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# Great Falls Studios 2018 Tour

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## Police Reform: More to Be Done

Five years after an officer shot and killed John Geer in Springfield, Implementation Group offers look at successful reforms, and recommends action in other areas.

BY KEN MOORE  
THE CONNECTION

Despite police departments not being “known for embracing change,” said Phillip Niedzielski-Eichner, “we’ve seen Fairfax County and its Police Department achieve substantial and meaningful reform.”

Since the county’s Ad Hoc Police Practices Review Commission formed after a county officer shot and killed John Geer in 2013, the county has implemented 88 percent (179 of 202) of the actions recommended by the Commission.

“The report of the commission could have remained on the shelf since its release three years ago,” said Niedzielski-Eichner, chair.

Board of Supervisors Chairman Sharon Bulova encouraged seven commission members to continue to assist and advise the county and police department as commission recommendations were assessed and implemented.

The informal implementation group issued a Final Report on Fairfax County Police Reform on Oct. 10. The report was undertaken by the group on its own initiative, believing that the community might benefit from an independent discussion of progress.

**POLICE REFORMS** will increase police accountability, divert those with mental illnesses into treatment instead of incarceration, reduce use of force injuries and death, open public access to incident information, and maintain public confidence in the police department, according to the Implementation Group.

Implemented highlights, according to the Final Report, issued last week, include:

- ❖ Diversion First, alternatives to incarceration for people with mental illnesses or developmental disabilities

- ❖ Revisions to the police department’s Use of Force General Order, with de-escalation as the strategy of first resort when confronted with a threat rather than the use of deadly force

- ❖ An Independent Police Auditor who reviews investigations of death or serious injury cases

- ❖ A Civilian Review Panel to review investigations of civilian complaints regarding “abuse of authority” or “serious misconduct” by an officer

- ❖ A Media Relations Bureau led by a civilian professional who reports directly to the Police Chief

- ❖ A predisposition to disclose information by making revisions to information-related general orders in order to increase



Police Chief Ed Roessler speaks last November in Mount Vernon about the new Civilian Review Panel and Independent Police Auditor. Also pictured, Shirley Ginwright, who served on the Ad Hoc Police Practices Review Commission and Implementation Group; Adrian Steel, inaugural chairman of the Civilian Review Panel; and Richard Schott, the Fairfax County Independent Police Auditor.



New report credits police with “substantial and meaningful reform.”



Phillip Niedzielski-Eichner

“More is possible to further build and maintain community trust.”

— Phillip Niedzielski-Eichner

public visibility of the department’s daily activities and performance,

- ❖ Revisions to policies governing vehicle pursuit that constrains their use and strengthens supervisory oversight

- ❖ Recruitment of high-caliber personnel that reflects the county’s diverse population

**SOME RECOMMENDATIONS** have been approved, but are still in the process of being implemented, including a call for full deployment of body-worn cameras and each patrol officer being equipped with “tasers” as less-lethal alternatives to the use of a firearm.

“Still, we believe more is possible to further build and maintain community trust,” said Niedzielski-Eichner.

The Implementation Group recommends the Board of Supervisors direct the police department to formally respond to findings of an Independent Police Auditor and a Civilian Panel, and to give the public an opportunity to comment on the findings and recommendations. As the group understands, the Chief of Police has chosen not to respond because the Board of Supervisors did not specifically direct him to do so.

The Chief of Police and his command leadership should maintain a “neutral public posture pending an investigation of a police-involved use of force incident,” the report recommends.

**THE INDEPENDENT POLICE** Auditor’s responsibilities could expand in several areas. The implementation group advocates for: monitoring and reviewing investigations of Sheriff Deputies involved in shootings, in-custody deaths, and any use of force incident resulting in serious injury or death; auditing police use of body worn cameras, providing an annual report to the Board and the public with findings and recommendations; and participation on two internal police review committees, the Use of Force Technical Review Committee and the Vehicle Pursuit Review Committee.

“The Implementation Group urges Chief Roessler and his commanders to sustain FCPD’s reform efforts and, in particular, to unflinchingly meet the ‘predisposition to release information’ standard with regard to openness and transparency, and to commit to respond to findings from the Independent Police Auditor and the Civilian Review Panel.”

The report also calls for a data-driven monitoring program that fully leverages data on police use-of-force and other data now being collected in response to the Commission’s recommendations.

Continued public involvement will be key to continuing to build trust with the community, the report says.

“Continued successes and improvements will depend on Chief Roessler, his commanders and continued meaningful collaboration with citizens engaged in implementation,” said group member Randy Sayles.

For more, see [www.fairfaxcounty.gov/policecommission/](http://www.fairfaxcounty.gov/policecommission/)

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. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on [www.SoberRide.com](http://www.SoberRide.com). The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

**THURSDAY/OCT. 18**

**Caregivers Support Group.** 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, [scov.org](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838 or [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**New and Prospective Member Orientation.** 11:30 a.m.-1 p.m. at Tower Club, 8000 Towers Crescent Drive, Suite 1700, Vienna. Learn more about the Tysons Regional Chamber of Commerce and how to make the most of membership benefits. Registration is required. Free for new and prospective members. Sandwiches provided. Visit [www.tysonschamber.org](http://www.tysonschamber.org).

SEE BULLETIN, PAGE 15

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## Free Halloween Lyft Rides Offered in Area

Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), nearly half (44 percent) of all U.S. traffic deaths involve drunk drivers, free Halloween Lyft rides will be offered to deter impaired driving throughout the Washington-metropolitan area beginning Saturday, Oct. 27.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2018 Halloween SoberRide program will be in operation beginning at 10 p.m. on Saturday, Oct. 27 and continue until 4 a.m. on Sunday, Oct. 28, as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this six-hour period, area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter a SoberRide code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Saturday, Oct. 27 on [www.SoberRide.com](http://www.SoberRide.com).

Last year, a record 715 persons in the Washington-metropolitan area used WRAP's Halloween

SoberRide program rather than possibly driving home impaired. The charity also offers its SoberRide program on St. Patrick's Day, Cinco de Mayo, Independence Day, and the winter holidays.

(Last year, WRAP announced a partnership with the ridesharing service Lyft to provide WRAP's SoberRide service in the Washington-metropolitan area.

"Nearly half (44 percent) of all U.S. traffic fatalities during Halloween involve drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Gregory Erickson, WRAP's president.

SoberRide is offered throughout Lyft's Washington, D.C. coverage area which includes all or parts of: the District of Columbia; the Maryland counties of Montgomery and Prince George's; and the Northern Virginia counties of Arlington, Fairfax, Loudoun and Prince William.

Since 1991, WRAP's SoberRide program has provided 73,123 free safe rides home to would-be drunk drivers in the Greater Washington area.

More information about WRAP's SoberRide initiative can be found at [www.SoberRide.com](http://www.SoberRide.com).

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# OPINION

## Yes, America, Religious Freedom Began in Fairfax County

BY CHAP PETERSEN  
STATE SENATOR (D-34)



The Vienna Metro station is the epicenter of suburban northern Virginia. Thousands of commuters come and go every morning, dropping off loved ones or catching the Orange Line into the urban core of the DMV. None of them are aware that just a few hundred yards away one of the most significant (and least known) Americans lived 250 years ago on a modest farm.

