

MARLO®

up to

60% OFF

SATURDAY ONLY

SEE OUR AD INSIDE



PHOTO BY JENNIFER ALBARRACIN/THE CONNECTION OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10 FOLLOW ON TWITTER: @BURKECONNECTION

Burke CONNECTION



Susan Capp and her dog came all the way from Maryland to participate in the Oktoberfest Volksmarch Walk kicked off on Saturday, Sept. 14, at 8 a.m. at Accotink Unitarian Universalist Church in Burke.

Volksmarching Through Northern Virginia

NEWS, PAGE 3

West Springfield High Celebrates Renovation

NEWS, PAGE 3

IScream for Gender Equality

NEWS, PAGE 5

SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3
TIRES
AND
GET
THE
4TH FOR**



\$1

See Service Advisor for details.

GOT TIRES?

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

**CHECK ENGINE
LIGHT DIAGNOSIS**

**NO
CHARGE**

INITIAL DIAGNOSIS

WE WILL RETRIEVE
VEHICLE CODES
& GIVE YOU
AN ESTIMATE
OF REPAIR COSTS.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

Jack Taylor's
**ALEXANDRIA
TOYOTA**



**SAFETY FIRST ALWAYS!
Have Your Vehicle Checked
for Open Campaigns/Recalls
Recall Hotline: 703-684-0710**

SERVICE & PARTS DEPT HOURS:

Monday - Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**



ToyotaCare

**ToyotaCare
Customers**

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000



Mile Services
Call your ASM for details

ToyotaCare Plus \$329⁰⁰

Covers up to 4 years/45,000 miles

3750 Jefferson Davis Hwy • Alexandria, VA 22305

OIL & FILTER CHANGE

\$24⁹⁵

NON-SYNTHETIC

\$34⁹⁵

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

BRAKE SPECIAL

\$79⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

**SIGHT LINE
WIPER BLADES**

**BUY 1
GET 1 FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 9/30/19.

FREE

BATTERY CHECK-UP

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

TRUESTART™ BATTERIES



\$129⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

ALIGNMENT SPECIAL

\$69⁹⁵

Your car's alignment suffers, and can cause uneven tire wear and steering problems. **INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

Jack Taylor's

ALEXANDRIA TOYOTA

**CLEAN AIR A/C INSPECTION
& VENTILATION SPECIAL**

\$129⁹⁵

Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator. Bring back that new car smell!

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**



PHOTOS BY JENNIFER ALBARRACIN/THE CONNECTION

From left: Steve Brown, Helen Garamone, Bob Mclean.

Volksmarching Through Northern Virginia

A non-competitive sport for anyone.

BY JENNIFER ALBARRACIN
THE CONNECTION

Residents gather around a church early on a Saturday morning to walk, jog, and bike. The winner is no one. Why? Because “everybody who finishes is a winner,” says Helen Garamone, the current president of the Northern Virginia Volksmarchers.

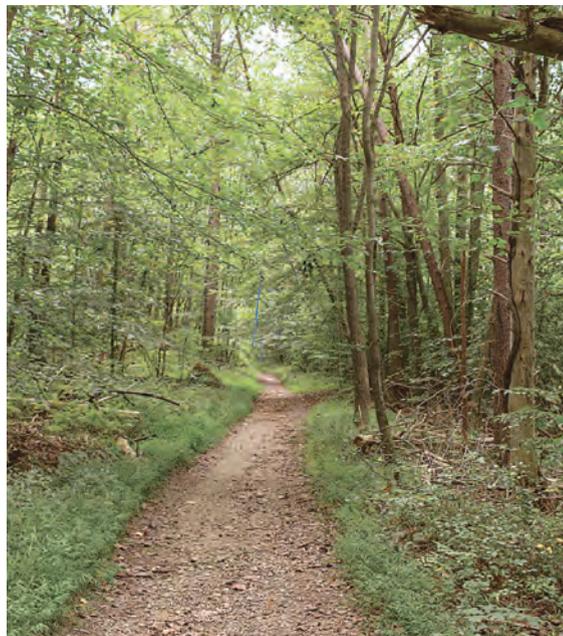
Oktoberfest Volksmarch Walk kicked off on Saturday, Sept. 14, at 8 a.m. at Accotink Unitarian Universalist Church in Burke. The event was sponsored by the Northern Virginia Volksmarchers who invited the Northern Virginia biking group and American Pilgrims on the Camino, made up of people who hiked the Camino de Santiago walk or want to in the future, to participate. The trail for the seventy-four walkers started at the church and did a loop around Burke Lake while the trail for the sixteen bikers was twenty-four miles long, traveling to Occoquan park and back. Lastly, the sixteen walkers from the American Pilgrims of the Camino walked to South Run Park and back. After the participants are done, they go to a checkpoint and get their passports

stamped for each walk, jog, or bike they complete. Over time, once they collect enough stamps, they are eligible to win prizes.

For those unfamiliar with Volksmarching, it began in Germany at the end of WWII. “The Germans wanted a non-competitive sport. They came up with this wonderful thing called Volksmarch,” said Bob Mclean, a member and former President of the Northern Virginia Volksmarchers. Despite being known and spelled as Volksmarch internationally, in Germany it is spelled and known as Volkswandertag. Volksmarching is popular in Europe and other countries around the world. “It’s in Asia, in Africa, I don’t think they have it in Antarctica [laughs], and in South America,” said Mclean. Garamone, the current President of the club adds, “It [volksmarch] translates to walk of the people.” When asked whether the passports were a form of competition, she said, “It’s a competition with yourself.” The passports are merely an object in which self-pride is attached to as the result of an individual’s accomplishments being recorded in it. Garamone goes on to list the three objectives the group has: “The three F’s we have is fun, fitness, and fellowship.”



Pat Astill displays her passport filled with stamps from all the places she has walked.



The trail participants go through that is marked with blue ribbons.



PHOTOS CONTRIBUTED

Elected officials and school community celebrate ribbon-cutting on renovations at the West Springfield High School.

West Springfield High Celebrates Renovation

West Springfield High School held ribbon-cutting on the completion of the renovations last Friday evening. Springfield District Supervisor Pat Herry reflected on the occasion: “When I joined the Board in 2008, West Springfield High School was not even in the renovation queue despite being built in 1966 and never renovated. Brought to my attention by then Principal Paul Wardinski, we were able to get the school in the renovation queue, funded and now completed. I could not be more proud of the finished product

and for the patience and support of the many teachers, students, and administrators during the renovation.”

Back then, Supervisor Herry had enlisted the help of other elected Spartan alumni including former Del. Dave Albo, Clerk of the Circuit Court John Frey, then Sheriff Stan Barry, Commonwealth’s Attorney Ray Morrogh, and Supervisor Mike May in Prince William County. Together with Erik Hawkins, Leslie Carlin and other members of SOAR West Springfield, they were able to get the school in the renovation queue, funded and now completed.



