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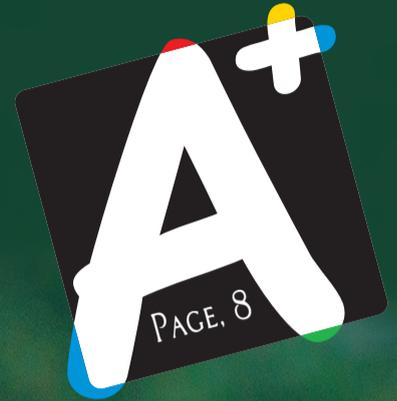
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# Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington



Sally Tran (#1449) and Ron Sun (#1447), both from Springfield, at the beginning of the 5k. The 7th annual Dulles Day 5k/10k on the Runway took place on Sept. 14.



## Running on Runway

NEWS, PAGE 14

West Springfield High Celebrates Renovation

NEWS, PAGE 9

Area Advocates Demand: 'Defund Hate'

NEWS, PAGE 4

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

PHOTO BY TOM MANNING/THE CONNECTION

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Each group focused on one of nine topics.



Booklet and form are an important way to gather feedback.

PHOTOS BY MIKE SALMON/THE CONNECTION

# Fairfax County Long Term Plan Enters the Think Tank

A series of meetings with public participation is underway.

BY MIKE SALMON  
THE CONNECTION

When Jacob Stenstrom walked into Lake Braddock Secondary School, it was different than when he was a student. He was now trying to learn the ways of the county and taking part in the Fairfax County Strategic Plan Meetings was a start for the now-college grad. “I want to be more active in my community,” he said.

Stenstrom was among a cafeteria full of people in attendance at the first of the county’s strategic plan meetings across the county to make a plan for Fairfax County in years to come. This was the second series of such meetings that began in February, and this set of meetings will end this December when the planners hand the plan over to the Board of Supervisors for finalization.

The planners, led by James Patterson, manager of countywide strategic planning, divided the county’s expectations into nine categories as they wrestle this enormous task into conceivable terms. The nine categories, range from economic opportunity to safety and security, but in the first of several steps, everyone was looking at the issues from 30,000 feet – issues that will be put under a microscope further down the road of this process.

“We want to get your input, are we on the right track?” asked Patterson.

The Fairfax County Strategic Plan was subtitled “Shaping the Future Together,” and laid out nine subtopics impacted everyone in the county. It was presented in a booklet that each participant took as they went to the various stations to discuss the intricacies. There were survey cards to fill

WWW.CONNECTIONNEWSPAPERS.COM



James Patterson, manager of countywide strategic planning, explains the procedure of the evening’s planning activity.

out at each station, and questions to bring up that got the conversation going. All the data and comments will be compiled in the end.

“I see nothing in here that addresses ecological value,” said one man at the “Health and Environment,” station.

“People need to think of spending money like it’s their own money,” said another in the “Effective and Efficient Government.” Station.

In the 36-page booklet, there was a mission statement of sorts under each chapter topic and then bullet points for each that the participants will evaluate. Under “Effective and Efficient Government,” for instance, the goal read “Fairfax County is a place where all people trust that government responsibly manages resources and provides exceptional services.”

Every 20 minutes, stations shifted and attendees addressed another aspect of the plans.

In Fairfax County, “there’s a lot of things that are working well but there areas a lot of things that could be better,” said Steve Struthers of Accenture Company, a contractor that was brought on to facilitate these discussions. All the strategies that were presented are “very preliminary,” Struthers said.

The nine areas of discussion included:  
 ♦ Cultural and Recreational Opportunities  
 ♦ Economic Opportunity  
 ♦ Education and Lifelong Learning  
 ♦ Effective and Efficient Government  
 ♦ Health and Environment  
 ♦ Housing and Neighborhood Livability  
 ♦ Mobility and Transportation  
 ♦ Safety and Security  
 ♦ Self-Sufficiency for People with Vulnerabilities  
 Burke resident Theresa Parillo was over-



Early on, comment forms were collected.

whelmed after looking at the book and attending a few of the discussions. “It’s hard to say no to any of this,” she said.

Although most things “county,” are budget-dependent, the dollar topic is so far into the future that the budget wasn’t part of the discussion. A rough draft of the wants and needs will be put together in the November-December time frame, and then presented to the Board of Supervisors after that, and it will be worked into the plan sometime after that. The plan may go into place ten to twenty years from now, officials said. “Strategic plans need to be lean,” said Struthers.