Jeremiah Moore was typical of English settlers who migrated to rural Fairfax County in the colonial era to clear fields and establish farms. Unlike most of his neighbors in Anglo-dominated Tidewater Virginia, he was a religious dissenter who found inspiration in the “Baptist” movement that spread through Great Britain in the mid-18<sup>th</sup> century.

The Baptists were not welcome in colonial Virginia. Its political and economic structure was based upon allegiance to the Church of England, which was the only permitted church. Indeed, a pastor could not open a church or preach without a license from the Church. Regardless, Moore in the early 1770s became an itinerant preacher fearlessly promoting the Gospel, without a license, to the farmers and

tradesmen in northern Virginia.

When the Fairfax County Sheriff found out about Moore, he confined him in the County jail, then located at the County seat of Alexandria. According to family lore, Moore continued to preach through the cell bars, thereby undoubtedly driving his captors to distraction.

This incident would have been forgotten but for one remarkable fact – colonial Virginia in 1773 was changing rapidly and Moore’s neighbors did not agree with his imprisonment. Indeed, when the case came to trial, a Fairfax County jury acquitted Moore and sent him back to farm and presumably his speaking engagements.

A movement was starting. Inspired by Moore’s notorious case, another Fairfax County landowner and attorney, George Mason, added “freedom of religion” to his “Fairfax County Resolves” which was read to the Fairfax County militia when they mustered to join General Washington in May 1775. A member of the Virginia House of Burgesses, Mason added the same language to his Virginia Declaration of Rights, which later became part of the Virginia Constitution.

During the Revolutionary War, as the cause of liberty became national, Moore re-emerged as a spokesman for religious minorities. In

1779, he presented a petition signed by 10,000 Virginia freeholders – an impressive number in an era without mass media or big cities – to Gov. Thomas Jefferson asking Virginia to adopt Jefferson’s Virginia Statute of Religious Freedom. In 1786, after years of Moore’s lobbying, the Assembly finally did so.

Moore never backed off. In his senior years, he was still writing letters to now-President Jefferson decrying the “the most glaring violation of Rights that has ever disgraced a Free People,” namely Virginia’s requirement that eligible voters own at least 50 acres.

Moore died in 1814 at his farm. His grandson Thomas became a prominent attorney in the town of Fairfax and his great-grandson Walton Moore served in the U.S. Congress. Descendants continue to live in the area as attorneys, Virginia lawmakers and even as Anglican clergy.

Jeremiah Moore’s real legacy, of course, has been the idea of religious freedom which has been enshrined in the U.S. Constitution since 1791, when Mason’s “Fairfax County Resolves” found their home in the Federal Bill of Rights. Indeed, the “establishment of religion” prohibition in the First Amendment directly harkens back to Moore’s imprisonment in 1773.

Today, the American ideal of freedom of religion is still a work in progress. Yet it also provides a beacon to billions around the globe who seek to practice their faith in peace. And it all begins in Fairfax County.

### LETTERS TO THE EDITOR

#### Veteran Who Supports Comstock

To the Editor:

I’d like to highlight Congresswoman Barbara Comstock’s strong record of leadership:

First, I’m a Cold War/Vietnam Era veteran, with a Brigadier General son in the Marine Corps Active Reserves. So I applaud Barbara’s leadership and support for rebuilding our military and for getting a new Veterans Center opened in Leesburg.

President Reagan caused the Soviet Union to collapse — without firing a shot — because the USA had a strong economy and a strong military.

Today the USA is able to negotiate from a position of strength because the tax cuts that Congresswoman Comstock voted for have created a super-strong economy and we have fully funded our military, making readiness a priority. Jennifer Wexton opposed both the tax cuts and fully funding our military.

Second, I applaud Barbara’s bipartisan legislation to remove criminal alien gang members from our country and not let them come here in the first place. They prey upon their own communities. It’s no wonder that the Police Benevolent Association and Loudoun Sheriff Chapman agree with Barbara and have endorsed her.

Third, Barbara is actually the only member of Congress in the metropolitan region who has never voted to shut down the government and she fought for and won federal pay raises for our hard-working federal employees — reasons why the NARFE (National Active and Retired Federal Employees) PAC supports her.

Finally, on the bizarre attacks that Barbara voted for bills signed by President Trump, her opposition never tells you about those bills or that 82 percent of those votes were bipartisan! What are some of the bipartisan bills that the opposition is so upset about being signed?

They included four bills to battle the opioid crisis; several bills to fund the government and keep it open; many bills that funded our

military, medical research, homeland security, our schools, and Metro; and some bills dealing with disaster relief. The banking reform bill was supported by our two Democratic senators.

Of course the opposition loves taxes and onerous government regulations, so they didn’t agree with the bills she supported to cut our taxes and the bills to curb regulatory red tape. But the “resistance” represented by Jennifer Wexton says “no” to anything the President would sign. Ordinary citizens dislike mindless attacks on meaningful bipartisan legislation.

**Karl Pierson**  
Great Falls

#### Opposing Anti-immigrant Sentiment

To the Editor:

What I have always appreciated about this country is that merit, hard work, and risk-taking could trump issues of race, religion and ethnicity. This great American

value has contributed incalculably to U.S. economic power, dynamism and innovativeness. This is the reason that immigrants have succeeded here and in turn have helped make the United States great. It is significant that 40 percent of Fortune 500 companies were started by immigrants or their children. Yet today “immigrant” is a dirty word. It is equated with crime. The President’s rhetoric of hate and divisiveness has increased the number of attacks on immigrants. And Barbara Comstock has not helped at all.

Other than offering rhetoric, Rep. Comstock has not taken substantive actions to oppose anti-immigrant sentiment. Rep. Comstock’s most substantive action to date has been to introduce legislation expanding the government’s authority to detain immigrants who are gang members. I am all for improving law enforcement’s ability to address gang violence, but I’d also like to see her take the lead opposing anti-immigrant and racist voices. I’d like to see her leadership on

SEE LETTERS, PAGE 14

Great Falls  
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# NEWS



PHOTOS BY RANEEM KHAN/THE CONNECTION

**Volunteer EMT Sara McMichael gives community members a fire truck tour.**

## 'We Are Here for the Community'

### Great Falls Volunteer Fire Department holds open house.

BY RANEEM KHAN  
THE CONNECTION

In celebration of Fire Prevention week, the Great Falls Volunteer Fire Department held an open house on Saturday, Oct. 13, to educate families about fire safety. Families brought their children to participate in various activities throughout the day. Community members learned about hazard zones, how to give CPR, and what the inside of an ambulance looks like.

Volunteer EMT Sara McMichael gave tours of fire trucks, emphasizing how children should build a friendly relationship with their local firefighters, especially in emergency situations.

"We're trying to get the kids more comfortable; they get nervous with what they don't know so we're trying to show them that it's not actually scary. We're here to help and to serve our community, and we don't want people to hesitate to call 911. The kids are the reason we are here," McMichael said.

Joan Bliss, a longtime volunteer paramedic, worked with families all day to teach them about important fire safety procedures.

"We're really trying to emphasize the safety aspect of it because we want to make the Great Falls Fire Station about education and a place to teach basic safety procedures, especially to the parents," said Bliss. "It's important for families to understand that this is their community and we are here for them. These are simple things, but it's things that everyone can do and really does make a difference."

