

Great Falls CONNECTION

Artists Open Their Studios

PAGE 3

Walt Lawrence, formerly of McLean, and long-time Great Falls resident, is a landscape and wildlife photographer.

Halloween Happenings

PAGE 9

A+: Living with Teens

PAGE 11

PRSRT STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322
POSTAL CUSTOMER
ECR WSS
ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL
REQUESTED IN HOME 10-21-21





VIRGINIA'S FUTURE
**IS ON THE
BALLOT**

AS GOVERNOR, TERRY MCAULIFFE WILL CREATE
GOOD JOBS AND A STRONGER ECONOMY:



A WORLD-CLASS EDUCATION
FOR EVERY CHILD



CUT HEALTH CARE
AND RX DRUG COSTS



PROTECT WOMEN'S
RIGHT TO CHOOSE

EARLY VOTING HAS ALREADY BEGUN. CAST YOUR BALLOT BY NOVEMBER 2.

For voting information visit: IWillVote.com/VA



Visit **TerryMcAuliffe.com** or Text **TERRY** to **50550**

PAID FOR BY TERRY FOR VIRGINIA

BY PROVIDING YOUR CELL PHONE NUMBER YOU CONSENT TO RECEIVE RECURRING UPDATES FROM TERRY FOR VIRGINIA BY AUTOMATED TEXT MESSAGE. TXT HELP FOR HELP, STOP TO END.
MSG & DATA RATES MAY APPLY. PRIVACY POLICY: TERRYMCAULIFFE.COM/PRIVACY-POLICY/. TERMS: TERRYMCAULIFFE.COM/TERMS-OF-SERVICE/.



Artist Jill Banks talks with Tobias Webster-Main, 13, of Great Falls and his mother, Erin Webster-Main.



Walt Lawrence, formerly of McLean, and long-time Great Falls resident, is a landscape and wildlife photographer.



Cindy Grisdela, fabric artist and contemporary quilter, shows her work to Ellen and Rich of Great Falls.



John Francis McCabe, oil painter Great Falls Artists' Atelier

PHOTOS BY MERCIA HOBSON/
CONNECTION NEWSPAPERS

Great Falls Studio Art Tour 2021

Visiting artists in their workplaces.

BY MERCIA HOBSON
THE CONNECTION

Great Falls Studio produced a much-needed breath of visual arts activities and opportunities the weekend of Oct. 15 to 17. Patrons of the arts, those looking to support artists by purchasing pieces for their homes or offices, and folks simply looking to soak in creative energies had the opportunity at the 18th Annual Great Falls Studio Art Tour.

An interactive tour map traced a path to locations throughout Great Falls for demonstrations in various mediums, including wood carving, painting, quilting, the century-old hand cranking of a lithographic press and participation in artistic activities.

Tobias Webster, 13 of Great Falls, visited the Atelier Studios, a stop on the tour, with his mother, Erin. The artists in residence at the Artists' Atelier lease their spaces from the Arts of Great Falls. The non-profit arts organization provides affordable, shared studio spaces as one part of its mission.

Tobias does not paint but likes to look at how artists create. "It's inspiring ... that people can make these amazing pieces," he said, looking at works by artist Jill Banks. "This one is the best example. When you look at the people, their faces are so well done. But they are not clear. It allows you to see yourself there, associate with memories."

Atelier artist Walter Lawrence of Great Falls is a photographer and favors the birds of Great Falls. "There are so many different varieties of birds you can get from your backyards to the parks ... I keep discovering them." Lawrence told of a local "rookery," an area where herons breed on an island in



People browse the art walk displays during the 18th Annual Great Falls Studio Art Tour.

the Potomac River off Riverbend Park filled with sycamore trees. Lawrence said he hires a guide from the park to run a boat so he can "fish with his camera." He catches images of great blue herons, egrets, cormorants, and eagle fledglings in their nests.

Cindy Grisdela of Reston is also an artist at Artists' Atelier, as is John Francis McCabe of Great Falls. Grisdela is an award-winning fabric artist specializing as an "organic, intuitive artist." I generally have a rough idea of what I want. But the process evolves as I work through it," she said. "The colors and the shapes interact with each other and the lines."

For painter McCabe, his work is not organic. McCabe paints in oil following the classic realism tradition. On Saturday, he demonstrated his skill by painting a portrait of



Arlee Barnes from Great Falls Physical Therapy admires Lalo's woodcarvings.

Mark Casso dressed in his 1st Virginia Regiment Revolutionary War uniform.

Not all artists on tour proved professionally trained. Lalo, no last name, has no formal art training, according to Arlee Barnes of Great Falls Physical Therapy. His wood carvings of birds, horses, and rabbits stood outside an office building in the Great Falls Village Center. A native of Costa Rica, it appeared Lalo carved the vast majority of artwork out of single pieces of wood.

Inside the office-turned art gallery for the weekend, a different kind of sculptural work could be viewed. Ronnie Jolles' primary medium is paper. She uses hundreds of types of paper from across the world to create her artwork. Each could be called a collage, but they are more a sculptural art form in paper. Sections and images rise off the two-dimen-



Light shining on the sculptural artwork by Ronni Jolles captures the depth of the textured papers cut and torn to create pillars of birch trees against an abstract mountain and forest scene.

sional surface creating shadows and depth facilitated by her use of paints to enhance the images.

In 2006, the Connection featured a story about photographer Walt Lawrence. Asked his personal goals at the time, Lawrence said, "to develop my collection of images of Great Falls, and another is to help Great Falls Studios find a permanent location in the community." He said one of the organization's goals was to find a facility where the artists in the village could work, teach and display their work to the public. "Great Falls has the potential to become the art center of Northern Virginia, and I want to work towards making it a reality."

Here's What's Happening at MCC!

A Lifesaving Cause



Red Cross Blood Drive
Friday, Oct. 22, 9 a.m.-3 p.m.
Donors of all ethnicities needed.

Presented by The Alden



Chamber Music: Borisevich Duo
Sunday, Oct. 24, 2 p.m.
\$10/\$5 MCC district residents

The Old Firehouse



OFC House of Terror
Saturday, Oct. 30, 5-10 p.m.
\$5 per person
Preregistration is recommended.

The Old Firehouse



Dave & Buster's Trip
Monday, Nov. 1, 8 a.m.-6 p.m.
\$70/\$60 MCC district residents
Food included.

The Old Firehouse



Indoor Trampoline & Movie Trip
Tuesday, Nov. 2, 8 a.m.-6 p.m.
\$50/\$40 MCC district residents
Waiver required. Food included.

Presented by The Alden



Native American Fusion Music with D'DAT (Virtual Workshop)
Wednesday, Nov. 3, 7 p.m.
Free Admission.
Registration is required.

Save 10%

Use code "MCCCON" at checkout for 10% off your registration!



