

Great Falls CONNECTION

WELLBEING

PAGE 8

Set up in a shady spot at Colvin Run Mill, artist Marjorie Sharer creates a painting for the Paint Great Falls: Plein Air Competition.

The Arts of Great Falls Hosts Plein Air Competition

NEWS PAGE 13

Great Falls Author to Visit Sunrise Senior Living

NEWS, PAGE 10

Eat. Play. Dance. Repeat.

NEWS, PAGE 3

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

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Under Contract

VALO390492 | \$820,000 - Lansdowne
43937 Riverpoint Dr.: 4BR, 4FB, 1HB

Brazilian cherry hardwood floors greet you throughout the main level of this move-in ready home. Lower level includes a fully loaded bar, media room and game room.



For Sale

VAFX1081822 | \$1,300,000 - Vienna
1284 Cobble Pond Way: 5BR, 6FB, 2HB

Luxury abounds in this updated/Renovated Home. Master suite offers a sitting room w/ Fireplace, Spa Bathroom, & Walk-in Closet. Minutes to Tyson's, Reston & the Metro



For Sale

VAFX1083622 | \$600,000 - Herndon
13015 Farthingale Dr: 4BR, 2FB, 1HB

Meticulously maintained and updated home in the Fox Mill Estates neighborhood of Herndon. Climate controlled sunroom overlooks a private backyard oasis.



Sold

VALO383222 | \$695,000 - Ashburn
20977 Ashburn Heights Dr.: 4BR, 2FB, 1HB
Highly desirable Goose Creek Preserve community. Hardwood floors throughout the main level, a large light-filled family room that leads to rear deck built.



Sold

VAFX923544 | \$371,500 - Reston
1851 Stratford Park Pl #114: 2BR, 2FB
Stunning high-style renovation in the desirable Stratford neighborhood. Professionally managed community with on-site clubhouse space, pool, and full fitness center.



Sold

VAFX1055358 | \$275,000 - Reston
11400 Washington Plz W #1101: 1BR, 2FB
Spectacular views greet you as you open the door to this rarely available unit. Wall to wall sliding glass doors open onto the -37ft balcony, overlooking Lake Anne.



Sold

VALO354834 | \$825,000 - Belmont CC
43638 Cypress Village Dr.: 5BR, 4FB, 1HB
Elegant brick front home in the gated community of Belmont Country Club in Ashburn. 2 story family room with floor to ceiling stone facade to the gas fireplace.

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Under Contract

VAFX1078970 | \$342,500 - Reston
1354 Northgates Sq.: 1BR, 1FB, 1HB

Renovations throughout. Updated kitchen and breakfast area opens to a walk-out front patio. Updated living room with a sliding glass door to a fenced backyard and deck.



Sold

VAFX943862 | \$1,060,000 - Oak Hill
43230 Navy Dr.: 5BR, 4FB, 1HB

Wonderfully updated home on a cul-de-sac. Backs to parkland and provides a WOW factor at every turn. Boasts a main floor master Bedroom and an updated kitchen.



For Sale

VAFX1079994 | \$275,000 - Great Falls
Beach Mill Rd.: .5 Acres

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The party's in full swing at the Middle Eastern Food Festival in McLean on Labor Day weekend.



Fred Tabash and Daniel Valentini are on grill duty.

PHOTOS BY NADEZHDA SHULGA/THE CONNECTION

Eat. Play. Dance. Repeat.

BY NADEZHDA SHULGA
THE CONNECTION

The Middle Eastern Food Festival in McLean on Labor Day weekend has been traditionally hosted by Holy Transfiguration Melkite Greek-Catholic Church. This festival has been on for 26 years. Every year, more and more people come here to enjoy Mediterranean food, music, and dances. Once you come here, you will be taken in by the charm of this place.

"We make the food, we sell the food, and our volunteers serve the food," Protodeacon David Baroody explained. "The food is a nice thing, but that's not the reason we do it. We do it to introduce ourselves and welcome visitors from the community. We want people to learn about us."

The origins of the Melkite Greek Catholic Church go back to the traditions of the Ancient Near East. The Church was serving delicious Eastern Mediterranean food such



Protodeacon David Baroody welcomes the guests of the Festival.

as Beef Shawarma, Beef and Chicken Kebabs, and Falafel. Along with the tours organized by the Church, it was a fascinat-

ing way to learn more about the culture and traditions of the Melkite Greek Catholic Church.

The Festival's special is a Roast Lamb Dinner. The waiting line for this dish stretches to the entrance. It hasn't been without the Dabke, a traditional Arab folk dance performed at the wedding or joyous celebrations, and festivals. Catchy rhythms quickly captivated everyone. Traditional desserts like baklava, maamoul, namoura, or ghraybeh were some of the mouthwatering pastries available throughout the weekend.

You can't imagine how many kinds of baklava there are — stuffed with walnuts, pistachios, or pecans; small and large, squares or round shapes. The traditional desserts were accompanied by cookies, brownies and fudge.

Jennette Tahhan Leiva, a volunteer at the

Food Festival, shared that the Church takes a special place in her life. She has been attending this church since she was a child. Her grandparents helped to start this church. Her parents, her sister, she herself was married here.

"My parents and other families ran the outside grilling section of the festival," she said. "As my parents are getting older, they passed down the tradition to us. For the last 6 years, my husband and I have been taken over this tradition. My husband is in charge of meat and grilling. I am responsible for making sure we have everything we need for the process."

For the families with kids, the festival offered a playground with a moon bounce, face painting, and pony rides. Nearby, there was a market section that sells olive oil, books, and icons, oriental jewelry, traditional dresses, and scarfs.



Jennette Tahhan Leiva and her husband are in charge of meat and grilling.



For more than eight years Dimitrios Komninou has been offering a range of oils and olives grown on his family farm in Greece

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NEWS

McLean Teens Create Their Own Job Market

Three McLean High School students start a business helping teens to find a job around the community. Now they have more than 200 teens available to work.