Among the educational games, there were fun activities for younger children to enjoy.

SEE OPEN HOUSE, PAGE 9



**Volunteer Chris Webster helps three girls navigate the prized miniature fire truck at the Great Falls Volunteer Fire Department.**

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We hope our current patients will have the opportunity to meet and be treated by Dr. Do sometime soon. And for anyone who requires the expertise of the area's only Uveitis specialist, he is ready and available whenever you need him.

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# Wolf Trap Park Camp Out

Fifth and sixth graders learn camping skills and experience the great outdoors.

BY ANDREA WORKER  
THE CONNECTION

The ninth edition of the First Time Campers Program at Wolf Trap Park is officially in the books. Held between Sunday, Oct. 7 and Monday, Oct. 8 at Wolf Trap Park — with a special permit in the otherwise no-camping, no-fires park — some 40 campers from schools around the region and a small army of adult and youth volunteer leaders, enjoyed pitching tents, setting up camp, cooking their own meals using dutch ovens, and activities like fishing, archery, hiking, bird watching, rock wall climbing and more.

Sponsored by the Friends of Wolf Trap and Wolf Trap National Park for the Performing Arts and organized and supervised by Scout Leader Gary Pan and his experienced Troop 55 Scouts, the program was piloted in 2014 as a way to help local youngsters, some from Title I schools and lower income families, enjoy a fun-filled overnighter right in their own backyard.

The 30-plus hour outing is not strictly for camping “newbies” only, said Pan, Scoutmaster of Troop 55 of Great Falls. “Kids who came to the first Camp Out are here today and we love that they want to keep coming back.”

Pan is thrilled that quite a few return to the bi-annual adventure as volunteers, helping the first timers to make the most of the experience, like Herndon Middle Schooler Tommy Maxson, who started as a camper 3 years ago, and is now a patrol leader.

“I like this,” said Maxson. “Our job is to help out the Senior Leaders whenever we are needed, and to set a good example at all times, and help others learn how to do all the tasks properly and just make sure that everyone has a great time, safely.”

Pan may be the camp director, but it’s youngsters like Maxson, and Senior Youth Patrol Leaders and other young volunteers who are really in charge of the action.

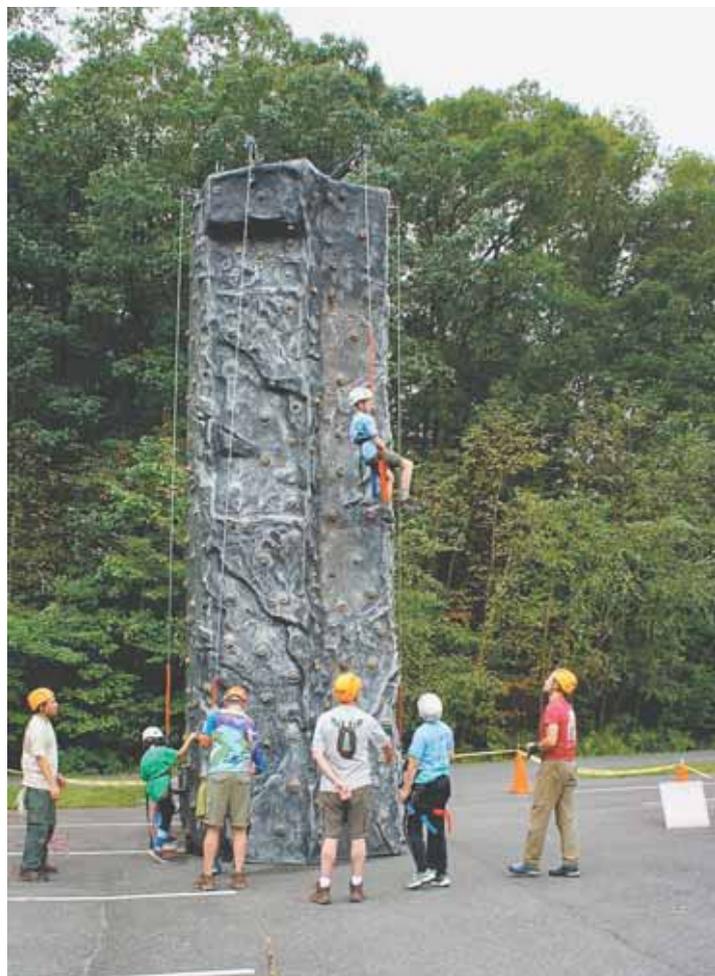
Nick Hodge, of Great Falls and a Langley High School student, who’s been attending the event since the first outing, heads the male campers’ section. His fellow Langley school mate, MaryEllen Keating, does the honors as the female Senior Youth Leader.

“It’s really cool,” said Keating. “I especially love seeing the kids who are experiencing this for the first time, watching them as they find out what they can really do.”

Just as being a First Timer isn’t a requirement for participation, neither is being a Boy or Girl Scout. “Kids come here, they may or may not want to get involved with Scouting afterward, but all are welcome,”



Gathering of all the troops at the 9<sup>th</sup> First Time Campers adventure at Wolf Trap Park.



Taking on the Wall: Some of the youngsters at the First Time Campers overnighter challenge themselves on the rock climbing wall.

said Pan. “It’s still an opportunity to learn new things, gain confidence, make friends and just be outdoors for a bit.”

Campers like Maddie Musetti from Herndon Elementary School, and Peter Popenko from Forestville Elementary agree.

“It’s been a great experience,” was Maddie’s take on the camp out. Peter seemed most interested in the rock climbing wall. Watching his father, who was also on hand, shimmy up to the top of the wall leaves little doubt where the son gets his

climbing abilities.

“It’s also an opportunity to discover that there is amazing, and accessible natural resources and activities right here, without having to travel far away,” added Alan Day, chair of the Friends of Wolf Trap, and one of the original organizers of the Camp Out. With his knowledge of the park and its wonders, Day also leads the campers on hiking adventures on trails built by the Potomac Appalachian Trail Club — another collaborator in the camping event and an organization of which Day is the



It takes a lot of volunteers to work with and supervise 40-plus young campers, many trying the experience for the first time. Camp Director Gary Pan, scoutmaster of Troop 55 of Great Falls, and Langley High School students MaryEllen Keating, female Senior Youth Leader and Nick Hodge, male Senior Youth Leader are just a few of those who give their time and expertise to making the camping adventure fun and safe for all.

PHOTOS CONTRIBUTED  
BY GARY PAN

district manager.

In addition to his Troop 55 and Venture Crew 364 of Great Falls, The Friends of Wolf Trap, the Potomac Appalachian Trail Club, Wolf Trap Park and the Park Service, Pan, and Day say that the assistance and participation of The Great Falls Rotary Club, Orvis of Tysons, Paxton Companies, Ranger Surplus, Panacea Consulting, BOWA, Meadowlark Gardens Master Gardener, the Audubon Society of Northern Virginia and Sara Holtz, of Scouting BSA with her Master Certification in “Leave No Trace” with many other unsung heroes, makes this adventure not only possible, “but a true learning experience all while having fun.”

