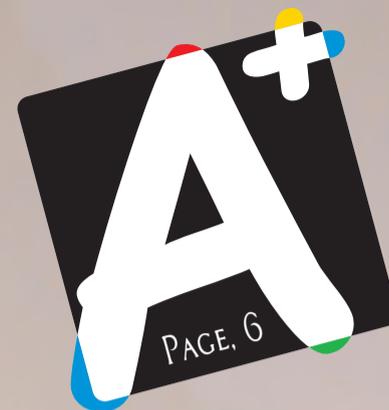


Fairfax CONNECTION



Police Chief Erin Schaible at her desk in Fairfax City's police station: Schaible is the first female police chief in Fairfax City's history.

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'The Police Department for the Community'

Meet Erin Schaible: City's first female police chief.

BY BONNIE HOBBS
THE CONNECTION

Anyone becoming Fairfax City's new police chief after former Chief Carl Pardini retired had big shoes to fill. But don't let Erin Schaible's petite stature fool you: with almost 30 years' experience as a police officer in Fairfax County, she's a seasoned veteran definitely up to the task.

Following a nationwide search, she took over as Fairfax's new police chief – the first female in the City's history to hold that position – in February, and now has six months here under her belt.

"I love the City – it's quaint and charming and a great place to work," said Schaible. "And because I worked out of the Massey Building for many years, I was familiar with it."

Growing up in McLean, she originally wanted to be a clothing designer. "But my dad, who's now retired, was in the Secret Service," she said. "Listening to all his stories was fascinating, and his job sounded so exciting and intriguing. And law enforcement seemed like such a positive career."

Still, Schaible majored in Clothing and Textiles at Virginia Tech, with a minor in Business. After graduation, she went to New York and tried to make a go of life there, but just didn't like the city. So she returned to Virginia and got into retail and security for Neiman-Marcus in Tysons Corner.

"I loved it and then started interviewing for law-enforcement jobs," she said. "I was hired by the Fairfax County Police Department, went to the Academy and was with them for 28 years." She was the first of her siblings to take that career path, but both her brothers followed in her footsteps. One is with the Los Angeles Police Department and the other is with the Orange County Sheriff's Office.

In 2007, Schaible obtained her Master's in Public Administration from GMU. It was a cohort program involving different disciplines and people from various entities and perspectives.

LIKE ALL POLICE OFFICERS, she began in patrol, but rose through the ranks to become assistant commander of the Reston and McLean district stations and commander of the Franconia District Station. She also served as School Liaison Commander over all the school resource officers (SROs).

Schaible held a variety of posts during her career, including assistant commander of Internal Affairs and commander of the Organized Crime and Narcotics Division. As a major, she was in charge of Patrol Division II and headed the Resource Management Bureau – which oversees all the police vehicles and equipment and handles court requests for records, clothing and fingerprints.

She then served as Deputy Chief of Patrol for four years, commanding the largest



Erin Schaible is the first female police chief in Fairfax City's history.

police patrol contingent in the state – and being the first female law-enforcement professional to do so. Schaible spearheaded initiatives to increase staffing in public-safety agencies, developed a training strategy for new officers and directed a multi-agency effort to reform juvenile-justice protocols – which culminated in a Capstone Project and national award.

"I worked with Fairfax County Public Schools, Juvenile Court and the Intake and Probation departments, plus Northern Virginia Mediation – a public nonprofit doing conflict resolution before things come to the court system," she said. "We aimed at reducing the disproportionality of minority juvenile offenders in the system. We wanted to get them to recognize why what they did was wrong and to come to terms with the victim – who told the offender the harm it did to him."

"It was a group effort," continued Schaible. "And it was the first time in the country that a school system, law enforcement, courts and a private entity came together to collaboratively work on this problem. Juveniles' brains aren't fully developed until age 26, so it hinders their processing of situations. So when you can teach them and hold them accountable, there's very low recidivism."

She said Juvenile Court Intake did a "great job" and looked at the offenders' risk factors and backgrounds, such as domestic violence, poverty, substance abuse and mental-health problems – and tried to get them the help they needed. The group also applied to Georgetown University's Center for Juvenile Justice and Reform (CJJR).

"We'd already been working on it for a couple years, and this program helped guide and critique us to get us to the next level of implementing it," said Schaible. "We spent a year doing this, and the CJJR later selected as the national recipient of the Capstone of the Year award in 2016."

Afterward, as a lieutenant colonel, her final position with the FCPD was Deputy Chief of Administration, in charge of the budget, Police Academy and IT program. She retired at the end of December 2018 – but not for long. After about 1-1/2 months, she became Fairfax City's police chief.

"I like doing things that are purposeful and helpful," explained Schaible. "And everyone I've met here – employees and citizens, alike – is very friendly and appreciates the police. It's just a nice environment, and it's fun. I love the small-town feel and, because you can connect to people on a more personal level, you feel like you make a difference. I see people more frequently,

"I love the small-town feel and, because you can connect to people on a more personal level, you feel like you make a difference."

— Police Chief Erin Schaible

so we know who each other is and the communities they live in."

THE MAIN CRIME PROBLEMS here, she said, are low-level vandalism and vehicle tamperings. And since the latter is a crime of opportunity, she urges people not to leave their cars unlocked with valuables inside.