BY NADEZHDA SHULGA
THE CONNECTION

It is very common for teens to get a job to pay for expenses like clothes and entertainment. Traditionally, the neighbors offer jobs for kids such as babysitting, dog walking, mowing lawns, shoveling snow or weeding. To get an odd job, you have to go around your neighborhood and knock on doors asking, "Is there anything I can help you with?" Not all teens are brave enough to do this. To help teens earn some cash, McLean High School students Ben Jeannot, Jack Lannin, and Quin Frew started a business that connects local teenagers with homeowners who are looking for yard work done.

"When we were sixth graders we were walking around the neighborhood and asking people who need their driveway shoveled or lawn mowed," Quin Frew shares their story. "I hated asking about that because I wouldn't know if they were going to pay me or not. There were several times when people gave me hot chocolate or something like that. It was a guessing game. Now, with TeenServ, kids know they're getting paid a certain amount to go do some work. Instead of knocking on the neighbor's door and receiving - or not - \$10, now they could make \$30."

Ben Jeannot explains how his friends and he decided to start the business.

"Every year, all three of us coach kids to swim at our local pool. We wanted to find another way to earn money. We were thinking about how to make money and, at the same time, how to benefit people who just like us are unable to get a full-time job because of constantly changing schedules. We came up with the idea of outdoor work. That's what teenagers have been known to do in the past. A lot of people actually do enjoy hiring teenagers because they feel like they're giving back to the community."

"We set up a website where we connect local teenagers with homeowners who need mowing lawns, shoveling snow, weeding, mulching, or planting," Jack Lannin joins the conversation.

"We are very passionate about computers. At school, we all take a computer science class. In addition, this summer Ben taught himself how to code because he has been working on TeenServ app," Jack said. "In the future, we are going to make it similar to an Uber concept. Teens are considered independent contractors. They get notified of a new job posting and can choose to accept a job."

Once the job is done, customers are billed through PayPal. TeenServ keeps 20 percent of the price and the rest goes to the person who did the job.

Currently, the owners don't consider any company profit to be their salary. They reinvest the profits back into the business to improve service and expand operations.

McLean and neighboring towns are the first TeenServ currently operate in. They plan to expand to Vienna, Fairfax, and Springfield. The plan is to create a network of local branches throughout the country.



TeenServ owners: Jack Lannin, Quin Frew, and Ben Jeannot

PHOTOS CONTRIBUTED



McLean High School students Jack Lannin, Ben Jeannot, and Quin Frew started a business that connects local teenagers with homeowners who are looking for yard work done.

For now, TeenServ accepts only outdoor jobs to take away the potential dangers of going inside a customer's house. The team is working hard on making the service absolutely safe and secure. With time, the range of services will be extended to cover indoor jobs, such as tutoring, dog sitting, and babysitting.

Next year Ben and Quin are going to college to study business. They will run the company remotely. "That's the beauty of it being an online service and us not having to physically be here to do the job," said Ben. They both believe that experience gained in TeenServ will ultimately pay off in future endeavors.

Learn more at www.teenserv.com

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OPINION

Washington D.C. to Tokyo in Under Five Hours

BY EVA WILLIAMS-SIGUENZA

Not exactly, but this summer I felt as if I spent two weeks in Japan without even leaving the East coast.

This opportunity was High School Diplomats (HSD), which is a program hosted at Princeton University for 40 US and 40 Japanese students to exchange cultural knowledge and ideas. Using games, diplomatic discussions, activities, and even food, I gained a deeper understanding of not only another culture but also of myself and my place in the world. It's a chance to meet someone on the other side of the world that you would have never met otherwise.

My High School Diplomats experience began when my family and I hosted two Japanese students, Honatsu and Rina, for three days. We went shopping at Tysons Corner Mall, bought all the American snacks they could possibly fit in their luggage, and took a painting class. I immediately formed a tight bond with both of them and we learned about each other's cul-



Eva Williams-Siguenza and Honatsu Tanaka show off their star-spangled costumes.

tures along the way. I highly recommend anyone in Northern Virginia who applies to participate in Homestay Weekend, as it gave me a taste of what the rest of my summer would be like.

Two weeks later, we reunited at Princeton for the upcoming ten-day program. In those ten days, my mindset shifted to a more globally understanding one and I began to see both cultures in a new light. I am so grateful that I was

able to have an international experience without leaving the country. In this sense, High School Diplomats is truly unique. I met so many interesting people with whom I shared more similarities than differences. The High School Diplomats staff led us through several activities, such as a Bunka No Hi Culture and Earth Day festivals. I will never forget all the impromptu dance parties we had, the insightful diplomatic talks or the

Japanese language classes.

High School Diplomats is one of the most rewarding things I have ever done. It's also one of the most challenging, which is why it's important to go in with an open mindset ready to absorb anything and everything. I can't thank HSD enough for helping me figure out who I am and for teaching me about true friendship even if it is 6000 miles away.

Sophomore and Junior students from all over the United States can apply starting Sept. 15 until Jan. 8 at www.highschooldiplomats.com and clicking the Application Information button at the bottom of the article. After the application deadline, selected students will be contacted for an interview as the second portion of the process. Contact the program director, Celine Zapolski, with any questions about the program at celinezapolski@highschooldiplomats.com.

Start planning today your opportunity to expand your horizons, have the experience of a lifetime, and make long-lasting friends.

Eva Williams-Siguenza lives in Chantilly and attends St. Paul VI Catholic High School in Fairfax City.

LETTERS TO THE EDITOR

A Letter to Friends and Neighbors

To te Editor:

I've written to you before and I didn't think I could do it again. You see, after fighting so hard, my sister lost her battle with ovarian cancer last year. I feel her loss every day. As hard as it is to talk about, I keep remembering something she said to me after she was diagnosed. She was shocked that two educated women (she was a physician) were so unaware of the risk of ovarian cancer. As we shared her story with friends and colleagues, we discovered that we weren't the only ones unaware of this killer. She kept telling me that

we had to warn everyone. While we fought to keep her alive, we worked hard to raise awareness and to make people comfortable talking about reproductive health and ovaries.