The school’s athletic home of fame.



The brand new dance studio for the nationally ranked team (they were on America’s Got Talent).

Police Reform in Fairfax—Four Years Later

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



It's hard to believe it's been four years since the Ad Hoc Commission to Review Police Practices submitted its final report to Fairfax County's Board of Supervisors. The 202 unanimously agreed recommendations contained therein, if fully implemented as intended by the 40-member Commission, would be transformative of our Fairfax County Police Department (FCPD). While transformation would be an exaggeration of what has been accomplished so far, the progress to date is remarkable, thanks in no small measure to the leadership of Police Chief Edwin Roessler.

The Commission created by the Board of Supervisors in early 2015, fifteen months after an officer's fatal shooting of unarmed John Geer, divided its report into five areas: Communications, Recruitment & Diversity, Mental Health, Use of Force, and Independent Oversight & Investigations. In the 75 years since the Police Department was created, the men in blue controlled all that went on behind the steel blue curtain. Transparency and civilian review were foreign concepts. So, there was tension on a Commission made up of one-third police, including heavy hitters. Our unanimous decisions reflect their presence.

What has been accomplished? Nearly all recommendations to improve Communications, i.e., public information on police operations, have been implemented, including installing a civilian chief of communications. At

INDEPENDENT PROGRESSIVE

times getting out information on police shootings still is delayed, but it gets out. Transparency does not come easily in a Department with five would-be police unions, but forward movement to date is impressive.

Diversity, however, is the one area where there has been almost zero progress. The Police Department is not representative of the County it serves — especially in hiring and promoting Latinos and African Americans. The county is nearly 10 percent black and 16 percent Latino, but the Force is just over 7 percent black and 4 percent Latino, and worse higher up. It's hard to believe minorities don't apply for and cannot qualify for entry level positions paying \$55,000. The Chief says bad press for cops these days is a main obstacle. That may be, but institutional resistance also certainly plays a role.

Mental Health - a success! Persons with mental illness frequently conflict with police officers, usually involving minor offenses (e.g., disorderly conduct), sometimes with tragic consequences. Half of all fatal shootings by law enforcement involve people with mental illness. Officers are ill prepared to identify persons in crisis much less manage encounters with them.

Their only option for resolution is arrest and incarceration in the county jail, a lockup filled with people in crisis.

Crisis Intervention Training for all officers and a Diversion First program providing facilities to assess and treat (vs. jail) the mentally ill were adopted and are underway.

Use Of Force. Appropriately, 87 of 202 Commission recommendations involve use of force. They include adopting a new philosophy—the Sanctity of Life as the guiding principle for new police policy and practices.

Policies and practices were reviewed and have been overhauled to include de-escalation in confrontations, prompt reporting stressing transparency, emphasis of less lethal techniques, and employing new technologies (e.g., late model tasers and body cameras for all officers). Implementation is nearly complete.

New tasers are now on the way, and long-delayed body cameras are expected to be approved for funding by County Supervisors this month. FCPD could be a topnotch, more humane force if these Use of Force reforms fully sink in. Perhaps John Geer did not die in vain!

A final area, Independent Oversight and Investigation, has met strong resistance from police. Three activities were proposed. A recommendation to build independent investigative capacity with the Commonwealth Attorney was killed by the Supervisors.

However, the Independent Police Auditor (IPA) is in place and reviewing all officer involved shootings, deaths and serious injury investigations conducted by the Internal Affairs Bureau.

Last, the proposed Civilian Review Panel is in place to accept public complaints about police abuse of authority, hear them and review police investigations of them. CRP's power was diluted in the approval process. Still, the creation of the CRP and the IPA mark truly historical turning points in drawing back the steel blue curtain.

More at <https://www.fairfaxcounty.gov/policecivilianreviewpanel/complaint-process>

Legislating by Skulduggery

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



Last week while Democrats in the North Carolina House of Representatives were attending a 9/11 remembrance service, Republicans called a surprise vote to overturn the Democratic governor's veto of the state budget. While Democrats and media were told that there would be no voting during the morning session, Democrats' attendance at the vigil allowed Republicans to get the three-fifths vote needed to override the veto.

Reaction to the maneuver has been harsh. The Charlotte Observer in an editorial said that "the verdict is now plain. North Carolina's Republican legislative leaders

— not actually leaders, but connivers — are beyond shame." The paper described what happened as a "stunning display of contempt for democracy ... but this isn't a case simply of hardball politics and sly legislative maneuvering. This is a case of breaking faith with the people..." The Senate must concur on the override before it becomes effective.

COMMENTARY

Before Virginians get too smug about what happened in North Carolina we must remember what happened in the Virginia General Assembly about a month ago.

With the continuing string of mass murders in the country — beginning about the time of the massacre at Virginia Tech that for a while was the largest ever and continuing through a mass shooting at a Virginia Beach municipal

building — Gov. Ralph Northam called a special session of the General Assembly to consider several bills intended to reduce gun violence.

The special session convened on July 9 to take up bills related to gun violence but without notice to Democrats or media the Republican majority adjourned 90 minutes later without taking up any of the bills and with a return date scheduled after the elections.

There were no bills among those introduced to respond to gun violence that would have confiscated guns or altered the Second Amendment.

They were common-sense bills that according to all public opinion polls I have seen are supported by more than 80 percent and some by more than 90 percent of the public.

The experience in Virginia can be described by the same terms of that in North Carolina: contempt for democracy, a travesty of the process, legislative deceit. You may have seen news reports that the Republican floor leader in the Virginia House received a \$200,000 campaign contribution from the NRA several weeks later.

Partisan control of the Virginia House and Senate are on the line this Nov. 5 as all 140 seats are on the ballot.

There are numerous critically important issues on the ballot that it would take several columns to enumerate.

I do want to add one that gets too little discussion and that is legislative reform. Such reform includes independent drawing of legislative district lines, or getting rid of gerrymandering, that allows the abuses of legislative power in North Carolina and Virginia that are discussed here. As the Charlotte Observer said of the situation in North Carolina, "It was an illegitimate majority acting in an unethical way."

What happened in both states demonstrates once again that the speakership be defined not as the head of the majority party but as an impartial and fair leader. In both instances the speakers of their respective houses should have stopped these episodes of legislating by skulduggery.





PHOTOS BY SUSAN LAUME

Advocate Jane Materna greets citizens in Clifton in the IScream4 Equality ice cream truck.

IScream for Gender Equality

BY SUSAN LAUME

After the Virginia General Assembly, Privileges and Elections Committee, voted against it in January, Equal Rights Amendment (ERA) proponents are taking a cold message to citizens throughout the Commonwealth — ice cream.