The City's Police Department has 66 sworn police officers and about 80 total employees, including civilian staff. "I've been pleasantly surprised how receptive they were to me coming in as an outside chief," said Schaible. "They've been genuinely kind, warm and welcoming."

As for future initiatives, she's considering having a full-time bike team, with two officers per 12-hour shift. "Now, we just pull some guys from patrol and make it work," she said. "But maybe we could do it from 2 p.m.-2 a.m. during the high calls for services – school release, afternoon rush-hour traffic and bars closing."

Schaible also wants to explore the feasibility of creating speed-camera zones to slow traffic on some roadways, particularly those with churches, parks and schools. High-density, pedestrian-traffic areas such as Old Town would also be considered. However, she added, "We'd have to get the enabling legislation from the state to do this."

Furthermore, she'd also like to "use technology more smartly and as a force multiplier." And she wants to get people to "voluntarily comply so the roads are safer for drivers, scooter-riders, bicyclists and pedestrians."

On a personal note, she and her husband, Capt. Lance Schaible – commander of FCPD's Criminal Intelligence Division – have four children. Two sons and a daughter are in college and their youngest daughter is in high school.

Delighted to be the City's police chief, Schaible wants to strengthen the bond between the police and residents. "Our goal is to be the police department for the community, and we welcome comments, suggestions and concerns," she said. "We want to get our officers more connected with the community."

In addition, she said, "We want to engage the youth. Our officers do mentoring in the elementary schools and take students to sporting events at George Mason, and we want to continue that. We want to let people know we're here for them."

BONNIE HOBBS/THE CONNECTION

League of Women Voters to Hold Candidate Forums

Board of Supervisors, School Board candidates to participate in forums throughout the county.

The League of Women Voters of the Fairfax Area (LWVFA) will hold candidate forums in each of Fairfax County's nine magisterial districts for Board of Supervisors and School Board candidates in September and October in the run up to the Nov. 5, 2019 General Election. All certified candidates competing for seats on the two Boards to represent their respective districts have been invited. Several of the forums will also include Virginia State Senate and House of Delegates candidates.

In addition, the League will hold countywide

a candidate forum for the three at large School Board seats and Chair of the Board of Supervisors.

The League organizes candidate forums prior to elections to give voters opportunities to learn more about the candidates and to dive into complex issues like redistricting and voting rights for fact-based discussions and be better informed citizens in our democracy. The Candidate Forums are non-partisan, and the League never supports nor opposes any candidate. A moderator will ask the candidates questions generated by the audience. Following the

formal session, an informal meet and greet session will allow direct audience interaction with the candidates. The forums are free and open to the public.

Additional information about the candidate forums, the 2019 General Election, League publications and other events can be found at: www.lwv-fairfax.org

Questions for the candidates can be submitted by accessing: www.surveymonkey.com/r/LWVFA2019

Go to www.vote411.org for an online voters guide to compare candidates' positions side-by-side.

The League of Women Voters of the Fairfax Area is a non-partisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues.

Fairfax County 2019 Candidate Forums

Wed, Sept. 4 — 7 p.m.
Mt. Vernon District Sherwood Regional Library 2501 Sherwood Hall Ln, Alexandria

Mon, Sept. 23 — 7 p.m.
Countywide—At Large School Board & Chair of the Board of Supervisors Fairfax County Government Center 12000 Government Center Pkwy, Fairfax

Wed, Sept. 25 — 7 p.m.
Sully District—Supervisor & School

Board Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly

Thurs, Oct. 3 — 7 p.m.
Springfield District Pohick Regional Library 6450 Sydenstricker Rd, Burke

Sat, Oct. 5 — 3:30 p.m.
Braddock District Kings Park Library Community Room 9000 Burke Lake Rd, Burke

Sun, Oct. 13 — 3 pm
Hunter Mill District Hunters Woods Village Center Reston Community Center 2310

Colts Neck Rd, Reston

Wed, Oct. 16 — 7 p.m.

Lee District Hayfield Secondary School 7630 Telegraph Rd, Alexandria

Wed, Oct. 16 — 7 p.m.

Providence District Providence Community Center 3001 Vaden Dr, Fairfax

Thurs, Oct. 17 7 p.m.

Dranesville District McLean Community Center 1234 Ingleside Ave, McLean

Thurs, Oct. 17 — 7 p.m. — Mason District Woodrow Wilson Library

Community Rm 6101 Knollwood Dr, Falls Church

Wed, Oct. 23 — 7:30 p.m.

Sully District—Senators and Delegates Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly

Volunteers, including students, are welcome.

For more information, visit www.lwv-fairfax.org/candidateforum

COMMENTARY

Helping Start the School Year Safely

By JOHN C. COOK

BRADDOCK DISTRICT SUPERVISOR

Parents are smiling and children are sighing as the summer days come to an end. It's as apt a time as ever for us to review the safety precautions and changes that come with Back to School Season. It is everyone's responsibility to make sure the school year starts off safely for our children.

Fairfax County Public Schools will start on Aug. 26. More than 1,700 buses will be on the road, making it particularly important that you know the schedules. Elementary schools start and end times vary. They start from 8:10 to 9:20 a.m. and end from 2:55 to 4:05 p.m. Middle schools begin 7:30 a.m. and end 2:15 p.m. Three secondary schools (Hayfield, Lake Braddock and Robinson) begin 8 a.m. and end 2:45 p.m. High schools begin 8:10 a.m. and end 2:55 p.m. I would advise you to check the Fairfax County Public Schools website to check when your closest elementary school starts and ends. All commuters should prepare to leave a few minutes early to avoid back to school

commuting.

