

Being Brave in the Kitchen

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Designer Anne Walker's backyard chalet is furnished with a bamboo writing desk for spending time alone as well as accessories for entertaining.

Residency Program Creates More Teachers

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Backyard, the New Living Room

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PHOTO BY ANNE WALKER CLASSIFIED, PAGE 6 ENTERTAINMENT, PAGE 7

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FCPS Gets Creative to Fill Teacher Vacancies



Fairview Elementary, Fairfax Station.



PHOTO BY FCPS PHOTOGRAPHER DONNIE BIGGS

New teacher residency program.

MERCIA HOBSON
THE CONNECTION

The twinkle is back in the eyes of newly hired educator Catherine Coulter of Burke, thanks to the recently launched Fairfax County Public School (FCPS) teacher residency program. People, such as Coulter, who has a master's degree

in education and years of out-of-state teaching experience, can begin teaching in FCPS while completing licensure in Virginia. Candidates are required to have a bachelor's degree from an accredited college or university and a commitment to meet minimum qualifications to be eligible for a Virginia Board of Education license within the first year of employment. The residency program may have provided Coulter with something more vital to her being. The program's support and respect for her expertise and experience have rekindled Coulter's passion for teaching and may have prevented

her from joining the record number of educators who are leaving the profession. Coulter and Fairfax public schools Media Relations Specialist Kathleen Miller answered some questions about the county's program. Coulter was one of the first hires by the school district under the program. "We are just gearing up," Miller said. Coulter attended White Oaks Elementary School in Burke and graduated from Lake Braddock Secondary School. Six years ago, she accepted her first teaching position in Louisiana, where she was certified to teach sixth through twelfth

FCPS hires educator Catherine Coulter of Burke through its teacher residency program.

grade. Three years later, Coulter moved back to Northern Virginia in late summer. She accepted a teaching position in the District of Columbia, where she stayed until this summer.

"Each time I've made the switch, it has been because I've been almost at that point where I knew I needed to make a change or I might not be a teacher anymore," Coulter said. Although she desired to teach for Fairfax County Public Schools, she hesitated to apply until a friend informed her about the residency program.

"Virginia has so many requirements," Coulter said. "I didn't know if I had time to get it all done. I had a 15-minute conversation with someone from human resources who laid out how simple the process was."

Coulter submitted her application for the position of fifth-grade teacher at Fairview Elementary in Fairfax Station. Coulter said she had two requirements to fulfill for licensure in Virginia. The first step was to take and pass the English, mathematics, science, and social studies Praxis 5001 exams for elementary education. The Virginia State Board of Education establishes testing requirements and minimum passing scores. "I passed all those," she said. Next, Coulter needed to take a 4-week online class on elementary instructional practices. The course begins on Aug. 23; the first day of school in FCPS for students is Aug. 22.

Late last week, Coulter said she had the opportunity to begin moving supplies into her 5th-grade classroom at Fairview Elementary in Fairfax Station. Asked what she would hang first, Coulter said, "I like Star Wars, and I have a big

Baby Yoda poster that says "READ" on it. He's holding a book; I've had that poster in my last couple of classrooms. It's something I carry with me everywhere."

After two different school districts, Coulter said she finally feels like she is coming home. As an educator, she is open to feedback. "I want to be the best teacher possible. ... This is special. I think I do have a twinkle in my eye again. I'm excited to start and haven't felt that in a long time. Fairfax County has so many great resources, and excellent leaders, who I know will support me throughout this journey."

Stepping back from teaching is not an easy decision. Many teachers wonder if it is worth continuing because of the long hours, the lack of support, and the emotional disconnection. Whether part of the Great Resignation or Great Re-prioritization, professional distress for educators is a concern.

"Educators are leaving in record numbers," the National Education Association stated. On June 8, 2022, NEA President Becky Pringle testified at a hearing held by the House Committee on Oversight and Reform, saying, "Educators are leaving the best profession in the world in droves...driven out by the pandemic, book bans, and the lack of respect for their expertise and experience."