Thinking about joining in on all the fun? The next outing is scheduled for April 5-6, 2019. Check out the website at [www.fotw.info](http://www.fotw.info) or send an inquiry to [firsttimecampers@gmail.com](mailto:firsttimecampers@gmail.com).

## NEWS

### Public Safety Career Fair to Be Held Oct. 20

The public safety agencies of Fairfax County invite residents to learn more about career opportunities available at the Fairfax County Public Safety Career Fair on Saturday, Oct. 20.

Along with Fairfax County Fire and Rescue, the Sheriff's Office, Department of Public Safety Communications and Police Department will have personnel on site discussing employment opportunities available at each agency, demonstrating what they do every day, discussing the training opportunities available, and answering any questions.

According to Fairfax County Fire & Rescue Department, "This is a unique opportunity to not only learn about the careers available through Fairfax County, but to learn why Fairfax County is a great place to work in public safety. Guests will be able to apply for positions on site or sign up for 'Job Alerts' that will notify them as soon as a position is made available."

The event will be from 10 a.m. until 3 p.m. at the Government Center located at 12000 Government Center Parkway.

### Open House

FROM PAGE 7

Heather Zimmerman, mother of two children, ages 5 and 2, took her kids to many of the activities throughout the open house.

"It's really exciting for them because we drive by the fire station every day. My younger one was a little nervous about seeing the firetrucks, but she really liked the hands on nature of it," Zimmerman said. "It's good for them to know that these people are here to help them. It can be a little scary and intimidating, but they loved riding the mini fire truck and extinguishing the pretend fire."

Leslie Smith, the organizer of the open house, enjoyed seeing families and kids come in and out all day, learning about important safety procedures.

"There is nothing to be afraid of; we are here to help them, and they can come visit us anytime. We are here for the community," Smith said.



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## NEWS



PHOTO BY ROBIN KENT

Local sculptor and noted artist Jon Fisher putting the finishing touches on one segment of his three-sculpture work honoring Great Falls Studios 15<sup>th</sup> annual Studio Tour.

## Sculpture to Celebrate Great Falls Studios Tour

Great Falls artist Jon Fisher stepped back a few feet, examining his creation with a critical eye. “It’s a lot higher than my usual structures,” he said as he stepped around the three slender and colorful pillars making up the wooden sculpture. “The tallest one measured out at ten feet exactly.”

Fisher, a sculptor known for his complex and vibrant wooden assemblages, has just unveiled his latest commissioned work outside the TD Bank of Great Falls, which is sponsoring this year’s Tour (Oct. 19-21) as part of its community outreach program.

“We believe that this installation will help bring recognition to Great Falls as a thriving arts locale,” said Joanna Mason, TD Bank Vice President of U.S. Field Marketing Strategy.

“Being artists, we wanted to bring public attention to the Studio Tour in an artistic way, rather than just hang out a big sign,” said Linda Jones, President of Great Falls Studios. “And TD Bank was very kind to help us do that by commissioning this sculpture by Jon. They have been a big supporter of the arts in Great Falls.”

The Tour, which opens artist studios all over Great Falls, is now in its 16<sup>th</sup> year. Laura Nichols, founder of Great Falls Studios and many of the artists participating in the tour attended the unveiling.

“This shows the happy result when you give an artist a mission,” Nichols said. “Jon blended content, design and color using his carpentry, engineering and architectural skills to achieve a significant sculpture.”

### Great Falls Studio Tour

Great Falls Studios 16<sup>th</sup> annual open Studio Tour hours are Friday-Sunday, Oct. 19-21 from 10 a.m.– 5 p.m. at art studios throughout Great Falls. More information and a free map can be found on the GFS website: [www.greatfallsstudios.com/studiotour](http://www.greatfallsstudios.com/studiotour).

“The design has two functions,” Fisher said. “We wanted to promote the tour, of course, but we also wanted to symbolize the generous support from TD Bank. We’re doing that by its location at the bank and the use of the signature green color of the bank’s logo.”

The sculpture will remain outside the bank building, located at the intersection of Walker Road and Georgetown Pike, from now through the weekend of Oct. 19-21, the dates of the Studio Tour.

“We will be interested to see if sculpture becomes an example of ‘Interactive Art,’ with people taking selfies and posting them on social media. Anyone with an Instagram account is invited to include “@greatfallsstudios” in their post and we will re-post the best ones, said Bego—a Morton, who manages the group’s Instagram feed.

Established in 2003, Great Falls Studios is an organization of more than 100 artists working in Great Falls and operators of the annual Great Falls Studio Tour each October. The Tour is free and open to the public, enabling visitors to meet artists “in their element” and to speak with them about their work.

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# Carving Made Easy

**A lesson in creating a front porch worthy Halloween pumpkin.**

BY MARILYN CAMPBELL

“**I**ck, this is so gross,” said one 11-year-old girl with shoulder length blonde hair. “Those are the guts,” said her classmate, a 12-year-old, white apron-clad boy, as he pulled a handful of stringy, orange pulp out of a fat pumpkin.

“It’s part of the process. You have to clean out the messy insides before you can start carving a beautiful design,” said Lisa Searby, who was offering an in-home lesson in carving Halloween pumpkins to a group of middle school students and their parents.

A drive around most neighborhoods during this, the spookiest season of the year, will likely reveal the efforts of many to carve a sophisticated pumpkin. From frightening to fanciful, the art of pumpkin carving is a skill that eludes many. So on a chilly Sunday afternoon, Searby, who lives in Bethesda, Md. trekked to the Fairfax home of Katie and Luke Gunther to offer a class in pumpkin carving. With a few tricks and the right tools, Searby says that almost anyone can create a front-porch worthy gourd.

After the parent-child duos have donned aprons and the pumpkins are placed atop tables covered with plastic and topped with newspaper, the instruction begins. A set of



**Investing in a set of carving tools helps create impressive Halloween pumpkins.**

carving tools is something that Searby recommends to anyone who wants to create an impressive design.

“You don’t have to break the bank, but you need to get a set of tools that are sturdy enough to stand up the the left of a thick-

skinned pumpkin,” she said. “You can usually find them online pretty easily. Choose a set that has a tool for each step of the process, like a little serrated saw to cut a hole in the top and a scooper to clean out the flesh. It makes carving so much easier.”

It appears that parents agree. “I didn’t realize that there was such a thing, but these little tools are awesome,” said Luke Gunther, the father of 12-year-old twins. “We usually use a kitchen knife and it’s hard to cut through and the edges of the designs are always jagged, but the tools make a much smoother cut.”

Once the tops of the pumpkins are removed and the pulp, flesh and seeds area cleared, the artistry begins. “Use a dry-erase marker to sketch the design that you want to carve on the front of your pumpkin,” said Searby. “Does anyone know why we’re using a dry-erase marker instead of a Sharpie? Because if you make a mistake or don’t like your drawing, you can wipe off a dry-erase marker and start over. Sharpies are permanent.”

Three hearts are what Theresa Holt and her 12-year-old son and 11-year-old daughter choose for the front of their pumpkin. “This is such a fun thing to do, even if you don’t care about the outcome, it’s a great way to spend time together as a family,” she said.