The McLean Community Center
www.mcleancenter.org

Home of The Alden Theatre
www.aldentheatre.org

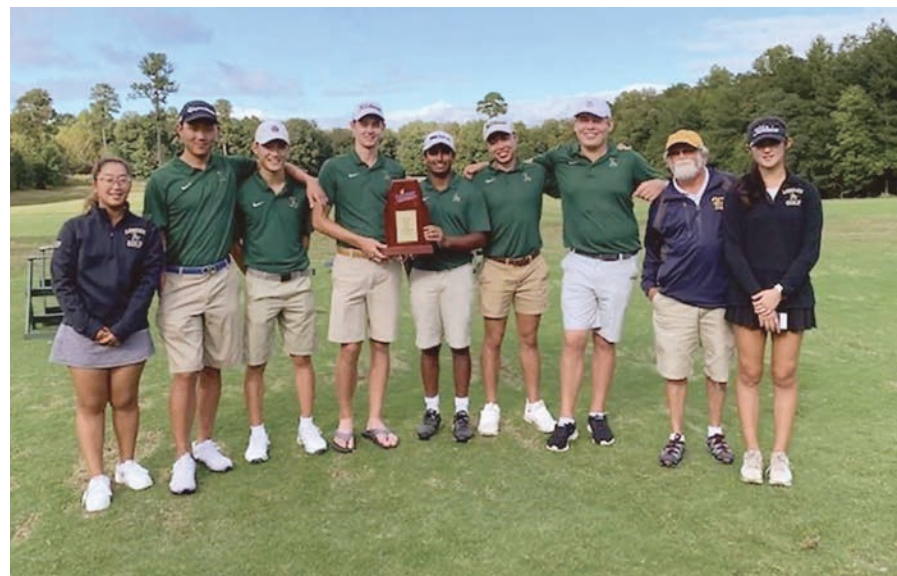
1234 Ingleside Ave. McLean, VA 22101



@mcleanvacenter



@mcleancenterva



The Langley golf team won its sixth consecutive VHSL state championship on Tuesday, Oct. 12. In other news, Langley marching band was named Grand Champion of the Stafford Invitational. It's the first time in Langley history that the Marching Saxons have done so.

Record Fundraising for Community Foundation for NoVa

A record fundraising total of more than \$500,000 was raised during Community Foundation for Northern Virginia's 2021 Raise the Region, an annual, mission critical fundraiser for the Community Foundation.

The event was held Friday, Oct. 8, 2021 in a virtual format to protect the health and safety of all its participants. The theme this year was Building a Community that Works for Everyone and highlighted a record level of giving from the Community Foundation throughout the region.

Community Foundation awarded more than \$2 million of emergency response support last year to address the immediate impact of COVID. This year the Community Foundation continued to address the fallout from the pandemic with the launch of our Build Back – Dream Forward Initiative. <https://www.cfnova.org/community-leadership/build-back-dream-forward> To date Build Back – Dream Forward has awarded \$530,300 in grants to over 20 local organizations. For a complete list, see <https://www.cfnova.org/grants-and-scholarships/grants/covid-19-response-fund-for-northern-virginia>

"We launched Build Back Dream Forward last fall to help those who had been disproportionately impacted by the virus and its fallout. Our goals for the initiative are to promote more social and economic mobility, racial justice and equity and more inclusive systems of economic growth," said Eileen Ellsworth, president and CEO, Community Foundation for Northern Virginia.

More than 500 business, philanthropic and community leaders registered for this year's virtual event to raise unrestricted funds to support the Community Foundation's ability to grow philanthropy to respond to need and seed innovation throughout the region. The event included an online auction and raffle, a video presentation highlighting work in the region, and opportunities to engage and connect.

The event featured the presentation of the 2021 Community Leadership Award to Kar-

en Schaufeld, philanthropist, author, entrepreneur, and lawyer.

"Karen is a strategic and highly effective advocate for the needs of Northern Virginia. Her passion is clearly contagious on behalf of the entire region," said Ellsworth.

"I see a problem and feel like I have to do something about it, said Schaufeld. "Can I actually do something with my time and my resources? Can I actually be effective?"

"I can't think of anyone who deserves this award more than Karen. I think it's fair to say she spends a majority of her time thinking about how she can improve the world around her," said Kirsten Langhorne, Langhorne Custom Homes.

www.cfnova.org/RaiseTheRegion.

Support for the Community Foundation's 2021 Raise the Region Event was provided by signature sponsors: Claude Moore Charitable Foundation; Jeane Dixon Children to Children Foundation; John and Nina Touns Charitable Fund; Nolan Family Charitable Fund; Schaufeld Family Foundation; Fred Schaufeld; Tony & Annette Nader; Cliff & Debbie White; SWaV Investors Management. Community Leadership Sponsors Ted and Lynn Leonsis; Truist; Auction Sponsor Pohanka Automotive Group; Photo Engagement Sponsor Monument Wealth Management; Raffle Sponsor Caimi-Markis Family Fund; and Community Wealth Building Sponsors Tom and Hillary Baltimore; The Blackthorn Foundation; David and Amy Bosserman; Dewberry; Eileen Ellsworth and Bob Weil; Robert and Pamela Kipps; Lubetzky Family Foundation; Telos Corporation; Washington Gas; John H. Wolff & Wealthspire Advisors. A complete list of sponsors <https://www.cfnova.org/events/raise-the-region-gala/2021-raise-the-region>

During the past 2 years the Community Foundation awarded \$20 million in grants and scholarships and now reports \$89 million in managed philanthropic assets. For more information, please visit us at www.cfnova.org,

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.

OCT. 1-31

MVFD Coloring Contest. The McLean Volunteer Fire Department is inviting elementary school students across the area to participate in a coloring contest during October's Fire Prevention Month. Students can download an image of the fire station, color it any way their imagination leads and mail it back to the address: 1455 Laughlin Ave., McLean, VA 22101. At the end of the month, they will hold a drawing – with the winner receiving a visit to his or her street by the antique Pirsch fire truck. Here is the link to the drawing: <https://www.mcleanvfd.org/coloring-contest/> Visit the website: www.mcleanvfd.org

THURSDAY/OCT. 21

SPARC Ribbon Cutting. 12 p.m. At Church of the Good Shepherd, 2351 Hunter Mill Road, Vienna. SPARC, a non-profit that provides day programs for adults with disabilities, has opened its new administrative office in Vienna at The Church of the Good Shepherd. An official ribbon-cutting ceremony and talent show will take place Oct. 21 (an earlier event was postponed as heavy rain flooded parts of the church building). Visit www.GoodShepherdVA.com

FRIDAY/OCT. 22

American Red Cross Blood Drive. 9 a.m.–3 p.m. McLean Community Center is helping the American Red Cross with Diverse Blood Donations. For an appointment, visit www.redcrossblood.org and enter sponsor word: HEARTOFGOLD, or call 1-800-RED CROSS (1-800-733-2767) Eligibility Questions: Call 1-866-236-3276.

FRIDAY/OCT. 22

McLean Art Society Meeting. 10 a.m. to noon. Via Zoom. The McLean Art Society will be holding a Zoom Meeting. Ally Morgan, a visual artist and teacher will be doing a mixed media presentation on animal portraiture. The demonstration will begin at 11 a.m. If you would like to be included as a guest for this presentation, contact M.A.S. President Ray Goodrow at raymgo-drow@aol.com. Guests are always welcome.

SATURDAY/OCT. 23

DEA Prescription Drug Take Back Initiative. 10 a.m. to 2 p.m. In conjunction with the U.S. Drug Enforcement Administration (DEA) and state and local law enforcement agencies, the Vienna Police Department will again participate in a one-day initiative to remove potentially dangerous controlled substances from area homes. The Vienna Police Department will have a collection site for old, expired, unused, or unwanted medications. Prescription medications, controlled or non-controlled substances, and over the counter drugs may be turned in anonymously at the collection point inside the Vienna Police Department temporary facility located at 301 Center Street, South, Vienna (The former Faith Baptist Church).

THE CONNECTION

Newspapers & Online

Special Connections Calendar 2021

Advertising Deadlines are the previous Thursdays unless noted.

OCTOBER

10/6/2021.....Wellbeing: Senior Living Focus
10/13/2021.....HomeLifeStyle
10/20/2021.....A+ Camps & Schools
10/27/2021.....Senior Living
Connection Families: Safe for Halloween
10/2/2021.....Election Preview

NOVEMBER

11/3/2021.....Wellbeing
11/10/20.....HomeLifeStyle
11/17/2021.....A+ Camps & Schools
11/24/2021.....Senior Living
Connection Families: Celebration & Gratitude
Holiday Entertainment & Gift Guide I

For Print & Digital Advertising Information:

Please Call 703.778.9431 or email

advertising@connectionnewspapers.com

LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

Inside or out...