On Saturday, Aug. 13, the online FCPS Instructional Vacancy List at <https://careers.fcps.edu/vl/vacancy.htm> numbered 261 teacher vacancy positions across all grade levels, in addition to other positions for instructional assistants, counselors, public health attendants and public health training assistants.

Kindergarten Teacher, ES	Weyanoke Elem (Region-2)	100%	Apply
Kindergarten Teacher, ES	Woodburn Elem (Region-2)	100%	Apply
Kindergarten Teacher, ES	Crestwood Elem (Region-3)	100%	Apply
Kindergarten Teacher, ES	Fort Belvoir Primary Elem (Region-3)	100%	Apply
Kindergarten Teacher, ES	Hybla Valley Elem (Region-3)	100%	Apply
Kindergarten Teacher, ES	Bull Run Elem (Region-4)	100%	Apply
Kindergarten Teacher, ES	Sangster Elem (Region-4)	100%	Apply
Kindergarten Teacher, ES	Coates Elem (Region-5)	100%	Apply
Learning Disabilities Teacher, ES	Cunningham Park Elem (Region-1)	100%	Apply
Learning Disabilities Teacher, ES	Herndon Elem (Region-1)	100%	Apply
Learning Disabilities Teacher, ES	Mosaic Elem (Region-1)	100%	Apply
Learning Disabilities Teacher, ES	Navy Elem (Region-1)	100%	Apply
Learning Disabilities Teacher, ES	Terraset Elem (Region-1)	100%	Apply
primary grades			
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Learning Disabilities Teacher, ES	Baileys Elem-Arts & Sciences (Region-2)	100%	Apply
Learning Disabilities Teacher, ES	Belvedere Elem (Region-2)	100%	Apply
Learning Disabilities Teacher, ES	Kent Gardens Elem (Region-2)	100%	Apply
Learning Disabilities Teacher, ES	Weyanoke Elem (Region-2)	100%	Apply
Learning Disabilities Teacher, ES	Bush Hill Elem (Region-3)	100%	Apply
Learning Disabilities Teacher, ES	Gunston Elem (Region-3)	100%	Apply
Learning Disabilities Teacher, ES	Hollin Meadows Elem (Region-3)	100%	Apply
Learning Disabilities Teacher, ES	Hybla Valley Elem (Region-3)	100%	Apply
Learning Disabilities Teacher, ES	Lorton Station Elem (Region-3)	100%	Apply

Please send your resume to flegagneur@fcps.edu

A sample of the online FCPS Instructional Vacancy List at <https://careers.fcps.edu/vl/vacancy.htm> as of Saturday, Aug. 13, 2022.

Governor Endorses Outing Students to Parents

BY MERCIA HOBSON
THE CONNECTION

There is a genuine possibility that the nine-member Virginia Board of Education, now with five newly appointed members (June 30, 2022) by Republican Governor Glenn Youngkin, will pass a regulation in line with the governor's Aug. 9 endorsement to "out" students to their parents. The combination has local and statewide transgender students and their allies expressing outrage while sounding the alarm.

"It is unimaginably cruel that Governor Youngkin would politicize the safety of students across Virginia. As Queer students who rely on these protections, we hope the governor reconsiders his stance and safeguards our rights," stated the Aug. 12 release by the Pride Liberation Project. It is a student-run group of Queer and allied students in Virginia, many in Northern Virginia, who advocate for the rights of LGBTQIA+ students.

What triggered the recent heightened student concern is that on Aug. 9, Youngkin endorsed schools' outing of students to their parents. With the governor having a majority on the Virginia Board of Education, the path is laid for possible future regulations.

Youngkin was responding to an inquiry about his thoughts on schools that keep information about a student's gender identi-

ty or sexual orientation from the student's parents.