PHOTOS COURTESY OF LISA SEARBY

**Front-porch ready Halloween pumpkins.**

Those who choose to use one of Searby’s pre-designed templates are instructed to attach the template to the pumpkin and use the spike tool to trace the design onto the gourd, leaving tiny pinholes in its thick flesh. Next, the class uses one of the carving tools to cut out the facial features or other designs and, voila, in less than 30 minutes the group produces six pumpkins that are ready for Halloween.

“If you’re going to use candles illuminate your pumpkins at night, make sure you put the candles in a glass candle holder first,” said Searby. “Now the clean-up begins. It’s a messy process after all.”

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# CALENDAR

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

## ONGOING

**Art Exhibition: Colors in Memory.** Through Oct. 26, Gallery hours at Aryan Gallery, 2236-C Gallows Road, Vienna. Colors in Memory featuring art by Rafat is open to all. Opening reception Sunday, Sept. 30, 5-8 p.m. is limited to adults. Call 202-391-1669 or visit [www.rafatart.com](http://www.rafatart.com) for more.

**Row by Row Junior.** Through Oct. 31, local quilt shop proprietors like Jinny Beyer Studio (776 Walker Road, Great Falls) are welcoming children participating in Row by Row Junior to their shops. It's the junior version of the summertime travel event for quilt making fans known as Row by Row Experience. Kids visit shops in person, collect a free sewing pattern, and find inspiration in colorful, creative world of sewing. [www.rowbyrowexperience.com](http://www.rowbyrowexperience.com) or [jinnybeyer.com](http://jinnybeyer.com) for local quilting.

**Great Falls Farmers Market.** Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email [kathleen@greatfallsfarmersmarket.org](mailto:kathleen@greatfallsfarmersmarket.org) for more.

## WEDNESDAY/OCT. 17

**Local Songwriter Showcase.** 6-10 p.m. At Jammin Java, 227 Maple Ave., East, Vienna. Cost \$12-\$15. Nine musicians perform for "The 9 Songwriter Series." Featuring Justin Trawick, Chris Timbers, Nardo Lilly, Katie & Kelly, Kentucky Avenue, Caroline Weinroth (Cinema Hearts), Abby Rasheed, Chris Cassaday, and Novo. Contact Caroline Weinroth at [cinemaheartsmusic@gmail.com](mailto:cinemaheartsmusic@gmail.com)

**Righteous Minds Course.** 7-9 p.m. at Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. This four-class Meetup course (Wednesday through Nov. 7) studies Jonathan Haidt and other authors who examine how humans think and act in cultural and political environments. Free. Visit [www.meetup.com/Righteous-Minds-Trying-to-Understand-Other-Political-Tribes](http://www.meetup.com/Righteous-Minds-Trying-to-Understand-Other-Political-Tribes) for details.

## THURSDAY/OCT. 18

**Strong Girls Celebration.** 6-9 p.m. At The Atrium at Meadowlark in Vienna. Girls on the Run of NOVA (GOTR NOVA) is hosting its Strong Girls Celebration, a fundraiser to support financial aid for the young girls most in need of GOTR NOVA's youth development program. Tickets are on sale now at [www.gotrnova.org/strong-girls-celebration](http://www.gotrnova.org/strong-girls-celebration).

## FRIDAY/OCT. 19

**The Old Firehouse Haunted Friday Night Trip.** 4:30-11 p.m., leave from The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Teens can get in the Halloween spirit and spend a spooky Friday night with the Old Firehouse. Only the brave-hearted are invited on this journey. Group dinner beforehand so participants can stay alert for ghosts, zombies and creepy creatures. \$60, \$50 MCC district residents. Call 703-790-0123 or visit [www.mcleancenter.org](http://www.mcleancenter.org) for more.

## FRIDAY-SATURDAY/OCT. 19-20

**"Emilie: La Marquise Du Chatelet Defends Her Life Tonight."** 8 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Kathleen Barth makes her Vienna Theatre Company directorial debut when "Emilie: La Marquise Du Chatelet Defends Her Life Tonight" is staged



## Becky Love Foundation 5K/1K Fun Run

Walk or run to support those who struggle, have lost a loved one or have been affected by mental illness or depression. Race proceeds fund tools for those impacted. Saturday, Oct. 20, 9-11 a.m. at Turner Farm, 925 Springvale Road, Great Falls. \$35. Email [sarah.blfound@gmail.com](mailto:sarah.blfound@gmail.com) or visit [www.beckylovefoundation.org/events-1/5k-for-mental-health](http://www.beckylovefoundation.org/events-1/5k-for-mental-health) for events-1/5k-for-mental-health. Gather at the north entrance to Turner Farm Park on Saturday. The 5K race will start at 9, the 1K Fun Run shortly after. This a certified course. See [www.beckylovefoundation.org](http://www.beckylovefoundation.org) for a map and more details.

the final two weekends of October and the first weekend of November. Tickets are \$14. Advance tickets may be purchased online at [viennava.gov/webtrac](http://viennava.gov/webtrac) or in person at the community center; if available, tickets may be purchased at the door.

## SATURDAY/OCT. 20

**Riverbend Bird Walks.** 8-10 a.m. at Riverbend Park - Nature Center, 8700 Potomac Hills St., Great Falls. Riverbend Park is offering free birding walks in October. Participants should be prepared to walk about two miles in comfortable, closed-toed shoes. There likely will be gentle uphill and downhill stretches on slightly uneven terrain. Bring binoculars. Rain or shine. Call 703-759-9018, or stop by the Visitors' Center front desk to register.

**Bulb Sale.** 8 a.m.-noon at Town of Vienna Farmers Market, on the grounds of the Vienna Community Center. The Ayr Hill Garden Club presents its annual bulb sale supporting the community gardening efforts of the Ayr Hill Garden Club. Email [emilielarson@rcn.com](mailto:emilielarson@rcn.com) for more.

**Becky Love Foundation 5K/1K Fun Run.** 9-11 a.m. at Turner Farm, 925 Springvale Road, Great Falls. Walk or run to support those who struggle, have lost a loved one or have been affected by mental illness or depression. Race proceeds fund tools for those impacted. \$35. Email [sarah.blfound@gmail.com](mailto:sarah.blfound@gmail.com) or visit [www.beckylovefoundation.org/events-1/5k-for-mental-health](http://www.beckylovefoundation.org/events-1/5k-for-mental-health). See [www.beckylovefoundation.org](http://www.beckylovefoundation.org) for a map and more details.

**Vale Club Fair.** 11 a.m.-3 p.m. at Vale Schoolhouse, at the intersection of Vale and Fox Mill roads, Oakton. Children's games, costume parade, activities and prizes, pony rides, pie-eating contest, and a caricature artist. Art and craft exhibit and sale by Vale members. Barbecue and bake sale by Vale members. Free parking and admission. Email [Christinahjames@yahoo.com](mailto:Christinahjames@yahoo.com) for more.