When a school bus is stopped with red flashing lights, all cars must stop unless they are in another lane divided by a median.

If you are traveling in a two-lane roadway with no median, all cars in both directions must stop when the bus is loading or unloading.

Drivers in all directions must also stop when driving in a two-lane roadway with a center turn lane or in a four-lane roadway without a median separation.

The only time you can continue driving when a bus is stopped is if you are driving on the other side of a physical median.

It is important to remember that many children will be walking to school and to neighborhood bus stops. Please yield to children crossing the streets, look out for crossing guards and follow their instructions. Keep your car off the crosswalk when stopped. Be prepared to stop for children who may make unexpected movements into roadways and follow the school



zone speed limits when the signs are flashing. Most school zones have a 25-mph speed limit, but they may vary.

Parents, please remind your children about street, pedestrian, and bus safety. Try to get to the bus stop early to prevent

injuries caused by rushing to the bus. If you are crossing a roadway, make sure that cars are stopped in both directions before crossing.

Teach them to use designated

crosswalks if they are available and only approach the bus once it has come to a full stop.

If you have young drivers in the family, take time to review the rules about school zones and school buses. If you drive your kids to school, use the kiss and ride process. Do not drop off children on the street—you create a safety hazard for other vehicles when you do.

Whether you have children in school or not, it is everyone's responsibility to follow traffic laws and help start the school year safely.

Share Tips about Community

We need help from our readers for content of our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? What is it that you love most about where you live?

We will publish a selection of local viewpoints along with infor-

mation useful to newcomers and long-time residents alike, including information on how to vote and more. See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers. Email tips and photos to editors@connectionnewspapers.com or send a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Aug. 23.



LETTER

Where Are You From, Originally

To the Editor:
 “Where are you from?” That question has always confused me. When I answer Northern Virginia, I am rebutted with: “No, where are you originally from – like where is your family from?” I bleed red, white and blue...and green? Yes, that’s right. I’m a proud Pakistani-American

Ahmadi Muslim. Pakistan has given me a lot. It has provided me with culture and a means to stand out. I take great pride in being trilingual. These unique qualities help me stand out from a billion other individuals.

The United States established diplomatic relations with Pakistan following the country’s independence in 1947. America has a multi-faceted relationship with Pakistan in areas ranging from anti-terrorism to energy to trade and investment. The only thing Pakistan hasn’t given me is the freedom to express my religion. In Pakistan I am not allowed to call myself a Muslim because I am from a

sect that believes Hazrat Mirza Ghulam Ahmad, the 19th-century founder of the Ahmadiyya Muslim

Community, is the long awaited Messiah and that he has come to revive the religion and bring us back to the path of

righteousness when the religion needed it the most. The second amendment states that Ahmadis are a non-Muslim group. Since 1974 members of my community are being persecuted and accused of violating the country’s

controversial blasphemy laws.

This is also why I am so thankful to call America my home — a country that allows me to thrive however I want. With a hijab on my head and with strength in my blood, I am able to live my dream of going to medical school and becoming a physician so that I can give back to the

country and to humanity.

So now whenever I’m asked “where are you originally from?” I ask the same question. The amount of melanin in your skin or the kind of clothes you chose to wear don’t make you any more or less American. Your country

is, in the end, the people that live in it. Sure, you might have an association with the geographical location but it’s the people as a whole that give you an identity. I love my Pakistani roots and I love my American identity. Both parts have shaped me into the headstrong and ambitious woman that I am today. God bless America and Pakistan

Zindabad.

Aneela Wadan

Fairfax

The writer is a second year medical student.

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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THE CONNECTION
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SPECIAL PULLOUT TAB
Newcomers & Community Guide
August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

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PHOTO BY MARILYN CAMPBELL

Jaelyn Wheeler is helping her children transitions from a care free summer to structured school year.

Back-to-School Anxiety

Easing in to the new year.

BY MARILYN CAMPBELL

After summer camps and a vacation abroad, Jaelyn Wheeler is easing her children into the new routine that they will face later this month when they return to school. She's purchased school supplies and created and laminated a schedule of activities for before and after school. "They've been staying up until the wee hours of the morning, but I've been getting them to bed early and waking them up early," she said. "I've bought organizational supplies from the Container Store to help organize their desks at home so they have a clear workspace for doing homework."

When months of swimsuits, summer camp and lazy days turn into early rising, classroom desks and school bells, many families will feel the shock of a sudden shift in schedule. Faced with the reality of nightly homework, the need to perform well academically and the peer pressure that often comes with returning to school, many parents and children can feel anxious about starting a new school year.

"Children often worry if they will be able to cope with the demands of their new grade, said therapist Carol Barnaby, LCSW-C. "Will they be smart enough? Will they disappoint their parents? Will their teacher like them? Will they fit in with their peers? Will they be bullied? Will they be good enough to make the sports team? The worries can go on and on."

The increased pressures of perfectionism in both academic and extracurricular endeavors can feel daunting, especially after an easy-going summer.