"With regards to informing parents with the most important decisions about their children, I think everybody knows where I stand. Parents matter," Youngkin said. "Parents should be at the forefront of all of these discussions, and I firmly believe that teachers and schools have an obligation to make sure that parents are well informed about what's happening in their kids' lives." During his campaign for governor, Youngkin advocated for implementing such a policy.

Rivka Vizcardo-Lichter is a Pride Liberation Project leader. "Schools would be disclosing sensitive information, that of a student's identity, to their potentially un-supportive parents and guardians," she said in an interview. "[It] would make school an unsafe place to share your identity."

Aug. 12, Pride Liberation Project condemned the governor's view, citing concerns for safety and that removing public schools' privacy protections would negate schools' role as an inclusive space. In their release, PLP said familial rejection rates are incredibly high in the LGBTQIA+ community.

The Human Rights Campaign, stating that only 25 percent of LGBTQIA+ youth can be out in their homes, and 67 percent of LGBTQ youth hear their families make negative comments about LGBTQ people. "Consequently, countless students rely on

privacy protections to access critical support structures at schools, including affirming staff members, mental health support, and accepting clubs," according to Pride Liberation Project.

In 2017, the Human Rights Campaign Foundation partnered with researchers at the University of Connecticut to deploy a comprehensive survey capturing the experiences of LGBTQ youth in their family settings, schools, social circles and communities. Over 12,000 youth aged 13-17 participated in the survey, with representation from all 50 states and the District of Columbia. <https://assets2.hrc.org/files/assets/resources/2018-YouthReport-NoVid.pdf>

In Fairfax County Public Schools, Regulation 2603 establishes procedures and guidelines for schools to ensure that all students, including transgender students, experience a safe, supportive and inclusive school environment. All students have a right to privacy in Fairfax County Public School facilities or while participating in FCPS-sponsored events. No matter the reason, reasonable, non-stigmatizing accommodations must be made for any student who needs or wants more privacy.

Fairfax — As a Queer student in Fairfax with multiple closeted friends, I can't begin to even touch upon the harmful impact these comments could potentially have on my community at school. Protecting stu-

dents is the most important responsibility of our legislators. Governor Youngkin, please do your job.

Alexandria — Unless content is illegal, immoral, or impacts a student's ability to access the curriculum, why would teachers feel the need to discuss it with parents? It goes beyond the call to teach. Teachers are meant to be a safe space for students, and requiring them to share sensitive, confidential information such as a student's identity is inherently dangerous.

Arlington — As a lesbian teenager who lives and goes to school in Arlington, I find it horrifying that students may one day be forced to disclose their identity when they aren't ready or are in homes that are unsafe for them. It is irrational and insane to want to deny kids the ability to safely speak with teachers at school without fear of being outed to potentially unsupportive parents.

Richmond — I live in an unsupportive household, and outing me to my parents would likely cut me off from housing and basic needs. I've shared with teachers and administration my identity as a Queer student in confidence, knowing that they were not allowed to share this information with my parents. Requiring teachers to tell my parents about my identity would put me in an unsafe position. The governor is supposed to protect students, and he's working to do the exact opposite.

Suspected Tysons Center Shooter Held without Bond

Commonwealth's Attorney Steve Descano said on Monday, Aug. 15, that evidence presented during a General District Court preliminary hearing on malicious discharge of a firearm and other weapons charges against a Washington, D.C. man, was sufficient for a judge's ruling to certify to the grand jury.

Noah Settles, 22, faces three counts of malicious discharge of a weapon into an occupied building, one count of attempted malicious wounding, and one count of use of firearm to maliciously wound for the June 18 incident at Tysons Corner Center in McLean. He faces up to 43 years in prison. Settles has been held without bond since he turned himself in to Fairfax County Police.

"People can't come to Fairfax County and shoot a gun in a crowded mall and not expect to be fully prosecuted. This kind of behavior is unacceptable and merits a lengthy prison sentence," Descano said. "We also cannot grow complacent when gun violence has become so prevalent that simply going to the mall may feel to some like an act of defiance. Prosecutors like me work very hard every day to get guns off the streets but we need more tools. I will continue to demand as much from lawmakers at all levels."