**Tea Tasting Seminar.** 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Exploring Teas of the Himalayas - this focused tea tasting seminar with Certified Tea Specialist Chef Laurie Bell will awaken taste buds to high grown premium teas. Tea infused treats and a take home tea sampler included. \$35. Use class activity code 266 407 0501 and visit [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or call 703-222-4664

**Uncorking a Rich, Full Life.** 5-8 p.m. at the home of Supervisor John Foust and Dr. Marilyn Jerome Foust. Wine/Beer Tasting and Benefit Auction to raises funds for Langley Residential Support Services programs and activities. Discover the

perfect wine or beer for upcoming holiday meals and gatherings, enjoy a delicious buffet of hearty hors d'oeuvres, socialize and network with interesting people, and bid on great silent and live auction items. \$100 per person. To register, visit [www.langleyresidential.org/wine-beer-tasting-benefit-auction.html](http://www.langleyresidential.org/wine-beer-tasting-benefit-auction.html)

## SUNDAY/OCT. 21

**Breakfast Buffet.** 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

**20th Anniversary Gala.** 5:30-10 p.m. at Westwood Country Club, 800 Maple Ave. E, Vienna. Shepherd's Center of Oakton-Vienna 20th Anniversary Gala featuring. SCOV celebrates their 20th anniversary of service to the community. Visit [www.scovgala.org](http://www.scovgala.org) or call 703-281-0538.

## MONDAY/OCT. 22

**Technology Workshop.** 1-3 p.m. at Great Falls Library, 9830 Georgetown Pike A, Great Falls. Email questions regarding photo management or one on one help. Space is limited; RSVP early, no later than Oct. 15, to [GFSCTECH@gmail.com](mailto:GFSCTECH@gmail.com).

**Film Screening: "Tidewater."** 7:30-9:30 p.m. at Vinson Hall, Kathy Martin Community Building, 1735 Kirby Road, McLean. Following award-winning 40-minute film, "Tidewater," senior military experts discuss challenges our military must meet to protect our national security in a changing climate, and respond to audience questions. Free. Call 571-225-9671 or visit [tidewater-mclean.eventbrite.com](http://tidewater-mclean.eventbrite.com) to RSVP.

## WEDNESDAY/OCT. 24

**72nd Annual Halloween Parade.** 7 p.m. On Maple Avenue in downtown Vienna. Don't miss out on the costumes and floats, the marching bands, the performances, and the sense of camaraderie and community as the parade moonwalks down the road for the 72nd time. Costumed children and families who wish to march in the parade should meet at 6:30 p.m. in the parking lot of United Bank, 374 Maple Avenue E. The parade is sponsored by the Town of Vienna and the Vienna Business Association. Contact the Vienna Parks and Recreation Department at 703-255-6360.

SEE CALENDAR, PAGE 13

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- Renton Connection
- Springfield Connection
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# CALENDAR

FROM PAGE 12

## FRIDAY/OCT. 26

**Riverbend Bird Walks.** 8-10 a.m. at Riverbend Park - Visitor Center, 8700 Potomac Hills St., Great Falls. Riverbend Park is offering free birding walks in October. Participants should be prepared to walk about two miles in comfortable, closed-toed shoes. There likely will be gentle uphill and downhill stretches on slightly uneven terrain. Bring binoculars. Rain or shine. Call 703-759-9018, or stop by the Visitors' Center front desk to register.

**McLean Art Society Meeting.** 10 a.m.-noon at the Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Naomi Chung, a semi abstract landscape painter in oils will

be the presenter. Chung has a B.F.A from Va. Commonwealth University and is a member of The McLean Project for the Arts and The Art Council of Fairfax County. She will focus on "working toward abstraction." Guests are welcome. Call 703 356-2998 for more.

## SATURDAY/OCT. 27

**Trunk or Treat.** 4-6 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean, Lewinsville is hosting a Trunk or Treat Block Party event for the community, safe fun for the whole family. Trick or Treaters go from car to car and trunk to trunk, collecting candy from the volunteers who have

decorated their vehicles to serve as a backdrop for this spooktacular event. Free and open to the public. Call 703-356-7200 or visit [lewinsville.org](http://lewinsville.org) for more.

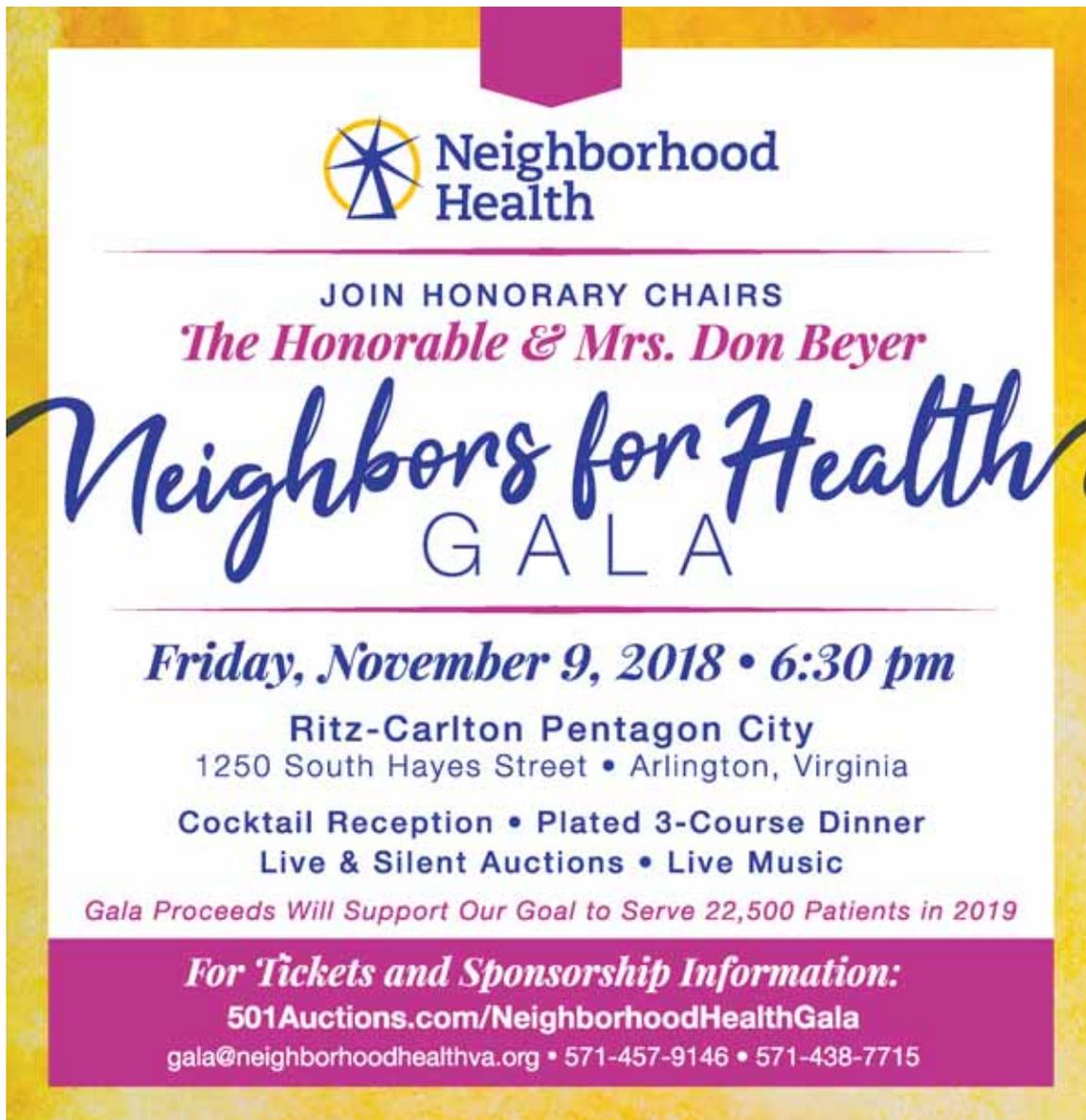
## SUNDAY/OCT. 28

**Halloween Outing.** 2-6 p.m. At Krop's Crops, 11110 Georgetown Pike, Great Falls. Krop's Crops and Safespot have partnered for a fun family Halloween outing. Select your favorite pumpkin from Krop's pumpkin patch, carve or decorate your pumpkin with help from Safespot volunteers, take a hayride and snack on s'mores, a treat for kids and a treat for Safespot! All proceeds go to Safespot Childrens Advocacy Center of Fairfax. Cost is \$15/per person. Early registration at <https://conta.cc/2xzKusT>.