...Tech Painting's got you covered!



Serving:
VA
DC
MD
OBX

703-684-7702
www.techpainting.com



Tired of politicians nickel-and-diming you?

**Had enough?
Vote Republican.**

FAIRFAX BUDGET PLAN WILL LEAD TO HIGHER TAXES FOR MOST HOMEOWNERS
(SUN GAZETTE, 03/02/21)

County Raises Taxes on Used Cars for Some Residents
(Fairfax Times, 08/20/21)

Board Approves 5 Cent Bag Tax
(Fairfax Times, 09/17/21)



SCAN ME

PAID FOR BY FAIRFAX COUNTY REPUBLICAN COMMITTEE | FAIRFAXGOP.ORG

Which Way Virginia?

DEL. KENNETH R. "KEN" PLUM



From reading previous columns that I have written or having heard me speak over the last year as well as hearing my message reinforced by others, you are aware that as an historian as well as an elected official I believe that the last two years in Virginia have been the most transformative in the Commonwealth's history. I spend considerable time reading, writing, and teaching about our state's history. It is a subject that obviously is of great importance and interest to me.

I could not be more pleased and excited than I am about being a part of the transformation that has occurred. No longer does present-day Virginia fit into a category of Old South or socially regressive. Consider what has happened in the General Assembly over the last two sessions as I have enumerated in previous columns.

Virginia became the 38th state to ratify the Equal Rights Amendment after decades of struggles to do so. We lifted barriers to abor-

tion and asserted a woman's right to choose. Jim Crow era laws that were among the most discriminatory in the South were repealed, and the Virginia Values Act prohibiting discrimination in housing and employment was passed. Important steps were taken to reduce the school to prison pipeline. Gun safety legislation was signed into law including my universal background checks bill.

Criminal justice reform continued to ensure that our laws were not racially discriminatory. We increased pay and training for our police to ensure that they can do their jobs fairly. The death penalty was abolished, and criminal defendants and civil litigants were granted an automatic right to appeal that exists in every other state. My bill that ended excessive fines and prison time for petit larceny passed. Criminal records for many nonviolent offenses will be expunged under a new law. And more. Details for both sessions are at <https://lis.virginia.gov/>.

None of these bills passed easily. Some passed by a single vote. Many bills that passed

the House of Delegates did so with a 55 to 45 vote reflecting the partisan membership of the House. Gov. Ralph Northam signed the bills into law as he had campaigned among legislators to get the bills passed. Although most of these bills had been debated for decades over their merit and political implications, it was the outcome of the 2019 elections that put progressive Democrats in control of the General Assembly to work with Governor Northam who had come into office in 2018 that brought about this transformation.

In many regards the election that is taking place now with early voting and election day on Nov. 2 will decide if Virginia continues a common-sense approach to governing or slips back into a state where the rich get richer and the poor and minorities are subject to unfair discrimination. Election fraud or the "big lie" is not an issue. The choice is clear for Virginia voters for there are candidates for governor and the House of Delegates who would turn back our progress in their first year in office. Virginia has come too far to turn back now, but Virginia voters will make that determination at the ballot box!

Signs of Fall, Redistricting in Trouble

BY JOHN LOVAAS



INDEPENDENT PROGRESSIVE

It's starting to seem like fall is really here. Nighttime temps are starting to dip into the 50s, even upper 40s. (Never mind that it's already snowing in Colorado.) And, with drier air and fewer hours of sunlight, I think I'm seeing trees with leaves exchanging their greens for browns, yellows and even a few reds.

In the Reston Farmers Market, recently recognized once again for being best in Northern Virginia, pumpkins, gourds, apples, grapes, peppers and broccoli have replaced the corn, peaches, plums and berries of summer. Shoppers are rising a little later. They're wearing long pants, even an occasional sweater, instead of shorts! That means the Market is just weeks from wrapping up our 24th season. It's been a terrific year, transitioning to normalcy following a full season under rigorous Covid 19 precautions while the community was locked down. That was a year we'll never forget. Somehow, with amazing community support, Fran, Keith, Anne and I managed to serve 64,000+ customers, providing an outlet for farmers with few alternatives and with not a hint of illness. A peek ahead to the 2022 season -- we expect to open what will be my 25th year on/about April 23.

But, I digress!

Changing weather and different farmers market fruits and veggies are not the only indicators of fall's arrival. This is Virginia, so we know that if in fact it's fall, there must be election campaigns in the air. Indeed there are.

The big headliner this year is the race for governor between Former Guv. Terry McAuliffe and newcomer Donald Trump wannabe Glenn

Youngkin. The two of them are everywhere, including on the airwaves. The TV is chockablock with increasingly sharp-edged ads. Statewide there are Lt. Governor and Attorney General races, too. All 100 Delegate seats are up also.

Please don't forget to VOTE.

Staying with Virginia politics, there is disappointing news from the Redistricting Commission created as a result of the Constitutional Amendment approved by voters just last year. This is the reform which is supposed to end the practice of gerrymandering that was the norm for redrawing district boundaries following a decennial population census. The Commission is being hijacked by both political parties sabotaging the Commission's work.

According to a respected, terribly senior State Delegate who, like myself, backed the reform effort, both parties appointed party stalwarts who were enemies of reform to represent them on the Commission. Early on in the Commission's deliberations, I happened to watch a hearing and was treated to a NoVA Democrat (Sen. Barker) scolding fellow commissioners and reminding how important it was for them not to break up districts of incumbents such as himself. Yep, he wanted to continue to select his partisans rather than follow the principles set forth in the constitutional amendment, i.e., compact, communities of interest, etc. And, Republicans have blocked opportunities for compromise on the Commission. Make no mistake about it, there has been bad behavior on the part of both parties here. They have combined to block agreement on maps for state legisla-

tive districts. In fact, the commission has given up and moved on to see if they might be able to reach agreement on redrawing U.S. congressional districts. Time is running out and I don't know that we can expect any better outcome on congressional districts. Next step?

Responsibility for drawing state legislative districts now goes to the Virginia State Supreme Court, whose judges were all selected by Republicans. With those bloodlines, many expect predictable outcomes, i.e., maps decidedly favoring Republicans. I hear from folks with more experience than I that that isn't necessarily the case. But, having been fooled once apparently, pending results in drawing new congressional districts I'm thinking it may be time to cast my lot with the critics/cynics of this so-called reform process. Still I can't quite let hold of hope that this more open process that so many worked so hard to achieve still might yield some improvement to the evils of gerrymandering. Stay tuned.

JOHN LOVAAS IS A COMMUNITY ACTIVIST AND FOUNDER OF RESTON FARMERS MARKET

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name.

Send letters

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

By mail to: Letters to the Editor The Connection
1606 King St., Alexandria VA 22314

You can comment on our
Facebook page or find us on Twitter
www.facebook.com/connectionnewspapers
<https://twitter.com/alexgazette>
<https://twitter.com/mtvernongazette>
<https://twitter.com/followfairfax>

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Ken Moore
Contributing Writer
kmoore@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Salome Howard-Gaibler
Display Advertising
703-415-5394
salome@connectionnewspapers.com

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



Practice Equity—When None Are Ignored, All Will Thrive

BY ROSIE ALLEN-HERRING

United Way of the National Capital Area (United Way NCA) has always worked to address the inequities in our systems for employment, education, health and food access, financial stability and opportunities for all. But, most importantly, we recognize that these inequities existed long before COVID.

While we have all been reeling from the pandemic, we must continue taking the next steps to help diminish the disparities and racial inequities in the region. In July 2020, we began work towards our next five-year commitment, which focuses on equity and actualizing our work in the community. Our goal is to create an equitable society where everyone in our community has fair and equal access to health, education and economic opportunity.