Settles' next court appearance was scheduled for Sept. 22, 2022 at 9 a.m.

Now: Public Input Every 5 Years on TransAction Plan

Northern Virginia Transportation Authority is seeking public input on Northern Virginia's long-range transportation plan, TransAction. The plan's goals are "to enhance mobility, increase accessibility and improve resiliency by

planning for an equitable, sustainable and safe multimodal transportation network."

The draft TransAction Plan, which is updated every five years, addresses regional transportation needs through 2045, by which time the population in Northern Virginia is projected to grow by 23% and employment by 33%. The TransAction Plan, comprised of 429 candidate transportation projects totaling more than \$75 billion, identifies potential investments to meet the growing needs for travel throughout the region, expanding beyond Northern Virginia. <https://thenovaauthority.org/>

Now is the public's opportunity to provide NVTA with feedback on the region's transportation future, including a proposed regional Bus Rapid Transit (BRT) network, a range of technologies including progress towards vehicle electrification, and programs to encourage alternative modes of transportation, to name a few. TransAction recognizes Northern Virginians and others in the region regularly travel across jurisdictional boundaries to reach their destinations, including southern parts of Virginia, Washington, D.C. and Maryland. Feedback from the public who travel in the region is an important part of this TransAction update process.

The TransAction Public Comment Period began on Monday, August 1, 2022, and will end at 11:59 p.m. ET on Sunday, Sept. 18, 2022. During this time, NVTA will host a TransAction Public Hearing on Thursday, Sept. 8, 2022 at 7 p.m., just prior to the Authority's regularly scheduled business meeting.

The draft TransAction Plan document summarizing travel conditions, challenges and opportunities through 2045, and a draft TransAction Project List, are available for public comment at nvtatransaction.org/participate. To view materials in person, please contact NVTA at 703-642-4652 to set up an appointment with NVTA staff. The TransAction draft plan and online comment form are available in three languages: English, Spanish and Korean.

The public is invited to provide one comment submission per person via one of the following mediums:

Online form: nvtatransaction.org/participate
Voicemail: 571-354-0065

Mail: Northern Virginia Transportation Authority, 3040 Williams Drive, Suite 200, Fairfax, VA 22031

Public Hearing: Remote via Zoom, or NVTA's Offices, 3040 Williams Drive, Suite 200, Fairfax, VA 22031, on Sept. 8, 2022 at 7 p.m.

❖ When providing a comment, people are asked to provide their first and last name, email address, zip code and feedback on the TransAction Plan. If also commenting on the project list, please provide the project ID and/or project name.

During the TransAction Public Hearing, both remote and in-person opportunities will be available to provide comment. Due to pandemic concerns, it is strongly encouraged for testimony to be provided remotely or comments submitted in advance via the online comment form, available at nvtatransaction.org/participate.

People must sign up in advance to provide live testimony during the Public Hearing on Sept. 8, 2022, in one of the following three ways:

Registration form: Fill out this forms.gle/sgp33RyRcGtTxFRn7. – Pre-Registration Deadline: Sept. 6, 2022 at 5 p.m.

Phone: 703-642-4652 – Pre-Registration Deadline: Sept. 6, 2022 at 5 p.m.

In-person Walk-Ins: NVTA's Offices on Sept. 8, 2022, Sign-in from 6:30 p.m. – 7:00 p.m. 3040 Williams Drive, Suite 200, Fairfax, VA 22031

❖ Advanced registration by Sept. 6 preferred

The NVTA was created by the General Assembly on July 1, 2002, to offer a common voice for Northern Virginia on transportation issues confronting the region. The Authority is made up of nine jurisdictions including: the counties of Arlington, Fairfax, Loudoun and Prince William; as well as the cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park. The Authority is responsible for updating Northern Virginia's long-range transportation plan, TransAction, and since 2014 manages approximately \$365 million annually in public funds for transportation projects designed to provide congestion relief throughout Northern Virginia. For more information visit thenovaauthority.org

Beyond Firepits and Outdoor Kitchens

Local designers suggest tweaks that can turn a backyard into a space for entertaining or relaxing.