A 38th State vote is necessary to achieve ratification of the ERA to the federal constitution. Advocates want Virginia to have that historic position.

Concentrating on educational outreach, the iScream tour targets students and communities near schools and universities, and some communities where the issue might not come up in normal conversation. Their aim is to assure that voters, and young people in particular, know about the ERA issue and are registered to vote.

Reminiscent of last Fall's ERA bus tour, the campaign, VAratifyERA, is sponsoring the #iScream4Equality ice cream truck tour with multiple stops throughout the Commonwealth.

The tour launched on Aug. 26, Women's Equality Day, and continues with multiple stops on dates through Nov. 5. The truck recently stopped in Clifton.

Kati Homung, Campaign Director, said, "You'd be surprised that most people don't realize there's a gender equality issue and that [equality] is not part of the U.S. constitution already."

The campaign has recognized that the key to passage is to elect candidates who will ratify ERA. They are targeting the 20 closest House of Delegate races, talking to voters about candidates who support ERA.

The Virginia Senate has consistently passed ERA legislation for several years, including a 26-14 vote in favor in 2019. But opposition has blocked passage in the House of Delegates.



Advocates Jane Materna and Johanna Guzman offer voter Calvin Hentges ice cream and ERA information.

Local State Sen. George Barker was an early sponsor of ERA legislation. His wife, Jane Barker, is an active supporter and a leader in the effort to erect a monument recognizing suffragists in Occoquan Regional Park to be dedicated in November.

VAratifyERA also will host a law convention at the University of Richmond on Oct. 26, bringing together law students, legislators, legal scholars and policy makers. Planned for discussion: the ERA, the impact of its ratification on Virginia, and strategies to overcome objections to constitutional change.

For more information on the ERA campaign, tour schedule, or law convention, see the VAratifyERA Facebook page. For information about the Occoquan memorial, go to www.suffaristmemorial.org.

KING STREET

KING STREET IN
OLD TOWN ALEXANDRIA, VA

ART FESTIVAL

FREE ADMISSION

Visit AlexandriaVA.com/ArtFestival

SATURDAY,
SEPTEMBER 21
10AM-7PM

SUNDAY,
SEPTEMBER 22
10AM-5PM

Presented by



ArtFestival.com
A Howard Alan Event
(561) 746-6615



THE LINCOLN
MOTOR COMPANY



Alexandria
LIVING MAGAZINE



PNC
BANK



Alexandria
EST. 1799



McEnaney
ASSOCIATES



express
lanes



Renewal



Celebrate

Oktoberfest

Short Rib
Grilled Cheese



Bavarian Style
Brisket-Short Rib
Burger Blend



Slam Dunk Pretzels

Cheddar Ale Soup

Prussian Pretzel Rolls

Brewer's Sausage Sandwich

Oktoberfest Brewer's Platter

Impossible Burger

Funnel Cake Fries

Available for a limited time and at participating locations.

GLORYDAYSGRILL.COM

Welcome Zaher Aymach, D.D.S.
Diplomate of the American Board of Orthodontics

Gary Kramer, D.D.S.
Sara Bunin, D.D.S.

DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY
Dentistry for Children, Adolescents & Special Needs
703-978-0051
KBPediatricSmiles.com



SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA • 22015

Normal Adolescent Moods Swings or Depression?

Making a distinction between the two can be difficult.

BY MARILYN CAMPBELL
THE CONNECTION

Stephanie Pironne says her daughter Lila was always a child who was well behaved. From preschool through elementary school, she was described by her teachers as having a kind and cheerful nature. When her daughter, now 13 years old and in eighth grade, began middle school, something changed.

“She now goes from goes from happy to grumpy to sad all within 15 minutes and with nothing around her having changed,” said Pironne. “I’m always on edge when she comes down for breakfast in the morning because I never know what I’m going to get. She might be yelling at me for something I didn’t know I’d done, giving me the silent treatment or happy and chatty or combination of all three.

Such emotional roller coasters are often a part of puberty. Hormonal changes that happen when puberty begins can cause not only bodily physical changes but mood swings that can feel out of control, say mental health professionals. It’s often difficult for parents and those close to teens learn to distinguish normal changes in mood from a more serious mental health issue.

“It’s really, really hard to do, because they can present in very much the same way, and aren’t always two distinct categories,” said psychologist Stacie Isenberg, Psy.D. “Also, sometimes [puberty-driven mood swings], do get treated with medication. I’ve had patients who were prescribed birth control and some who were prescribed antidepressants.”

The severity of the symptoms, says Carol Barnaby, MSW, LCSW-C can help make the distinction,” said therapist Carol Barnaby, MSW, LCSW-C. “Crying spells or deep sadness for no apparent reason is a sign. Displaying a loss of energy or isolating themselves from others and persistent low self-esteem are also signals.”

“If your child’s mood seems off with regularity or they are withdrawing or increasingly irritable, I would advise parents to get a professional assessment,” added Isenberg. “You can start with you pediatrician, and based on their recommendation, you may want to have your child see a psychologist or psychiatrist.”

The amount of time the symptoms last could also be a clue that professional help is needed. “Teen depression is normally indicated by a persistent change in mood that lasts two weeks or more,” said Barnaby. “The change in mood seems to cause significant distress and problems that show up at home, school, during extra-curricular activities, and in social areas of life.”

A desire to hurt oneself is an indicator of a mental health issue that is more serious than normal teen mood swings, said Barnaby.

“If your child ever talks about self-harm like cutting themselves, refusing to attend school or other activities they previously enjoyed those are sign that you should seek help immediately.

If your child talks ...or has thoughts about suicide or not wanting to be around, seek professional help immediately,” added Isenberg.

“She goes from goes from happy to grumpy to sad all within 15 minutes and with nothing around her having changed. I’m always on edge when she comes down for breakfast in the morning because I never know what I’m going to get.”

— Stephanie Pironne

Changing Lives. Saving Lives.

“PRS is a non profit providing mental health, crisis intervention and suicide prevention services in Northern Virginia and Washington, D.C. We seek to change and save lives in our community by empowering hope, safety, recovery, wellness, independence and community integration.”

