

# Fairfax CONNECTION

## The Few. The Proud.

NEWS, PAGE 8

Sarah Bishop, 35, of Fairfax, celebrates holding the finish line tape after winning the women's division of the Marine Corps Marathon with a time of 2:45:06.



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PHOTO BY MARK MOGLE/THE CONNECTION

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# Helping Poor, Homeless for a Quarter Century

## The Lamb Center celebrates 25<sup>th</sup> anniversary.

BY BONNIE HOBBS  
THE CONNECTION

**W**hen The Lamb Center celebrated its 25<sup>th</sup> anniversary, Oct. 11, with a banquet at The Waterford, it was an evening of both joy and reflection. Executive Director John MacPherson said Father Martyn Minns started this faith-based ministry at Truro Episcopal Church.

“He noticed the church was constantly getting requests for aid from the poor, and they wanted to go deeper and help more,” said MacPherson. “So The Lamb Center first opened in 1992 over a pawn shop, with little more than a hot plate, a coffee pot and some doughnuts. We wanted to teach our guests about Jesus but, much to our surprise, they brought Jesus to us. And 25 years later, we’re still going strong.” Since those early days, the need for help here in Fairfax has grown; and, fortunately, so has The Lamb Center, itself, moving last year into a new, two-story, 10,000-square-foot building at 3160 Campbell Drive. Learn more by calling 703-691-3178 or visiting [www.thelambcenter.org](http://www.thelambcenter.org).

This daytime, drop-in shelter offers hot meals, showers, laundry services, basic dental care, plus recovery and employment counseling to the poor and homeless. These guests come from all walks of life and, for a variety of reasons, have fallen on hard times. But at The Lamb Center, they find a warm welcome and open, caring hearts.

**IN 2016**, The Lamb Center received 31,030 guests, averaging 102 per day. It served

**From left:**  
**John MacPherson,**  
**Bishop Martyn Minns, Dave Larrabee and Patti Brown.**

PHOTOS BY  
BONNIE HOBBS  
THE CONNECTION



42,136 meals, provided 11,204 showers and more than 10,000 counseling sessions. It hosted 300 AA meetings, while also offering Bible studies, computer classes, haircuts, clothing, housing searches and relationship advice. But it wouldn’t be possible without the support of The Lamb Center’s more than 100 churches, 1,200 individual donors, dozens of local businesses and tireless volunteers who logged more than 20,000 hours total.

Introducing Minns, who’s now a bishop, Lamb Center Board Chair Kelly Johnson said the center wouldn’t be in business without his “compassion, vision and leadership.” And Minns acknowledged the support of the Fairfax City Council when he was Truro’s rector.

During that time, he asked his friend Jim Barnes to determine the area’s most pressing needs, and Barnes said there was no place for the homeless to go during the day.

Minns and Barnes brainstormed names for the new ministry and began with Local Area Ministry (LAM).

“Then Jim’s wife Linda added the B for Local Area Ministry Because (LAMB),” said Minns. “We did it because men, women and children needed help, and God told us to do it, and so The Lamb Center was born. God loves the poor and he’s told us to follow his example. When we die, we’ll be asked, ‘Did we help the poor?’ – and our destiny will depend on our answer.”

Besides, he added, “We need the poor because they know that, except for the grace and mercy of God, we are lost. And they remind us of what’s truly important in life – our relationship with God and with the people around us. And may God continue to bless the Lamb Center – because.”

Johnson said the churches send the center supplies, volunteer and donations, and “We literally could not do what we do ev-



**Bishop Martyn Minns acknowledges Jim Barnes.**

ery day without the support of the faith community. Board Vice-Chair Tara Ruszkowski then acknowledged recently retired nurse Lori McLean, who contributed many hours to the center. “I’ve been volunteering there Tuesday afternoons since 2008, and I’m still the newest, Tuesday volunteer,” said Ruszkowski. “So our volunteers come and stay.” Banquet attendees then watched a video about the center, in which MacPherson said, “The Lamb Center is a place where people often come when they have no place else to turn.”

**THE GUESTS’ COMMENTS** on that video included: “A child’s illness, a car accident – just one thing and you’re homeless. They welcome you with open arms. When I just need someone to talk to, I come here. If it wasn’t for The Lamb Center, I’d be in much harder times. I can get some food, a hot shower and clean clothes and look like everybody else.”

Another person on the video, Ken McMillon, said, “Everybody has a reason for where they are and how they got there. But people who have compassion try to understand and help. I’m not ashamed anymore.”

Board member Sharon Jones noted that the center opened a dental clinic in March to do emergency extractions and referrals to the Northern Virginia Dental Clinic. “We reached out to the NVCC School of Dental Hygiene and also asked dentists to volun-

SEE LAMB CENTER, PAGE 7

## ‘They Make You Feel Like You’re a Person’

### Lamb Center guests share their stories.

BY BONNIE HOBBS  
THE CONNECTION

**D**uring The Lamb Center’s silver anniversary celebration, Patti Brown, the center’s assistant director, introduced four guests who shared their stories. Joseph Neal, who’s been on the streets, off and on, for 15 years, said he owes the center and God “a great deal of appreciation.”

Len Mullins came there in April because he needed some T-shirts and a shower and was hungry. But on June 27, Nurse Lori McLean examined him and realized he was having heart problems and had him taken to Inova Fairfax Hospital, where he had open-heart surgery.



**Joseph Neal**



**Len Mullins**



**Greg Marshall**



**Octavia Travis**

“I’ve gotten through that, met some wonderful people at The Lamb Center and they’ve been with me, every step of the way,” he said. “Now I pass on good words about the center and tell people to go there.”

Greg Marshall first went there in 2015. “I was sleeping in my car and someone stole my prosthetic leg, and The Lamb Center helped me get a new one. I’d surrendered a six-figure job after an accident, but The Lamb Center was there and showed me nothing but love. But mostly, they encour-

age people.”

A diabetic, Octavia Travis was malnourished and had been assaulted. “So when I came to The Lamb Center, my spirit was gone,” she said. “People told me to come here, and I focused on the words on the wall, ‘Hope, love, faith.’ These things had vanished from my life, so I came back the next day.”

At the Bible study table, said Travis, “They talk about God, and God comes alive. And the volunteers are so full of love; they don’t

look down on you and they make you feel like we’re all on the same level. They make you feel like you’re a person. I had a life, at one time.

But I was at my wits’ end and they made me want to live.” She then gave the center a plaque, plus a card in which she’d written, “The things you do make a difference.”

“This could be any of us – we all could be just one paycheck away from poverty,” said Board member Brenda Norman. “I’m a regular volunteer at The Lamb Center, and it’s just a joy to be there. We’re there to be an encouragement to our guests, to pray with them and to help whether they’re homeless or brokenhearted. There’s so much love there, and I encourage others to share their gifts and volunteer with us. Come to our new center, feel God’s presence and see what’s happening there through Him.”

# Shifting Political Battlefield for General Assembly

Solid blue urban areas separated by political beltway from solid red exurbs.

BY MICHAEL LEE POPE  
THE CONNECTION

Northern Virginia has more competitive seats than any other part of the commonwealth, a ring of districts that forms a beltway of sorts separating the inner solid blue in Arlington and Alexandria from the solid red in rural and exurban seats in Loudoun and Prince William. That puts Fairfax County squarely in the driver's seat this November, when Democrats hope to pick up seats in an election that has balanced local issues like schools and roads with the ongoing reaction to President Donald Trump. That battle will be won or lost in suburban Northern Virginia, where the Washington suburbs are sprawling into areas that used to be farmland and orchards.

"We have a transportation beltway around D.C. in Northern Virginia, and we also have a competitive political beltway," said Quentin Kidd at Christopher Newport University. "It's the fault line between old Virginia and new Virginia, and it's the trenches of our current political battlefield."

The region has many incumbent delegates who are running unopposed, all Democrats: Mark Keam (D-35), Ken Plum (D-36); David Bulova (D-37); Vivian Watts (D-39); Eileen Filler-Corn (D-41); Mark Sickles (D-43); Paul Krizek (D-44); Mark Levine (D-45); Charniele Herring (D-46); Patrick Hope (D-47); and Rip Sullivan (D-48).

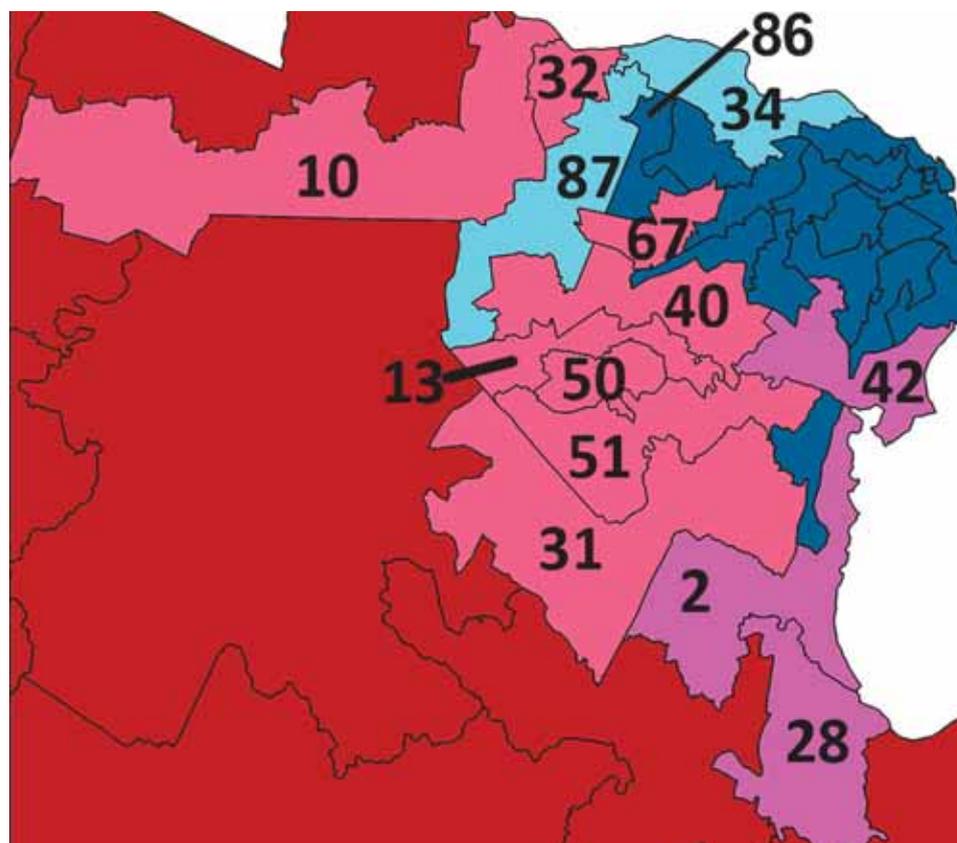
The decision of longtime Del. David Albo (R-42) to step down from public life after more than 20 years in office has created a vacuum that Democrats are eager to fill. Former Labor Department deputy administrator Kathy Tran emerged from a primary back in June, and she's been running hard against Republican Lolita Mancheno-Smoak ever since. Democrats have called attention to Mancheno-Smoak's early support of Donald Trump, whose candidacy she supported back in 2015 shortly after he declared his candidacy by calling Mexican immigrants rapists.