BY MARILYN CAMPBELL
THE CONNECTION

Idyllic images of the Amalfi Coast are the inspiration behind the design board that Jeremy Winters is creating for the makeover of the backyard of the Vienna home that he shares with his parents. The focal point will be a gazebo with sheer curtains designed to give it a billowy vibe. The soon-to-be interior designer is working to cultivate a loyal base of clients who trust his creative vision and he's starting with outdoor spaces.

"This is the time to get ready to enjoy the cooler temperatures of late summer and early fall," said Winters. "Build, create, polish or makeover your backyard or porch, so that you can enjoy it when we can finally sit outside without melting."

Whether working with a shoestring budget or one that is less modest, transforming a bland backyard into an oasis of serenity can be accomplished in time for moderate temperatures that are on the horizon. From a plush chaise lounge made of all-weather fabric to a tiny cabin reminiscent of a fairytale setting, local tastemakers offer ideas for creating a space for al fresco enjoyment.

"The garden is the new American living room, and I'm very interested in the ways a designer can make outdoor spaces function as beautiful, organic, year-round living spaces," said Anne Walker of Anne Walker Design.

The same attention to detail that's used to furnish a home's interior should extend to its exterior. "The goal of every outdoor space is to create a seamless flow from the inside of the home to the outdoor setting," said Jim Rill, Rill Architects.

Whether sipping morning coffee alone or enjoying wine with friends, comfortable seating is a must. "There are outdoor tables and chairs that range in prices so that you can enjoy a family dinner outside," said Winters. "I would suggest buying the best quality that you can afford."

A gazebo can provide full coverage in yards that lack shade. To optimize comfort, Winters suggests adding an outdoor fan and sheer curtains to keep out mosquitoes. "There are a lot of chic options at every price point," said Winters. "Even those who are on a tight budget or who have limited space can find a nice one."

The way in which an exterior space is illuminated can have a dramatic impact on its mood. "I would suggest splurging on lighting because it can make a huge difference when creating the ambiance that you want," said Winters. "If you're on budget you can hang fairy lights. Solar powered lights are an easy option. If you can afford it, hire a professional."

He also suggests using music to set the mood. "To enhance the ambiance, install an outdoor surround sound system to play your songs," said Winters. "That will create an atmosphere for gathering and entertaining family and friends."

Walker installed a cozy cottage that she calls a chalet in the expansive backyard of her Potomac home. "[It] was hand-made by local Amish



PHOTO BY LYDIA CUTTER

In this Potomac, Md. English garden, Rill Architects created a covered pavilion with a fireplace overlooking the pool.



PHOTO ANNE WALKER

Designer Anne Walker's backyard chalet is furnished with a bamboo writing desk for spending time along as well as accessories for entertaining.

craftsmen [and] it's outfitted with lovely, simple furnishings and accessories for outdoor entertaining."

Versatility is part of its appeal. "There are so many possibilities for this space," said Walker. "I have a petite bamboo writing desk for the times that I want to escape the noise in the main house and have a quiet, uninterrupted thought



PHOTO ANNE WALKER

Anne Walker created a gravel path that connects the chalet to the rest of her patio which has a firepit and outdoor seating to accommodate guests.

"The garden is the new American living room."

— Anne Walker of Anne Walker Design

in the peace and beauty of dappled sunlight."

A gravel path that Walker laid herself connects the chalet to the patio that includes a firepit and outdoor seating to accommodate guests.

"Someday it could be a tiny, freestanding office, or a playhouse for young children, or a potting shed and gardening center. For now, it's a little jewel box in the outdoor living room that I'm thoughtfully building for our family and friends."