PRS CrisisLink

When crisis calls, we answer 24/7
Call: 800-273-TALK [8255]
Text: “CONNECT” to 855-11
Lifeline Chat: [SuicidePreventionLifeline.org/chat](https://www.suicideline.org/chat)



THE CONNECTION
NEWSPAPERS

Alexandria
Gazette Packet

Mount Vernon Gazette

Potomac ALMANAC
Centre View

You can read any of this week’s 15 papers digital editions here:
www.ConnectionNewspapers.com/PDFs

DR. GENE SWEETNAM
DR. GRACE CHANG DR. KAREN JINYOUNG KIM
OPTOMETRISTS



- Family & Pediatric Vision Care
- Comprehensive Eye Exams • Treatment of Eye Diseases
- 21 years Naval Service, 6 years Active Duty
- Laser Vision Consultants • Over a thousand frames in stock
- We carry all major brands of contact lenses • In-house lab

Most Insurances Accepted:
Anthem Blue Cross/Blue Shield, Care First, Medicare, Tricare In-network Doctor, Cigna, DavisVision, Aetna HMO/PPO/POS, PHCS, VSP® Network Doctor, EyeMed Vision Care, United Healthcare, VA Medicaid

WE WELCOME YOUR DOCTOR’S PRESCRIPTION

5206A Rolling Rd.
Burke Professional Center
Burke, VA 22015
703-425-2000
www.drsweetnam.com • www.sightforvision.com

Virginia Schools Rank Third in Nation with B-minus

A leading education journal ranked Virginia’s public schools as third in the nation in student achievement based on the performance of students on national assessments in reading and mathematics, graduation rates and achievement on Advanced Placement examinations.

Education Week’s Quality Counts 2019 report awarded the commonwealth a letter

grade of B- for K-12 achievement. Only Massachusetts, with a B+, and New Jersey, with a B, earned higher grades. Superintendent of Public Instruction James Lane said: “I look forward to visiting as many schools as I can during the coming weeks and months and personally congratulating teachers, principals, administrators and support professionals for all they do as we strive to make the commonwealth’s schools the best

in the nation.” K-12 achievement comprises one third of Education Week’s three-part Quality Counts rating system. Earlier this year, the publication awarded Virginia a B on its “Chance for Success Index” and a C for school finance. Today’s grade for K-12 achievement resulted in Virginia earning an overall grade of B- from Education Week for 2019.

NEWS

Braddock District Candidate Forum Oct. 5

The League of Women Voters of the Fairfax Area will hold a Braddock District Candidate Forum on Saturday, Oct. 5, at 3:30 p.m. The event will be held at the Kings Park Library Community Room, 9000 Burke Lake Road, Burke.

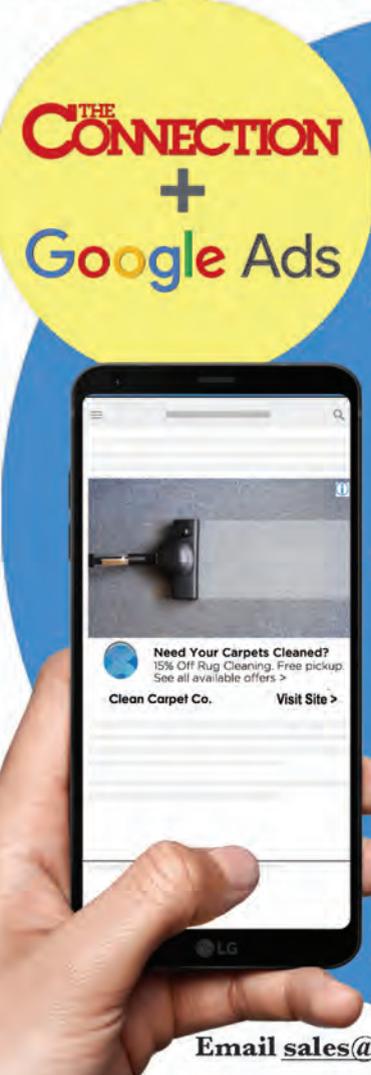
Candidates certified for the Nov. 5 general election have been invited and are listed here as they appear on the Virginia Department of Elections' website: Virginia House of Delegates 41st district candidates John M. Wolfe (Independent), Rachel D. Mace (Libertarian), and Eileen Filler-Corn (D); Board of Supervisors Member candidates James R.

Walkinshaw (D), Carey Chet Campbell (Independent) and S. Jason Remer (R); School Board Member candidates Zia A. Tompkins (Independent) and Megan O. McLaughlin (Independent).

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

Following the formal session, an informal meet-and-greet session will allow direct audience interaction with the candidates. Any questions can be sent to Katharina Gollner-Sweet at PR@lwv-fairfax.org.

REACH YOUR ONLINE AUDIENCE



THE CONNECTION
+
Google Ads

CALL 703.778.9431 TO GET STARTED

The Connection you know and trust now offers advertising online with Google. Our display ads can help you promote your business when people are browsing online, watching YouTube videos, checking Gmail, or using mobile devices and apps.

Choose the number of times your ad will be shown to your demographically targeted audience. Each time your ad appears on news websites, sport sites, blogs, YouTube, etc., it's counted as one impression:

- 35,000 impressions: \$350
- 50,000 impressions: \$500
- 75,000 impressions: \$750
- 100,000 impressions: \$950

Email sales@connectionnewspapers.com for more info

COMMUNITIES OF WORSHIP





JUBILEE CHRISTIAN CENTER
"Loving People to Life"

Worship Gathering - Sunday 8:45 & 11 AM
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



MARLO®

SATURDAY ONLY

UP TO **60% OFF***

ALL FURNITURE

UP TO **60** MONTHS ZERO INTEREST FINANCING*

On purchases of \$6000 or more made with your Marlo Furniture credit card on 9/21/19. Equal monthly payments required for 60 months.

MARLO®
FURNITURE & MATTRESSES MARLOFURNITURE.COM

ALEXANDRIA, VA
5650 Gen. Washington Dr.
(703) 941-0800

FAMILY OWNED SINCE 1955
ROCKVILLE | LAUREL | FORESTVILLE

*Savings based on comparable pricing. Financing offer applies only to single-receipt qualifying purchases made with your Marlo Furniture credit card 9/21/2019. No interest will be charged on promo purchase and equal monthly payments are required equal to initial promo purchase amount divided equally by the number of months in promo period until promo is paid in full. The equal monthly payment will be rounded to the next highest whole dollar and may be higher than the minimum payment that would be required if the purchase was a non-promotional purchase. Regular account terms apply to non-promotional purchases. New accounts subject to credit approval. Many special financing programs available. Offers valid 9/21/2019. See store for details.

ENTERTAINMENT

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

ONGOING

Shir HaLev, the Community Jewish Chorale of Northern Virginia. Rehearsals are held select Tuesdays, 7:30-9 p.m. at Congregation Olam Tikvah, 3800 Glenbrook Road, Fairfax. The Chorale is a friendly, welcoming, adult volunteer choir. Membership in the group is open to all, members of Congregation Olam Tikvah and other Northern Virginians. Visit carolboydleon.com/shir_halev for more.

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 through Sept. 28. Visit www.nvso.us.

(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

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.