"Sometimes in order to generate change, in order to get new energy to actually feel passionate about a new beginning you need positive disruption," said Mancheno-Smoak in an interview with Connection Newspapers. "I see Trump as a positive disruptor."

Democrats pounced on that remark, issuing a press release in reaction.

"It's no surprise that she would call Donald Trump a positive disruptor as the most recent version of Trumpcare would disrupt access to affordable health care for 32 million people," said Virginia House Caucus spokeswoman Katie Baker in a written statement. "For Kathy Tran, on the other hand, health care is a moral issue."

**ASIDE FROM HAVING** three of the four open seats on the ballot this year, the region has more Republicans incumbents facing hotly contested races than any other part



## House districts of interest

### Category:

- Potentially competitive open seats
- Potentially competitive seats with D inc
- Potentially competitive seats with R inc
- Safe D seats
- Safe R seats

UNIVERSITY OF VIRGINIA CENTER FOR POLITICS



**Kathy Tran (D)**



**Lolita Mancheno-Smoak (R)**

of the state. The Center for Politics at the University of Virginia identified eight Republicans facing competitive challenges and two Democrats. The incumbent who seems to be facing the strongest challenge is Del. Jim LeMunyon (R-67), who sent out mailers emphasizing his work with Democratic Gov. Terry McAuliffe.

"This is probably the best chance Democrats have of taking out a GOP incumbent," said Geoff Skelley, media relations coordinator at the Center for Politics. "Jim LeMunyon occupies the most Democratic seat held by a Republican in the House of Delegates." He is opposed by Karrie Delaney.

Another Republican incumbent facing a

competitive race this year is Del. Tim Hugo (R-40), who serves as the Republican caucus chairman. He's facing Democrat Donte Tanner, who raised more than \$350,000 to take on the popular Republican incumbent. That's a huge chunk of change, especially for a first-time candidate running against a longtime incumbent. But it's about half of what Hugo was

able to raise. That's only part of the value of incumbency. Hugo, who calls himself the "pothole delegate" for his support of constituent issues, has spent the last decade building goodwill among voters in the district.

"Folks like Tim Hugo have established a name brand and an identity in their districts, and voters generally have a favorable view toward them," said Mark Rozell, at George Mason University. "Democrats are energized, and they are counting on a big anti-Trump vote. But I think you can count on some split ticket voting, and perhaps many of those voters who are going to vote against the Republican at the top of the ticket will still vote for their local guy in the House of Delegates."

**REPUBLICAN INCUMBENTS** aren't the only General Assembly members facing challenges, though. Del. Kathleen Murphy (D-34) is one of two Democratic incumbents facing a challenge the Center for Politics has ranked as competitive. The seat was held for more than 40 years by Republican Vince Callahan, although it has been held by Re-

## House District 40

- Republican Tim Hugo: \$660,000
- ❖ \$26,000 from CommonSense VA
  - ❖ \$15,000 from Check into Cash of Va
  - ❖ \$15,000 from Dominion Energy
  - ❖ \$12,500 from LoanMax
  - ❖ \$12,500 from Va Beer Wholesalers Association
- Democrat Donte Tanner: \$355,000
- ❖ \$15,000 from Future Now
  - ❖ \$15,000 from Only If You Run
  - ❖ \$12,000 from stockbroker Edward Hart Rice of Vienna
  - ❖ \$10,000 from Congressman Don Beyer's PAC
  - ❖ \$10,000 from Donte Tanner

## House District 42

- Democrat Kathy Tran: \$418,000
- ❖ \$15,000 from Flippable Va PAC
  - ❖ \$10,000 from Congressman Don Beyer's PAC
  - ❖ \$8,000 from Future Now
  - ❖ \$5,000 from Mary Wilkie Ebrahimi of Corpus Christi, Texas
- Republican Lolita Mancheno-Smoak: \$74,000
- ❖ \$15,500 from Dominion Leadership Trust
  - ❖ \$3,000 from House Republican Campaign Committee
  - ❖ \$1,400 from Clifton Republican Women's Club
  - ❖ \$1,250 from Geraldine Davie
  - ❖ \$1,200 from Cruz Mancheno of Fairfax Station

publicans and Democrats since he retired a decade ago. The Republican in the race is Cheryl Buford, who struggled to answer questions about her own campaign platform in an interview with Connection Newspapers. She says she wants to reduce regulations, for example, but she couldn't name any specific ones she would spike. She also says she wants to tackle the opioid crisis, although she couldn't name any specific proposals on that either.

"While it will be tough for the GOP to win any seats currently held by Democrats in 2017, this is one of the few such seats with a recent track record of competitiveness," says Skelley. "So I don't think we can entirely count out Buford."

One race that is contested but not necessarily competitive is House District 86, where incumbent freshman Democrat Jennifer Boysko is defending the seat against Republican challenger Linda Schulz.

Two years ago, Democrats were able to flip the seat after the retirement of longtime Republican Del. Tom Rust (R-86), a former mayor of Herndon. Since that time, Boysko has become one of the most outspoken critics of the Republican House leadership, even staging a press conference to denounce how bills with little chance of passing the Courts of Justice were being killed without so much as a hearing. Despite the fact that the seat was held by a Republican for decades, though, the Center for Politics did not race this as a competitive race.

"Tom Rust was a moderate Republican who managed to hold that seat even as it became bluer and bluer," says Geoff Skelley at the University of Virginia Center for Politics. "But now Jennifer Boysko controls it, and there's little reason to think she's in danger."

MAP COURTESY OF UNIVERSITY OF VIRGINIA CENTER FOR POLITICS

# Who Will Help Dreamers and Refugees?

Individuals, religious groups and other organizations share same goal.

BY SHIRLEY RUHE

The supporters all agree on one thing. As Imam Ali Siddiqui said, “Nobody asked these kids whether they wanted to come to America. They go to school, they work hard, build a career. It will be a loss to send them back.” Figures distributed by The Commonwealth Institute in October 2017 show that if all Virginians who are eligible for Deferred Action for Childhood Arrivals (DACA) became citizens, state and local tax contributions by young Virginians would rise from the current \$35 million to \$52.9 million a year.

As President Trump’s executive order released Sept. 5 threatens 800,000 DACA recipients with deportation, communities of supporters rally to their defense.

Individuals and groups converge from all directions to provide sanctuary, educational assistance, moral support, employment counseling and sometimes “in your face” advocacy for immigrant assistance. Each group has a plan and a niche but they are all working for the same goal — passage of the Dream Act, which will offer the opportunity for a long, but legal, path to citizenship for undocumented immigrants.

Norma Kacen is part of the Northern Virginia Friends of Refugees, an Arlington-based group, which she co-founded with Wendy Chan in the fall of 2016. “I grew up on Federal Hill in Providence, Rhode Island, an ethnic ghetto. It was a closed world with circles of ghettos — Portuguese, Italian, French, German, Polish,” she said, drawing circles with her finger on the table.

Kacen has recently been up on Capitol Hill as a volunteer lobbyist with the American Association of University Women visiting key senators to urge passage of the Dream Act. “All of the comments were ‘we couldn’t afford it,’ but,” she says, pulling out a talking sheet, “ending DACA and kicking recipients out of the labor force would cost the United States \$433.4 billion in GDP and decrease Social Security and Medicare contributions by \$24.6 billion over the next decade.” This is according to the Center for American Progress, a self-described progressive independent nonpartisan policy institute.

As of November 2016, 645,000 DACA recipients nationwide are employed, and they pay taxes. Kacen said, “My challenge to the senators was yes, we pay for their education like anyone else who pays taxes.” But most of the senators were unmoved by the arguments. Kacen says it is

also important to acknowledge a breakdown of DACA by Congressional districts because “some our representatives only listen to their own constituents.”

Northern Virginia Friends of Refugees was established to combat the anti-Muslim rhetoric and to be a welcoming friend to all refugees. “We didn’t want to duplicate the efforts of others so we partner with other organizations,” she said.

**RECENTLY THE GROUP** held three advocacy workshops for people supportive of refugees. About 50 people attended one of the workshops at Fairfax Presbyterian Church, Mt. Olivet Presbyterian Church in Arlington and a Muslim site in Fairfax. These workshops are non-partisan with the purpose to teach the skills necessary for effective advocacy.

“I was really delighted and it was extremely heartening that millennials attended. Every organization is trying to figure out what they can do to attract the disengaged millennials,” Kacen said.

