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

West Springfield High Celebrates Renovation

IScream for Gender Equality
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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.”

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 Herrity 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 Herrity 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.

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.

The school’s athletic home of fame.

The brand new dance studio for the nationally ranked team (they were on America’s Got Talent).
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 merely leaders, but convivers — 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 ill-legisla
tive maneuvering. This is a case of breaking faith with the people...” The Senate must concur on the override before it becomes effective.

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 tech
iques, and employing new technologies (e.g., late model tasers and body cameras for all of
cers). Implementation is nearly complete.

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

A final area, Independent Oversight and In
vestigation, has met strong resistance from police. Three activities were proposed. A rec
ommendation to build independent investiga
tive capacity with the Commonwealth Attorney was killed by the Supervisors.

However, the Independent Police Auditor (IPA) is in place and reviewing all officer in
vestigations of them. CRP’s power was diluted in the approval process. Still, the cre
ation of the CRP and the IPA mark truly his
torical turning points in drawing back the steel blue curtain.

More at https://www.fairfaxcounty.gov/policie
mcivilianreviewpanel/complaint-process

OPINION

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 Po
lice Practices submitted its final report to Fairfax County’s Board of Supervisors. The 202 unanimously agreed recom
mendations contained therein, if fully implemented as intended by the 40-mem
ber Commission, would be transformative of our Fairfax County Police Department (FCPD).

While transformation would be an exaggera
tion 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 af
ter an officer’s fatal shooting of unarmed John Geer, divided its report into five areas: Com
munications, Recruitment & Diversity, Mental Health, Use of Force, and Independent Over
sight & Investigations. In the 75 years since the Police Department was created, the men in bl
ue 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 Communica
tions, i.e., public information on police opera
tions, have been implemented, including install
ing a civilian chief of communications. At
times getting out information on

Legislating by Skulduggery

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More at https://www.fairfaxcounty.gov/policie
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A
fter 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.

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.
Normal Adolescent Moods Swings or Depression?

Making a distinction between the two can be difficult.

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 to 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 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.”

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.
Communities of Worship

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

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.
Unleash the Beast

For just the second time in league history, PRB’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 Passport Circle, Fairfax. Visit www.ticketmaster.com/sbr-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 Galey 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, 5-7:45 p.m. at the Hylton Education Center on the campus of Centra 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 pementalhealth.eventbrite.com.

SATURDAY/SEPT. 21
Archaeology Day, 10 a.m.-4 p.m. at George Mason’s Gunston Hall, 10799 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-onespirit.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, 370 Old Lee Highway, Fairfax. All proceeds benefit The Shepherd’s Center of Fairfax-Burke and support area seniors. $10 includes 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 703-531-2112.

Crabs and Corn Hole, 1-4 p.m. at Fairwinds Brewing Company, 7090 Newington Road, Lorton. The Key Center PTA is sponsoring an All You Can Eat Crabs and Corn Hole event. Tickets are limited. All profits will go to support Key Center School programs. $5. Visit keycenterfps.edu/ or call 703-313-4800.

SUNDAY/SEPT. 22
Electric Car Expo, 10 a.m.-3 p.m. at Old Town Alexandria, 113 North Royal Street. Electric, hybrid, alternative fueled and electric vehicles will take their work home. For teens and adults. Free. Email sonal.gosai@fairfaxcounty.gov or call 703-273-3638 for more.

Unleash the Beast, At Fairfax’s EagleBank Arena, 4500 Passport Circle, Fairfax. PRB’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 Passport Circle, Fairfax. Visit www.ticketmaster.com/sbr-unleash-the-beast-tickets/artist/2550701 for tickets.

MONDAY/SEPT. 23, 30

WEDNESDAY-SUNDAY/SEPT. 25-29
Library Book Sale. Wednesday (member preview), Thursday, 1-9 p.m.; Friday, 10 a.m.-4 p.m. and 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 off and over 100 percent donated. All proceeds benefit the Burke Centre Library and the Fairfax County Library Foundation for collection enhancement and other programming.

THURSDAY/SEPT. 26

Burke Connection | September 19, 2019
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, 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 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 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

Runners pass a United 787 Dreamliner parked on the runway.

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

Durbois Zim from Fairfax is about to cross the finish line of 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.
Medicare Is In The House

BY KENNETH B. LOUIE

More like in my wallet. After worrying for the past 10 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 a decades-old “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 flounder about hospitals, doctors’ offices and 1-800 numbers for insurance companies. Reaching milestones in destinations, sort of is a way I’ve measured and evaluated my cancer experience. Not that I keep a chart or even write it down. With 12 marks the days but “I’ve looked at 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 Copley Field House in the ’70s — once on stage however, she realized she was too sick to perform and stage right went occasionally to music that I 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 1607 and which became law in 1966 fulfilling promises made to all Americans who much age fit that health insurance is their right and not because they were privileged.

Nevertheless, I feel privileged to be “Medicare.” 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 proton beam.

Serendipity, “It’s been holed over. 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 go up.

A tremendous weight has been lifted from my shoulders. I have to do it now is live with the fact that I have stage 4 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 Charlie. As a result, if I’ve regained a form of control to 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 “Bright’s.” “Brights, brightens, makes cold bodies new. We’ll sell a million bottles, w00, w00, w00, w00, w00” (The Three Stooges in “Dizzy Doctors,” 1937). And that’s just the kind of silly enthusiasm I’ll need living foreword.

Hardly the cure cancer I have on the run. I wouldn’t even say I have it on the run. A stager, maybe. Or maybe that’s me when stagging when I see my balance because of the neurologic in my left.

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 “Flaming Tomato Cigar” either. At least the bigger effect will be on me, emotionally. I just hope that’s enough. Because I’m going to need all the ammunition I can muster.

By Kenneth Louis is Advertising Representative for The Potomac Almanac. 

Burke Connection ❖ September 19-25, 2019 ❖ 11

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

FRIDAY/SEPT. 20

Naming and Dedication: The Gerry W. Hyland Building. 1 p.m. at the South County Center, 14900 Gelber Highway. Reception to follow. RSVP for planning purposes. Visit www.fairfaxgov.com/naming-and-dedication-gerry-w-hyland-building.

SATURDAY/SEPT. 21

Women’s Ministry 2019 Fall Conference. 7 a.m. at Greater Little Zion Baptist Church, 11815 Zion Drive, Fairfax. Members of 00-Expo or call 301-949-9766.

SUNDAY/SEPT. 22

Watershed Clean-Up Days. 8-11 a.m. at Royal Lake Park, 14820 N. Groveton Ave in Twinbrook. Grab a bag and go on a trash scavenger hunt as the Park Authority hosts “Watershed Clean-Up Days” again this fall. Tend a hand by helping to remove tires, bottles, cans and other debris from local waterways. Helping to clean is easy! Earth’s vital arteries are 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.

MONDAY/SEPT. 23

Community Conversations. 9-10 a.m. at 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. Tend a hand by helping to remove tires, bottles, cans and other debris from local waterways. Helping to clean is easy! Earth’s vital arteries are 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.

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 a 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 volunteers 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 multiple essential caregiving topics. Insight offers the Caregiver Bootcamp to help caregivers 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 703-204-6644 or lindsay.vajpeyi@insightmcc.org.
JUDY SEMLER 703-503-1885 judys@lnf.com

Coming Soon – Fairfax - $599,990
Freshly updated with all new paint (inside and outside) and carpet, new garage and driveway – plus an addition kit. 3/5 bedrooms, 2.5 baths in Middletown 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. Hurry to get a colonial in Middletown under $600K. Hurry call Judy today to learn more!

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