Kingstowne Farmers Market. Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. 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. 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. 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. 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. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

THURSDAY/SEPT. 19

Sand Art-Rangoli. 6:30-7:30 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Rangoli patterns are made with colored sand during Diwali in India. Rangoli patterns are created on the floor in living rooms or courtyards using materials such as colored rice, dry flour, colored sand or flower petals. Learn how to use colored sand to make a Rangoli pattern. All materials will be provided by Pohick Regional Library, just come on time. Participants will take their work home. For teens and adults. Free. Email sonal.gosai@fairfaxcounty.gov or call 703-644-7333, ext. 4, or visit librarycalendar.fairfaxcounty.gov/event/5618898.

FRIDAY/SEPT. 20

Lakeside Campfire Friday. 6:30-8 p.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Campfire programs are family-friendly and designed for participants age 3-adult. New topics and different areas of the parks are explored during each program. \$8 per person. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink.

B-IN-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.



Unleash the Beast

For just the second time in league history, PBR's (Professional Bull Riders) elite Unleash The Beast will take over Fairfax's EagleBank Arena for two nights. The Fairfax Invitational, the 22nd stop on the premier series, will feature the Top 35 bull riders in the world squaring off in epic 8-second confrontations all night long. Saturday-Sunday, Sept. 21-22 at Fairfax's EagleBank Arena, 4500 Patriot Circle, Fairfax. Visit www.ticketmaster.com/pbr-unleash-the-beast-tickets/artist/2550701 for tickets.



Community Country Fair

The Annual Pohick Church Country Fair offers a day of outdoor fun and learning with historic colonial church tours, Living History reenactors, organ concerts, children's games, barbecue, hamburgers and hot dogs, homemade apple butter, live country music, and more. Call 703-339-6572 or visit www.pohick.org.

Lakeside Campfire Friday. 7:30-9 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Campfire programs are family-friendly and designed for participants age 3-adult. New topics and different areas of the parks are explored during each program. \$10 per person. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond.

Mental Health & Suicide Prevention Resource Fair. 5:45-7:45 p.m. at the Hylton Education Center on the campus of Sentara Northern Virginia Medical Center, 2300 Opitz Blvd., Woodbridge. Mental health experts from the U.S. Department of Veteran Affairs, Prince William County Community Services, National Alliance on Mental Illness and more. Free, open to the public. More at pwmentalhealth.eventbrite.com.

FRIDAY-SUNDAY/SEPT. 20-22

Capital Home Show. Friday-Saturday, 10 a.m.-9 p.m.; Sunday, 10 a.m.-6 p.m. at the Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Brett Tutor, the carpenter on TLC's Trading Spaces, will headline with more than

250 companies exhibiting and showcasing the latest in home remodeling, renovation, décor and redesign. Visit www.capitalhomeshow.com for tickets.

SATURDAY/SEPT. 21

Archaeology Day. 10 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Gunston Hall will celebrate their annual Archaeology Day, a day dedicated to digging up and discovering the mysteries of the past. Join friends and family for a fun-filled day of activities for all ages including sifting for artifacts, mending archaeology objects, and dressing like an archaeologist. Free with admission. Visit gunstonhall.org/event/archaeology-day/ or call 703-550-9220.

Mini Pop Up Psychic Fair. 11 a.m.-4 p.m. at The Old Fire Station # 3 Bar & Grill, 3988 University Drive, Fairfax. Three psychic mediums come together for an event in downtown Fairfax City. Their vendor tables are located in an upstairs room that some say is haunted. Downstairs is the Old Fire Station Bar & Grill where visitors can enjoy food and/or

drink. All three vendors accept credit cards but prefer cash. Entrance is \$1 at the door (cash only) or buy advance tickets at power-of-three.eventbrite.com.

Family Fun Bingo. 1-3 p.m. (doors open 12:30 p.m.) at the Parish Center Gym, St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. All proceeds benefit The Shepherd's Center of Fairfax-Burke and its work for area seniors. \$10. Tickets include two bingo cards that can be played for the entire event, beverages and snacks. Additional cards available at \$1 per card per game. To purchase tickets, call Lisa Carroll at 703-426-2824.

Crabs and Corn Hole. 1-4 p.m. at Fairwinds Brewing Company, 7000 Newington Road, Lorton. The Key Center PTA is sponsoring an All You Can Eat Crabs and Sides. Tickets are limited. All profits will go to support Key Center School programs. \$55. Visit keycenter.fcps.edu/ or call 703-313-4000.

SATURDAY-SUNDAY/SEPT. 21-22

Children's Book Sale. Saturday, 10 a.m.-4 p.m.; Sunday, 1-3 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Thousands of gently read books and non-book media organized by categories including picture books, early readers, nonfiction, chapter books, young adult, etc. \$0.50-\$4. Check or cash only. Free admission. Email FOLfairfaxcity@gmail.com or call 703-293-2132.

Unleash the Beast. At Fairfax's EagleBank Arena, 4500 Patriot Circle, Fairfax. PBR's (Professional Bull Riders) elite Unleash The Beast will take over Fairfax's EagleBank Arena for two nights. www.ticketmaster.com/pbr-unleash-the-beast-tickets/artist/2550701 for tickets.

SUNDAY/SEPT. 22

Electric Car Expo. 10 a.m.-3 p.m. at Old Town Square, North Street, Fairfax. Come see and feel electric vehicles, learn about the benefits of electric, and enjoy local refreshments. Free. Email laura@generation180.org for more.

Book and Memorabilia Sale. 11 a.m.-6 p.m. at the Arlington-Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Experience the Second Annual Civil War Book & Memorabilia Sale featuring authors, artifacts, books and memorabilia items. Admission \$5 per person. Contact Frank Stringfellow Camp Commander Bud Mayo at mayo5304@cox.net or 703-389-1505

Game Day and Scavenger Hunt. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Play a Train or History Game as well as try your luck at a Scavenger Hunt. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

MONDAY/SEPT. 23, 30

Funday Monday. 10:30-11:30 a.m. at Old Town Hall, 3999 University Drive, Fairfax. Crafts, music, movement, and fun with Mr. Skip, My Gym, Paint Your Own Pottery and a new VIP series featuring community helpers and leaders. Free. www.fairfaxva.gov/government/parks-recreation/cultural-arts or call 703-385-2712.

Fairfax Lions Blood Drive. 2:30-7:30 p.m. at Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. The demand for donated blood in our nation's hospitals is consistently high – about 40,000 donors every single day. Make a life saving difference, give blood. Free. Visit www.fairfaxlions.org or call 703-266-2776.