We're asking the community to join us as we practice equity as a mindset and a personal journey to support a greater movement. United Way NCA supports and encourages these journeys by providing those who join us with facts, stories and events focused on inequities in education, health and economic opportunity.

The work United Way NCA is doing with Project Community Connect, Oct. 18-23, 2021, includes more than a dozen hygiene and feminine hygiene kit distribution events and a series of

virtual workshops covering topics in food access, basic needs, education and economic opportunity. Project Community Connect provides equitable access to meet residents where they are and resources for those at risk of or experiencing homelessness, as well as the region's ALICE (Asset Limited, Income Constrained, Employed) population, representing the growing number of individuals and families who are working but cannot afford the necessities. 2020 ALICE reports show that in Fairfax County 23 percent of households struggle to afford basic needs.

Project Community Connect exemplifies that United Way NCA serves as a connector for individuals and organizations that share our goal. Our organization champions connections and conversations that advance our journey toward equity for all people in Fairfax County. As we continue our work as equity advocates, we ask you, our friends and neighbors, to join us as we listen to, respond and deliver needs to the community. We strongly believe that when none are ignored, all will thrive.

Please join us for Project Community Connect if you are in need of resources or services or if you would like to give back to the community. For more information, please visit UnitedWayNCA.org/PCC.

Rosie Allen-Herring is the President and CEO of United Way of the National Capital Area

VOTE NOW

EARLY IN-PERSON voting locations are open through Oct. 30 at three government center sites: Fairfax County, Mount Vernon, and North County.

Any registered Fairfax County voter may vote early at any Fairfax County early voting location.

Early in-person absentee voting is available for the November 2021 General & Special Elections at the following three locations from now through Oct. 30.

❖ Fairfax County Government Center, 12000 Government Center Pkwy, Conference Rooms 2/3, Fairfax 22035

❖ Mt. Vernon Governmental Center, 2511 Parkers Ln, Alexandria 22306

❖ North County Governmental Center, 1801 Cameron Glen Dr, Reston 20190

Thirteen additional early in-person voting sites are open Oct. 21 - Oct. 30.

❖ Burke Centre Library
5935 Freds Oak Rd, Burke

❖ Centreville Regional Library
14200 St. Germain Dr, Centreville
❖ Franconia Governmental Center
6121 Franconia Rd, 22310

❖ Gerry Hyland Government Center

8350 Richmond Hwy, 22309

❖ Great Falls Library

9830 Georgetown Pike, Great Falls

❖ Herndon Fortnightly Library

768 Center St, Herndon

❖ Mason Governmental Center

6507 Columbia Pike, Annandale

❖ McLean Governmental Center

1437 Balls Hill Rd, McLean

❖ Providence Community Center

3001 Vaden Dr, Fairfax

❖ Sully Governmental Center

4900 Stonecroft Blvd, Chantilly

❖ Thomas Jefferson Library

7415 Arlington Blvd, Falls Church

❖ Tysons-Pimmit Regional Library

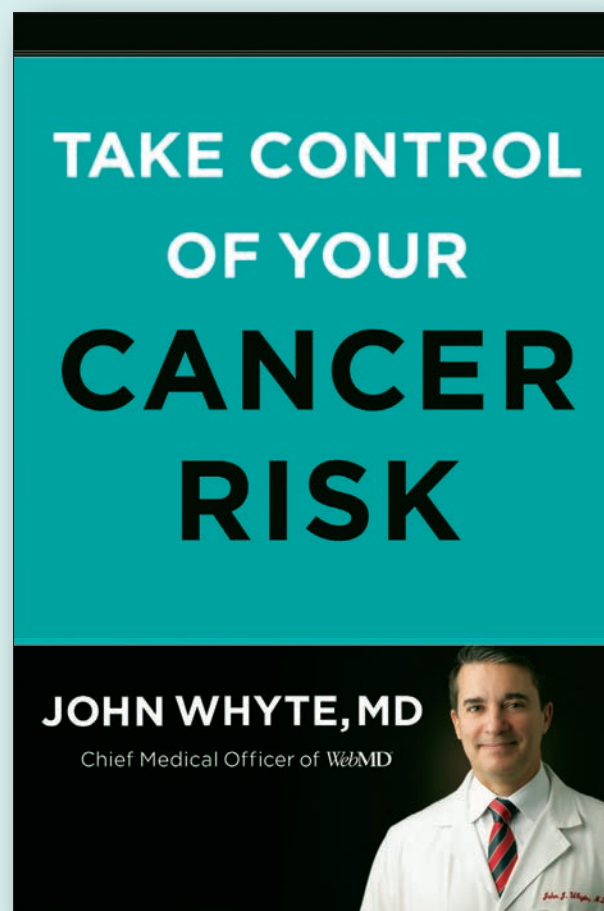
7584 Leesburg Pike, Falls Church

❖ West Springfield Governmental Center, 6140 Rolling Rd, Springfield

The list of early voting sites, their addresses, and days/hours of operation, links to sample ballots and more can be found on the Board of Elections website at www.fairfax-county.gov/elections.

Voters can vote in their regular polling places on Election Day, Nov. 2. On Election Day polls are open from 6 a.m. to 7 p.m. Voters who are in line by 7 p.m. will be able to vote. Visit <https://vote.elections.virginia.gov/VoterInformation> to find your polling place.

Dr. Whyte's New Book Released October 5, 2021



This book shares straightforward information and equips you with strategies to help you on a journey to better health, including:

- Assessing your cancer risk
- Knowing which screenings you need, and when
- Learning the role food, exercise, and sleep play
- Understanding the relationship between stress and cancer

You have the power to reduce your cancer risk--and this book will show you just how easy it is.

Order this and Dr. Whyte's other books on [Amazon.com](https://www.amazon.com)

Sign up for **FREE DIGITAL SUBSCRIPTION** to all of our papers



www.connectionnewspapers.com/subscribe

CALENDAR

NOW THRU NOV. 1

Reston Farm Garden Market Fall Festival. 9 a.m. to 6:30 p.m. At Reston Farm Garden Market, 10800 Baron Cameron Ave., Reston. Cost is \$28 per child and \$6 per parent, children 2 and under free. The event will feature a range of activities, including several moon bounces, a petting zoo, the Express Train for both adults and children to ride. Visit www.restonfarm.com. Call 703-759-0000 or email info@RestonFarm.com.

NOW THRU OCT. 30

Art Show. At Reston Art Gallery-Lake Anne Plaza, 11400 Washington Plaza WB -Lake Anne Plaza, Reston. Julia Malakoff's solo show, "Good Juju" is a collection of mixed-media collages, displaying bright colors, nature inspired shapes, textures and organic papers fused with hand painted acrylic paints. "Colorful comfort and visual stories that inspire and bring a sense of renewal, joy and magic"-this is the goal of my current collection of work, says Malakoff. The gallery is open on Saturdays, 10-5 and Sundays, 12-5 and by appointment. Visit the website: www.juliamalakoff.com

NOW THRU NOV. 7

A Disco Musical Comedy - Disaster. At NextStop Theatre, 269 Sunset Park Drive, Herndon. By Seth Rudetsky and Jack Plotnick. Concept created by Seth Rudetsky and Drew Geraci. Additional material by Drew Geraci. Directed by Evan Hoffmann. Choreography by Ashleigh King. Music Direction by Elisa Rosman. Visit www.nextstoptheatre.org.

NOW THRU OCT. 31

Fall for the Book: Fall for the Book Festival featuring live and recorded events will be held virtually and in-person at George Mason's Fairfax campus. 4400 University Drive, Fairfax. Fall for the Book events and sessions are free and open to the public. Fall for the Book is free with the generous support of sponsors including the Fairfax County Public Library, George Mason University, the Fairfax Library Foundation, and the City of Fairfax among others. Fall for the Book returns with a new hybrid format including virtual and in-person events, including lively Podcasts. For schedule visit www.fallforthebook.org.