The second event, which was held in the spring, brought American professionals together with the often highly skilled immigrants to help the immigrants navigate the workplace. “So we connect the immigrants together with American professionals in their own field to allow the professionals to talk.” Many of the refugees were doctors, architects, engineers and entrepreneurs in their countries and now have low-level jobs in America. The purpose of these life skills programs is to increase connections to help the immigrants reach their potential.

The third focus for this year is a large community event planned for the spring. It would be intended to show the resilience of the immigrants by “focusing on the incredible skills in the cultural arts such as music, arts and fashion. It is to show the capacity to overcome, the triumph of the human spirit,” she said.

Are they making progress? Kacen paused, “It’s hard to say. But ... there are so many people engaged.”

Monica Sarmiento is executive director of Virginia Coalition for Immigrant Right (VACIR), a coalition that began in 2013 with eight organizations, now grown to 16. She says their organization is focused on how to have more comprehensive immigrant reform in Virginia. “Many organizations have their niches demographically or ethnically but we tend to be looking at what we’re doing statewide and collaboratively. The most important empha-



PHOTO BY SHIRLEY RUHE

**Remembering her youth in Rhode Island, Norma Kacen of Arlington traces circles on the table as she describes neighborhood ghettos of people segregated by ethnicity.**



**Sumi Yi**



**Monica Sarmiento**



**The Rev. Laura Martin**

sis is to push different community representatives at the table — African, Korean, Muslim.”

Sarmiento says since VACIR is a 501(c)(3) non-profit organization they don’t directly lobby but have encouraged people to call their members of Congress, and the 16 organizations who are part of the coalition often engage in advocacy. For instance the Commonwealth Institute has prepared a fact sheet outlining how DREAMers grow our economy with 61 percent opening a bank account, 64.5 percent buying their first car, 97 percent becoming employed or enrolled in school. It adds that young people with DACA status contribute nearly \$711 million to Virginia’s economy annually including nearly \$35 million in state and local taxes. The conclusion is that ending DACA could reduce Virginia state and local tax revenue by almost \$13 million a year.

Members of VACIR include such groups as Legal Aid Justice Center, SEEC, VOCOLAO, NAKASEC, The Commonwealth Institute and Virginia New Majority. These groups have focused on the constituents of two U.S. representatives in Virginia, Scott Taylor (R-2) and Barbara Comstock (R-10), who they are trying to convince “to do the right thing and support a clean Dream Act.”

Sarmiento says the VACIR board had decided for the first time to endorse a clean Dream Act, the first time they had endorsed

any legislation. “A clean Dream Act would not have such provisions as mandatory verification (death by 1,000 papers), an increase in ICE agents, increased money for deportation, funding for the border wall, inability to sponsor family members, no pathway to citizenship.”

She says there needs to be a much larger conversation to spotlight the injustices happening now with undocumented immigrants who have already lost their DACA status due to President Trump’s executive order or who will lose their Temporary Protective Status (TPS) if it is not renewed. These people could be deported any day. She says 300,000 of these are from Latin America; 200,000 of these are Salvadoran. Sarmiento was raised in Northern Virginia but her parents emigrated from El Salvador fleeing war. “They were fortunate my grandmother lived here and got her legal status through the Reagan amnesty act so my father got legal status.”

Sumi Yi, Virginia community organizer for National Korean American Service & Education Consortium (NAKASEC), a community-based progressive Asian American and Pacific Islander organization, says their mission is to organize Korean and Asian Americans to achieve social, racial, and economic justice. She points out that out of the cur-

SEE DREAMERS. PAGE 9

# WEEK

## Saturday Morning Coffee with Del. David Bulova

This Saturday, Oct. 28, Del. David Bulova (D-37) will continue a tradition started in 2006 by holding informal office hours to take place from 9 to 11 a.m. Constituents are invited to talk about issues of interest and to ask questions about legislation affecting our community. The format is casual and no appointment is needed.

- ❖ Oct. 28 at Jireh Cafe, 13848 Lee Highway, Centreville
- ❖ Dec. 2 at Main Street Bagel, 10268 Main St., City of Fairfax

Bulova is also happy to arrange individual appointments on specific issues or concerns.

Del. Bulova represents Virginia's 37th House District, which includes the City of Fairfax and portions of Fairfax County. He serves on the General Laws, Education, and Agriculture, Chesapeake and Natural Resources committees. He is also a member of the Chesapeake Bay Commission, the State Water Commission, the Joint Commission on Health Care, and the Housing Commission.

For more information visit [www.davidbulova.com](http://www.davidbulova.com).

### FAITH NOTES

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

**Beth El Hebrew Congregation**, 3830 Seminary Road, Alexandria, has services on Fridays, 7:30 p.m. with a pre-service wine and cheese social at 6:30 p.m., and Saturdays, 10:30 a.m. with a pre-service Torah study at 9 a.m. Religious school is on Wednesday evenings and Sunday mornings. Adult learning opportunities take place throughout the year. Tot Shabbat is on the first and third Saturdays at 11 a.m. Kolot Shabbat, a musical service, is the first Friday of the month at 7:30 p.m.

Call 703-370-9400 or visit [www.bethelhebrew.org](http://www.bethelhebrew.org).

**The Cranford United Methodist Church**, located at 9912 Old Colchester Road, Lorton, hosts prayer and healing services on the first Thursday of each month at 6:30 p.m. Worship service is at 11 a.m., and fellowship is at 12:30 p.m.

**Fairfax Baptist Temple**, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or [www.fbtministries.org](http://www.fbtministries.org).

## EXCEPTIONAL SCHOOLS FAIR

November 5, 2017 | 11:00am - 2:00pm  
[www.exceptionalschoolsfair.com](http://www.exceptionalschoolsfair.com)

Showcasing the many wonderful school choices available to families of children with diverse learning needs. Admission is FREE and open to the public.

**KATZEN ARTS CENTER**  
AMERICAN UNIVERSITY @ WARD CIRCLE  
MASSACHUSETTS AVE NW & NEBRASKA AVE NW  
WASHINGTON, D.C.

### PARTICIPATING SCHOOLS

- THE AUBURN SCHOOL | CHELSEA SCHOOL | THE CHILDREN'S GUILD  
COMMONWEALTH ACADEMY | THE DIENER SCHOOL | EAGLE HILL SCHOOL  
EMERSON PREPARATORY SCHOOL | FORMAN SCHOOL  
THE FROST SCHOOL, PART OF SHEPPARD PRATT HEALTH SYSTEM | FUSION ACADEMY D.C.  
THE GOW SCHOOL | THE IVYMOUNT SCHOOL | THE KATHERINE THOMAS SCHOOL  
THE KINGSBURY CENTER | THE LAB SCHOOL OF WASHINGTON | LANDMARK SCHOOL  
THE LEELANAU SCHOOL | THE MADDUX SCHOOL | MANSEF | MIDDLEBRIDGE SCHOOL  
NATIONAL CHILD RESEARCH CENTER | THE NEWTON SCHOOL | THE NORA SCHOOL  
OAKWOOD SCHOOL | PARKMONT SCHOOL | PHILLIPS PROGRAMS SCHOOLS  
THE SIENA SCHOOL | WYE RIVER UPPER SCHOOL

Sponsored by the American University School of Education

For more information, please contact Bekah Atkinson at [exceptionalschoolsfair@gmail.com](mailto:exceptionalschoolsfair@gmail.com)

## An Afternoon with Memory Care Expert Rita Altman

Join us at the Lutheran Church of the Abiding Presence for an afternoon with Sunrise's Senior Vice President of Memory Care and Program Services, Rita Altman, R.N., M.S.N. Listen to tips and advice on caring for your loved one with memory loss and learn more about the Sunrise approach to memory care.

Tuesday, November 7, 2017  
2:00-4:00 p.m.  
(This event will start promptly at 2:00 p.m.)

Lutheran Church  
of the Abiding Presence  
6304 Lee Chapel Road  
Burke, VA 22015



#### Sunrise at Silas Burke House will offer:

- Assisted living and memory care
- Personalized activities and programming
- Three delicious meals served daily
- Convenient location near INOVA Fairfax Hospital
- Nearby dining and shopping at Burke community center

Call 703-286-2768 to RSVP.

WELCOMING RESIDENTS EARLY 2018  
Sunrise at Silas Burke House  
9619 Burke Lake Road, Burke, VA 22015  
[SunriseSilasBurkeHouse.com/Fairfax](http://SunriseSilasBurkeHouse.com/Fairfax)



# OPINION

## Don't Stay Home

Your vote counts this round; nation is watching.

Every year is election year in Virginia. Virginia offers multiple examples that prove every vote counts.

This year, each Virginia voter will vote for Governor, Lieutenant Governor, Attorney General and their member of the House of Delegates. Virginia is one of two Governor's races, and many are watching the Virginia race to as a harbinger of what to expect in 2018.

No matter how you vote, polling shows that the Governor's race could be very close.

**EDITORIAL** While there are quite a few uncontested races for members of the House of Delegates, several races could also be close, with the outcome likely to depend on turnout.

There is every reason to get out and vote.

### Absentee Voting in Person

Voting early if you qualify is a good choice.

There are 19 valid reasons to vote absentee in Virginia, including the possibility that you will be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: [elections.virginia.gov/casting-a-ballot/absentee-voting/index.html](http://elections.virginia.gov/casting-a-ballot/absentee-voting/index.html)

There are two ways to vote absentee: in-person and by mail. To vote by mail, you will need to apply for an absentee ballot; if you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

See your locality's elections website for more.

### Bring Photo ID, There Are Alternatives

Virginia has voter identification requirements; plan to bring photo identification with you to vote, whether absentee or on Election Day.