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

### The Old Firehouse Friday Night Trip



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**Unruly Theatre Project, 7 p.m.**  
McLean Project for the Arts  
1446 Chain Bridge Rd.  
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**-Werner Heisenberg**



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**NEWS**

**Langley High Community Supports  
Beltway Ramp Closure**

Langley High School's Parent Teacher Student Association (LHS PTSA) announced that a majority of Langley High School's parent and teacher/staff survey respondents support VDOT's pilot proposal to close the northbound I-495 ramp from 1-7 p.m. weekdays (Parents-47 percent YES/32 percent NO & Teachers/Staff 36 percent YES/27 percent NO) . An additional 16 percent of parents and 23 percent of teachers/staff who responded to the survey agreed they might support the proposal if the hours are modified by VDOT.

LHS PTSA President Patty Burgess said the survey results show increased traffic on Georgetown Pike and feeder roads to the NB I-495 ramp is having a negative impact on Langley HS students and families. "Forty percent of Langley parent survey respondents said traffic congestion inhibits their child's ability to take part in extracurricular activities. A striking 60 percent of parent survey respondents report that afternoon or evening congestion has caused them or their child to miss an afterschool event at LHS," said Burgess. "And 59 percent of survey respondents who have students participating in extracurriculars beginning after 5 p.m. report their child stays after school to avoid traffic congestion. Considering that school begins at 8:10 a.m., that's a

long 10-14 hour day for students with demanding academic schedules," Burgess said.

Survey results also show that 8 percent of responding LHS teachers and staff live in Maryland and that 68 percent of responding LHS families commute 30-60 minutes or more for extracurriculars after 5 p.m. "Langley was built inside the Beltway on Georgetown Pike in 1965. Today, 70 percent of parent survey respondents and 63 percent of responding LHS teachers/staff live outside of the Beltway in Virginia. LHS families and staff are increasingly at the mercy of traffic congestion that backs up two miles or more on Georgetown Pike west of the I-495 NB ramp," said Burgess. "The stellar academic quality of Langley HS is a driving force of property values in McLean and Great Falls. We are hopeful VDOT recognizes the interests of public school students, teachers and staff deserve serious consideration for this proposal," Burgess said.

Burgess is sending Langley's PTSA parent and teacher survey results to VDOT and other local officials for consideration in determining whether or not to limit weekday access to the I-495 NB ramp. LHS has 1606 families, 1939 students and 187 teachers — 355 families and 63 teachers/staff members responded to the survey.

**LETTERS TO THE EDITOR**

FROM PAGE 6

other real issues like healthcare for fellow Americans, education, climate change, sensible gun control measures, and retraining to help American workers weather dislocation caused by automation. Stop wasting time on border walls, tariffs and tiny tax cuts for the average American while loading up the national debt with an additional 1.9 trillion dollars.

**Sheba Chacko**  
McLean

**'Socialized' Healthcare Works**

To the Editor:

Last week, at Walter Reed National Military Medical Center waiting for an appointment, I marveled at their quality and efficiency. We have had "socialized"

healthcare in one form or another much of my adult life. At home and abroad, from City, military, and Medicare, the quality of care was generally excellent.

According to the Merriam-Webster online dictionary, the definition of socialized medicine is: "medical and hospital services for the members of a class or population administered by an organized group (such as a state agency) and paid for from funds obtained usually by assessments, philanthropy, or taxation."

My Medicare and military healthcare are both socialized medicine. The satisfaction rate is high for both and Medicare has certainly enhanced the quality and length of life for senior citizens. The bargain is a good one for the elderly, the taxpayer and the family. Costs are manageable and the quality is generally high.

Trained in economics, I cannot understand the numerous and repeated Republican efforts to deny affordable, quality

healthcare for everyone.

Instead, Republicans seek the worst of all possible healthcare outcomes, reducing both access and quality at the greatest cost to the taxpayer, both personally and collectively.

Republicans shout socialism as if a curse; yet few are able to define the word correctly. Clearly, they do not know the definition of the words, socialized medicine. Whether from ignorance or deceit, Republicans use the word "socialist" broadly so as to condemn any cooperative effort to make all citizens' lives better at the lowest cost. They do a great disservice to every citizen but especially our young, ill, challenged and elderly. I will not vote Republican because of healthcare; their policies badly harm America and Americans. In November, I will vote for Jennifer Wexton, a proven healthcare warrior who gets results.

**Hal Donahue**  
Great Falls

**October Is Attention-Deficit/Hyperactivity Disorder (ADHD) Month**

With October as ADHD (Attention-Deficit/Hyperactivity Disorder) Awareness Month, the 2018 CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) Resource Fair, "Building a System of Support" will be held Saturday, Oct. 20 from 8 a.m. to 1 p.m. at BASIS Independent McLean in McLean, at 8000 Jones Branch Drive. Free and open to the public.

The event will showcase more than 30 exhibitors with community resources to support those with ADHD.

Keynote speaker, Kathleen Nadeau, Ph.D., has practiced in the Washington, D.C. area for more than 30 years, specializing in the diagnosis and treatment of ADHD. She is an internationally recognized authority on ADHD and has served on the national professional advisory boards of both CHADD and ADDA, the two major advocacy organizations for individuals with ADHD.

An expert panel will also be available to include: Judith

Bass, CEP of Bass Educational Services, LLC; Robert Chase, Ph.D. of Chesapeake ADHD Center; J. Thomas Giroux, Ph.D. of Inova Kellar Center; and Carey Heller, Psy.D. of The Heller Psychology Group, LLC.

Breakout sessions include: Joni Johnson, M.D. with Pediatric Partners for Attention and Learning, Inc. discussing "ADHD Reimagined: From Fear to Acceptance;" Rebecca Resnik, Psy.D. of Rebecca Resnik and Associates discussing "You and What Army? Building Your Powerhouse ADHD Team;" and Rick Silver, M.D. of The THRIVE Center for ADHD discussing "The Struggling to Launch Young Adult: From Failure to Success."

Event sponsors include Commonwealth Academy, The Ross Center, LearningRx, Inova Behavioral Health Services of Virginia, CHADD and Dominion Hospital—an HCA Virginia Health System.

More information on ADHD, go to [www.chadd.net](http://www.chadd.net).