CONNECTION

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Culinary Instruction Without Borders

Virtual platform takes Melanie Underwood from Fairfax farm to nationwide classroom.

BY MARILYN CAMPBELL
THE CONNECTION

It started with a pastry. Eight-year-old Melanie Underwood trudged through a grassy field in Northern Virginia in search of her father. Finding him on a tractor, she presented him with her latest masterpiece: a platter of eclairs, a confection that is both sinfully decadent and extraordinarily difficult for an elementary school student to master.

Decades later, Underwood, who is the youngest of six daughters, is helping her father celebrate his 81st birthday in Fairfax this week. She's no longer an enthusiastic novice serving dessert on a plate, but a licensed culinary arts instructor and founder of Gather, a school that allows her to share passion for food with others.

"An essential part of my class is teaching confidence, creativity and calm in the kitchen, along with technique," said Underwood. "Almost anyone can follow a recipe, but I help students to learn what to do if whatever they are making doesn't come out as expected."

Through virtual learning platforms that are still on trend post-COVID, Underwood has a worldwide classroom that reaches students from elementary school through retirement.

"Some students watch, and some students actively participate," she said. "I watch what everyone is doing and give feedback in real-time. I also answer any questions during this time. We discuss the techniques of what we are making and how to make substitutes. I encourage tasting

as we go and get students to talk about what they are tasting."

The name of her school is an homage to her grandparents and their tradition of gathering family and friends for meals made using ingredients like cream that was milked from cows on their farm and fruit grown on trees on their land.

"These were the building blocks to some unusual and delicious



PHOTO BY AIKO AUSTIN

Culinary instructor Melanie Underwood teaches students to be courageous in the kitchen.

"An essential part of my class is teaching confidence, creativity and calm in the kitchen, along with technique."

— Melanie Underwood, culinary arts instructor

dinner and dessert offerings," said her sister Lori Page who lives in Fairfax. "Meals were not simply nourishment for the body ... they were also nourishing to the senses, to the soul. They were an event in many ways [and] something to look forward to. ... It's not a surprise that Melanie would grow up to cook and to develop recipes that use ingredients in nontraditional ways."

Underwood works to set an anxiety-free tone in her classes where whimsy is prioritized over perfection. Families stuck in a culinary rut with a repertoire of three dinner recipes that they cook on repeat will get a boost of originality. Her students might learn to make chicken salad by swapping celery and mayonnaise for curry paste and arugula.

"We made homemade gnocchi, freely chatted about food and fami-

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PHOTO BY AIKO AUSTIN

Culinary instructor
Melanie Underwood

Culinary Instruction

FROM PAGE 5

ly, all while learning and practicing techniques together,” said Joanna Dewey, who is one of Underwood’s students. “I was so hesitant signing up for my first online cooking class [but] my fears of being judged or too inexperienced immediately dissipated.”

Taped classes allow families to have culinary experiences that are not bound by hectic and often conflicting schedules.

“Now, my nine-year-old daughter and I catch any episodes she is hosting and enjoy baking her recipes together,” said Dewey. “I’m already planning on giving her classes to family members, and also using them in the future to gather friends from all over the country for a virtual ladies night out.”

Through classes that she creates specifically for children, Underwood uses a holistic approach to education and helps her young charges develop a palate that extends beyond chicken nuggets, French fries and juice boxes.

“I know the importance of designing classes to incorporate math, reading, critical thinking, problem-solving, and creativity through the life skill of cooking while having fun,” she said.

Her family’s time-honored tradition of using food as a vehicle for community building and social connections guided the mission that Underwood established for Gather. “Cooking can break down all types of barriers and unite us all. I’ve repeatedly observed how learning to cook and bake enriches lives, connecting with friends, and family, creating community, and developing self-confidence.”

CALENDAR



The Swamp Romp will play at Frying Pan Park in Herndon on Thursday, Aug. 18, 2022.