After growing up in Fairfax County, Stenstrom wants to stay here, but is looking at cost, which was one of the nine areas of concentration. “It made sense overall, I like that there’s a plan,” he said.



Members of Herndon-Reston Indivisible (HRI) protest in front of the U.S. Capitol urging Congress to fight detention, raids and family separation by defunding them through the congressional appropriations process.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Members of Herndon-Reston Indivisible (HRI) prepare to enter the office of Congresswoman Jennifer Wexton (D-10), to deliver a letter urging her to fight detention, raids and family separation by defunding them through the congressional appropriations process.

# Area Activists Demand: 'Defund Hate'

**Congress resumes, local protestors stand with immigrants.**

BY MERCIA HOBSON  
THE CONNECTION

On Monday, Sept. 9, members of Congress returned from recess. Four days later, on Sept. 13 in a doubleheader near their home turf, members of Herndon-Reston Indivisible (HRI) took to the streets of Virginia and the District of Columbia in a force of activism. HRI members from Reston — Carrie Bruns, Joanne Collins, Diana Smith, Sally Misenick and Leah Findlay; Herndon residents — Sharon Wunder and Sherry Blanton; and Vienna resident Meredith Haines; - stood with immigrants in a national day of action, part of the Defund Hate Coalition to fight detention, raids and family separation by defunding them through the congressional appropriations process.

At their first stop, HRI members met in front of the U.S. Department of Homeland Security U.S. Citizenship and Immigration Services building at 2675 Prosperity Drive in Fairfax. There they held their distinctive illuminated letters that spelled out the words, "DEFUND HATE."

Del. Kenneth R. "Ken" Plum (D-36) joined the protestors and held up a sign announcing for himself, "DEFUND HATE."

HRI member Diane Smith of Reston who took part in the protest explained the meaning of "Defund Hate" as "a nationwide action initiated by Indivisible to demand Congress stop the administration's un-American and inhumane policies against asylum seekers and immigrants, including separation of children from parents, mass incarceration, profiling, and other abuses."

Members of Herndon-Reston Indivisible (HRI) deliver their letter to the Washington D.C. office of Congresswoman Jennifer Wexton (D-10). In it, they urge her to fight detention, raids and family separation by defunding them through the congressional appropriations process.



Del. Kenneth R. "Ken" Plum (D-36) joins Herndon-Reston Indivisible protestors in show of solidarity with immigrants as he holds up a sign saying, "DEFUND HATE" in front of the U.S. Department of Homeland Security U.S. Citizenship and Immigration Services building at 2675 Prosperity Drive in Fairfax.

U.S. Capitol in Washington D.C. where they stood once again in protest with their letters spelling out, Defund Hate. Car horns sounded in support of the protestors; verbal remarks sounded against the support of the protestors. Through it all, the demonstrators remained firmly planted for their second hour.

Standing in their yellow t-shirts, the phrase, "It's a "Marathon, Not a Sprint," showed when members turned around. "We knew, even in the early days of the Trump administration, that our fight would not be accomplished quickly. We are in for the long haul, to defeat policies against immigration. ... This motto reminds us not to become discouraged and to never give up in our efforts," said Carrie Bruns of Reston.

Shortly after 3 p.m, HRI members lowered their letters, bagged them and walked to the offices of U.S. Rep. Jennifer Wexton (D-10) and U.S. Rep. Gerald Connolly (D-11). HRI members left letters addressed to Wexton and Connolly demanding they and other members of Congress defund hate.

**MEREDITH HAINES OF VIENNA** is a member of HRI. Haines is also an immigrant and participated in the #DefundHate campaign. Asked why she attended, Haines stated, "The #DefundHate campaign speaks to the cruelty of the administration's actions regarding immigrants and refugees. I am an immigrant, like one-third of Fairfax County residents, so my perspective on the issue is not unique... Indivisible has written a manual, literally, for grassroots progressives on how to be effective, and seeing a campaign move the needle on an issue is invigorating, as is being around like-minded people. It is always a good time to be on-site with the Herndon-Reston Indivisible crew."

Visit [www.govtrack.us/congress/bills/116/hr3931/text](http://www.govtrack.us/congress/bills/116/hr3931/text) for additional information.

Enforcement (ICE) and ensures these two agencies cannot misuse funds."

**AFTER AN HOUR OF PROTESTING,** HRI members traveled to their next site, the

PHOTO BY ROBIN KENT

# WEEK IN SPRINGFIELD

## Fatal Crash in Springfield

Detectives from Crash Reconstruction Unit continue to investigate a fatal crash that occurred around 1:40 p.m. Sept. 11 afternoon in Springfield. A 2018 Tesla was traveling eastbound on Loisdale Road. The driver attempted a U-turn at Loisdale Court and struck a 2002 Honda motorcycle that was traveling westbound on Loisdale Road. The motorcyclist, Wayne Marbury, 66, of Woodbridge, was taken to a hospital where he died.