NOW THRU JAN. 2, 2022

LuminoCity Festival. 6-9 p.m. At Roer's Zoofari, 1228 Hunter Mill Road, Vienna. The LuminoCity Festival, a one-of-a-kind, immersive light display experience, will be a festive experience for guests of all ages. Be ready to enter a world straight out of your wildest imaginations as you step into an unforgettably spectacular night of lights. The festival includes African, Asian, Arid, and Ancient-themed exhibits of spectacularly lit



The Disco Musical Comedy - Disaster will be shown at NextStop Theatre in Herndon through Nov. 7.

art displays set up in the zoo's walk-through area. Visit the website: www.roerszoofari.com.

OCT. 22-NOV. 7

The Turn of the Screw. At NextStop Theatre, 269 Sunset Park Drive, Herndon. Adapted by Jeffrey Hatcher from the story by Henry James, this classic ghost story depicts the trials of a young governess, haunted by ghosts while caring for two orphaned children on a remote estate in the English countryside. This innovative adaptation is a spine-tingling, tour de force for two actors and will be directed by Christopher Richardson.

FRIDAY/OCT. 22

Comedian DL Hughley. 7 p.m. At Capital One Hall, 7750 Capital One Tower Road, Tysons. One of the most popular and highly recognized standup comedians on the road today.

NASCOW Fundracer. Virtual 10 a.m. At Frying Pan Farm Park. Virtual. NASCOW Fundracer is back at Frying Pan. Sponsor your favorite of the nine cows competing, just like race cars get sponsors. A fun way to support the farm you love. Visit the website: <https://friendsoffryingpan.org/nascow/>

Monster Mash 5th and 6th Grader Party.

7-9:30 p.m. At The Old Firehouse, 1440 Chain Bridge Rd., McLean. The Old Firehouse 5th & 6th Grader Parties are themed and decorated accordingly. Partygoers can enjoy catered food and beverages, a DJ spinning the latest tunes, an open dance floor and a variety of other attractions and activities. Cost is \$35/\$25 MCC district residents. Preregistration is highly recommended.

SATURDAY/OCT. 23

Petite Pumpkin Painters Program. 10 a.m., 11 a.m., 1 p.m., 2 p.m. At Sully Historic Site,

3650 Historic Sully Way, Chantilly. Halloween is just around the corner and it's time to start breaking out the decorations. Let your kids get hands-on with this year's fall decorations at Sully Historic Site's Petite Pumpkin Painters Program. Bring your preschooler (ages 3 to 5) to pick their own perfect pumpkin from our pumpkin patch to paint, and let their creativity shine. While your child's artwork dries, children can play the many outdoor games set up for the season. The cost is \$9 per participant. Advanced registration is required. Call 703-437-1794.

DogFest (Reston) Washington

D.C. 11 a.m. to 3 p.m. At Reston Town Center, 1818 Discovery Street, Reston. Canine Companions DogFest is coming to you! So grab your dog and get ready to have a tail-waggin' good time! We'll change lives, four paws at a time. Furry friends and their families are invited to join us online for a day of fun, festivities, contests, graduate speakers, dog demonstrations, and more. Register for free at www.canine.org/DogFestWashingtonDC to receive a FREE DogFest bandana for your dog!

Libertas Fashion Show. 6-8 p.m. At Cascades Overlook Event Center, 21453 Epicerie Plaza, Sterling. Libertas Home, a non-profit organization dedicated to end sex trafficking and child abuse in Northern Virginia, presents Libertas Fashion Show. Cost is \$35-\$50. Visit the website: libertashome.org

Pianist Brian Ganz Plays Mozart. 8 p.m. at Capital One Hall, 7750 Capital One Tower Road, Tysons. With the Virginia Chamber Orchestra. Mozart's Piano Concerto No. 23 in A major, K. 488. Mendelssohn's Symphony No. 4 ("Italian") will be another program highlight. Tickets, from \$25 to \$50, at vco.events

SUNDAY/OCT. 24

The Borisevich Duo. 2 p.m. At The Alden, McLean Community Center, McLean. The Borisevich Duo, featuring pianist Margarita Loukachkina and violinist Nikita Borisevich, is an internationally acclaimed violin and piano duet, frequently performing across the United States and Europe. \$10/\$5 MCC district residents

SUNDAY/OCT. 24

New Dominion Chorale. 4-6 p.m. At Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Thomas Beveridge conducts NDC and orchestra in his Yizkor Requiem, a fusion of Jewish and Christian rituals honoring the dead, and in several Mendelssohn Psalms. Masks and proof of vaccination are required. All performers have been vaccinated and will wear masks during the performance. Visit the website: www.newdominion.org

angry ghosts looking for revenge. Appropriate for ages 9 and up. Visit alexcolonialtours.com

THROUGH OCT. 31

"The Madness of Poe." At Syntetic Theater, 1800 South Bell Street in Arlington. "We watch how Poe, the inventor of American horror, created some of the most frightening and disturbing stories the world has ever known," said Syntetic Theater founder Paata Tsikurshvili. Thursdays, Fridays and Saturday

SUNDAY/OCT. 24

Moscow Correspondent. 2-3:30 p.m. Zoom event at Cold War Museum, 7134 Lineweaver Rd., Vint Hill. The Cold War Museum presents a Zoom event with former NBC/ABC Moscow correspondent Marvin Kalb on trying to cover the Soviet Union while surrounded by KGB agents. Cost is \$20. Visit the website: <https://www.eventbrite.com/e/assignment-russia-foreign-correspondent-in-the-crucible-of-the-cold-war-tickets-170141432605>

MONDAY/OCT. 25

The Blackest Battle by Psalmayene 24. 7:30 p.m. At Reston Community Theater's Center-Stage, Reston. In this revolutionary hip-hop musical, Bliss and Dream, members of warring rap factions, fall in love while wrestling with making sense of their turbulent lives. As part of the Washington West Film Festival. Directed by Raymond O. Caldwell. Cost is \$15 Reston/\$20 Non-Reston. Visit www.restoncommunitycenter.com.

WEDNESDAY/OCT. 27

Senior Resource Fair. 10 a.m. to 1 p.m. At Frying Pan Park Pavilion, 2739 west Ox Road, Herndon. Join in a Resource Fair that is free to the public. Receive valuable information on community services that specifically benefit seniors. The Senior Resource Fair is a great place to learn about local agencies, products and services available to help seniors get the most out of life.

WEDNESDAY/OCT. 27

Performing Arts Documentaries - Episode Three. 1 p.m. At The Alden Theater at McLean Community Center, McLean. Free admission; registration is required. Come explore the history of the Broadway musical in this six-part documentary. Register for The Alden's email list at www.aldentheatre.org to see the name of the film being shown.

OCT. 29 – 31

"Waitress." Fridays at 8 p.m.; Saturdays at 2 p.m. and 8 p.m. and Sundays at 1 p.m. and 7 p.m. At Capital One Hall, 7750 Capital One Tower Road, Tysons. Inspired by the beloved film, "Waitress" tells the story of Jenna, an expert pie maker who dreams of a way out of her small town. A baking contest and the town's new doctor may offer her a fresh start, but Jenna must summon the strength to rebuild her own life. Visit the website: capitalonehall.com.

SUNDAY/OCT. 31

Halloween Spooktacular. 5-7 p.m. At Great Falls Village Centre Green, Great Falls. Enjoy trick-or-treating with local merchants and a haunted house. For kids 12 and under, in costumes. Pet Costume Parade and Contest, 4 - 4:45 p.m.