"The social stressors of fitting in, being included [and] being accepted combine to create stress that is only increased by social media," Vicki Kirsch, Ph.D., LCSW Associate Professor of Social Work at George Mason University. "It's not only the difficulties of finding a group to sit with in the cafeteria, but also now criticism and bullying through social media."

As children approach adolescence, peer pressure can intensify such stress, suggests Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University.

"In fact, new school year stress for school-aged children is usually more tied in with pressure to make friends, fit in, wear the right clothes, shoes and backpacks and who will be in their class," she said. "For parents, stress relates more to their expectations of

school performance and other school or extracurricular activities."

Parents can comfort and support their children by acknowledging and validating a child's angst, says Gulyn. "Listen to their concerns and anxieties about social relationships. Help them ease into the transitions," she said. "[Their anxiety] will probably be relieved after a day or two. For younger students it might help to check in with the classroom teacher about these concerns, then drop him or her an email."

As Wheeler did with her children, Barnaby encourages parents and children to develop and discuss the new daily routine to create a concrete awareness of the shifts that are about to occur. "Gradually easing into the schedule can help kids cope with stress and encourage a return to routines, she said. "That includes eight to ten hours of sleep each night, turning off and putting away electronic devices 60 minutes before bed, eating healthy meals and spending time together talking about plans to manage the demands of the new school year."

Managing such stress should include more than academics, like unstructured free time suggests Barnaby. "Try not over schedule children with too many activities," she said. "Create calming spaces in the home to unwind. Sit quietly with your child to just be together. Try a guided meditation. Make time to talk about how things are going, what things are going well and what things they are finding challenging."

Learning and practicing self-care at an early age is a useful way to manage stress, advises Kirsch. "[It's] perhaps the best way," she said. These tools are always with us and the only requirement is to practice self-care skills to increase their effectiveness. Deep, focused breathing, meditation, and mindfulness are all ways to manage stress. People often confuse these three techniques with each other, but they are individual skills that can overlap but can also be practiced separately."

"For example, one can do a regular activity such as washing one's hands or walking to the bus stop in a mindful way by focusing in the present and examining experiences utilizing the five senses. "What am I seeing, smelling, touching, hearing, and tasting?" continued Kirsch.

Gulyn encourages students to focus on the joy they will feel when they are reunited with their friends. "Keep in mind that most other kids are a little stressed and scared about back-to-school stuff, too," she said. "But now you are a grade higher and definitely ready for the next year."

BACK TO SCHOOL



PHOTOS CONTRIBUTED

Mosby Woods Assistant Principal Sarah Haroutunian, Principal Mahri Aste and Assistant Principal Joshua Redford.

Mosby Woods: 1,086 Students Strong

A back-to-school update from Mosby Woods Elementary: Mosby Woods is gearing up for another fantastic school year. We are 1,086 students strong in Headstart through sixth grade. We are excited about some new changes this year. We have a new STEAM (Science Technology, Engineering, Art and Math) teacher and new STEAM lab where all students will have an opportunity to engage in enriching projects and experiments in a hands-on, exciting way. We have a new four classroom quad and newly tiled second floor classrooms and hallway. Mosby Woods will continue its focus on Project

Based Learning and Arts integration.

One of our school goals is access to Advanced Academic curriculum for all of our students. We have high expectations for student achievement and positive behavior. Mosby Woods has an excellent staff who is committed to helping all of our students, learn, give and thrive. We are looking forward to our Open House on Aug. 22 at 9 a.m. for Kindergarten and 2 p.m. for grades 1-6. We are also excited about having many students participate in the Marine Corps Fun Run in October. We're looking forward to an outstanding school year.



The Kleitsch family volunteering to spruce up the Mosby Woods grounds.

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Tigers Keep Practicing Positivity

Candace J. Hunstad, Principal, Fairhill Elementary: **New in a New School Year:** Our Tigers are excited for year three of being a partner school with The Positivity Project.

Our staff and students really embody the mindset that *Other People Matter* as they continue to learn about the 24 character strengths of positive psychology that we all possess.

Our Tigers will also be learning that our environment matters as they explore environmental issues. We have built a sustainable rain garden and will build a butterfly garden to foster awareness of environmental needs as our students use their critical thinking skills as one of the key components of Portrait of a Graduate.

A one-sentence message to the school community:

Your story matters!

Upcoming Events, Activities: We hope to see all of our Tigers at our Back to School Bash on Thursday, Aug. 22 from 4:30-7



Candace Hunstad, Principal



Courtney Korb, Assistant Principal

p.m. Parents will visit their child's classroom to meet the teacher.° We will have staff members located in the lobby, gym and cafeteria to assist families with information or with questions about buses, forms, and other school details. We will offer two sessions which will al-

low those with more than one child to visit multiple classrooms. We will have much to share about your child's learning this year and hope that you will be able to attend. We will have food trucks available for families to eat and join in fellowship with each other.



Fairhill Elementary School.