Any registered voter who does not have one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

Among accepted ID: valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification

### General Election Day, Tuesday, Nov. 7

On Election Day Polls are open from 6 a.m.-7 p.m.

card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

To find a registration office where you can obtain photo ID, even on the day of an election, visit: [vote.elections.virginia.gov/VoterInformation/PublicContactLookup](http://vote.elections.virginia.gov/VoterInformation/PublicContactLookup).

### Provisional Ballot Process for Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo

identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document may be provided to the electoral board to suffice the identification requirement.

### On the Ballot

#### Governor

Ralph S. Northam (D)  
Edward W. "Ed" Gillespie (R)  
Clifford D. Hyra (L)

#### Lieutenant Governor

Justin E. Fairfax (D)  
Jill H. Vogel (R)

#### Attorney General

Mark R. Herring (D) incumbent  
John D. Adams (R)

#### House of Delegates

##### 34th District

Kathleen Murphy (D) incumbent  
Cheryl Buford (R)

##### 35th District

Mark Keam (D) incumbent, unopposed

##### 36th District

Ken Plum (D) incumbent, unopposed

##### 37th District

David Bulova (D) incumbent, unopposed

##### 38th District

Kay Kory (D) incumbent  
Paul Haring (R)

##### 39th District

Vivian Watts (D) incumbent, unopposed

##### 40th District

Donte Tanner (D)  
Tim Hugo (R) incumbent

##### 41st District

Eileen Filler-Corn (D) incumbent, unopposed

##### 42nd District

Kathy Tran (D)  
Lolita Mancheno-Smoak (R)

##### 43rd District

Mark Sickles (D) incumbent, unopposed

#### 44th District

Paul Krizek (D) incumbent, unopposed

#### 45th District

Mark Levine (D) incumbent, unopposed

#### 53rd District

Marcus Simon (D) incumbent  
Mike Casey (I)

#### 67th District

Karrie Delaney (D)  
Jim LeMunyon (R) incumbent

#### 86th District

Jennifer Boysko (D) incumbent  
Linda Schulz (R)

#### Fairfax County School Bonds

Voters will vote yes or no on a \$315 million public school bond referendum on the Nov. 7 general election ballot. If approved by voters, the Fairfax County Public Schools' current plans to use this bond money are to plan and/or construct two new elementary schools, one in Fairfax/Oakton area and another in the northwest county area; relocate one modular building; plan additions at three existing high schools to add capacity at Madison, Stuart and West Potomac; plan and/or construct renovations of 10 elementary schools, three middle schools and two high schools. See [www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum](http://www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum).

#### Fairfax County Office of Elections

[www.fairfaxcounty.gov/elections](http://www.fairfaxcounty.gov/elections)  
Voter Registration: 703-222-0776, TTY 711  
Absentee Fax: 703-324-3725  
Email: [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)  
Election Officer Info: 703-324-4735, TTY 711

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### SOBER-RIDE FOR HALLOWEEN

**Free Sober Rides.** Saturday, Oct. 28, 10 p.m. through Sunday, Oct. 29, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code DCHALLOWEEN in the app's "Promo" section to receive a no cost (up to \$15) safe

ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit [www.soberride.com](http://www.soberride.com).

#### BRADDOCK ROAD STUDY

**Community Meetings.** Braddock

District Supervisor John Cook and the Fairfax County Department of Transportation (FCDOT) will host a series of community meetings focused on specific sections of Braddock Road this fall. The schedule SEE BULLETIN, PAGE 15

Fairfax  
**CONNECTION**

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# Lamb Center Turns 25

FROM PAGE 2

teer, and they've done it," said Jones. "This group of professionals has been a blessing to The Lamb Center. To date, we've provided 100 separate dental services to 63 guests. It's important to people's overall health and to their self-esteem."

Dave Larrabee, the center's operations director, said, "The most important thing we offer is a sense of community. I've been there 18-1/2 years, and it's an amazing place." He then prayed, "You open so many doors, Lord, and we thank You for all the lives You've transformed. We remember the 25 years of

Your awesome ministry, and we pray that You continue to guide us. Continue to bless our guests and keep safe all those who don't have a place to lay their heads." Afterward, Fairfax City Mayor David Meyer said, "Over the last 25 years, The Lamb Center's ministry has grown in its inclusiveness and its effectiveness in helping the poor in our community. There's tremendous support across the City, and especially on our City Council, for the center as it moves into its second quarter century. This is a place that changes lives and transforms our community, and we're all better for it."

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## Take Control and Be Your Own Boss

Learn how at the Capital Area Franchise Fair

**Monday, November 6, 8:30am-12:30pm**  
**Reston Association Conference Center**  
 12001 Sunrise Valley Dr., Reston, VA

The Capital Area Franchise Fair is the annual learning event hosted by FranNet of Virginia with the SBA, SCORE and the Community Business Partnership.

Experts, lenders and franchisors from various industries will discuss: the best franchise fit, trends, the franchise business model, local regulations, franchise funding.

**Tickets cost \$39 (\$49 at the door)**  
**Register at [www.capitalfranchiseshow.com](http://www.capitalfranchiseshow.com)**  
 Questions call Heather Rosen at 703-291-0939



## Transform 66 Outside the Beltway

### Fairfax County & Prince William County

#### Design Public Hearings

All hearings at 6-8:30 p.m. Brief presentation at 7 p.m.

**Monday, November 13, 2017**  
**for project segment from Route 50 to I-495**  
 Oakton High School Cafeteria  
 2900 Sutton Road, Vienna, VA 22181

**Tuesday, November 14, 2017**  
**for project segment from Route 29 to Route 50**  
 Stone Middle School Cafeteria  
 5500 Sully Park Drive, Centreville, VA 20120

**Thursday, November 16, 2017**  
**for project segment from Gainesville to Route 29 in Centreville**  
 Piney Branch Elementary School Cafeteria/Gym  
 8301 Linton Hall Road, Bristow, VA 20136

**Find out** about plans to transform 22.5 miles of I-66 from I-495 (the Capital Beltway) to University Boulevard in Gainesville to provide congestion relief and enhanced safety, as well as new travel choices and reliability. The project will include two new express lanes alongside three regular lanes in each direction, new and expanded transit service and park-and-ride lots, and interchange improvements. For exact locations of project segments, see design plans.

**Stop by** between 6 p.m. and 8:30 p.m. to view the design plans submitted by I-66 Express Mobility Partners, VDOT's selected partner for the project, and learn more about the proposed improvements. Attend the formal presentation at 7 p.m., followed by a public comment period. VDOT and I-66 Express Mobility Partners staff will be available to answer your questions during the open house.

**Review** project information, including design plans, project schedule, and environmental, right of way and civil rights information, at [www.Transform66.org](http://www.Transform66.org), at the hearings, or at VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030 beginning October 13, 2017. Please call 800-FOR-ROAD (800-367-7623) or TTY/TDD 711 to ensure the availability of appropriate personnel to answer your questions.

**Give your oral or written comments** at the hearings. You may also email comments to [Transform66@VDOT.Virginia.gov](mailto:Transform66@VDOT.Virginia.gov). or mail them to Susan Shaw, P.E., Megaprojects Director, at the VDOT Northern Virginia District Office address above. Please reference "Transform 66 Outside the Beltway" in the subject line. Comments must be postmarked, emailed or delivered to VDOT by November 29, 2017 to be included in the public hearing record.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: 0066-96A-497 UPC: 110741

# The Few. The Proud. Fairfax woman takes top spot in 42nd Marine Corps Marathon.

BY JEANNE THEISMANN  
THE CONNECTION

**S**arah Bishop needed a babysitter. The Fairfax mother of four had successfully pleaded with organizers of the Marine Corps Marathon to grant her a late entry into the race. With her husband out of town and just three days to go, she was getting desperate.

"I had been training and knew I was in shape to do well," said Bishop, who finished fourth in last year's race through the streets of Northern Virginia and Washington, D.C. "This race is my home turf and I really wanted to run."

Bishop, 35, did find a babysitter for her 7-, 5-, and twin 4-year-olds. So in the pre-dawn hours of Oct. 22, she lined up with 30,000 other runners for the 42<sup>nd</sup> annual Marine Corps Marathon, crossing the finish line 2 hours, 45 minutes and 6 seconds later to claim the women's championship trophy.

"By mile 13, I felt strong and knew I could do well at the finish," said Bishop, who missed qualifying for the Olympic trials by 6 seconds. "Sometimes you have the opportunity to do something and you just need to seize the day so that's what I did."

Bishop was followed by Meghan Curran of Fort Carson, Colo. (2:50:23) and Suzanne Hutchins of Gastonia, N.C., who finished third with a time of 2:53:35.

In the men's division, 32-year-old Desta Beriso Morkoma of Arlington overtook Kieran O'Connor in the last mile to win the men's title with a time of 2:25:13. O'Connor, who finished in 2:28:06, had led for 24 of the 26.2-mile course but fell to third place behind Morkoma and Wesley Turner of Danville, Va. (2:27:34).

"It's a year I worked hard to win," said Morkoma, who finished second in last year's race.

Arlington runners took the top two spots in the men's division of the MCM 10K race: Denzel Ramirez, 34, finished in 34 minutes and 16 seconds, followed by Craig Morgan, 26, (32:21) and Erik McMillan, 20 of the US Air Force Academy in 32:49.

Bethany Sachtleben, 25, of Alexandria, shattered the women's 10K course record with a time of 34:06. The old record of 34:43 was set in 2010. She was followed by Julie Tarallo, 28, of Washington, DC (38:00), and Amy Smith, 29, of Seattle (38:54).

"Groundpounder" Al Richmond, 79, of Arlington, completed the marathon in 6:48:35. Richmond is the last remaining runner to have completed every Marine Corps Marathon since its inception in 1976.