To honor a beautiful warrior who wanted to spare anyone else's family from the pain we have endured, I would like to share our story again as September is ovarian cancer awareness month.

Denise was one of the 85 percent of women who are diagnosed after the cancer has metastasized because the symptoms are so vague. There is no accurate screen-

ing or early detection test for ovarian cancer. Nothing done during our annual trips to the gynecologist is checking us for ovarian cancer. By the time Denise was diagnosed, the cancer had spread well beyond her abdomen. My sister was an athletic, very active person until she was told she had stage IV ovarian cancer. Most people don't realize that ovarian cancer is only the 11th most common cancer among women, but is the fifth leading cause of cancer death among women.

I am calling on all of you to help me honor Denise. Pay attention to

your own bodies and be aware of changes. Don't do what most of us do and ignore them as we rush about our busy lives. If you feel any of the following: bloating that is persistent; eating less and feeling fuller; abdominal pain; urinary symptoms; please be proactive, see your gynecologist, ask for a transvaginal ultrasound; a pelvic/rectal exam; and a CA-125 blood test.

Help me spread the word during September by telling all the women in your lives about the risk of ovarian cancer.

Laura Forte
Great Falls

Preserving Area's Equestrian Culture

To the Editor:

The Northwest suburbs of Washington DC hugging the Potomac River have always been known for being horse friendly. For many years, horses, horse properties and equestrian events were commonplace. Over the past decade, this equestrian culture has come under pressure as the Fairfax County Board of Supervisors continues to increase property taxes and approve higher density real estate development.

As new homeowners join the community, they are increasingly

less informed of this equestrian heritage and may question the need to have horse friendly parks, trails and road crossings. By no means have horses left Great Falls and boarding opportunities are in high demand. All the more reason to protect Turner Farm as an equestrian park and be thankful for events such as the one that took place this past weekend – the Summer Horse Trials, Combined Test, and Dressage Show. Not only does it represent one of the many horse shows at Turner Farm over the course of any given year, it

brings the equestrian community together and raises needed money for park maintenance. It also provides a wonderful opportunity for beginner and novice riders to participate in an organized event in a friendly and supportive environment. Now in its fifth year, riders and spectators alike look forward to the event that draws hundreds to Turner Farm from surrounding communities. This all volunteer event runs smoothly, including wonderful support from Great Falls Volunteer Fire and Rescue who are present maintaining a

watchful eye on horse and rider safety. Thank you to Kristin Parisot and Wendy Masemer for your vision and leadership. The equestrian community needs more passionate leaders such as yourself to ensure that our community never forgets why Turner Farm is here, that the park is well utilized by the equestrian community and why this community invests so greatly to ensure it is maintained and preserved for future generations.

Craig Parisot
Great Falls

Great Falls
CONNECTION

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PHOTOS COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

The Community Fire and Rescue Academy is open to people 18 and older who live in Fairfax County.

Applications Accepted for Community Fire And Rescue Academy

Want to learn more about the Fairfax County Fire and Rescue Department? Want to participate in an interesting, fun-filled, eight-week program that will show you what firefighters and paramedics do every day?

The Community Fire and Rescue Academy is open to people 18 and older who live in Fairfax County. Each session will cover different aspects of the organization, providing an in-depth overview of the department and its uniformed and civilian

workforce.

Program topics include: fire suppression, emergency medical services, training, recruitment, special operations, and other interesting topics.

CFRA Application will be accepted until Sept. 13, 2019. The Academy will begin Sept. 26, 2019, and will meet for eight consecutive Thursdays, from 6 p.m. to 9 p.m. and ending on Nov. 14, 2019.

To learn more about the program and to sign up, go to: <https://www.fairfaxcounty.gov/fire-ems/cfra>



Each session will cover different aspects of the organization, providing an in-depth overview of the department and its uniformed and civilian workforce.

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WELLBEING



PHOTO COURTESY OF CHRISTIAN ELLIOT

Yoga can lead to body awareness which can be a gateway to better self-awareness, advises Christian Elliot who is pictured here. September is National Yoga Month.

Get on the Mat, Boys

Raising awareness of the benefits of yoga for men during National Yoga Month.

BY MARILYN CAMPBELL
THE CONNECTION

Take a quick scan of most yoga classes at East Meets West Yoga Studio in Vienna, Virginia and you're likely to see the mats being occupied primarily by women. That is changing, says studio owner Dawn Curtis. A recent Harris study shows that while women make up more than 70% of yoga practitioners, the number of men has increased from 4 million to ten million over the last 7 years. Practitioners are working to raise that number even higher this September - which is National Yoga Month - by emphasizing the health benefits for men. "We've seen an increase of men in yoga classes, but also an increase in the number of male yoga teachers and men who are coming into our yoga teacher training program," said Curtis. "We've had a lot of older men of the Boomer age taking classes because they're realizing that the exercise routine that they've been doing hasn't increased their flexibility." Because yoga classes often begin with an inward focus, those who practice it might be more inclined to develop body mindfulness off-the-mat. Exercising bodily-awareness during activities such as weight lifting can help prevent injury. "Breathing and body awareness can both be gateways to better self-awareness....," said Christian Elliot, owner, TRUE Whole Human. "Everything about modern convenience is geared toward making it easier for you to meet your basic needs with-

out moving," continued Elliot. "As we age, often what happens is we move less, thus becoming stiff." "Yoga makes you more flexible and your muscles and joints are more lubricated, you're less prone to injury," added Curtis. The practice's reputation as stress reliever is credited with the uptick in male students. "I've seen men use yoga as a stress management tool," said Curtis. "Men don't always realize how stressed they until they start talking yoga classes. Anytime you're doing yoga you're going to have stress management and relief. "Just one yoga class has proven to lower cortisol [stress] levels," added Luann Fulbright, Director, Dream Yoga Studio & Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders with success. This is a dominant reason folks come to yoga." Improvement in sleep is another asset to be gained from adding a yoga practice to one's life, says Curtis. "Yoga can lead to better sleep patterns because the mental stress that we have is held within the body," said Curtis. "Once that's released you can relax, fall asleep and stay asleep." An overall sense of well-being is subtle, but definite benefit of yoga, advises Curtis. "Yoga provides more balance, men typically musical their way through things which means over-activity," she said. "Yoga teaches them to slow down and not push their way through. I often hear people say, 'Yoga makes me a better person'. That's because they're less reactive because they aren't feeling stressed. You have to do it on a regular basis though to benefit from it."