SATURDAY/NOV. 6

Pancake Breakfast. 7:30 a.m. to 12:30 p.m. At Clifton Presbyterian Church, 12748 Richards Lane, Clifton. The Clifton Lions Club Annual Family Pancake Breakfast. Cost is \$10/adult; \$5/child under 12; Free under 5. All You Can Eat. Sponsored by the Clifton Lions Club.

HALLOWEEN HAPPENINGS

NOW THRU NOV. 6

Workhouse Haunt. 7-11 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. This year's Workhouse Haunt immerses guests through a highly-themed walk-through experience, as creepy characters deliver contactless scares in multiple scenes. Guests will travel in small groups for a frightening 30-minute experience that brings them next to the site's abandoned, historic

buildings and into the dark woods where they will encounter terrifying characters and sights that are not for the faint of heart. Cost is \$25. Occurs Friday, Saturday, and Sunday each weekend from Oct. 3 through Nov. 6. Visit the website: <https://www.workhousearts.org/workhouse-events/2021-workhouse-haunt-the-collection-2/>

OCT. 1-31

Ghost & Graveyard Tour. 7:30 p.m.; Fridays and Saturdays additional

tours at 8:30 and 9 p.m. Admission: \$15 per adult; \$14 for seniors, military and law enforcement; \$10 per child. Tour departs from Alexandria Visitor Center, 221 King St., Alexandria. Follow an 18th-century costumed guide by lantern light through the charming streets of Alexandria's historic district known as Old Town. On this entertaining tour, you'll hear ghost stories, legends and folklore. You will also hear about unsolved mysteries, tales of romance and

at 8 p.m. and Sundays at 2 p.m. Industry Night is Monday, Oct. 25, at 8 p.m. Tickets \$10-\$60, www.synetictheater.org, or in-person at the box office located in the underground Crystal City Shops, or via phone at 703-824-8060 x117.

THROUGH OCT. 31

Ongoing Halloween Display. At 2508 Halterbreak Court,

SEE HALLOWEEN, PAGE 9

HALLOWEEN HAPPENINGS



A 75-year tradition, the Vienna Halloween Parade is Oct. 27. This year's theme is the "Roaring 20s."

FROM PAGE 8

Herndon. Come see the punny skeletons, which are cooking up fun and ghostly apparitions appear in the windows and yard. Animated skeletons (Queen, Bruno Mars 24 karat magic, and Rick James Superfreak), talking witches and jumping spiders come out on Oct 31.

COX FARMS FALL FESTIVAL THROUGH NOV. 7

Giant slides, hayrides, rope swings, farm animals & their babies, Cornfield adventure, farm chores, kiddie zone, apples & cider, food, entertainment, Imaginature Trail, over 90 acres. <https://coxfarms.com/fall-festival/festival-attractions/>.

Fields of Fear. Not recommended for children under 12 years old. When night falls on the farm, it's time for Fields of Fear. Friday and Saturday nights until Nov. 3. Fields of Fear, the Dark Side Hayride and the Cornnightmare. The Firegrounds feature several bonfires, a six-lane slide, music, karaoke, entertainment, tasty treats, Foamhenge, and more. All under age 14 must be accompanied by a parent or guardian (18+). Tickets required. Last admission at 10pm Come alone or in a group. Buy your tickets online or same-day at the door. Proof of age required. See <https://fieldsoffear.coxfarms.com/> for more details on timed entry assignments, rain policy, food options, and complete list of attractions.

OCT. 16 TO NOV. 6

"Wait Until Dark." 8 p.m. At The Little Theatre of Alexandria, 600 Wolfe St., Alexandria. Set against the socially turbulent 1960s, "Wait Until Dark" follows the story of Suzy, a blind woman who, while left alone in her apartment, becomes embroiled with a group of con men hatching an elaborate scam. As the tension mounts, Suzy must fend for herself, but the phone line is cut, and the house is plunged into darkness. Can Suzy outwit her murderous visitors? Note: All patrons are required to wear a mask (even if vaccinated) for the duration of the performance. Admission: \$21 to \$24 per person. Visit the website: thelittletheatre.com.

THURSDAY/OCT. 21

Halloween Ball and Anniversary Celebration. 7:30 to 10 p.m. At Barkhaus, 529 E Howell Ave, Alexandria. Celebrate Barkhaus's first birthday with a Halloween ball. Guests will dress formally and add their own Halloween twists to their

costumes. Dogs are encouraged to dress up as well. Enjoy hors d'oeuvres, drinks, puppuccinos for dogs, a limited-edition Barkhaus anniversary shirt and more. Admission: \$75 per person. Visit the website: brewskisbarkhaus.com

OCT. 22, 23, 29, 30

Grief & Ghost Tour at Lee-Fendall House. At 7, 7:30, 8:30 and 9 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Celebrate Halloween with a look at Victorian mourning traditions coupled with stories of tragic deaths and mysterious occurrences at the Lee-Fendall House. Customs such as draping the mirrors after a death, funeral practices, hair mementos, mourning clothing and séances will be explored. These tours offer a rare opportunity to see the house after dark. Tours groups will be limited to 10 participants and tickets must be purchased in advance. Face masks are required. Admission: \$15 per person. Visit leefendallhouse.org

SATURDAY/OCT. 23

Old Town Trick or Treat by Old Town Business Association. 11 a.m. to 5 p.m. At various locations throughout Old Town Alexandria. Bring your little ghouls and goblins to historic Old Town Alexandria for tricks and treats from your favorite boutiques and restaurants. Check the event website for more details and a trick or treat map. Visit the website: oldtownbusiness.org

SUNDAY/OCT. 24

8th Annual Doggie Trick or Treat. 1 to 5 p.m. Meet at The Dog Park, 705 King St., Alexandria. Bring your costume-clad four-legged friends to historic Old Town Alexandria for tricks and treats from your favorite boutiques. Winners receive gift cards from The Dog Park in three different categories. Visit the website: thedogparkva.biz

SUNDAY/OCT. 24

Del Ray Halloween Parade. 2 p.m. Parade begins at Mount Vernon Ave., south of E. Bellefonte Ave., Alexandria. Del Ray's annual Halloween Parade begins at Mount Vernon Ave., south of E. Bellefonte, and continues down to the Mount Vernon Recreation Center play fields. Children, pets and strollers in costumes are invited to march and show off their finest and scariest Halloween garb; awards are given for Best Pet Costume, Best Decorated Business, Best Decorated Home and Best Decorated Stroller. Visit visitdelray.com/halloween

SEE HALLOWEEN, PAGE 10

Sign up for FREE DIGITAL SUBSCRIPTION to all of our papers
www.connectionnewspapers.com/subscribe



State Farm Insurance

G. STEPHEN DULANEY

IN GREAT FALLS



AUTO • HOME • LIFE
FINANCIAL SERVICES

Like A Good Neighbor, State Farm Is There.®

Open Saturdays

Complementary Insurance and Financial Review

Visit www.gstephendulaney.com



703-759-4155

731-C WALKER RD. · GREAT FALLS, VA

State Farm Insurance Companies
Home Office Bloomington, Illinois

Proud Supporter of Military Appreciation Mondays

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

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



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

Fully Insured & Class A Licensed
Since 1999



10% down
nothing until the job
is complete for the
past 17 years

Free Estimates

703-999-2928

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

Visit our website: www.twopoorteachers.com

The Bath or Shower You've Always Wanted IN AS LITTLE AS A DAY



\$500 OFF*

OR

**No Payments & No Interest
For 18 Months****

OFFER EXPIRES 12.31.2021

BCI BATH & SHOWER

CALL NOW (844) 945-1631

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires Dec 31, 2021. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2021 BCI Acrylic, Inc.

Prepare for power outages with a Generac home standby generator

**REQUEST A FREE QUOTE!
844-947-1479**

FREE

**7-Year Extended Warranty*
A \$695 Value!**

Limited Time Offer - Call for Details

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

GENERAC



Leaf Filter
GUTTER PROTECTION

**BACKED BY A
YEAR-ROUND
CLOG-FREE
GUARANTEE**

EXCLUSIVE LIMITED TIME OFFER!

