to see you interact with your friends is one of the most effective ways to teach a child how to develop those skills," she said. "You can even discuss the characteristics that make your friendship a positive one. It's also important to make sure your child is treating others well and isn't bullying or teasing other children."

Put your children in environments where they are likely to meet children with whom they are compatible, says Maxwell. "If your daughter loves to dance, for example, try enrolling her in a ballet class and she'll meet other children who share her interests," she said. "Encourage your child to make a wide variety of friends, which will also help strengthen their social skills."

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On My Late Father's Birthday No Less



By KENNETH B. LOURIE

To say I'm looking forward to my next round of scans (CT and bone) on Sept. 23 would be "Geminological." I am, and I'm not. I am not looking forward to the scans because the results, likely emailed to me within day or two - or three if late, will indicate whether my life hangs in the balance or, whether what happened to me in the Houston airport on July 20th was in fact a healing miracle - for which I'm quite eager to find out, or merely the act of a kind-hearted, well-intended soul spreading the gospel that Jesus saves.

As I mentioned in one of the "arc" columns recounting the second degree burns I accidentally inflicted on the soles of both my feet on Crystal Beach (actually it was the pavement I walked across from Crystal Beach to our accommodations) near Galveston, Tx. There, on the way home, I met a woman in the airport named Solange who offered to change my life through the power of healing prayer as practiced/performed at the Dwelling Place Church located in Houston where she is a congregant and devotee. Even though the gate in the airport where I was sitting was extremely crowded, she navigated her way through all the commotion and managed to end up near where I was sitting. It's almost as if she sought us out, somehow. Anyway,

She made her way over to the row of chairs at the departure gate where I was sitting, stretched across two chairs in a meager attempt to lessen the pain in my feet. My wife, Dina, looked at Solange as she sort of looked around for somewhere to sit and apologized for my taking up multiple seats, explaining briefly that I was in pain due to the burns on my feet. Without hesitation, Solange immediately offered up some healing prayers if I were amenable. Looking over at Dina, while sort of snickering, we said "Sure, thank you." And after motioning for a nearby male friend/fellow church member to join her, the two of them soon began praying on my behalf, not in unison, but similar.

I can't remember if she - or they touched my feet but soon enough they were invoking God, Jesus Christ, God's children, relieve my suffering and one or two other healing-type prayers. When they finished, after 10 seconds or so, we thanked them again. Then thinking to myself, I got greedy. I said aloud to Solange something like "Actually, the burns on my feet aren't my most serious problem: I have cancer." To which she instinctively offered up another round of prayers, with our blessing of course, for good health and future well-being. When she finished she walked away and re-joined her friends. In taking it all in, I felt quite fortunate for the experience and extremely grateful she reached out to someone she didn't even know.

It's been nearly eight weeks since our meeting at the airport. Given the excruciating pain I experienced for weeks upon my return home to Maryland, I can't say with too much conviction that my feet healed any quicker than the "weeks, not months" advisory we got from the Urgent Care doctor I visited back home later that evening. But that was then. This is now.

I have quarterly scans ahead which given the "terminal" nature of my papillary thyroid cancer, I could really use a miracle. So as naive as it may sound, I'm kind of looking forward to these upcoming scans. Certainly it would be a great story/unbelievable turn of events if my oncologist emailed me a "What happened? The tumors are gone." Although, for this kind of totally unexpected result, I imagine he'd probably call. I'm not holding my breath though, but with the combined efforts of Solange, modern medicine, and perhaps my late father pulling a few strings for me on his birthday, maybe, just maybe, I'll have a Paul Harvey-type "rest of the story" to share with you. If not, I'll continue to manage as I always have since I first was diagnosed in late Feb., 2009: I'll remain positive about the negative.

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



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