"Men don't always realize how stressed they until they start talking yoga classes."

—Dawn Curtis,
East Meets West Yoga

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Great Falls Author to Visit Sunrise Senior Living

Great Falls author and illustrator Judy Politzer will discuss and sign her new book at Sunrise Senior Living in Reston on Saturday, Sept. 7, at 2 p.m.

As part of Sunrise's new community forum, "Creative Conversations," Politzer will discuss how she came to write and illustrate her newest book, "Fractured Nursery Rhymes, Fairy Tales and Potpourri," a work that was originally written for children but is enjoying mass appeal with readers of all ages. "My book is enjoyable to all generations," Politzer says, "Grandparents, parents, aunts and uncles can sit beside their children and laugh together. Or they can read it all by themselves and find just as much joy."

In her book, Politzer revises the sometimes-gruesome endings to traditional fairy tales, giving them a happy, healthy twist instead. The author, a long-time resident of Great Falls who is also deeply involved in the local art community, created large, colorful pieces of art for her children when they were young, many based on popular fairy tales, which she uses to illustrate

her current book.

Christina Bernstein, Executive Director of Sunrise Senior Living in Reston, says the new "Creative Conversations" forum, "Creates sustained dialogue with the community and celebrates the creative and intellectual talents of our seniors in a way that creates dialogue across generations."

Kristin Clark Taylor, designer and facilitator of the program, says, "Ms. Politzer's visit will touch everyone who comes to hear her, young and old alike. What we're looking for with this forum is healthy dialogue and discourse, and the fact that Judy will be bringing along some of the actual artwork that appears in the book will really demonstrate how a project like this comes together."

The event at Sunrise Senior Living, 1778 Fountain Drive in Reston, is free and open to the public. A dessert reception with the author will follow.

No RSVP is necessary, but for more information contact 703-956-8930 or Reston.DOS@sunriseseniorliving.com. An early arrival is recommended (1:45 p.m.) because capacity crowd is expected.

"Grandparents, parents, aunts and uncles can sit beside their children and laugh together. Or they can read it all by themselves and find just as much joy."

—Judith Politzer



PHOTO BY KRISTIN CLARK TAYLOR

Great Falls author and illustrator Judith Politzer will appear at Sunrise Senior Living in Reston on Saturday, Sept. 7, at 2 p.m. to discuss her new book.

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ENTERTAINMENT

Alden to Host 'Princess Party'

Three critically acclaimed stars bring their vocal excellence to The Alden in McLean.

The Alden in McLean begins its 2019-2020 Professional Series with "Broadway Princess Party" at 3 p.m. on Sunday, Sept. 22. The show features three critically acclaimed musical theater stars, who have performed on Broadway and who will reprise their performances and share insider stories about their experiences. Tickets are \$50 for the general public, \$45 for students and seniors, and \$35 for residents of Dranesville District 1-A. The theater is located at 1234 Ingleside Ave.

Brush off your tiara and unleash your inner princess with royalty in this hit concert direct from New York City, featuring Tony-nominee Susan Egan (Broadway's original Belle in "Beauty and the Beast" and the voice of Meg in the movie "Hercules"); Grammy-nominee Courtney Reed (the original Jasmine in Disney's "Aladdin" on Broadway) and Christy Altomare (who played the lead role in "Anastasia" on Broadway). Your every dream will come true as knockout voices sing the petticoats off every prin-



Christy Altomare



Courtney Reed



Susan Egan

PHOTOS COURTESY MCC

cess song in the book, sharing hilarious and heartfelt stories of their royal antics backstage, on stage and beyond. "The quality of each princess's singing was astounding... Short of the Tony Awards, I know of no other place where you can find such an abundance of talent on one stage."—Twin Cities Arts Reader

Tickets are on sale now. For more information visit: www.aldentheatre.org or call 703-790-0123, TTY: 711. For ADA accommodations, contact Patron Services Manager Evelyn Hill atevelyn.hill@fairfaxcounty.gov or call 571-296-8385. www.aldentheatre.org.



PHOTOS COURTESY OF MCC

A variety of offers at the McLean Community Garage Sale.

McLean to Hold Fall Community Garage Sale

The McLean Community Center will hold its annual Fall Community Garage Sale from 9 a.m. to 1 p.m., on Saturday, Sept. 14, in the parking garage located at 1420 Beverly Rd. With more than 50 adult and youth sellers, it is one of the largest garage sales of the season. Admission to the sale is free.

Shoppers can find bargains galore at one of the area's first, biggest and best garage sales of the fall season. The sale offers a wide variety of gently used household goods, electronics,

furniture, clothes, appliances and other items. The Kids' Corner is a special area of the sale where children ages three to 15 can use their math and entrepreneurial skills while selling toys, clothes, games and other items.

This event has been made possible with the generous support of Stream Realty, Inc. Giant Food and McLean Properties.

For more information, call the Center at 703-744-9365, TTY: 711, or visit www.mcleancenter.org.



MOVIE NIGHT
On The Green

SATURDAY, SEPTEMBER 7TH ■ 7:30

Finding Nemo
Sponsored by our Friends at
JOHN NUGENT & SONS HVAC

SATURDAY, SEPTEMBER 14TH ■ 7:20

Sing
Sponsored by our Friends at
AOG WEALTH MANAGEMENT

SATURDAY, SEPTEMBER 21ST ■ 7:10

Monsters, Inc.
Sponsored by our Friends at
COSTA FAMILY & COSMETIC DENTISTRY



In the event of inclement weather, Movie On the Green will be rescheduled. Please see our website for more details.

www.CelebrateGreatFalls.org



CALENDAR

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

ONGOING

Senior Olympics. 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 public is invited, free of charge, to all NVSO events. The games run Sept. 14-28. There will be no on-site registration for participants. Visit www.nvso.us.