REGISTRATION OPEN

2022 Northern Virginia Senior Olympics. Sept. 10-24. Register online at www.nvso.us, \$20 for unlimited events. Go to the website for events, rules, eligibility, photos, past results. For information, email nvso1982@gmail.com.

SATURDAY MORNINGS

Summer Programming for Kids. 9 a.m. to 1 p.m. At Reston Museum, 1639 Washington Plaza, Reston. Reston Museum is launching new summer programming for kids! Visit the Reston Museum to participate in fun and creative activities inspired by Reston's history. Program is free and everyone will receive an Explore Reston packet.

NOW THRU DEC. 31

Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: www.restonartgallery.com

SATURDAYS UNTIL DECEMBER

The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village in Reston from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. Visit <http://restonfarmersmarket.com/>

MCLEAN FARMERS MARKET

The McLean Farmers Market opened for the 2022 season on May 6th, at Lewinsville Park, 1659 Chain Bridge Road, McLean. The market will run every Friday from 8 a.m. to noon through November 11. Local farmers and producers will sell fresh produce and fruits; breads and pastries; prepared foods; meats; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles of Fairfax County. For more information, see: <https://www.fairfaxcounty.gov/parks/farmersmarkets/>

HERNDON FARMERS MARKET

Thursdays through Nov. 3, 8 a.m. to 12:30 p.m. 765 Lynn St., Herndon, VA, 20170 <https://www.fairfaxcounty.gov/parks/farmersmarkets/herndon>

GREAT FALLS FARMERS MARKET

The Great Falls Farmers Market Outdoor Market is open every Saturday, Spring and Summer, 9 a.m. - 1 p.m., 778 Walker Road, Great Falls. For vendors and weekly highlights see <https://www.greatfallsfarmersmarket.org/>

NOW THRU AUG. 26 (FRIDAYS)

Storytime for Little Historians. 11 a.m. The second annual Storytime for Little Historians program returns this summer. Reston Museum invites our youngest visitors to the Reston Museum every Friday at 11 a.m. to listen to a story about Reston or one of Reston's founding principles. Books for the program come from the Reston Museum and Reston's Used Book Shop. Program is offered free of charge

and each child will receive a goodie bag. Program is recommended for children under 7. Visit www.restonmuseum.org.

NOW THRU AUG. 18 (THURSDAYS)

Farmers' Market Fun Days. At Town Green, 730 Elden Street, Herndon. Enjoy free kid-friendly entertainment on Thursdays running July 7-August 18 from 10:30-11:15 a.m. on the Town Green, 730 Elden Street. Before or after the performance, people are welcome to shop the locally grown and homemade goodies at the Farmers' Market from 8 a.m. - 12:30 p.m., on Lynn Street in historic downtown Herndon. If inclement weather occurs, call the Inclement Weather line at 703-435-6866 for the status of the performance.

Entertainment Schedule:

August 18: Rainbow Rock - plays original children's music for the top rock set
To learn more about the Town of Herndon Parks and Recreation Department, visit herndon-va.gov/recreation, or call 703-787-7300.

THURSDAY/AUG. 18

The Swamp Romp. At Frying Pan Farm Park, 2709 West Ox Road, Herndon. Improvisation, audience interaction, humor, joy and audacity all combine to create a musical gumbo unique to each occasion. Concerts are held outdoors and may be canceled due to inclement weather. Call 703-324-SHOW (7469) for inclement weather updates.

FRIDAY/AUG. 19

Dan Navarro. 8 p.m. At Jammin Java, 227 Maple Ave. East, Vienna. Tickets are \$22-\$25. Visit www.jamminjava.com.

FRIDAY/AUG. 19

"Honey I Shrank the Kids" Movie. 7 p.m. At Tysons Corner Center, McLean. Part of the Outdoor Family Movie Night on the last Friday of the month. Make sure to bring your chairs and blankets for a movie under the stars! Complimentary popcorn and soft drinks will be provided (while supplies last).