WEDNESDAY-SUNDAY/SEPT. 25-29

Library Book Sale. Wednesday (member preview), 3-6 p.m.; Thursday, 1-9 p.m.; Friday, 10 a.m.-4 p.m.; Saturday, 10 a.m.-4 p.m. and Sunday (\$5 bag sale), 1-3 p.m. at the Burke Centre Library. Join the Friends of the Burke Centre Library at their largest fall book sale with over 12,000 books, 75 percent hardcover and 100 percent donated. All proceeds benefit the Burke Centre Library and the Fairfax Library Foundation for collection enhancement and other programming.

THURSDAY/SEPT. 26

Erin Peterson Fund Golf Tournament. At the Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Erin was a 2006 Westfield High grad who died in the April 2007 Virginia Tech tragedy. Afterward, her parents started the Erin Peterson Fund (EPF) to award scholarships in her memory to those less fortunate, plus the Leadership for Tomorrow program which provides grants to at-risk male students at Westfield. Community members make that possible each year when they play in the tournament and support the fund. To register, go to www.erinpeterfund.org and click on Golf Registration. Raffle tickets may also be purchased online.



Springfield resident Diane Hill sets up a pool shot at the Lincolnia Center 8-ball pool competition Sept. 16.

NVSO Features Women's 8-ball Pool

BY SHIRLEY RUHE
THE CONNECTION

The room is silent except for the crack of the pool balls at Lincolnia Senior Center on Monday, Sept. 16. It is the women's 8-ball pool competition, one of 60 events hosted in 25 venues by the Northern Virginia Senior Olympics (NVSO).

James "Rip" Westray, event coordinator, lays out the rules. "No coaching by husbands or friends or you are automatically disqualified although you may help your opponent if you choose." Also he explains to start the game you may choose flipping or lagging.

Diane Hill from Springfield is paired against Betty Roadcap from Ashburn in the 80s age category. Hill says she has been playing for more than ten years. "My husband took it up when he retired and I took it up, too, because I liked being with him." She says, "At first I was afraid of it."

Strategy? "I just feel lucky when I can hit the ball."

Hill and Roadcap choose flipping a quarter to begin the game. They will play the best two out of three. "Tails," Hill says. "But we forgot to call it ahead. Let's do it again."

The game begins with the snap of 15 balls, seven striped balls and seven solid and one eight ball. Steve Slinker, husband of one of the contestants explains,



James "Ripp" Westray lays out the rules for the NVSO women's 8-ball pool competition.

Woodring, the ranking 109-year-old Mexican train dominoes champion (if you dare.)

NVSO is for seniors 50 years or older in the cities of Alexandria, Falls Church, and the counties of Arlington, Fairfax, Loudoun, Fauquier and Prince William.

NVSO began in 1982 with about 80 competitors. In 2019 the registrants broke the record with the highest number of competitors in NVSO history.

the first person to get all of her balls in the pocket and then the eight ball wins. "But if you accidentally hit the 8 ball first, you lose." Slinker says it is a good game for old people. "You have to stretch and walk a lot and be coordinated."

NVSO began Saturday, Sept. 14 at 8 a.m. with the 3-mile walk at Thomas Jefferson Community Center followed by the opening ceremony with the carrying of the Olympic Torch by Elease Brooks. The final events are badminton singles, doubles and mixed doubles at Northern Virginia Badminton Club on Saturday, Sept. 28.

In between are the softball hit and throw, swimming and diving, tennis and horseshoes, corn hole toss, bocce and the fastest growing sport, pickleball. If you'd rather sit and think, there is duplicate bridge, cribbage, Bunco, scrabble and jigsaw puzzle, a new game this year. Or you could challenge Doris

NAVY BAND COMMODORES

CELEBRATING
50 YEARS OF JAZZ
SUNDAY, SEPT. 22, 3 P.M.

The Rachel M. Schlesinger
Concert Hall and Arts Center
4915 E. Campus Drive
Alexandria, Va.

FREE, no tickets required



50 years of jazz / est. 1969
// U.S. Navy Band Commodores

SEPTEMBER IS SUICIDE PREVENTION MONTH

PRS | CrisisLink

#CALL
TEXT
LIVE



Ask.

Keep Them Safe.

Be There.

#CallTextLive is PRS CrisisLink's social media campaign for National Suicide Prevention Month, which helps spread the word about actions we can all take to prevent suicide. Join us in changing the conversation from suicide to suicide prevention, promoting healing, helping and giving hope.

1-800-273-TALK

prsinc.org/calltextlive

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

For Sale

Cars Wanted

Looking to buy your unwanted car. Foreign or American. Any year. Fast and easy transaction. Cash on the spot. Please call **703-814-2806**.

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION

Newspapers & Online
The Connection to Your Community

www.connectionnewspapers.com

Employment

Forget Daily Commuting

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home
Enjoy flexible schedule plus no daily commute
Help local businesses grow
Unique opportunity to be a voice in your community
Competitive compensation

Call Jerry Vernon

703-549-0004

Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements

Announcements

Convention Coin, Currency and Stamp Show

September 27, 28 & 29

Fredericksburg Expo & Conference Center

2371 Carl D. Silver Parkway, Fredericksburg, VA 22401 (I-95 Exit 130B)



Show Times:

Friday and Saturday, 10am-6pm
& Sunday 10am-4pm

Free Admission
Free Parking

For information contact **Richard Schornak**

757-659-0235

rschornak@cox.net • www.vnaonline.org

ATTENTION ADVERTISERS:

expand your audience beyond our weekly print edition with

THE CONNECTION DIGITAL

- ▶ Email Marketing
- ▶ Social Media
- ▶ Sponsored Content

FOR MORE INFORMATION
CALL 703.778.9431

OR VISIT
CONNECTIONNEWSPAPERS.COM/ADVERTISING



LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Charlottesville Connection
- Fairfax Connection
- Fairfax Station/Dillon/Orton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Hemlock Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

NEWS



Runners pass a United 787 Dreamliner parked on the runway.

Running On Runway

The 7th annual Dulles Day 5k/10k on the Runway took place on Sept. 14. The races were held on a closed runway at Dulles Airport, giving runners a flat course which made for fast races. All proceeds raised from the races benefit Special Olympics Virginia, the Committee for Dulles Community Outreach, and the Washington Airports Task Force.

PHOTOS BY TOM MANNING
THE CONNECTION



Curtis Lamb from Fairfax makes his way down the runway during the 10k.



From left, Mahshid Alizadeh #3384 from Oakton, Jessica Paul #3740 from Vienna, and Beverly Marsters #3839 from Fairfax run the Dulles 10k together on Sept. 14.



Durbois Zim from Fairfax is about to cross the finish line of the 10k.

Medicare Is In The House



By KENNETH B. LOURIE

More like in my wallet. After worrying for the past 18 months about possibly losing my health insurance, I finally hit pay dirt – and it didn't hit back.