FROM PAGE 4

**Community Meeting.** 7 p.m. at McLean High School, 1633 Davidson Road, McLean. Join the Virginia Department of Transportation and Fairfax County for a second community meeting on efforts to identify potential congestion solutions for neighborhoods near I-495 (the Capital Beltway). VDOT and County staff will give an update on input received since the first community meeting in early August, and be available to answer questions. Residents and commuters are invited to send comments to [meetingcomments@vdot.virginia.gov](mailto:meetingcomments@vdot.virginia.gov) by Nov. 12, 2018 and include "McLean Area Traffic Analysis" in the subject line. Visit [www.virginiadot.org/projects/northernvirginia/mclean\\_traffic\\_analysis.asp](http://www.virginiadot.org/projects/northernvirginia/mclean_traffic_analysis.asp) for more.

## SATURDAY/OCT. 20

**FACEing the Future Together.** 8 a.m.-3:30 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. Family and community engagement (FACE) is at the center of everything that PTAs accomplish. Join the launch of a new effort to welcome and encourage all families throughout Fairfax County to become active participants in their school community. \$10 (includes continental breakfast, lunch and snacks). Scholarships are available for the conference and can be requested on the registration form. Interpreters will be available. Go to [www.fcpta.org](http://www.fcpta.org) to register.

**ADHD Resources Fair.** 8 a.m.-1 p.m. At BASIS Independent McLean, 8000 Jones Branch Drive, McLean. Event will showcase 30 exhibitors. Keynote speaker, Kathleen Nadeau, Ph.D., has practiced in the area for more than 30 years, specializing in the diagnosis and treatment of ADHD. Coincides with October as ADHD (Attention-Deficit/Hyperactivity Disorder) Awareness Month. Entrance is free and open to the public. Visit [www.chadd.net](http://www.chadd.net).

## OCT. 22-NOV. 9

**Food Drive.** Drop-off canned goods at Sheehy INFINITI of Tysons, 8527 Leesburg Pike, Vienna. Sheehy Auto Stores will collect canned goods and non-perishable food as part of the company's annual Fall Harvest Food Drive to benefit food banks serving each community. Benefiting food banks include the Oxon Hill Food Pantry, ECHO, Manna Food Center, Central Virginia Food Bank, Ashland Christian Emergency Services (ACES), Fauquier Food Bank, House of Mercy, Emmaus Center, Samaritan Project, The Light House, Western Fairfax Christian Ministries, Perry Hall United Methodist Church, SERVE, Fredericksburg Regional Food Bank and Food for Others.

## TUESDAY/OCT. 23

**2017 Tax Law and You.** 7:30-9 p.m. At Patrick Henry Library, 101 Maple Ave., East, Vienna. Free. The Tax Cuts and Jobs Act of 2017 (Trump Tax Plan) impacts every one of us. This program is designed to provide an overview of the changes and implications to your financial planning. Topics include: retirement planning, education savings, charitable giving, and special rules for the self-employed. Presented by Greg Bernhard CFP. Contact Deborah Smith-Cohen at [dsm11@fairfaxcounty.gov](mailto:dsm11@fairfaxcounty.gov). Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/4388077>

## WEDNESDAY/OCT. 24

**Tyson's 2050.** 4-8 p.m. at Hilton Tysons, 7920 Jones Branch Drive, Tysons. Tyson's 2050 is a community-building event, focused on sharing insights and visions from thought-leaders helping transform Tysons. Panelists will discuss the challenges, opportunities, and developments that are on the immediate and distant horizon. \$75. Call 703-281-1333 or visit [www.tysonschamber.org/tysons-2050](http://www.tysonschamber.org/tysons-2050) for more.

**MCC Governing Board.** 7:30 p.m. at the MCC Administrative Offices, 6631 Old Dominion Drive, McLean. All meetings of the Governing Board are open to the public. Tax district residents (Dranesville District-1A) who wish to speak during the "Citizen Comment" portion of the meeting are asked to call the Center at 703-790-0123, TTY: 711 to be placed on the agenda. Visit [www.mcleancenter.org](http://www.mcleancenter.org) for more.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg			

## "Movin' On Up"



By KENNETH B. LOURIE

Not "to the east side" and not "to a deluxe apartment in the sky," but if fictional New York City cleaning business icon George Jefferson had been diagnosed with lung cancer as I was, I would bet he'd be happy making progress: the feeling of moving forward. And that's exactly what I feel now. With the "news" of last week's column, progress/movement is at hand. With two CT scans in the last three months and some tumors "progressing" - and then not, while a previously insignificant tumor burst (not literally) onto the scene, I am happy now to be onward and hopefully upward as I infuse every three weeks during the next quarter ahead of an early January 2019 scan. The future is now and I'm grateful to have choices as I navigate the road ahead.

Having a plan matters. Though I am still waiting and seeing, and evaluating after that next scan, I do feel as if I'm back on track. I know what my next three months will be about (about three months) and I'm clear what my schedule will be (subject to change due to lab results, an altogether normal/expected blip): urine, lab, infusion, post-chemo week of difficulty eating and physical and psychological challenges, followed by two weeks of relative normalcy, then infusion again and rinse and repeat every three weeks until early January 2019. Twelve weeks in total. Through Thanksgiving, Christmas and New Years. I won't say it will be pretty but it will be predictable and hopefully on a path to a positive result. (Remember, I'm life long member of Red Sox Nation so hope always springs eternal.)

This column is certainly not meant to minimize the possible discouraging results of my January scan but I see no advantage in anticipating and/or overreacting to unknown results and/or dire consequences months ahead of actual facts not yet in evidence. This is what being diagnosed with cancer is all about: a series of ups and downs and all-arounds; and the sooner the patient assimilates this unpredictable variability into their algorithm for living with the disease, the more manageable their lives will be. Moreover, "If you," to quote Rudyard Kipling, "can keep your head when all about you are losing theirs," it will likely contribute to the preferred calm that every cancer patient diagnosed as "terminal" needs to feel every second of every day (and night, too) as they struggle to deal with the internal demons brought about by this terrible affliction. As my friend Lynne, a cancer survivor herself, said to me when I was first diagnosed: "This will be the most difficult thing you'll ever have to do." Of course, she was right. It's been beyond my wildest nightmares.

Being stuck in a pattern with no clear direction does not help. For the past three months, I have been so entangled. Now I am not. Now I am on a path of less resistance and what resistance there is - to disappointment "The Borg," is not futile. It is all part of an agreed-upon pursuit of truth and hopefully justice - for me, anyhow. I haven't exactly abused the privilege of living (although while attending college in the seventies, occasionally there may have been the odd self-destructive-type behavior common to the times, none of which concerned my oncologist in the least by the way) and given my parents' long cancer-free lives, I would have expected better than a stage IV, non-small lung cancer diagnosis at age 54 and a half. But here I am, still, nearly 10 years post diagnosis. (There aren't that many of us, unfortunately.)

And though I am definitely not happy about my cancer circumstances, I can be positive about the negative. And what I am most positive about is that at least for the next quarter anyway, I know what I'm doing and why. I certainly can't say what I'll be feeling after my next scan; hopefully elation and relief, but in the interim, life will go on as per usual, and for a cancer patient/survivor, life going on is as good as it gets; almost as if I "finally got a piece of the pie."

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

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