Art Exhibit: Vienna Arts Society Reception. Through Aug. 31, 3-5 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Vienna. The Vienna Arts Society invites the public to a reception celebrating two exhibitions. The "Healing Wall" is created by troops on the mend at Fort Belvoir Hospital. "The Open Door" features a judged photography exhibition. Free and open to the public. Visit www.ViennaArtsSociety.org or call 703-319-3971.

Oak Marr Farmers' Market. 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr for more.

McLean Farmers Market. Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food. Email kathleen@greatfallsfarmersmarket.org

Oakton Farmers Market. Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

THURSDAY/SEPT. 5

Caregivers Treat Event. 9 a.m.-1 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The 2019 Shepherd's Center of Oakton-Vienna's Caregivers Treat event is free and is open to caregivers of adult family members with dementia. The event offers a half day of relaxation, socialization, and a sharing of experiences. Activities include massages, exchange of ideas, breakfast and lunch, speakers. Guests are invited to sign in from. Register at 703-281-0538 or office@scov.org by Thursday, Aug. 29.

FRIDAY/SEPT. 6

Live Music: Bentwood Rockers. 6:30 p.m. (doors open 5:30) at Jammin Java, 227 Maple Ave. E., Vienna. The Shepherd's Center of Oakton-Vienna (SCOV) hosts a benefit performance with the Bentwood Rockers. Enjoy some fabulous foot-stomping Bluegrass music. \$20-\$25 at www.jamminjava.com. To volunteer, donate or learn more, visit www.scov.org.

Old Firehouse Family Movie Night: Frozen (2013, PG). 7-9 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. For all ages. Gather the whole family and bring blankets, pillows and camp chairs for an indoor, picnic style family movie night. Enjoy unlimited popcorn while watching the movie on the Old Firehouse's huge projection screen. Door prizes. \$3 per person. Preregistration is recommended. Visit www.mcleancenter.org or call 703-448-8336.

FRIDAY-SUNDAY/SEPT. 6-8

Library Book Sale. Friday, 11 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday, 1-4 p.m. at Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Large selection of books and media for all ages and interests. Sunday is half price and \$10 per bag sales. Free admission. Email tysonslibraryfriends@gmail.com or call 703-790-4031 or 703-338-3307.

SATURDAY/SEPT. 7

Dog Daze. 10 a.m.-1 p.m. at The Water Mine at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The Water Mine is going to the dogs as it closes out the swimming season. The water park is open for canine-only swimming. Stop by the Canine Resource Fair and visit with a host of dog-centric vendors. Take advantage of the low-cost rabies clinic from noon-2 p.m. Suggested donation is \$10 per dog. Proceeds benefit the



PHOTO COURTESY OF THE BENTWOOD ROCKERS

The Bentwood Rockers (from left: Dave Goldman, Alan Cohen, Ken Tackett, Pat Markham, and Stafford Markham).

Live Music: Bentwood Rockers

The Shepherd's Center of Oakton-Vienna (SCOV) hosts a benefit performance with the Bentwood Rockers. Enjoy some fabulous foot-stomping Bluegrass music. Friday, Sept. 6, 6:30 p.m. (doors open 5:30) at Jammin Java, 227 Maple Ave. E., Vienna. \$20-\$25 at www.jamminjava.com. To volunteer, donate or learn more, visit www.scov.org.



Winter Sunset Austria by Bob Magneson.

Art Demonstration

After a brief membership meeting, enjoy light refreshments while artist Bob Magneson describes his quick application techniques, using acrylics to create impressionistic/post-impressionistic paintings. An experienced plein air painter, Bob is a copyist for the National Gallery of Art and other Washington, D.C. museums. Thursday, Sept. 12, 7:30-9 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Suite 100 LL, Vienna. Open to the public. Free. Visit www.ViennaArtsSociety.org or call 703-319-3971.

Fairfax County Animal Shelter and the Fairfax County Park Foundation. Dog food donations will be collected. Call 703-471-5415 or visit www.fairfaxcounty.gov/parks/lake-fairfax/.

Virginia Native American Festival. 10 a.m.-4 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Learn about the culture of Virginia's first residents. The festival includes eight American Indian tribes from Virginia including the Rappahannock dancers and drummers. Enjoy hands on activities and live demonstrations including storytelling, shooting bow and arrows, throwing spears and making stone tools. Also, assist in building a dugout canoe and visit our marketplace of American Indian crafts, pottery and jewelry. \$8 in advance; \$10 at the gate. Visit www.fairfaxcounty.gov/parks/riverbend/native-american-festival/090719.

SEPT. 7-OCT. 12

Countless Shades of Black. Monday-Saturday, 10 a.m.-5 p.m. at The Frame Factory Gallery, 212 Dominion Road N.E., Vienna. Countless Shades of Black features local artist Alfredo Milian and Discovery Graphics. An artist

reception is planned for Saturday, Sept. 7, 5-8 p.m. Free. Visit www.theframefactory1.com for a slide show.

SUNDAY/SEPT. 8

Get Fired Up. 11 a.m.-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. The mill's blacksmith will be firing up his forge - watch as he works with hammer and tongs to make iron tools and utensils. Free, no reservations are required. No reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

TUESDAY/SEPT. 10

McLean Historical Society Program. 7:30-9:30 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. The speaker will be Merrily Pierce who will present the "History of the McLean Citizen's Association." Everyone is welcome. Free. Contact Carole Herrick at 703-356-8223.

SEPT. 10-JAN. 15

Mah Jongg Cards. Order cards Sept. 10, 2019-

Jan. 15, 2020 from Temple Rodef Shalom, 2100 Westmoreland St. 2020 Mah Jongg cards are \$8 for small cards and \$9 for large cards. Official cards and will be sent directly from the National Mah Jongg League in late March/early April 2020. Go to bit.ly/mahjonggcards2020 or email iva.gresko@gmail.com to order.