I have received my Medicare card and after I "disenroll" from my interim "Obama Care" within the next week or so, I will officially join the ranks of the millions who have insured their health – so to speak, with the Federal Government.

No more will I if-and-or-but about hospitals, doctors ("medical" actually) and prescription drugs (parts "A", "B" and "D" for those of you unfamiliar with the alphabet soup). Dental and vision coverage I'm not so sure about, but at present, I can live with the coverage that I know I have now because the worst case scenarios have been addressed.

And, as a former insurance broker, solving and/or protecting against worst case scenarios was always my main concern.

To invoke "Speedy" from those long-ago Alka Seltzer commercials: "Plop, Plop, Fizz, Fizz. Oh, what a relief it is." And even though I'm not plopping or fizzing, I am effervescent nonetheless at my arrival.

Reaching milestones (even destinations, sort of) is a way I've measured and evaluated my cancer experience. Not that I keep a chart or even a calendar with Xs marking the days but "I've looked at life from both sides now" (heck, I've looked at life from all sides now – and in between, too) and my glass is still half full. I remain positive about my negative and despite having never having seen Joni Mitchell in concert (although I did have tickets to see her at Cole Field House in the '70s – once on stage however, she realized she was too sick to perform and stage right she went) occasionally her songs have spoken to me.

Right now, The United States Government is speaking to me in the form of a red, white and blue card. They are telling me that I have made it to the promised land, a land whose existence was proposed in 1965 and which became law in 1966 fulfilling promises made to all Americans who reach age 65 that health insurance is their right and not because they were privileged.

Nevertheless, I feel privileged to be "Medichere." For 10 years, 10 months and 20 days, dating back to late December 2008 when I first experienced the pain in my rib cage which precipitated my visit to the Emergency Room, I have been under the proverbial gun.

Sometimes, it's been holstered. Other times, it's been locked and loaded. So far, no shots have been fired, even though occasionally I've been in very close range.

I can't say for sure whether I thought I'd actually get here, but let's be realistic, we all had our doubts. But now it's time to gear up.

A tremendous weight has been lifted from my shoulders. All I have to do now is live with the fact that I have stage IV, non-small cell lung cancer, an incurable disease if there ever was one. But here I am, alive and reasonably well.

No more will I have to worry about who, what and where I'm going to be treated. From now on, I'm in charge. (Like Charles.) As a result, I feel as if I've regained a little control of my life.

And for a cancer patient originally diagnosed as "terminal," this control is an extraordinarily wonderful feeling.

I wish I could bottle it like "Brighto:" "Brighto, Brighto, makes old bodies new. We'll sell a million bottles, woo, woo, woo, woo, woo, woo." (The Three Stooges in "Dizzy Doctors," 1937.) And that's just the kind of silly enthusiasm I'll need living forward.

Hardly is the lung cancer I have on the run. I wouldn't even say I have it on the walk. A stagger, maybe. (Or maybe that's me who's staggering when I lose my balance because of the neuropathy in my feet.)

Cancer is an adversary unlike any other. It's going to do what it does. I doubt Medicare is going to scare it into remission.

Moreover, my not worrying about having health insurance anymore probably isn't going to have much effect on "the cancer" ("Forrest, Forrest Gump") either. The biggest effect will be on me, emotionally.

I just hope that's enough. Because I'm going to need all the ammunition I can muster.

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

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING		Good is not good, where better is expected. -Thomas Fuller	IMPROVEMENTS		IMPROVEMENTS		
A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465					RN. CONTRACTORS, INC.		
ELECTRICAL		ELECTRICAL		Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting			
K&D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 letrkman28@gmail.com		We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com			
GUTTER		GUTTER		LANDSCAPING		LANDSCAPING	
GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards Pinnacle Services lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.		25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service			
A&S Landscaping		<ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 		TILE / MARBLE		TILE / MARBLE	
703-863-7465 LICENSED Serving All of N. Virginia				BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured			
LANDSCAPING		LANDSCAPING		Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com			
Patios & Drainage Your neighborhood company since 1987 703-772-0500		J.E.S. Services Free Estimates • Fully Licensed & Insured		Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers www.connectionnewspapers.com/subscribe			
<ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed							

BULLETIN

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

FRIDAY/SEPT. 20

Naming and Dedication: The Gerry W. Hyland Building. 1 p.m. at the South County Center, 8350 Richmond Highway. Reception to follow. RSVP for planning purposes. Visit www.fairfaxcounty.gov/mountvernon/naming-and-dedication-gerry-w-hyland-building.

SATURDAY/SEPT. 21

Women's Ministry 2019 Fall Conference. 7 a.m.-3:30 p.m. at Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. Members of the Women's Ministry of Greater Little Zion Baptist Church, Fairfax, Virginia present their 2019 Fall Conference, exploring the theme: Women of God: Stretching for the Imagined Life in Christ. (Ephesians 3:20 MSG). \$45 per individual or \$80 for two SisterFriends. Register at glzbc.org and click on Women's Ministry 2019 Fall Conference or call the church's Administration Office at 703-239-9111.

Watershed Clean-Up Days. 8-11 a.m. at Royal Lake Park, Fairfax. Grab a bag and go on a trash scavenger hunt as the Park Authority hosts "Watershed Clean-Up Days" again this fall. Lend a hand by helping to remove tires, bottles, cans and other debris from local waterways. Helping to clear the earth's vital arteries is a great community volunteer project for service groups and students. All ages are welcome. For a complete listing and to sign up as an individual volunteer, visit www.fairfaxcounty.gov/parks/volunteer. Groups should call the site of choice.

SUNDAY/SEPT. 22

50+Expo. Noon-4 p.m. at Springfield Town Center in Springfield. This annual event features speakers and exercise demonstrations, health screenings, flu shots, informative resources and entertainment for older adults and their families. The keynote speaker will be Dr. Matthew Mintz, a board-certified internist and Washingtonian Top Doctor, who will address the issue that has everyone abuzz: "Medical cannabis and CBD oil: What you need to know." Free. Visit www.theBeaconNewspapers.com/50-expos or call 301-949-9766.

MONDAY/SEPT. 23

Community Conversations. 6:30-8:30 p.m. at Gum Springs Community Center in Alexandria. Fairfax County is planning for the next 10-20 years in the community and they want to hear from everyone. Share thoughts, insights, opinions and experiences that will be used to help further shape a countywide strategic plan. Register via www.fairfaxcounty.gov/strategic-plan-community-conversations. Arrangements for child care, transportation assistance, interpretation services and reasonable ADA accommodations can be made by calling 703-324-5302, TTY 711.

School Board and Chair of the Board of Supervisors. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate and invite all certified candidates in their respective districts. After a moderated discussion, meet the candidates. Volunteers, including students, are welcome. Visit www.lwv-fairfax.org/candidateforum for more.