PHOTOS CONTRIBUTED



Stephen P. Fassnacht DDS, PLLC

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 Sunday School 10:10 AM
 Sun. Evening - Realtime Worship & Youth 6 PM
 Family Night - Wednesday 7:15 PM
 Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups
 Visit our Website: jccag.org

4650 Shirley Gate Road, Fairfax
 Bill Frasnelli, PASTOR 703-383-1170



To Advertise Your Community of Worship, Call 703-778-9418

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

Art Exhibitions. Through Sept. 15, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic, 105 District Ave., Fairfax. For the first time, the Torpedo Factory Artists' Association is sharing its gallery space with a group of student artists. The Torpedo Factory Artists @ Mosaic is a satellite gallery sponsored by the Torpedo Factory Artists' Association. Visit www.torpedofactoryartists.com/mosaic/ for more.

❖ "Make Your Mark" is part of the Torpedo Factory Artists' Associations' effort to provide exhibit opportunities for gifted artists in the community. In this show, each of the 13 students taking classes from TFAA artist and arts educator Marsha Staiger present one painting that represents their body of work.

❖ "Animal Kingdom" is the theme of the Torpedo Factory artists' exhibit and will showcase the best of what nature has to offer, including the wild and the tame.

(Im)Permanence Continued. Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. A solo exhibition featuring work by Cynthia Myron. Visit www.WorkhouseArts.org for more.

VMFA: Futures. Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. VMFA: Futures showcases artists joining the 2019-2020 Fellowship Program at the Virginia Museum of Fine Arts in Richmond. Comprised of a broad selection of humanizing works of ingenuity which liven the art landscape through sculpture, videography, painting, photography and new media, VMFA: Futures highlights emerging talent but also explores commonalities amongst the artists' work. Featured artists include Soomin Ham, Rebecca Silberman, David Fransulich and Sarah Phillips. Visit www.WorkhouseArts.org for more.

Juried Exhibition: Clay International. Through Oct. 6 in the Vulcan Gallery, 1st Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Ceramic Artist and Educator Peter Beasecker juried over 300 images to select 52 pieces of art which incorporate a contemporary spirit as well as a technical mastery of the material for 2019 Workhouse Clay International. Clay International represents the depth and breadth of contemporary functional and sculptural ceramic artworks being created throughout the country. Visit www.WorkhouseArts.org for more.

Crafters Wanted for 2nd Annual Fall Craft Show. The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019, 10 a.m.-4 p.m. For crafters interested in joining the event, booth space is enough room for a 10x10 canopy and cost is \$50 per space. Email dmueller@fairfax-station.org for an application and further information. Visit www.fairfax-station.org or call 703-425-9225.

Kingstowne Farmers Market. Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Farm fresh eggs, local honey, berries, fresh picked vegetables, fresh local fruits, baked breads and treats, chicken, tamales, salsa, hummus, gourmet sausage, fresh roasted coffee beans, and much, more. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne.

Wakefield Farmers Market. Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Eleven local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each



COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

LEGO model train displays by Monty Smith.

HO and LEGO Model Trains Show

The Potomac Module Crew will have a special HO Model Train Show as well as a custom LEGO Model Train show by Monty Smith over the Labor Day weekend. Sunday-Monday, Sept. 1-2, 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.



Push/Pull by David Fransulich.

VMFA: Futures

Workhouse Arts Center presents VMFA: Futures, showcasing a group of artists joining the 2019-2020 Fellowship Program at the Virginia Museum of Fine Arts in Richmond. Comprised of a broad selection of humanizing works of ingenuity which liven the art landscape through sculpture, videography, painting, photography and new media, VMFA: Futures highlights emerging talent but also explores commonalities amongst the artists' work. Featured artists include Soomin Ham, Rebecca Silberman, David Fransulich and Sarah Phillips. The exhibit runs through Oct. 6, in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Visit www.WorkhouseArts.org for more.

week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/wakefield.

Lorton Farmers Market. Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/lorton.

Springfield Farmers Market. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's

Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. Visit www.community-foodworks.org or call 202-697-7768.

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh produce, baked goods, seafood, and dairy. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

FRIDAY/AUG. 23

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SATURDAY/AUG. 24

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

Glass Harp Performance. 1-2 p.m. at Centreville Regional Library, 14200 St Gernain Drive, Centreville. Join an end of summer celebration as Jamey Turner plays the glass harp, a musical instrument made with drinking glasses filled with water. This family friendly program will engage and delight all ages. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5238367.

Children's Business Fair. 1-4 p.m. at Fairfax Club Estates Tennis Courts, 5601 Snowy Owl Drive, Fairfax. Come out and support more than 25 kid entrepreneurs in a one-day marketplace at Fairfax Club Estates. Free admission. Rain date, Sunday, Aug. 25, 1-4 p.m. Email fairfaxchildrensbusinessfair@gmail.com or visit www.childrensbusinessfair.org/fairfax-gray.

Movie Night: Ice Age. Dusk. Liberty Lorton, the former prison turned new development, is hosting a series of events that includes barnyard yoga, outdoor movie nights, and the second annual Turkey Trot. Events are open to residents and non-residents of Liberty. Visit thelibertylife.com for more.

SUNDAY/AUG. 25

Hands On Activities Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Some of the Hands On Activities at the Fairfax Station Railroad Museum might include operating model trains, decoding and writing telegraph messages or doing a railroad theme or Civil War theme craft. No extra charge for craft supplies. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Burke Historical Society. 3:30-5 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Glenn Curtis, born in 1930 in Burke and a descendant of the prominent Marshall Family, will discuss his own and his family's experiences, with Mary Lipsey interviewing. Free. Email slawski_brian@yahoo.com or visit www.burkehistoricalsociety.org.