15% OFF & 10% OFF
YOUR ENTIRE PURCHASE
+ 5% OFF
TO THE FIRST 50 CALLERS ONLY!*

**SENIORS & MILITARY!
WE INSTALL YEAR-ROUND!**

FINANCING THAT FITS YOUR BUDGET!

Promo Code: 285

*Subject to credit approval. Call for details.

**CALL US TODAY FOR
A FREE ESTIMATE**

1-877-614-6667

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

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. **Offer valid at time of estimate only. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. Manufactured in Plainville, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB# 1035795 DOPL #10789658-5501 License# 7556 License# 50145 License# 41354 License# 59338 License# 128344 License# 218294 WA UBI# 603 233 977 License# 2102212586 License# 2106212946 License# 2705182153A License# LEAFNW822JZ License# W056912 License# WC 29998 H17 Nassau HIC License# H01067000 Registration# 175447 Registration# HIC 0649505 Registration# C127229 Registration# C127230 Registration# 365920918 Registration# PC64751 Registration# H231804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H License# 2205169445 License# 262000022 License# 262000403 License# 0085990 Registration# H-19114

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

To ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Upgrade Your Home with a
NEW METAL ROOF
Guaranteed to Last a Lifetime!

Q A+ Made in the USA

Call today to schedule your
FREE ESTIMATE
1-844-902-4611

ERIE Metal Roofs

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc. ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. Offer expires December 31st 2021. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservicescompliance.com. All rights reserved.

LIMITED TIME OFFER

60% off
YOUR INSTALLATION
+
**TAKE AN ADDITIONAL
10% off**

Install for Military, Health Workers and First Responders

ERIE Metal Roofs
Limited time offer. Expires 12/31/21. Warranties, Limited Lifetime. Transferable to subsequent owner. Some restrictions apply. See website for details. Terms and conditions apply. Offer valid in US. *Excludes the surface coating beyond normal wear and tear.

Medicare has changed. Find out how it can affect you.

For **FREE** Medicare Supplement information from Physicians Life Insurance Company, call:

1-833-657-1636

or visit **MedSupBenefit.com/vapress**

We are not connected with, nor endorsed by, the U.S. Government or the Federal Medicare Program. I understand I have no obligation. This is a solicitation of insurance. A licensed agent/producer may contact you. (MD, VA: These policies are available to people under age 65 eligible for Medicare due to a disability). (VA: For a complete description of policy exclusions, limitations, and costs or other coverage details, please contact your insurance agent or the company). Policy form number L030, L035, L036, L037, L038, F001, F002 (OK: L030OK, L035OK, L036OK, L037OK, L038OK; TN: L030TN, L035TN, L036TN, L037TN; L038TN, F001TN, F002TN; L030VA, L035VA, L036VA, L037VA, L038VA). 6243_A

**A Smarter
Way to Power
Your Home.**

GENERAC PWRCELL
SOLAR + BATTERY STORAGE SYSTEM

REQUEST A FREE QUOTE!

**ACT NOW TO RECEIVE
A \$300 SPECIAL OFFER!***
1 (833) 688-1378

*Offer value when purchased at retail. Solar panels sold separately.



Sign up for

**FREE DIGITAL SUBSCRIPTION
to all of our papers**



www.connectionnewspapers.com/subscribe

**Find us on Facebook
and become a fan!**

**www.Facebook.com/
connectionnewspapers**

THE CONNECTION
Newspapers & Online

The Connection to Your Community
www.connectionnewspapers.com

HALLOWEEN HAPPENINGS

FROM PAGE 9

WEDNESDAY/OCT. 27

Vienna Halloween Parade. The 75th annual Town of Vienna Halloween Parade will take place at 7 p.m. The theme for this year's parade is "The Roaring Twenties." Children and others in costume are invited to march along in the parade, no need to register, meet at 6 p.m. at the United Bank, 374 Maple Ave., E. For sponsorship details, check out the Town's Halloween Sponsor brochure or contact Lily Widman via email or at 703-255-5738. Visit the website: <https://www.viennava.gov/residents/concerts-and-events/halloween-parade>

OCT. 28 AND 30

Poems and Stories of Edgar Allen Poe at Ivy Hill Cemetery. 7 to 8 p.m. Tour begins at the Ivy Hill Cemetery Office, 2823 King St., Alexandria. "Even in the grave, all is not lost!" The Guillotine Theatre presents "Poe outside the Vault" at Ivy Hill Cemetery. Actors from Guillotine Theatre will read from the works of Edgar Allan Poe. This is a sell-out event in a most suitable atmosphere. Seating is limited. RSVP to info@IHCHPS.org. Admission is \$20. Visit the website: ivyhillcemetery.net

FRIDAY/OCT. 29

Halloween Vampire Ball. At Synetic Theater, 1800 S. Bell Street, Arlington. Doors open at 7:30 p.m.; Show starts at 8 p.m. Synetic Theater, in association with the National Landing Business Improvement District, JBG SMITH, and The Freshman, is throwing a VAMPIRE BALL. The festivities start with a performance of The Madness of Poe followed by an indoor/outdoor dance party with all the food, drinks, and candy that a ghoul could ask for. Expect aerialists, Edgar Allan Poe-themed cocktails, dancing, physical theater, spooky Georgian remixes, fun-sized candy bars, and more. Tickets are \$95-\$125 and are available at synetictheater.org.

OCT. 29-31

Boos & Booze at Café 44. At Café 44, 44 Canal Center Plaza, Suite 401, Alexandria. Café 44 is hosting its annual Boos & Booze Halloween event featuring themed craft cocktails and treats. Costumes (and reservations) are encouraged for this weekend-long riverside soirée. Visit cafe44.com

SATURDAY/OCT. 30

Trunk or Treat. 3-5 p.m. At 14550 Lee Road, Chantilly. Calling all families! Dress in your Halloween costume and come to nZone October 30, for New Life Christian Church's Trunk or Treat. Collect candy/prizes from themed and decorated cars. Visit the website: newlife.church/treat

Air & Scare. At the National Air and Space Museum's Steven F. Udvar-Hazy Center. 10 a.m. to 5 p.m. Free admission, tickets required, parking \$15; At 14390 Air and Space Museum Parkway, Chantilly. Annual Air & Scare program is back, with fun Halloween-themed STEAM activities, costumes, Star Wars characters, and of course, candy. Outdoors. Free, reserved tickets will be required. Also some virtual activities. Details at <https://airandspace.si.edu/events/air-and-scare-2021>

Improving Parent-Teen Relationships

Adolescence can be challenging, but living with constant discord is not the only option.

BY MARILYN CAMPBELL
THE CONNECTION

“Why do you hate me?”
“You’re the worst mother in the world!”
These are some of what Kate Hoyle hears from her 14-year-old daughter.

“It’s like she went from being a sweet girl to a raging teen overnight,” said the Woodbridge-based parenting coach and mother of two. “It was like getting slapped in the face.”

As children become adolescents, they often begin to push away parents and crave independence. Topics of conversation that were once pleasant now can be volatile. Some parents may question their parenting abilities.

“Adolescents naturally become more autonomous and shift somewhat to peer influence after looking exclusively to parents for the answer. But a smart parent learns to shift their approach and skills with the onset of this stage of development,” said Hoyle. “This change can be gradual or it can be sudden and is sometimes the result of a major life change. It is important to get to know the parents of your child’s friends.”