TUESDAY/SEPT. 24

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.

SATURDAY/SEPT. 28

Caregiver Bootcamp. 9:30 a.m.-3:30 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Join IMCC for a special day-long training event covering many essential caregiving topics. Insight offers the Caregiver Bootcamp to help caretakers learn more about essential caregiving topics, all in one place. Learn from experts in their fields. A continental breakfast and lunch will be provided. Register at insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.



Office: 703-503-1881
ShelleyD@LNF.com
Cyndee@LNF.com



Just Listed!
Fairfax Station
\$749,900

This is it! Completely UPDATED from top to bottom, stately 4 BR Brick Colonial w/ walk-out basement on nearly 1/2 acre lot backing to woods! Lake Mercer is steps away! Silverbrook ES / South County SS pyramid!

For more information: WelcomeHomeRealtyPartners.com • 703-503-1881



Catie, Steve & Associates
Direct: 703-278-9313
Cell: 703-362-2591
Life Members, NVAR Top Producers
Multi-Million Dollar Sales Club



Fairfax
\$595,000

Truly a Cinderella story, and now your family & wallet will be very comfortable in this classic colonial! All wallpaper and flooring have been removed and she has been freshly painted, and new carpet has been installed. New driveway, shutters and finished "walk-out" lower level with huge recreation room and "true" 5th bedroom! Great lot, one-car garage and cul-de-sac location come too. If you want a Payne Model in Middelridge for a good price, now is your chance!



MARSHA WOLBER
Lifetime Member NVAR, Top Producers
Top 5% of Agents Nationally
www.marshawolber.com
Cell: 703-618-4397



Manassas **\$519,900**

Country living but EZ commute! Updated contemporary with soaring ceilings, beautifully renovated kitchen and baths is sited on 3+ private and secluded acres just across the river and minutes from the town of Clifton.



JUDY SEMLER
703-503-1885
judys@lnf.com



Coming Soon - Fairfax - \$599,950

Freshly updated with all new paint (inside and outside) and carpet, new garage and driveway ... plus a cul-de-sac lot. This 5 bedrooms 2.5 bath colonial in Middelridge is ready for a new family to love. Original owners have taken all the wallpaper down and freshened everything up for you to make this house your home. Hard to get a colonial in Middelridge under \$600K. Hurry call Judy today to learn more!

MRP **AMANDA SCOTT**
BEST WASHINGTONIAN 2017 **BEST WASHINGTONIAN 2018**
703-772-9190
Top Producer
www.AmandaScott.net



Gainesville Heritage Hunt 55+ \$534,900

Lovely 3 level Lakemont; 3 BR, 3 BA, Den, Grmt Kit, island, pntry, Brkfst rm, Fam rm off Kit, Live, Din, 2 sd Gas Fpl, Mldg, HDWDS, Loft, Unfin LL: wndws, door to yard, rough-in BA, Covered Deck, Fenced Yd, 2 Car Gar, fits 4 cars on drwy, Irrig Syst, Cul de Sac. MOVE-IN-READY!



Burke Centre/Woodwalk \$344,900

BEAUTIFULLY UPDATED 2 lvl condo TH, NEW Kitchen w granite, NEW wide plank floor, 3 BR, 2.5BA, NEW paint, Liv/Din, HVAC & HWH replaced, Up/lvl Laundry, stairs to fenced back yd. Assigned pkg.

www.HeritageHuntHomes.com



DAVID & VIRGINIA
Associate Brokers
703-967-8700
www.BillupsTeam.com



ANNANDALE \$679,900
Woodson H.S. district! 5BR, 4 level home with over 3,000 SF of living space. Updated kitchen & baths. 4 seasons Florida room addition. Refinished hardwoods on 2 levels. Big family room with gas fpl. www.4815WakefieldChapelRoad.info



CROSSPOINTE \$889,900
Enjoy spectacular lakefront views! Over 5,000 SF of refined living space! 6 spacious BRs, loft, finished walkout basement. Updated kitchen & baths, roof, HVAC systems and windows. www.8505HeronPondLane.info



Celebrating
Joyce Wadle
Top Producer
BEST WASHINGTONIAN 2019

JOYCE WADLE

CERTIFIED MILITARY RELOCATION PROFESSIONAL
HONORED TO HELP FAMILIES BUY AND SELL IN NORTHERN VA EVERYDAY

Long and Foster Founders Club
Multi Million Dollar Top Producer

www.pcswithjoyce.realtor
703-403-3058

THINKING OF SELLING, NOW IS THE TIME



6314 Gormley Pl, Springfield



9530 Burning Branch Rd, Burke



8729 Pohick Rd, Springfield



DIANE SUNDT
703-615-4626
Military Relocation Specialist
Over 20 Years Experience



Judy McGuire
703-581-7679
NVAR Multi-Million Dollar Club
NVAR Top Producer



Burke Centre JUST LISTED! \$419,900

Lovely 3BR/2.5BA end unit backing to woods. Hardwood floors on the main level. Eat-in kitchen. New carpet. Freshly painted. Custom closets. Finished walkout basement with built-ins. Must see.
Call Diane at 703-615-4626.



Woodbridge Belmont Bay

Beautiful 2-bedroom, 2-full baths, plus bonus room in Beacon Park at Belmont Bay. Located off Rte. 1, minutes from I-95 and commuter parking lots. VRE station is located 1/2 mile in the community. Relax on the roof top and enjoy views of the Occoquan River. Call Judy McGuire, 703-581-7679, for more information.



David Levent
703-338-1388
davidshomes@LNF.com
Experienced Agent - Amazing Results
6 Year Member, NVAR Multi Million Dollar Sales Club



ELLIE WESTER
703-503-1880
L&F Founder's Club
Lifetime NVAR Top Producer
Life Member, NVAR Million Dollar Sales Club
ellie.wester@longandfooster.com



For Rent Coming Soon

Burke Centre Townhome 3 Bedroom 3 Full Baths Finished Basement With Full Bath. Stainless Appliances Lower Level Rec Room Close to Burke Centre Shopping and the VRE. Burke Centre Amenities Include 5 Outdoor Pools. Available mid Oct. Call For Details.

Haymarket/Dominion Valley Country Club - \$1,030,000



The Hampton by Toll Brothers in beautiful Dominion Valley Country Club. Exquisite appointments and upgrades throughout the interior while the woods beyond offer wonderful views and privacy from your multilevel decking. Over 6000 finished square feet with 4 bedrooms, 4.5 bathrooms, and spacious three car garage.



“Committed to Earning the Loyalty of Our Clients by Providing Unparalleled Professionalism and Exceptional Service While Supporting Our Community.”