Films in the Park: How to Train Your Dragon (2010). 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit mosaicdistrict.com/events/event/films-in-the-park-2/.

MONDAY/AUG. 26

Back to School. Fairfax County Public Schools first day of the 2019-2020 school year. Visit www.fcps.edu/calendars/2019-20-standard-school-year-calendar.

TUESDAY/AUG. 27

Springfield Bridgewalk. 7 p.m. meet at the corner of Amherst Avenue and Bland Street. Lee District hosts its 19th Annual Springfield Bridgewalk. This family-friendly event is open to the entire community. At 7:30 p.m., as the lights begin to shine, the police will close the road and participants will stroll across Veterans Bridge to American Legion Post 176. At the Post there will be a brief ceremony and community covenant signing with Fort Belvoir, followed by community time and food with friends and neighbors. Visit www.springfieldchamber.org/events/details/bridgewalk-6041 for more.

THURSDAY/AUG. 29

Evenings on the Ellipse: The Gibson Brothers (bluegrass). 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Fairfax County Government Center's backyard will be alive with fun, music and good company this summer as the Evenings on the Ellipse concert series returns. Stop by and relax in style

SEE CALENDAR, PAGE 10

City Council Approves New PM Pediatrics

Urgent-care facility for children will open in Kamp Washington.

BY BONNIE HOBBS
THE CONNECTION

The Calico store is no longer in the Kamp Washington Shopping Center. But its spot won't stay vacant for long. In its place will be going a medical-care facility called PM Pediatrics.

At its June 25 meeting, the Fairfax City Council approved the facility's application to open up shop there. Since that site is zoned Commercial Retail, PM Pediatrics needed the City's OK for a special-use permit to operate a medical-care business in that location.

"It's an urgent-care facility for children, from birth through college," said Supriya Chewle, a planner with the City. "It's expected to generate less vehicle trips than a retail use, and it has adequate parking."

Several retail establishments are already there, including the Earth Fare grocery store, Pet Supplies Plus and The Nail Bar, and restaurants Cava, MOD Pizza, HHM BBQ, Chipotle and PokeHub. Drivers may access and leave the shopping center's parking lot via two curb cuts along Lee Highway and two curb cuts along Fairfax Boulevard.

The medical facility's space is 5,200 square feet. It plans to have 10 examination rooms, two flex examination rooms, an X-ray area, a nurses' station, offices,



PM Pediatrics urgent care will open soon in the Kamp Washington Shopping Center.

restrooms and a waiting area. Hours of operation will be Monday-Saturday, noon-midnight, plus Sundays and holidays, 10 a.m.-midnight, to fill the need when doctors' offices are closed.

PM Pediatrics offers a full spectrum of after-hours, urgent care, and its staff is able

to diagnose and treat all but the most critical cases. Its doctors can handle illnesses and injuries, including wounds requiring stitches, broken bones and sprains, as well as fevers, ear infections and minor traumas.

"It started as an after-hours option to the E.R.," explained Molly Novotny, an urban

planner with Cooley LLP, in her presentation to City Council. "It's more for acute illnesses, X-Rays and treatment. There would be no surgeries, overnight visits or anesthesia." She said PM Pediatrics also has three other locations in Northern Virginia, and all are in shopping centers. And, she added, "All of them have colorful, exciting and inviting interiors for children."

Councilwoman Janice Miller asked how many employees would be there, and Novotny said they'd work in 12-hour shifts, with each shift staffed by five people. There'll be two or three full-time employees – a doctor and/or nurse practitioner and a registered nurse – plus two, part-time employees. And, said Novotny, "We can increase that number, as the need requires."

"If a patient's condition escalates, would you send that patient to a particular hospital?" asked Councilwoman So Lim. Novotny replied that PM Pediatrics has relationships with all the hospitals, so that shouldn't be a problem, "unless a patient requests a particular one." "In that case, would you call our rescue squad?" asked Mayor David Meyer. Novotny answered yes. So, said Meyer, "There would be a slight increase in the need for their services."

He then called for a vote on the matter of the special-use permit, and Councilman Michael DeMarco made a motion for approval, which was seconded by Miller. The motion then passed unanimously.

End of an Era and an Icon

The legendary Massey Building – once the tallest building in Fairfax City – is now being demolished. For nearly half a century, it stood across from the county Courthouse. From 1969-92, it was the seat of Fairfax County Government until the current county Government Center opened in Fair Oaks. It then housed the administrative offices of the county's Fire and Police departments.

But since the Massey Building's abundance of asbestos made it a health hazard to those working inside it – and the fire and police headquarters moved to a safe and modern home in a new building off Monument Drive – this 13-story structure is coming down.



BONNIE HOBBS/THE CONNECTION

BULLETIN BOARD

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

DONATIONS NEEDED

School Supply and Backpack Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

SATURDAY/AUG. 24

Large Yard Sale. 8 a.m.-1 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax will host a large, indoor, church yard sale with hundreds of items from many households and a restaurant liquidation. Free admission. Visit www.unityoffairfax.org.