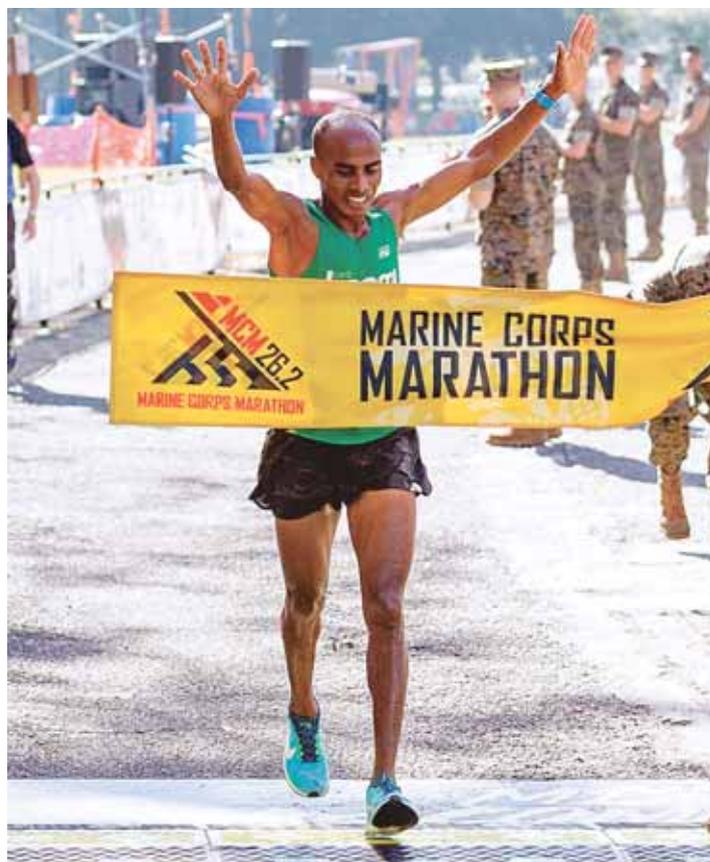
For Bishop, who served four years in the Air Force, the victory is especially meaningful.

"I really wanted to win or place last year and didn't," Bishop said. "I come from a military family and to win the Marine Corps Marathon is very special to me."

Complete race results can be found at [www.marinemarathon.com](http://www.marinemarathon.com).



**Sarah Bishop of Fairfax crosses the finish line in 2:45:06 to win the women's division of the 42nd Marine Corps Marathon Oct. 22 in Arlington. The 35-year-old mother of four missed qualifying for the Olympics by 6 seconds.**



**Arlington's Desta Beriso Morkoma, 32, crosses the finish line in two hours, 25 minutes and 13 seconds to win the 42nd annual Marine Corps Marathon Oct. 22 in Arlington.**



**Sarah Bishop is presented the champion's trophy from Gen. Robert Neller at the 42nd Marine Corps Marathon Oct. 22 in Arlington. Bishop, 35, of Fairfax, completed the course in 2:45:06.**

PHOTOS BY MARK MOGLEY/THE CONNECTION



**More than 30,000 runners crowd the streets of Arlington at the start of the 42nd annual Marine Corps Marathon Oct. 22.**

# Dreamers

FROM PAGE 4

rent 800,000 DACA 135,000 are Asian-Americans. The current efforts focus on DACA with phone banks, vigils and visits to Virginia legislators urging them to support of the Dream Act. “Representatives Barbara Comstock and Scott Taylor are on the fence about whether to co-sponsor the legislation,” said Yi. NAKASEC is planning a day soon when they will join with other organizations and knock on every door they can find. “Come on; we can do this,” she said.

Yi says that Korea is a land of opportunity with a great educational system. “I can go there now and make a lot of money but what keeps us rooted here is liberty and freedom. In Korea,” she said, “You have to think a certain way. Culturally and value-wise, I’m American.”

Yi takes a moment to reflect on their recent 30-day vigil in front of the White House.

She said they slept on benches, talked to people, got signatures and even did the “DACA dance.”

“The Secret Service told us we were the weirdest demonstrators they had ever seen at the White House; we even had a karaoke night. But we raised a lot of money,” Yi said. “Some people were supportive but others were being really mean. We had kids with us and I could see they were so hurt. I don’t know what’s going to happen but we’re stronger together. We have to do something.”

She declares they’re going to get education and driver’s licenses for everyone in Virginia. “This moment is bigger than all of us.”

**SIXTY FOUR PLACES** of worship joined together after the election with the announcement of upcoming anti-immigration legislation. Imam Ali Saddiqui, who is part of a transitional leadership team for the group, says Sanctuary DMV (D.C., Maryland, Virginia) includes a number of Protestant churches as well as several synagogues, Catholic churches and his Muslim Institute. One of their actions has been organizing rallies in support of DACA and immigrant rights. “I was just there last week at the Immigration Customs Enforcement (ICE) office in D.C. and at the mayor’s office.” Since there was just a raid where ICE went after 500 undocumented immigrants and 14 were arrested, the group was asking for their release and for the mayor not to cooperate with ICE officials.

In addition, they have been visiting congressional offices in support of the Dream Act and phoning members of Congress. “Actually this is on a party line. Democrats are very supportive and Republicans not.”

He says you hear the argument that immigrants cost the government money and don’t pay taxes. “Let me tell you my own story. I came here from Pakistan on March 23, 1969 originally as an asylee. I looked for a job and started working and paying taxes March 24 and have paid ever since.”

The Rev. Laura Martin, associate pastor for at Rock Spring UCC in Arlington and also a member of DMV Sanctuary, says there are a number of unresolved issues about the concept of offering sanctuary to an immigrant in a church building. “We are trying to come up with a wider definition of sanctuary such as offering solidarity or support for immigrants when they have an order for deportation. So in the spring another member of the congregation and I picked up a woman living in D.C. with her two children in a



PHOTO BY SHIRLEY RUHE

**Imam Ali Saddiqui, transitional leader for Sanctuary DMV, demonstrates outside of ICE office in D.C.**

small apartment with 13 people. We were there to support her for her deportation hearing. The woman had fled El Salvador, which is the murder capital of the world. We took her to Rosslyn to immigration court. All of us had to go through a metal detector including the children, and they took away the food in her purse.”

Martin says 80 different cases were all given the same 11 a.m. time for consideration. “It wasn’t a grand court — it was an institutional setting with low ceilings, bright light and so crowded that people, even with babies, couldn’t sit down. It was very procedural and you heard the same thing dozens of times. They took cases with attorneys first so we had to wait for a long time.”

Martin says somewhere along the way the woman’s heavy ankle bracelet started beeping because the battery was low. “There was nowhere to recharge it so it just kept beeping until we got to Subway for lunch in the late afternoon and she could plug it in.” When it came her turn the bilingual judge asked if the immigrant needed time to get an attorney and postponed her case until August.

Then they had to go to Vienna for a regular ankle bracelet check-in. “They could track where she was.”

Martin said the Sanctuary DMV group is not involved in case management so she doesn’t know what happened at the August court date. “The courts can’t keep up. They are rescheduling out to the end of 2018.”

An excerpt from a poem sent by Martin to the congregation concludes:

“I have known the grandmothers who Smile even though they have left Their country of spices and markets, Have left their open windows with blue curtains Have left the tramping of war, Have left their songs and language, And believed America when we said, “This is the land of the free.””

*This is the third article in a series focusing on DACA.*

Court-Ordered Public Sales of Arlington County, Fairfax County & Fairfax City Tax Delinquent Real Estate!



Thursday, November 9th @ 11 A.M. & 3 P.M.

**Arlington County Auction - 11 A.M.**

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**Fairfax County & City Auctions - 3 P.M.**

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Photo Exhibition.** Through Oct. 28, Tuesday-Saturday, 10 a.m.-3 p.m. at The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. "Binding Wounds, Pushing Boundaries: African-Americans in Civil War Medicine" looks at the men and women who served as surgeons and nurses during the Civil War and how their service challenged the prescribed notions of race and gender. Free. Call 703-591-0560 for more.

**Senior Line Dancing.** Mondays, 1 p.m.; Fridays, 10-11:30 a.m. at Little River Glen Senior Center, 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8-week session. Email [barbriba@hotmail.com](mailto:barbriba@hotmail.com) or call 703-524-3739.

**Fairfax Pets on Wheels New Volunteer Orientation.** An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit [www.fpow.org](http://www.fpow.org) for each month's location. Prior to attending, please complete the online application found at [www.fpow.org/volunteer](http://www.fpow.org/volunteer). [www.fpow.org](http://www.fpow.org), 703-324-5424 or [dspetsonwheels@fairfaxcounty.gov](mailto:dspetsonwheels@fairfaxcounty.gov).

**Carolina Shag.** Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. [nvshag.org](http://nvshag.org).

**FUN-Exercise** Thursdays, noon-12:50 p.m. at Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133.

**Exercise Program** Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.



**Ghoultime Scarols will be the sound on Saturday, Oct. 28, 7:30-9:30 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. Music of the "Ghoultime Season," with music by Bach, Andrew Lloyd Webber, Camille Saint-Saens and guests featured in Thomas Pavlechko's Ghoultime Scarols. Visit [www.fairfaxband.org](http://www.fairfaxband.org) for more.**

### Cafe Ivrit (Hebrew Cafe).

Wednesdays, 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

**Smoke Free Bingo.** 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). [www.fairfaxvd.com](http://www.fairfaxvd.com). 703-273-3638.

**English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: [va.evanced.info/fairfaxcounty/lib/eventcalendar.asp](http://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp)

**Funday Monday** 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will

be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts).

**Kingstowne Farmers Market.** 4-7 p.m. every Friday through Oct. 27, at Kingstowne Giant Parking Lot, 5870 Kingstowne Center, Alexandria. Freshly picked, producer-only vegetables and fruit, from-scratch bread (including gluten free), baked goods, kettle corn, salsa, hummus, cake pops, fruit popsicles, and ice cream. Email [Chelsea.roseberry@fairfaxcounty.gov](mailto:Chelsea.roseberry@fairfaxcounty.gov) or call 703-642-0128 for more.