WEDNESDAY/SEPT. 11

Movies for Kids and Families. 12:30 p.m. in the McLean Community Center Community Hall, 1234 Ingleside Ave., McLean. Presented by The Alden. Bring an indoor picnic and introduce kids to the classic animated movies that their parents love. Free admission. Visit www.mcleancenter.org or call 703-790-9223.

9/11 Remembrance Ceremony. 7-8 p.m. at the Great Falls Freedom Memorial, 9830 Georgetown Pike, Great Falls. The annual Sept. 11 Remembrance Ceremony at the Great Falls Freedom Memorial (behind the library) will honor the six residents lost to the attacks and all who sacrificed on that day and in its aftermath with a color guard, patriotic songs, candle lighting, and remarks by former CNN Washington bureau chief Frank Sesno. The ceremony is open to all. Attendees are encouraged to bring chairs. Free. Visit www.gffreedom.org for more.

THURSDAY/SEPT. 12

Art Demonstration. 7:30-9 p.m. at Vienna Art Center, Windover Building, 243 Church St. NW, Suite 100 LL, Vienna. After a brief membership meeting, enjoy light refreshments while artist Bob Magneson describes his quick application techniques, using acrylics to create impressionistic/post-impressionistic paintings. An experienced plein air painter, Bob is a copyist for the National Gallery of Art and other Washington, D.C. museums. Open to the public. Free. Visit www.ViennaArtsSociety.org or call 703-319-3971.

FRIDAY/SEPT. 13

Old Firehouse Friday Night Trip. 4-10 p.m. meet at The Old Firehouse, 1440 Chain Bridge Road. Old Firehouse Friday night trip to Dave and Buster's, dining and entertainment attraction. Dinner and a \$25 game card with unlimited arcade game play are included in the fee. \$50; \$40 MCC district residents. Visit www.mcleancenter.org or call 703-448-8336.

SEPT. 13-NOV. 3

Laugh and Scream! Pop-Up Selfie Museum. Select dates and times at Tysons Corner Center, Lower Level near Lord & Taylor. The American Scream Selfie Museum will feature interactive exhibits that will make visitors laugh and scream and the star of eye-popping selfies. The museum will feature an array of custom-built Halloween themed sets individuals can interact with: sit on the Iron Throne and rule the Seven Kingdoms, stand in an ancient Egyptian tomb and face the Mummy; visit a gruesome morgue; and more. \$15-\$18. Visit www.american-scream.com for timed tickets and schedule.

SATURDAY/SEPT. 14

Tea Seminar: ABC's of Tea. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Learn about and taste teas from around the globe - white, green, oolong, black, and dark styles - their history; how they are similar to, and different from, each other; and how to best brew each style for optimum flavor. Tea infused treats and a take home tea sampler included. \$35 per person. Use ID Code 070.6BBA. Register at www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664.

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days. Free admission. Call 703-938-5157 or visit www.nvmr.org.

American Feud Documentary. 2-4 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. American Feud: A History of Conservatives and Liberals is the only non-partisan classroom friendly documentary that traces the American story featuring voices from many perspectives. Explores dysfunctional government in light of liberalism and conservatism that have become increasingly incoherent. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/5395442.

SUNDAY/SEPT. 15

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.

NEWS

The Arts of Great Falls Hosts Plein Air Competition

PHOTOS CONTRIBUTED

See artists create original art for the 5th Annual Paint Great Falls: Plein Air Competition sponsored by The Arts of Great Falls, Wednesday, Sept. 4 - Sunday, Sept. 8.

Artists will be painting the beautiful scenery outdoors Wednesday through Sunday in popular local locations such as Great Falls Park, Riverbend Park, Colvin Run Mill, The Farmer's Market as well as private gardens, a historic farm, LAuberger Chez Francois and more. The community can follow the artists and their painting locations online <https://greatfallsart.org/participants/>.

The community is invited to two weekend Open House Receptions to see the final paintings of Great Falls scenes.

Pieces painted by Friday will be submitted for the Art Walk Friday and all submissions will be hung in the gallery for the Awards & Collectors reception. Art collectors are welcome to attend the Awards & Collectors Reception on Sunday. Paintings of Great Falls' most well-known sights and lesser known hidden gems will be for sale to the public at both receptions.



Artist Jill Banks - 2018 Paint Great Falls 1st Place Winner - paints in "plein air" in the Village Centre.

Art Walk in the Village: First Fridays, Friday, Sept. 6, 6-8 p.m.

Galleries and Studios open in the Village Centre. Start in any studio or gallery 756 or 766 Walker Road, or the Petite Gallery at 9901 Georgetown Pike in Great Falls.

Award & Collectors Reception, Sunday, Sept. 8, 6:30-8:30 p.m.

View all the art submitted of Great Falls Landscapes in The Arts of Great Falls Gallery (756 Walker Road). All guests will vote for their favorite for the People's Choice Award.

Free and open to the public.



Set up in a shady spot at Colvin Run Mill, artist Marjorie Sharer creates a painting for the Paint Great Falls: Plein Air Competition.