Messy Church. 5-6:30 p.m. at St. Peter's in the Woods, 5911 Fairview Woods Drive, Fairfax Station. Join St. Peter's in the Woods for their monthly Messy Church. It's a worshiping community especially geared towards families and young children, but welcoming to all. Bible-themed crafts and activities, casual

SEE BULLETIN, PAGE 11

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Obituary

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Obituary

Mary Gore Early July 9th, 1924 – August 4, 2019



On August 4, 2019 Mary Gore Early departed this earth into the loving arms of her savior, Jesus Christ. She was preceded in death by her beloved husband, Richard "Don" Early and her beloved son Donald "Bruce" Early. She is survived by her daughter, Ruth Early Lamar, three grandchildren and six Great Grandchildren. She attended Washington and Lee High School and earned a bachelor of arts degree from then Madison College. She was a member of Alpha Sigma Tau Sorority and a frequent volunteer at the Blood Donor Center at Fairfax Hospital. She enjoyed Bridge, gardening and cooking. She also volunteered for the Fairfax County Democratic Party for a number of years. Visitation will be held on Friday, August 23 from 2-4 PM at Murphy Funeral Home, 1102 W. Broad St. Falls Church, VA 22046. Funeral service the following day at 11 AM at Murphy Funeral Home. In lieu of flowers donations may be made to the American Cancer Society.

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CALENDAR

FROM PAGE 8

with generous tastings and sales from Fairfax County's two Wineries, Paradise Springs and Bull Run. Visit www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse for more.

FRIDAY/AUG. 30

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SATURDAY/AUG. 31

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

SUNDAY/SEPT. 1

Films in the Park: Hook (1991). 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit mosaicdistrict.com/events/event/films-in-the-park-2/.

SUNDAY-MONDAY/SEPT. 1-2

HO and LEGO Model Trains Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Potomac Module Crew will have a special HO Model Train Show as well as a custom LEGO Model Train show by Monty Smith over the Labor Day weekend. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

TUESDAY/SEPT. 3

Fairfax Encore Chorale. Weekly rehearsals, Tuesdays, 11 a.m.-12:30 p.m. at St. George's United Methodist Church, 4910 Ox Road, Fairfax. Encore's mission is to provide an excellent and accessible artistic environment for older adults, 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required to sing. Singers learn vocal technique, proper breathing and posture, and music literacy. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. The Encore Chorale repertoire includes traditional and secular holiday music. Visit www.encorecreativity.org or call 301-261-5747.

THURSDAY/SEPT. 5

Hometown Thursdays: Dirty Gold Brass Band. 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Fairfax's Hometown Thursdays concert series takes place the first and third Thursdays through September. A free, family-friendly event for all ages. Visit www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays for more.

FRIDAY/SEPT. 6

Encore Rocks Fairfax. Weekly rehearsals, Fridays, 10:30 a.m.-noon at Unitarian Universalist Cong. of Fairfax, 2709 Hunter Mill Road,



PHOTO COURTESY OF LORTON STATION TOWN CENTER

Community Fair

Lorton Station Community Fair features dance performance, DJ music, fitness demos, facepainting, balloon characters and touch-a-truck. Meet and shop with local business owners. Sunday, Sept. 15, 2-5 p.m. at Lorton Station Town Center, 9000 Lorton Station Blvd., Lorton. Free admission. Food and drink available for purchase. Call 757-897-5724 or visit www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193.

Oakton. Encore's mission is to provide an excellent and accessible artistic environment for older adults, 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required to sing. Singers learn vocal technique, proper breathing and posture, and music literacy. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. The Encore Chorale repertoire includes traditional and secular holiday music. Visit www.encorecreativity.org or call 301-261-5747.

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SATURDAY/SEPT. 7

Ultimate Tailgate Class. 2-3:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Chef Kraft will show you how to host the ultimate tailgate this football season. Free. Call 703-978-5600 (option 4) or visit librarycalendar.fairfaxcounty.gov/event/5452937.

Art Auction Fundraiser. 7:15-10 p.m. at Temple B'nai Shalom, 7612 Old Ox Road, Fairfax Station. Art with Heart is an evening of art, food, wine and music featuring contemporary, and traditional art, sports memorabilia, and Judaica. Food donations to benefit LCAC. \$18 donation and a can of food. Visit www.tbs-online.org or call 703-628-6676.

SUNDAY/SEPT. 8

Early Railroad Tools Exhibit. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will have a special exhibit of early railroad tools. Come learn how these tools were used to build and maintain railroads in the 19th century. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

WEDNESDAY/SEPT. 11

Nine and Wine. 5-8 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Enjoy a round on Virginia's

newest golf course. Price includes range balls, golf cart and nine holes of golf and a glass of wine. This event welcomes the first 12 people who RSVP. Come solo or bring a friend. Payment will be made upon arrival at the event venue. Check in at to pro shop at least 15 minutes prior to the start time. Member, \$32; |non-members, \$42. RSVP to Roberta Korzen at roberta.korzen@fairfaxcounty.gov or 703-324-8782.

FRIDAY/SEPT. 13

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SUNDAY/SEPT. 15

NTRAK Model Train Show at Fairfax Station Railroad Museum. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Community Fair. 2-5 p.m. at Lorton Station Town Center, 9000 Lorton Station Blvd., Lorton. Lorton Station Community Fair features dance performance, DJ music, fitness demos, facepainting, balloon characters and touch-a-truck. Meet and shop with local business owners. Free admission. Food and drink available for purchase. Call 757-897-5724 or visit www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193.