### THROUGH OCTOBER

**Fall Festival and Pumpkin Playground.** Various times at Burke Nursery & Garden Centre, 9401 Burke Road, Burke. Weekdays is \$10 per person and the weekend price is \$14 per person. Call 703-323-1188 for more.

**Pumpkin Patch.** 10 a.m.-7 p.m. at the St. George's United Methodist Church, 4910 Ox Road, Fairfax. Buy fall pumpkins and decorative gourds grown by Native American farmers to support jobs in a high unemployment area in Arizona. Email [office@stgumc.org](mailto:office@stgumc.org) or call 703-385-4550.

### THURSDAY/OCT. 26

**Annual Trick or Treat Party.** 5-7 p.m. at the Mosaic District, 2910 District Ave., Fairfax. Pet costume contest and Hotel Transylvania screening at 6:30 in Strawberry Park. Visit [mosaicdistrict.com/](http://mosaicdistrict.com/) for more.

### FRIDAY/OCT. 27

**Final 2017 Rock the Block Concert.** 6:30-9:30 p.m. at Old Town Square, 10415 North Street Fairfax. Vinyl Invention performs. Visit [www.fairfaxcityeda.org](http://www.fairfaxcityeda.org) for more.

**Bonita Lestina Performance.** 8-10

## HALLOWEEN FUN

### THURSDAY/OCT. 26

**Annual Trick or Treat Party.** 5-7 p.m. at the Mosaic District, 2910 District Ave., Fairfax. Pet costume contest and Hotel Transylvania screening at 6:30 in Strawberry Park. Visit [mosaicdistrict.com/](http://mosaicdistrict.com/) for more.

### SATURDAY/OCT. 28

**Halloween Fest.** 3-5 p.m. at Springfield Town Center, 6500 Springfield Mall, Springfield. Featuring entertainment by magician, Carnegie Master of Mystery, face painting and craft activities. Children can stop by Guest services to get their trick or treat bag. Visit [springfieldtowncenter.com](http://springfieldtowncenter.com) for more.

**Ghoultime Scarols.** 7:30-9:30 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. Music of the "Ghoultime Season," with music by Bach, Andrew Lloyd Webber, Camille Saint-Saens and guests featured in Thomas Pavlechko's Ghoultime Scarols. Visit [www.fairfaxband.org](http://www.fairfaxband.org) for more.

### MONDAY/OCT. 30

**Trick-or-Treating at City of Fairfax Buildings.** 9 a.m.-5 p.m. Children are invited to come safely trick-or-treat at any of the following City of Fairfax buildings:

- ❖ City Hall – 10455 Armstrong St.
- ❖ Green Acres – 4401 Sideburn Road
- \* Sherwood Center – 3740 Old Lee Highway
- \* Fairfax Museum & Visitor Center – 10209 Main St.

Email [information@fairfaxva.gov](mailto:information@fairfaxva.gov) or call 703-385-7855

**Halloween Celebration and Costume Parade.** 10:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. A variety of children's activities and entertainment, costumes encouraged for parade. Visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) or call 703-385-7858.

p.m. at the Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Russkie Musikanti: "A Night for Romance," Balalaika Ensemble. Call 703-273-6097 for more.

### SATURDAY/OCT. 28

**Vendor Fair Fundraiser.** 11 a.m.-3 p.m. at Liberty Middle School, 6801 Union Mill Road, Clifton. School fundraiser and raffle. Email [lularoekellylisa@gmail.com](mailto:lularoekellylisa@gmail.com) for more.

**Halloween Fest.** 3-5 p.m. at Springfield Town Center, 6500 Springfield Mall, Springfield. Featuring entertainment by magician, Carnegie Master of Mystery, face painting and craft activities. Children can stop by Guest services to get their trick or treat bag. Visit [springfieldtowncenter.com](http://springfieldtowncenter.com) for more.

**Ghoultime Scarols.** 7:30-9:30 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. Music of the "Ghoultime Season," with music by Bach, Andrew Lloyd Webber, Camille Saint-Saens and guests featured in Thomas Pavlechko's Ghoultime Scarols. Visit [www.fairfaxband.org](http://www.fairfaxband.org) for more.

### OCT. 28-29

**Fall Festival.** 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit [www.whitehall.farm](http://www.whitehall.farm) for more.

### MONDAY/OCT. 30

**Trick-or-Treating at City of Fairfax Buildings.** 9 a.m.-5 p.m. Children are invited to come safely trick-or-treat at any of the following City of Fairfax buildings:

- ❖ City Hall – 10455 Armstrong St.
- ❖ Green Acres – 4401 Sideburn Road
- ❖ Sherwood Center – 3740 Old Lee Highway
- ❖ Fairfax Museum & Visitor Center – 10209 Main St.

Email [information@fairfaxva.gov](mailto:information@fairfaxva.gov) or call 703-385-7855 for more.

**Halloween Celebration and**

**Costume Parade.** 10:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. A variety of children's activities and entertainment, costumes encouraged for parade. Visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) or call 703-385-7858.

### TUESDAY/OCT. 31

**Story Times at Old Town Square.** 10:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. Staff from City of Fairfax Regional Library will bring over books to read with children in an informal setting. Visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) for more.

### THURSDAY/NOV. 2

**Decorative Arts Symposium.** 9 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Topic: "Women's Work: Women as Global Actors in the 18th Century" with guest speakers. Call 703-550-9220 ext. 240 or email [mkcraver@gunstonhall.org](mailto:mkcraver@gunstonhall.org).

**GMU Visiting Filmmakers Series.** 4:30 p.m. at Johnson Center Cinema, 4400 University Drive, Fairfax. Film is "Whose Streets?" by Sabaah Folleyan, a look at how the killing of 18-year-old Michael Brown inspired a community to fight back and sparked a global movement. Call 703-993-2768.

### FRIDAY/NOV. 3

**Business Holiday Celebration.** 8 a.m.-2 p.m. at American Legion Post # 177, 3939 Oak St., Fairfax. Exhibitors and speakers including the keynote speaker, Sharon Bulova, Chairman of the Fairfax County Board of Supervisors. Visit [ulbizeexpo.com](http://ulbizeexpo.com) for more.

**Film Festival for the Arts.** 8 p.m. at Sherwood Center, 3740 University Drive, Fairfax. Free. "Imagine: John Lennon" (1988). Doors open at 7 p.m.

### SATURDAY/NOV. 4

**Suffragist Lecture.** 11 a.m.-1 p.m. at the City of Fairfax Regional Library, 10360 North St., Fairfax. Lecture titled "Forgotten Fairfax: 100th Anniversary of the Night of Terror and the Occoquan Suffragists." Fairfax County History Commission member, Lynne Garvey-Hodge, speaks about the Night of Terror, when 33 female protesters picketing the White House for the right to vote were incarcerated at the Occoquan Workhouse and tortured. Visit [www.fairfaxcounty.gov/library/branches/fx/](http://www.fairfaxcounty.gov/library/branches/fx/) or call 703-293-6227.

**Northern Virginia Chorale.** 8 p.m. at St. Mark's Church, 5800 Backlick Road, Springfield. The Chorale will also perform "We Remember Them" from Donald McCullough's Holocaust Cantata, as well as spirituals and other choral selections to commemorate All Saints Day. \$25 for Adults; \$10 for students; under 12 free. Visit [www.northernvirginiachorale.org](http://www.northernvirginiachorale.org) or by phone at 703-239-2180.

### NOV. 4-JAN. 13, 2018

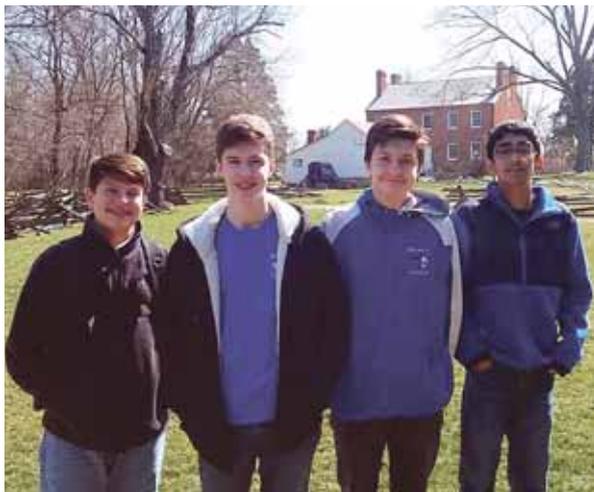
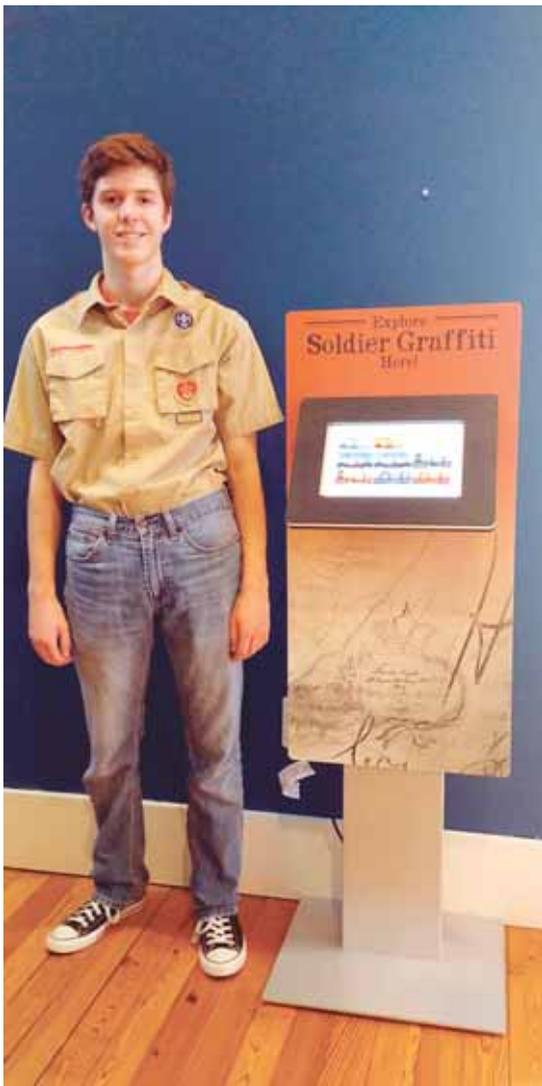
**Fall Art Lessons for Youth Classes.** 9:15-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin drawing and watercolor. Visit [www.czartlessons.com](http://www.czartlessons.com) or call 703-250-6930 for more.