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SUNDAY, SEPTEMBER 8

12-4 P.M. - McLEAN COMMUNITY CENTER

McLeanChamber.org

Community Partner

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-Werner Heisenberg

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NEWS

Candidates, Fairfax County

Chairman, Board of Supervisors

Jeffrey C. McKay (D)
Joseph F. Galdo (R)

Commonwealth's Attorney

Steve T. Descano (D)
Jonathan L. Fahey (I)

Sheriff

Stacey Ann Kincaid (D)
Christopher F. De Carlo (I)

Board of Supervisors, District Representatives

Braddock District
James R. Walkinshaw (D)
S. Jason Remer (R)
Carey Chet Campbell (I)

Dranesville District

John W. Foust (D) incumbent
Ed. R. Martin (R)

Hunter Mill District

Walter L. Acorn (D) unopposed

Lee District

Rodney L. Lusk (D) unopposed

Mason District

Penelope A. "Penny" Gross (D) incumbent
Gary N. Aiken (R)

Mount Vernon District

Daniel G. "Dan" Storck (D) incumbent, unopposed

Providence District

Dalia A. Palchik (D), unopposed

Springfield District

Linda D. Sperling (D)
Patrick S. "Pat" Herrity (R) incumbent

Sully District

Kathy L. Smith (D) incumbent
Srilekha R. Palle (R)

School Board

School Board At-Large (vote for three)

Abra E. Omeish
Cheryl A. Buford
Priscilla M. DeStefano
Rachna Sizemore Heizer
Vinson Xavier Palathingal
Ilryong Moon, incumbent
Karen A. Keys-Gamarra, incumbent

Braddock District, School Board

Zia Tompkins
Megan O. McLaughlin, incumbent

Dranesville District, School Board

Anastasia S. Karloutsos
Ardavan Mobasheri
Elaine V. Tholen

Hunter Mill District, School Board

Laura Ramirez Drain
Melanie K. Meren

Lee District, School Board

Tamara J. Derenak Kaufax, incumbent

Mason District, School Board

Ricardy J. Anderson
Tom L. Pafford

Mount Vernon District, School Board

Pamela C. Ononiu
Steven D. Mosley
Karen L. Corbett Sanders, incumbent

Providence District, School Board

Andrea L. "Andi" Bayer
Jung Byun
Karl V. Frisch

Springfield District, School Board

Laura Jane H. Cohen
R. Kyle McDaniel
Elizabeth L. Schultz, incumbent

Correction

The list of local and General Assembly candidates in Fairfax County contained several errors.

Corrected in the version below:

- ❖ Republican Gary G. Pan is running against Kathleen Murphy in House of Delegates District 34.
- ❖ Republican Richard T. Hayden is running against Paul Krizek in House of Delegates District 44.
- ❖ Vinson Palathingal is a candidate for School Board At Large candidates for School Board section.,
- ❖ Paul Bolon, running for BOS from Providence, died earlier in August, and his name should not have appeared.

Sully District, School Board

Stella G. Pekarsky
Tom A. Wilson, incumbent

Soil and Water Conservation Director Northern Virginia District

Vote for Three
C. Jane Dudik
Chris E. Koerner
Christopher A. Bowen
Edward F. McGovern
Jonah E. "Jet" Thomas
Monica A. Billger
Gerald Owen "Jerry" Peters Jr., incumbent

District 45

Mark H. Levine (D), incumbent, unopposed

District 46

Charniele L. Herring (D), incumbent, unopposed

District 47

Patrick A. Hope (D), incumbent, unopposed

District 48

Richard C. "Rip" Sullivan (D), incumbent, unopposed

District 49

Alfonso H. Lopez (D), incumbent
Terry W. Modglin (I)

District 53

Marcus B. Simon (D), incumbent, unopposed

District 67

Karrie K. Delaney (D), incumbent, unopposed

District 86

Ibraheem S. Samirah (D), incumbent, unopposed

Virginia State Senate

District 30

Adam P. Ebbin (D), incumbent, unopposed

District 31

Barbara A. Favola (D), incumbent, unopposed

District 32

Janet D. Howell (D), incumbent
Arthur G. Purves (R)

District 33

Jennifer B. Boysko (D), incumbent
Suzanne D. Fox (R)

District 34

J. C. "Chap" Petersen (D), incumbent, unopposed

District 35

Richard L. "Dick" Saslaw (D), incumbent, unopposed

District 36

Scott A. Surovell (D), incumbent, unopposed

District 37

Dave W. Marsden (D), incumbent, unopposed

District 39

George L. Barker (D), incumbent
S. W. "Dutch" Hillenburg (R)

Candidates, General Assembly

HOUSE OF DELEGATES

District 34

Kathleen J. Murphy (D), incumbent
Gary G. Pan (R)

District 35

Mark L. Keam (D), incumbent, unopposed

District 36

Kenneth R. "Ken" Plum, incumbent, unopposed

District 37

David L. Bulova (D), incumbent, unopposed

District 38

L. Kaye Kory (D), incumbent, unopposed

District 39

Nick O. Bell (R)
Vivian E. Watts (D), incumbent

District 40

Dan I. Helmer (D)
Timothy D. "Tim" Hugo (R), incumbent

District 41

Eileen Filler-Corn (D), incumbent
John M. Wolfe (I)
Rachel D. Mace (L)

District 42

Kathy K. L. Tran (D), incumbent
Steve P. Adragna (R)

District 43

Mark D. Sickles (D), incumbent
Richard T. Hayden (R)

District 44

Paul E. Krizek (D), incumbent
Richard T. Hayden (R)

Candidates Forum to be Held on Sept. 23

The League of Women Voters of the Fairfax Area will hold a Candidate Forum for Fairfax County Chair of the Board of Supervisors and At-Large School Board candidates on Monday, Sept. 23, 2019 at 7 p.m. The event will be held at the Fairfax County Government Center; 12000 Government Center Parkway, in Fairfax.

All certified candidates for the Nov. 5, 2019 General Election have been invited. This event is free and open to the public, and questions for the candidates will come from the audience. Questions can be submitted in advance by accessing: www.surveymonkey.com/r/LWVFA2019

BULLETIN

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

THURSDAY/SEPT. 5

Traffic Changes Near Vienna Metro Station.

On or about Sept. 5, 2019, the ramp from Saintsbury Drive to eastbound I-66 near the Vienna Metrorail Station will close permanently as part of the future I-66 Outside the Beltway Express Lanes configuration, followed by a temporary closure of the Vaden Drive bridge over I-66 that is needed to accommodate construction. Visit outside.transform66.org

FRIDAY/SEPT. 6

Application Deadline: Youth Leadership Scholarship. The Great Falls Rotary is offering grants to high school juniors or seniors for a leadership camp taking place Oct. 4-6 in Prince William Forest Park, Virginia. Free to scholarship winners. Call 703-759-3858 or visit www.rotarygreatfallsva.org/RYLA for more.