SATURDAY/AUG. 20

Bill Kirchen's Rockabilly. 7:30-9 p.m. At Arrowbrook Centre Park, 2351 Field Point Road, Herndon. Grammy-nominated guitarist, singer and songwriter Bill Kirchen is one of the fortunate few who can step on any stage, play those trademark licks that drove the seminal Commander Cody classic Hot Rod Lincoln into the Top Ten nationwide, and elicit instant recognition. You can also enjoy wine tastings and sales by the Winery at Bull Run and Paradise Springs Winery. Concerts are held outdoors and may be canceled due to inclement weather. Call 703-324-SHOW (7469) for inclement weather updates.

SUNDAY/AUG. 21

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring Something's Brewing. Hosted by John Nugent & Sons - HVAC, Plumbing and Electrical. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

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Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County, Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

Please, help save these historical papers. All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper-local news to residents. It feels like no small miracle to be looking forward into 2022.

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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Less Than Twenty-Four Hours Later



By KENNETH B. LOURIE

Last week's patient has already had an unexpected bleeding event and has been transferred back to ICU. Now, the patient is in Medical ICU. Previously, he had been in Surgical ICU. (Incidentally, this hospital, I was told, has nine different ICUs.) And what's the difference between the two ICUs? So far as I can tell: one letter. MICU appears to be equally hands-on with 'round-the-clock super attentive care with an ever-present nurse and other related medical staff always within earshot and able as well to view the patient's status (heart rate, pulse, blood pressure, et cetera) on various monitors and computer screens. So, it's nice to be back (that's easy for me to say) in the loving and caring arms of the ICU. Although, I wish we were anywhere but here, if you know what I mean? But if I'm being selfish, I want this patient to receive the best care possible and in his present state, a 24-7 ICU offers his best chance of surviving.

Now we wait for the doctors to evaluate his condition and determine a course of action which addresses the bleeding that prompted his transfer back to an ICU in the first place. And in the second place, I can't help wondering if successive struggles like this and others that have occurred since his three-weeks ago emergency ambulance ride to the hospital, have had a cumulative effect and the more upsets/complications like this that the patient experiences, the greater the chance that this patient will succumb to the stresses placed on his body. But what do I know? No joke here. I'm a very interested party who's scared and extremely uncertain of the eventual outcome. It's a day-to-day existence for all of us. Unsettling doesn't begin to describe it.

The problem/reality is that the doctors don't know about tomorrow until they evaluate the information gathered today as well as assess the patient's overall progress/appearance. Monitoring the patient's behavior combined with having gathered a wide range of medical data will help determine, maybe overnight, after us interested parties have long since left the facility, what the plan is going forward, at least until the staff repeats today's orders and gathers even more data. As I've learned recently, medicine is not like arithmetic, there are no straight lines of treatment. There's an endless list of variables. As we've seen/been told, assessing the patient, and planning a course of action is dependent on any number of moving parts, so to speak, especially with this patient.

Twice now, medical emergencies have occurred which has postponed treatment of the underlying problem which was the reason this whole medical mess devolved. A little bit of chemo leading to a nearly non-existent white blood count caused this patient to be susceptible to infection with limited means to defend himself. He went into septic shock as a result and the hospital has spent the last three weeks trying to stabilize/regain control of the patient's major organs which had all shut down due to the sepsis.

Through all this tumult, the patient has been unable to talk due to tubes in his mouth from a ventilator initially, progressing to a trach tube in his throat (a tracheotomy needed to be performed) currently. Consequently, he has been unable to express his wishes, share his frustration or interact too much, even with his doctors. All he can do is mouth words and/or communicate with his eyes, facial gestures, and hand-arm movements. It's been challenging. More so, for him, than us. Since we don't know what the future holds, we'd really like to have greater communication in the present. Nevertheless, we must focus on how much better he is today than he was just last week. As The Three Stooges said: "Rome wasn't built in a day. Neither was Milwaukee."

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



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