**Fall Art Workshop for Teens/Adults.** 10:30a.m.-12:30 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing, watercolor, Chinese brush and portfolio development. Visit [www.czartlessons.com](http://www.czartlessons.com) or call 703-250-6930 for more.



## Art Classes

**Fall Drawing Plus Color Classes starting Nov. 4, 6:15-7 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing and watercolor. Ages 5-8. Visit [www.czartlessons.com](http://www.czartlessons.com) or call 703-250-6930.**



**Eagle Scout Project Blends Technology and History**

On Saturday, Oct. 8, Fairfax High School student Alex Harrison (left) completed a year-long Eagle Scout project that resulted in historic preservation through technology for Historic Blenheim in Fairfax City. The scout produced 360 degree digital images of Civil War graffiti in the farm house attic which is not accessible to the public. The project included a fundraiser to buy a kiosk where the interactive images can now be viewed in the visitor center. Scouts from BSA Troop 577 pictured outside the farmhouse where the video was filmed at Blenheim Historic site, from left: Michael Rath, Alex Harrison (Eagle Project owner), Matthew Lee, and Arnav Chandra.

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# Looking for the Key to Happiness

## Woodson High presents the musical, 'Pippin.'

BY BONNIE HOBBS  
THE CONNECTION

Featuring a cast and crew of 70, Woodson High's Cappies show, the musical comedy "Pippin," will burst upon the stage Nov. 4-11 in the school theater. It tells the story of Pippin, a prince trying to find his own way in the world. But it's also a story within a story.

"We're doing a 1930s soundstage of people filming a movie of 'Pippin,' which is set in Medieval times," said senior Paul Hardin, the student director who created the show's concept. "It chronicles his different adventures on his journey. In other versions, it's been about people doing a play or being in a circus. But I thought of setting it during the classic era of movies in the 1030s."

The sets will show a Hollywood soundstage with director's chairs and a camera on the side, plus a castle with a tower where Pippin lives. In Act II, the castle will spin around to become the home of Pippin's love interest, Catherine.

And in certain spots where the story switches from Pippin to the Hollywood actors, the film set's buzzer will sound to signal the change.

"We have a super-talented and dynamic cast that will tell the story well," said Hardin. "Lots of people know the story of 'Pippin,' and I think they'll be intrigued to see our new take on it."

**DIRECTOR TERRY HOBSON** says the cast works well together to do what's best for the show, and many of the students are in both theater and chorus. She also praised the show's pianist, senior Hunter Browning, saying, "He's an excellent musician and the show wouldn't be where it is, musically, without him. It's deceptively difficult music. At times, there's five-part harmony, and a lot of it is ensemble singing."

Senior Mackenna Gordon choreographed nine of the numbers. "She's very imaginative and used lots of different dance styles," said Hobson. "She also utilized the strengths of each cast member."

She said audiences will also appreciate the power of the singers. And, she added, "It's obvious that the actors are enjoying what they're doing, so the people seeing them will enjoy it even more."

Portraying Pippin is senior Jack Hopewell. "Pippin's trying to find his purpose in life, as is the actor playing him," said Hopewell. "They believe that'll give their life meaning and happiness and make them remembered. Pippin is King Charlemagne's son, so he thinks he wants to be a soldier. He goes to war with his father, but is horrified at what war is like."

Then, after getting advice from his grandmother, he tries debauchery, but over-indulges and realizes that doesn't make him happy, either. "So he decides to become king and overthrows his father, but ruling is a lot harder than he expected," said Hopewell. "So he leaves for another adventure, during which he meets his love, Catherine, and learns that innocence and a simple, family life are the keys to happiness."

Hopewell says Pippin isn't al-



PHOTO BY BONNIE HOBBS/THE CONNECTION

Rehearsing a dance number for Woodson High's musical, "Pippin," are (from left) Anna Riley, Elizabeth Fry, Jack Hopewell, Grace Bonaccorsy, Hannah Black, Rebecca Sitrin and Lydia Dennis.

ways the best person, but young and figuring things out, and his good intentions help me connect with him. And at my age, I

can relate to trying to figure out what to do. It's fun to portray his youthful energy and show him

SEE WOODSON, PAGE 13



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# Woodson High Presents 'Pippin'

FROM PAGE 12

growing up as the play progresses.”

“Morning Glow” is Hopewell’s favorite number because “It’s a beautiful song with a wall of sound by Pippin and the ensemble. And it symbolizes rebirth, hope and the start of something new. Audiences will appreciate our talented cast. Everybody brings a special, unique energy to their characters, and people will be impressed by our set.”

**SENIOR KARLEE SKAGGS** plays Catherine. “She’s sarcastic, self-aware and tongue-in-cheek, and I love that about her,” said Skaggs. “She’s a widow with an 8-year-old son played by an actual 8-year-old, Aidan Brennan. She’s not the normal love-interest because she’s so blunt and sarcastic toward Pippin. At the end of her solo, ‘Kind of Woman,’ she sings, ‘I’m just a plain, everyday, commonplace, come-what-may, average, ordinary girl.’ And I love that she equates all those things with being wonderful.”

Skaggs said the play’s underlying message is that “You don’t have

to do something extraordinary with your life to lead a fulfilling one. So ‘Pippin,’ as a whole, equates commonplace with wonderful. And I aspire to be that kind of woman that encompasses goofiness, sarcasm and also maturity and accountability, so that’s why I like playing her.”

Calling this musical’s humor dry and slapstick, she said seeing high-school students deliver that kind of comedy adds “a whole, other level of hilarity. This play is both dark and glittery – it pulls at your heartstrings, but you’re laughing at the same time.”

Freshman Elizabeth Vichness is an ensemble member, an actor (called a player) in the movie and a soldier. “As a player, my character is excited about everything and jumps up and down a lot,” she said. “As a soldier, I do some slow-motion stage combat, plus cool dances.”

“I like dancing, and lots of the songs are really fun,” she continued. “I especially love ‘Glory.’ It’s a haunting number with a lot of minor chords, and all the harmonies stack up on each other, and I really like how that sounds.”

## To Go

Show times are Nov. 4, 9, 10, 11 at 7:30 p.m.; and Nov. 5 and 11 at 2 p.m. Tickets are \$12 at the door or via [www.wtdrama.org](http://www.wtdrama.org); matinees and senior citizens, \$5.

Vichness said there are lots of little jokes in the show that the audience will enjoy. And, she added, “The music is pretty upbeat and will get stuck in people’s heads.”



PHOTO BY BONNIE HOBBS/THE CONNECTION

As Pippin, Jack Hopewell (in center) is being persuaded by Sydney Cluff and Nick Dache to find something to make his life extraordinary.

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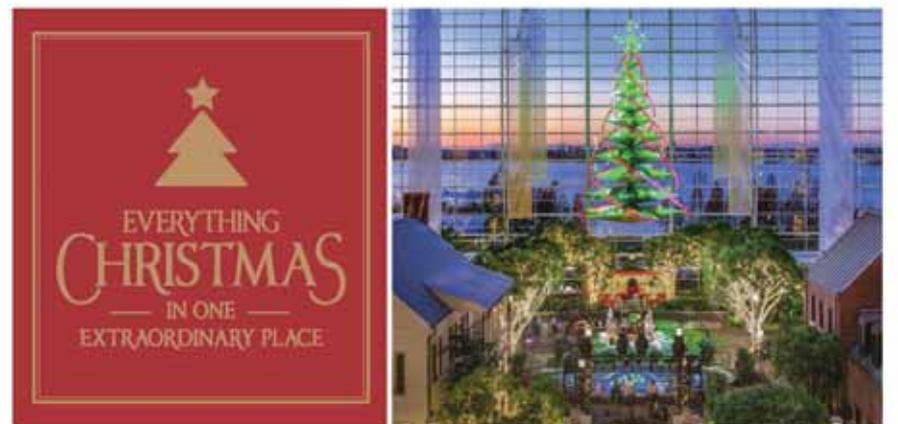
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## Announcements

## LETTERS

### Dishonest and Misinformed

To the Editor:

The appalling absence of fact-checking in “Dire and Urgent” (Opinion, Mary Kimm, September 8-October 4, 2017) reveals ignorance that should be an embarrassment to a “newspaper” and its reporters.

The subtitle alone reveals a lack of knowledge about the subject matter. Even worse, the two United States Senators from Virginia, who were interviewed for the article, demonstrated their own unfamiliarity with the proposed legislation they eagerly condemned. Had they actually read the bill?

In particular, the “Graham-

Cassidy” Senate bill retains almost all the Affordable Care Act taxes “on the wealthiest” in order to fund Medicaid reform. Sen. Kaine asks, “Why go after Medicaid?” Do the Senators fail to understand that “Medicaid as we know it” is unsustainable? Where is their cost analysis of that program? In Virginia alone, the precipitous growth of the state’s Medicaid spending is crowding out funding for public safety and infrastructure. State legislative leaders in Richmond recognize that reform is necessary.

The co-called “threats” to quality of coverage listed in Ms.

Kimm’s final paragraph are simply untrue and misleading. Read the bill. The perverse rhetoric these two Senators use to obstruct the truth should be challenged by intellectually honest and rational reporters.