SATURDAY/SEPT. 7

Open House. 10 a.m.-noon at the Patrick Henry Library, 101 Maple Ave. E., Vienna. The Vienna branch of the American Association of University Women (AAUW) will hold an informational Open House. AAUW is the nation's leading voice promoting equity and education for women and girls. Membership dues discount. Refreshments. Free. Visit vienna-va.aauw.net/ for more.

Mindful 365 Meditation. 10 a.m.-noon at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Most people find that meditating in community strengthens their practice. If the idea of being part of a meditation sangha is appealing, consider joining. \$10. Email becky.bruner@gmail.com or visit sittinggroup-2019.eventbrite.com/ for more.

SUNDAY/SEPT. 8

Festival Sunday. 10-11:30 a.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Celebrate Festival Sunday at the 10 a.m. service of worship (Lewinsville's final single service of worship of the summer). An Ice Cream Social will follow in Fellowship Hall. Free. Visit www.lewinsville.org/events/festival-sunday/ or call 703-356-7200.

Welcoming Sunday. 11 a.m.-3 p.m. at St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Join in the Welcoming Sunday festivities. Meet the new rector and clergy and see what the St. John's community is all about. The celebration begins immediately following the 10 a.m. worship service and includes a picnic lunch, petting zoo, and the opportunity for fellowship after a busy summer. Free, and parking available. Visit www.stjohnsmclean.org

Living Quantum Consciousness. 1-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. A look at the intersection of science and spirituality. Join Jackie Woodside to learn techniques to break free from emotional loops and spirals, and get out of chaos. \$20. Email kdickman@gmu.edu for more.

MONDAY/SEPT. 9

GFCA Environment and Parks (EP)

Committee Meeting. 7:30 p.m. at Great Falls Library, large meeting room. Erica Carter, Fairfax County's Recycling Coordinator, will speak regarding all the local confusion about trash pickup and the reality and changing recycling policies and markets. Visit gfca.org

TUESDAY/SEPT. 10

Entrepreneurship 101. 8-10:30 a.m. in the First Floor Conference Center at 8300 Boone Boulevard, Tysons. Starting a Business in Fairfax County – the workshop provides an overview of start-up basics (licenses and permits), workforce services and training programs, and SBA resources including financing and certification programs. Free. Registration required at www.vahcc.com/events.

NARFE Meeting. 1 p.m. at Vienna Community Center, 120 Cherry St., SE, Vienna. Meeting for NARFE (National Active and Retired Federal Employees Association) Chapter 1116 (Vienna-Oakton). "The Federal Government as seen on U.S. Postage Stamps" with stamp collector Harriet Epstein. Free. Members and guests welcome. Call 703-205-9041.

Environment Volunteer Night. 6:30-8:30 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn from Food & Water Watch about new pipelines proposed for Virginia. Break into action groups to brainstorm actions for stopping them. Free. Email sbonney001@aol.com or call 703-402-9292 for more.

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Something or Nothing



By KENNETH B. LOURIE

As you can imagine – or read every week in this space, my health, especially considering that my stage IV non-small lung cancer is incurable/terminal, is top of mind. (If truth be told, it's middle of mind, bottom of mind and every other mind in between and all around.)

That being said – repeatedly, I am prone to exaggerate the significance of seemingly unrelated peculiarities and draw them into my cancer “centricity” without any facts to support them. Though I feel fine-ish, mostly, (the previous weeks’ columns “Barbasoul” and “Side Splitting But Not Very Funny” notwithstanding), there are a number of things in my life which aren't doing as fine and have given me pause for this column.

First and foremost is Chino, one of our two diabetic cats (“The Diabetic Duo” as I call him and his brother, Biscuit) is now up to 14 units of insulin per day and is a shell of his former self, literally. His appetite remains good but he's confined in the kitchen because he doesn't seem particularly interested or aware of his litter box. His co-diagnosee Biscuit, has had the complete opposite reaction to his medicine. He's down to two units a day and appears quite himself. He's free to roam around and seems quite clear about the reason for the multiple litter boxes located throughout the house.

Unfortunately, Chino is slowly getting worse and despite following doctor's orders and feeding him prescription food, nothing really seems to be stemming the tide.

The rest of the examples I'm about to give pale in comparison to Chino's situation but in the aggregate, they represent a pattern that's making me nervous.

My inherited model-year-2000 Honda Accord is most definitely showing its age and may very well be nearing the end of its useful life. I have given up trying to make the necessary repairs suggested by the multiple idiot lights illuminating my dashboard. As determined as I am to ignore them, the different sizes, shapes and colors of the various lights/symbols are drawing me ever closer to the wear and tear they represent. I fear the worst, as with Chino.

Now into a more mundane world, a world in which technology has ensnared us. What would we do without the various hand-held devices with which most of us are all too familiar? I'm getting regular messages that unless I act accordingly, I'm about to find out.

My museum-piece flip phone is dying. It won't hold a battery charge for nearly as long as it used to. Either I'm speaking into it or I'm speaking at it because I only have one bar and I need to charge it. As a result, it's become unreliable and a bit of a bother. If it had any legs, it would be on its last ones.

The battery-operated key fob for my car has recently advised me that it too is dying and, unless I make the necessary battery replacement, it will no longer start my car. Do I really need my key fob communicating with me? A metal key never bothered me with such trivialities and so long as I was inserting it into the car to which it was mated, I was usually able to reach my intended target – without any backtalk.

Finally, I've been receiving messages on my television that the remote control is unhappy and also needs a battery replacement and unless I respond, it too will fade into nothingness and I'll be staring at a blank screen. I don't mind a smart TV but I do object to one that persists in its demands.

All these elements, crucial in their own way, intersecting with my cancer life at the same time and all seemingly headed in the same direction: south.

I can ignore and compartmentalize some things, but I can't ignore and compartmentalize all things. After all, as the old joke “punchlines:” I gave you lots of warnings.

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

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