Recognizing and understanding the change in behavior that is associated with this developmental stage can help parents to navigate it, says Bethesda-based therapist Carol Barnaby, LCSW. “Tweens and teens begin to develop their autonomy by questioning, testing, and for some violating the rules parents set for them,” she said. “They express strong opinions about politics, clothing, music, and social relationships. They begin to yearn for their freedom to do adult-like things. They may lose interest in previous hobbies, be easily embarrassed, and have emotional ups and downs.”

It is not uncommon for teens to act like they know best and to dismiss a parent’s guidance. “It can be annoying, but it shows confidence,” said Hoyle. “Enjoy debates and discussion with them. They need to develop independent analysis and thought.”

However frustrating for a parent, this stage is necessary for a child’s transition from adolescence to adulthood. “It’s when they’re entering the final phase of childhood, where they are working on being able to self-govern and grow into an independent functioning adult,” said Barnaby. “Kids begin to enter this phase around the age of 12 to 14 and want more and more independence and less need for parent connection. Instead, they might see who they are in the eyes of their peers.”

SURVIVING THE TEEN YEARS

1. Avoid trying to control
2. Spend time together without electronics
3. Withhold judgement
4. Offer sincere praise
5. Maintain open communication
6. Allow independence, but set boundaries
7. Give teens personal space

Though they might appear to push away parents, teens still need to feel connected to them. Simple conversations can help recreate that bond. At times, parents must create opportunities to spend time without phones or electronics with their child, advises Ameila Muench, Psy. D., a child psychologist in Alexandria. “Do something together that they enjoy and try to keep the time consistent,” she said. “This can quickly become your special time away from other family members, and it allows them to open up.”

“Routine and ritual help maintain open communication,” added Hoyle. “Your child gets to know when you are available and you get to understand when they are most likely to be open to talk. Car rides work well because it removes the intensity of a sit-down conversation requiring eye contact.”

Listen without judgment or criticism and resist the urge to offer unsolicited advice, advises Muench. “Use active listening, which means being able to repeat back to them what they have just said,” she said. “Take note of the language they are using. What are they really trying to tell you? Ask questions to find out rather than instantly responding with your view. Listen rather than instruct.”

While establishing rules and setting boundaries are necessary, trying to control a teen might lead to rebellion, says Hoyle. “Get curious, not furious,” she said. “When your teen makes an unhealthy choice or does something you don’t agree with, getting mad or telling them you’re disappointed will further your disconnection. Their behavior is trying to get one of six core emotional needs met: acceptance, affection, appreciation, attention, autonomy, or connection. Which one is it? Look beneath the surface.”

Allowing teens to have a certain amount of personal space and feel that they are trusted can strengthen the relationship between a parent and an adolescent. “Continuous tracking and distrust can affect their mental health that can lead to depression,” said Hoyle.

Self-doubt is common among teens, so praise helps build confidence if offered sincerely. “They’re trying to find their place in the world, so focus on attributes not attainment,” said Muench. “If teens and tweens learn that they only get praise when they look a certain way or achieve through academic endeavors or sports, they can become people pleasers or unhappy perfectionists.”

Remember that this stage in a child’s life is only temporary. “One of the biggest things we can encourage in a child is curiosity. Talk to them as the person you want them to be,” said Hoyle.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004
FOR ADVERTISING INFORMATION

ELECTRICAL

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE

Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

LANDSCAPING

LANDSCAPING

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup...

Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience – Free estimates
703-868-5358

24 Hour Emergency Tree Service

ProDrainage

A JES Services, Inc Company

Eco-Friendly Landscape Drainage Experts

Drainage, Erosion, Landscaping, Hardscaping, Patios, Retaining Walls & More

Your Neighborhood Company since 1987!

703-772-0500 www.ProDrainage.com

VA. Licensed Class A Contractor

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

Hardly the Same Thing



By KENNETH B. LOURIE

It may not have been the miracle I was hoping for: shrinkage or tumor disappearance, from my most recent diagnostic scans but no growth and/or new metastases is nothing to be taken for granted. However, I did experience a miracle of sorts when the envelope I received at home from the “State of Maryland, Maryland SafeZones Automated Speed Enforcement” authority specifying and picturing yours truly exceeding the speed limit by 12 mph was for information purposes only. It was not an invoice. It was a warning. And the \$40 fine associated with this kind of infraction was left on the cutting room floor. Perhaps this is the extent of the miracle that Solange was able to perform when she prayed for me and my burned feet - and thyroid cancer, on July 20 in the Houston airport. Though this outcome was not exactly the delusional outcome I was hoping for, when we consented to her extremely kind offer to pray for me. Nevertheless, a win is a win. And though a shrinking/disappearing cancer tumor would have been an amazing - albeit unlikely outcome, the tumors remained “stable” and I saved a \$40 outlay. On balance, not a bad day’s work.

For which I am extremely grateful. Soon after I entered the cancer-patient world, I learned that any not-automatically-bad news - whether internally or externally to that world, should be acknowledged and appreciated. Any port in a storm you might say. Moreover, I always sought to find the positive in this sea of negativity. Whatever I could see - through any rose-colored glasses I could find, served its purpose to emotionally support me for the many long and lonely nights that followed. Certainly, there’s family and friends to help share the burden brought on by a “terminal” diagnosis, but at the end of the day, literally, it’s sort of you and your thoughts. Finding a way to navigate this minefield of unpredictable results and anxiety is paramount. On the one hand, you can’t take what the doctors and radiologists say as seriously as a cancer diagnosis obviously is, but neither can you pretend that you’re not in the fight of your life. That being said, one must be open to new ideas and unexpected offers. Filtering and interpreting whether any of the suggestions made by your doctors and/or your well-meaning friends and family becomes your lot in life. And it’s an awful lot at that.

Still, a cancer diagnosis is not nearly the death sentence as it used to be for the previous generation. Though it would be naive to characterize a cancer diagnosis as an opportunity, nevertheless unceasing research in a variety of hospital/cancer centers, medical schools, clinical trials, pharmaceutical companies and the like have led to an evolution in the treatment in cancer, particularly non small cell lung cancer which is the type of cancer I was originally diagnosed with in late Feb., 2009. (Though I am now being treated for papillary thyroid cancer as you regular readers know. As to whether I ever had lung cancer, the jury is still out, not literally.)

And since I have an incurable form of thyroid cancer, as written about numerous times in this space, I am forever open to new experiences that might create a path forward for me. The underlying problem in my situation is the odd circumstances that ultimately led to my more recent diagnosis. Since I had years of heavy-duty chemotherapy while treating my presumptive lung cancer, I have suffered kidney damage which only manifests itself in lab work and in what medications/treatment I can be given. As such when I went to the hospital after my thyroidectomy for post-surgical eradication of the remaining thyroid cancer the surgeon was unable to remove, the dose of nuclear isotopes I was given was only one-third the dose it should have been had I not been so previously chemotherapy-damaged. As a result, I’m sort of stuck. I have a usually curable type of thyroid cancer which is now considered incurable. The solution? I need to find a clinical trial for patients who have been treated for lung cancer for nine years, perhaps mistakenly, suffered irreparable kidney damage from those years of toxicity, who now has been diagnosed with thyroid cancer and who is now unable to process the medicine likely to cure him and thus is: incurable.

You bet I need a miracle, and sooner rather than later. Maybe I should fly back to Houston.

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



Work with the #1 Realtor

DIANNE

VAN VOLKENBURG



Twee Ramos, Susan Canis,
Joe Trippi and Justin Scango

Thinking About Selling In 2022?

No One Prepares Your Home Better

CALL ME TODAY!!



Great Falls \$1,195,000



Great Falls \$1,199,999



Great Falls \$1,550,000



Great Falls \$1,399,999



Great Falls \$1,310,000



Great Falls \$2,299,000



Great Falls \$1,855,000



Great Falls \$1,299,000



Great Falls \$1,350,000

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

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

703-757-3222

sales@GreatFallsGreatHomes.com