Until that happens, their remarks contribute nothing constructive to the important discussion on the truly “dire and urgent” need for healthcare reform. Virginians do know the facts, and do comprehend that exigency.

**Nancy Piotter**  
Fairfax Station

*The writer is the Executive Director, Virginians for Quality Healthcare.*

### We Should All Kneel

To the Editor:

Let me remind football fans, that their game day traditions are not religious rituals. The National Anthem does not carry the same significance as a crucifix, Quran, or menorah. Choosing to honor your country at the beginning of your sports entertainment is perhaps a commendable choice but nonetheless arbitrary.

No area of life is exempt from the freedoms engendered in the Bill of Rights. Protest and dissent are fundamental to the health of our government.

It ensures our representation as citizens and expresses our values transversely to other members of

the society.

No person is under the obligation to stand, gesture, or poise themselves a certain way to have their protest taken seriously. Kneeling during the National Anthem is a way to transmit a sentiment in a highly public manner. The kneelers are no less citizens for acting this way. In fact, their exercise of their rights to free speech, protest, and dissent are the very first amendment to America’s most important document.

Furthermore, the absurd suggestion that service members have ownership rights over an arbitrary starting ritual to a sports game belies an expression of one of

America’s most heinous hobbies: the glorification of war. Why should service members be offended at the expression of the rights they say they fought for? I say, again, that it is absurd.

As citizens it would be healthy to engage in actual discourse, instead of censoring the manner in which our opponents are able to express their ideas. The day that Republicans would like to stand still during a Beyonce song as an act of protest for state’s rights, I will welcome it. I ask the same courtesy of them.

**Mhairi Cameron**  
Great Falls

### Don’t Give Your Power Away: Vote

To the Editor:

We know from the 2016 election what happens when people don’t vote. We are now living through a dystopian presidency with our American values under siege. But this November, Virginia voters have a chance to start righting the ship in statewide elections for Governor, Lieutenant Governor, Attorney General and House of Delegates.

While campaigning in Virginia and New Jersey this week, former President Obama reminded us that if we don’t vote, we give away the power that our Constitution guarantees us. And while the nature

(and pace) of our current political discourse can be a source of frustration and fatigue, we can’t afford to be complacent when it comes to elections.

Electing Ralph Northam as Governor is important as a balance against Virginia’s Republican held legislature. The results of the 100 races for Virginia House of Delegates also have the potential to make a significant impact. If Democratic candidates can win in open seats and in some of the 50 other districts where they are challenging incumbents, it could portend a turning of the tide in statehouses across the country, where

recent Republican takeovers have resulted in terrible public policy, from school crippling tax cuts to election gerrymandering to union bashing.

Let’s support the Democratic challengers and re-elect incumbents, like delegates Kathleen Murphy in District 34 and Mark Keam in District 35, who have successful track records. We have an opportunity by way of the ballot box to fight for our values and elect officials who share them.

Vote on November 7.

**Kristin Battista-Fraze**  
McLean

### Northam, a Steady Hand for Governor

To the Editor:

Lt. Governor Ralph Northam is the experienced progressive candidate we need to serve as our next Governor to keep moving Virginia forward. He has worked tirelessly alongside Gov. Terry McAuliffe to support veterans, to expand healthcare, to protect civil rights, and to bring jobs to Virginia. McAuliffe and Northam have de-

creased Virginia’s unemployment rate and have increased Virginia’s per capita personal income.

Northam is able to reach across the aisle – a skill that is sorely needed – while also holding firm to his values. Most importantly, Northam will act as a last line of defense against the very conservative bills that the Republican-led House of Delegates and state Sen-

ate often bring to the floor.

In the last legislative session Gov. McAuliffe vetoed 18 proposed bills that included efforts to cut support to Planned Parenthood, impose more requirements on voter registration, restrict absentee voting and expand access to handguns. It was only due to the Governor’s veto pen that we were

SEE LETTERS, PAGE 15

AREA ROUNDUPS

## Collecting Food and Toiletries for Britepaths

Food items and needed toiletries for Britepaths, formerly known as Our Daily Bread, will be collected at the Fairfax Station Railroad Museum on Sunday, Nov. 5 and 12 during open hours 1-4 p.m. For more than 30 years, Britepaths, has been a dedicated leader in developing sustainable solutions that stabilize low-income working families, build resilience through financial literacy and mentoring, and provide seasonal supports. Food items needed include: cereal, oil, canned chicken, rice, snack foods such as granola bars and pretzels, peanut butter and jelly. Toiletries include diapers size 6 and pull-ups any size. \$10 to \$20 food gift cards would also be welcome for families to purchase milk and meats. The Fairfax Station Railroad Museum is located at 11200 Fairfax Station Road in Fairfax Station. Admission: Museum members and ages 4 and under, free; ages 5-15, \$2, 16 and older, \$4. Learn more at [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or 703-425-9225.

### BULLETIN BOARD

FROM PAGE 6  
includes:

- ❖ **Wednesday, Oct. 25, 7:30 p.m.:** Burke Lake intersection – Kings Park Library, 9000 Burke Lake Road, Burke
  - ❖ **Thursday, Nov. 16, 7:30 p.m.:** Ravensworth Road intersection – Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale
  - ❖ **Monday, Dec. 11, 7:30 p.m.:** Burke Lake intersection, second meeting – Kings Park Library, 9000 Burke Lake Road, Burke
- The goal of the Braddock Road Multimodal Study is to develop commuting improvements for the corridor from Guinea Road to I-495 to Ravensworth Road. Visit [www.fairfaxcounty.gov/fcdot/braddockroadmmstudy/](http://www.fairfaxcounty.gov/fcdot/braddockroadmmstudy/).

### SATURDAY/OCT. 28

**Operation Medicine Cabinet Cleanout.** 10 a.m.-2 p.m. at Fair Oaks District Station, 12300 Lee Jackson Memorial Highway, Fairfax, Franconia District Station, 6121 Franconia Road, Alexandria or West Springfield District Station, 6140 Rolling Road, Springfield. Drop off unused or expired medications at a Fairfax County Police district station. Pills or liquids only, no pressurized canisters or needles. Safe disposal of unused or expired medications prevents drug abuse and misuse, accidental poisoning, and protects the environment. Disposal is free, convenient, confidential, and safe. Visit [www.fairfaxcounty.gov/police/stations/](http://www.fairfaxcounty.gov/police/stations/) or [www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html) for more.

### LETTERS

FROM PAGE 14

saved from having these bills become law. Virginia does not need to go down that road again of vaginal ultrasound bills or bathroom bills, laws that would make Virginia a laughing stock and harm efforts to improve our economic development.

Northam is a steady and tested legislator who understands Virginia and who – along with Justin Fairfax and Mark Herring – deserves our vote on November 7.

**Barbara Glakas**  
Herndon

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## Weakened Wherewithal



By KENNETH B. LOURIE

Say that three times quickly. Heck, say it one-time slowly. And then welcome to my whirled: the world of cancer treatment and survival. A 'whirled' in which, eight years and nearly eight months post diagnosis, I continue to live, breathe and write.

Occasionally it happens, as it is happening now, that some of the most excruciating demands of being a cancer patient, occur simultaneously – or a reasonable facsimile thereof. For me that means 24-hour urine collection, pre-chemotherapy lab work, chemotherapy infusion, CT Scan and then the appointment with my oncologist to discuss all the results; occurring over 13 days – with intermittent days off for good behavior.

Typically; meaning every minute, every hour, every day, every week, etc., maybe not every second, I am thinking about cancer; though I wouldn't say I'm preoccupied (others might). And of course, it's certainly understandable and reasonable to do so when every day over a fortnight, you are waiting – as we say in the sales world – "for the other shoe to drop."

Having endured this cycle over the last eight and a half years with varying regularity, I can honestly say that whatever symptoms have manifested themselves – or not – have never provided any consistent assurance that my life/life expectancy had not changed for the worse. It's not until the appointment with my oncologist occurs – or sooner if he emails me the scan results, that I learn the facts of my case.

All of that being said, as my friend Frank has often said to me: "You're in pretty good shape for the shape you're in." Don't I know it.

However, yes there's always a 'however' in the cancer-patient-surviving-against-all-odds 'whirled,' there are no guarantees. In fact, there are only two guarantees: death and taxes. The former is way too close for comfort and the latter, I'm already taxed to the hilt, emotionally. Somehow, I have to get through because "the alternative is gloomy" to quote Dr. Mobley, the doctor in Miles City who treated Augustus McCray in the epic miniseries, "Lonesome Dove." And so I try not to be gloomy.

However, there's that word again, circumstances/schedules randomly bring down the weight – and wait of my 'whirled.' These 13 days can never pass quickly enough. But that presumes a good result, which one would want to know as soon as possible. But what of a bad result, leading to an exponential increase in anxiety – and fear, ultimately leading to a treatment unknown. That I might not want to know so soon. Not that not knowing serves any point or helps coordinate the next treatment plan, I'm more afraid of hearing something I haven't heard much of since February 2009. To quote my late mother quoting somebody: "No one gets out of this life alive."

That of course is the point of this column, and the effect of having all this cancer stuff happen at the same time. I can take it, generally; as my late father used to say: "KB, I have confidence in you. You have broad shoulders." Nevertheless, I worry about the figurative straw breaking my emotional back. Cancer can do that. It did it to my mother-in-law, Peggy, where over a few days the situation went from bad to worse to finally, the worst.

Somehow, I have to compartmentalize all this negative energy and focus on the positive. And that positive turns out to be an early email from my oncologist basically saying that my lung cancer remains stable. Now we can go to my appointment on Monday "unencumbered," to once gain quote my late father. The pressure is semi off. Talk about relief.

Now maybe I can relax and try not to think about my next infusion, my next scan and my next appointment with the oncologist. There's no harm in trying, right?

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

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