SATURDAY/SEPT. 14

Oktoberfest Volksmarch Walk. 8 a.m.-3 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Walk, jog or run 3 or 6 miles. German food and drinks. Begin anytime 8 a.m.-1 p.m. Leashed dogs welcome. Trail okay for sturdy stroller. Adult must accompany children under 12. Walk is free. Email nicebrowns@verizon.net for more. Call 703-407-7681 day of event.

BULLETIN

FROM PAGE 9

worship and a free, family-style dinner. Call 703-503-9210 for more.

Registration is appreciated, visit www.stpetersinthewoods.org/events.

TUESDAY/AUG. 27

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

MONDAY & WEDNESDAY/AUG. 28-SEPT. 25

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989 to register.

SUNDAY/SEPT. 1

22 Proven Processes. 1-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. This hands-on experiential class will explore proven processes that have been found to enhance individual spiritual growth and help individuals who struggle with debt, relationships, and other life challenges. Based on the Law of Attraction principles found in "Ask and It Is Given—Learning to Manifest Your Desires," written by Esther and Hicks. Donation. Call 703-281-1767 or visit 22-proven-processes.eventbrite.com.

WEDNESDAY/SEPT. 4

Fairfax County 2019 Candidate Forum: Mt. Vernon District. 7 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate. They invite all certified candidates competing for office in their respective districts. After a moderated discussion, there will be time to meet the candidates. Volunteers, including students, are welcome. Visit www.lwv-fairfax.org/candidateforum for more.

THURSDAY/SEPT. 5

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

THURSDAYS/SEPT. 5-NOV. 7

"Caring for You, Caring for Me." Noon-1 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fairfax County and Inova Health System present free "Caring for You, Caring for Me" programs. This workshop series provides a blend of support and education for caregivers of older adults. Respite services available if requested three weeks in advance. Call 703-324-7210, TTY 711.

SATURDAY/SEPT. 7

Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. With Dr. Perry Richardson of GWU Medical School. All are welcome. RSVP for available seating. Call 301-263-0616 or visit www.dcpnsupport.org for more.

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"Barbasoul"



By KENNETH B. LOURIE

That was a close shave, if I may euphemistically characterize my most recent, blade-free brush with cancer-like symptoms, especially considering that I thought my life was at stake.

The pain was located around my left-side rib cage, exactly where the pain was on that fateful Jan. 1, 2009 day when I couldn't ignore it any longer and thus felt compelled to get off the couch and go to the emergency room.

Though I didn't have any shortness of breath, or difficulty inhaling, exhaling and bending over (all of which I had back then); nonetheless, I thought the worst and didn't fool around this time and made an appointment with my primary care physician as soon as possible, which was for the following day. I didn't have a great sleep that night but it was somewhat improved knowing I might get an answer the next day.

To say that my life was beginning to pass by is a bit of an overstatement to be sure, but it was moving around a little bit. Trying to bury/compartimentalize what a possible recurrence/resistance to my current standard of treatment would mean before I actually met with a physician and received cancer confirmation was the immediate task at hand.

Rationalizing that what symptoms I wasn't experiencing meant something positive/encouraging compared to what I felt 10 and a half years ago was one mental route I was traveling. The other was my usual and customary fall-back position: "It's nothing until it's something."

However, I have to admit "something."

Though I can't speak for all cancer patients/survivors; for me – in spite of my inherited-from-my-father positive attitude – being diagnosed with a "terminal" disease, as clearly described by my oncologist back in late February 2009, creates a sense of inevitability – as does the "13 month to two year" prognosis that followed.

Inevitability, as in one's demise (I'll never forget the walking-down-the-staircase-with-a-yo-yo example he used) and then death is only a matter of time. Time which you don't have and quality of life which you'll never get back.

And when that "inevitability" is most clear is when you have symptoms (related to your cancer or not; you don't know definitively, at least I never do), especially if those symptoms are identical to the ones that got you into this jackpot in the first place.

So yes, I've had a difficult few days fighting the inevitable feelings and wondering if my amazing good fortune had finally run out. After all, a "terminal" disease doesn't generally mean you go on living a normal life expectancy. Au contraire. It means you don't! And at some juncture, the cancer spreads beyond modern medicine's ability to manage it.

Then the patient is given a choice: stop the treatment and try to enjoy your remaining days without side effects, and thereby live a less cancer-centric quality of life with some freedom and independence – and hopefully feel some kind of better. And in those intervening days, try not to worry about the cancer doing what it inevitability (there's that word again) does, which is not cure itself. Or try some experimental treatment and hope for the best.

This is the emotional concern and challenge which hangs over my head. Never more so than when I have the symptoms that I did this past week.

Fighting the cancer and fighting these feelings is too much. One at a time I can handle.

Handle it I did as I sat in my doctor's office and in great detail, described my symptoms, and explained what I was feeling and what I wasn't. My internal medicine doctor listened intently as he has since the very beginning when I was first diagnosed. He was calm and reassuring in his assessment.

My symptoms he said were not cancer-related. They "were muscular," he continued, "on the outside of my lungs."

Not lung cancer at all. As such: No lab work. No X-Ray. No CT scan. No nothing. Another reprieve. Life goes on, until ...

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



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