The driver of the Tesla remained at the scene and is cooperating with the investigation. Detectives believe that neither speed nor alcohol were factors in the crash.

### BULLETIN BOARD

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

#### 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](http://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

Charges are pending further investigation.

Anyone with information about this crash is asked to contact Crash Reconstruction Unit at 703-280-0543.

Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477), by text – Type "FCCS" plus tip to 847411, and by web – at [https://www.tip411.com/tips/new?alert\\_group\\_id=21984](https://www.tip411.com/tips/new?alert_group_id=21984). Download our Mobile tip411 App "Fairfax Co Crime Solvers".

Anonymous tipsters are eligible for cash rewards of \$100 to \$1,000 dollars if their information leads to an arrest.

in Christ. (Ephesians 3:20 MSG). \$45 per individual or \$80 for two SisterFriends. Register at [glzbc.org](http://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](http://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 SEE BULLETIN BOARD. PAGE 15

**KING STREET** KING STREET IN OLD TOWN ALEXANDRIA, VA

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## 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

COMMENTARY

— 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.

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.

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.



## NEWS

# Providence Chapter DAR Promotes Constitution Week

The celebration of the Constitution Week, an annual commemoration of the living document that upholds and protects the freedoms central to our American way of life, this year begins Sept. 17, 2019.

The Daughters of the American Revolution (DAR) initiated the observance in 1955, when the organization petitioned the U.S. Congress to dedicate Sept. 17-23 of each year to the commemoration of Constitution Week. Congress adopted the resolution, and on Aug. 2, 1956, President Dwight D. Eisenhower signed it into Public Law #915.

The celebration's goals are threefold: to encourage the study of the historical events that led to the framing of the Constitution in September 1787; to inform people that the Constitution is the basis of America's great heritage and the foundation of our way of life; and to emphasize U.S. citizens' responsibility to protect, defend and preserve the Constitution.

DAR has been the foremost advocate for

the awareness, promotion and celebration of Constitution Week.

This annual observance provides innumerable opportunities for educational initiatives and community outreach, two mission areas of crucial importance to the National Society's work.

By fostering knowledge of and appreciation for the Constitution and the inalienable rights it affords to all Americans, DAR helps to keep alive the memory of the men and women who secured our nation's independence, whose bravery and sacrifice made possible the liberties we enjoy today.

One of the largest patriotic women's organizations in the world, DAR has more than 185,000 members in approximately 3,000 chapters across the country and even in numerous foreign countries. For additional information about DAR and its programs, visit [www.dar.org](http://www.dar.org), or for local Fairfax Station chapter information, email: [dar.providence@gmail.com](mailto:dar.providence@gmail.com).

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# 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.

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."

**"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

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## 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.



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 "Rip" 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



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).



Spectators look on as a team pulls a FedEx airplane.



The Fairfax County Police Unified Team 2 pulls an 82-ton FedEx Airbus A320.

# Dulles Day Festival, Plane Pull Attract Crowds

The 27<sup>th</sup> annual Dulles Day Festival and Plane Pull was held at Washington Dulles International Airport on Sept. 14. The event, presented by the Metropolitan Washington Airports Authority and United Airlines, has raised more than \$2 million for the Special Olympics of Virginia since it began in 1992. This year, 59 teams competed to see how fast they could pull a FedEx Airbus A320 or a United Boeing 757 airplane 12 feet. The Chesapeake Sheriff's Office won for the twelfth consecutive year. The Chesapeake team completed their pull in 4.95 seconds, beating the team from the Fairfax County Sheriff's Office by just .01 seconds.

**Families explore the inside of a C17 Galaxy transport aircraft from Martinsburg, WV.**



JoJo Shannon, 7, from Springfield, enjoys the view from his dad Joe's shoulders after just pulling for Reston-based Octo Consulting.

PHOTOS BY  
TOM MANNING/THE CONNECTION



Visitors check out a FedEx race car and go inside a FedEx airplane.



It's all smiles for the lead pullers of team Diplomatic Security Special Agents Association.

# ‘ARTS By George!’ to Feature Broadway Superstar Audra McDonald

The event benefits student scholarships at George Mason University.

BY DAVID SIEGE  
THE CONNECTION

Each September, the George Mason University College of Visual and Performing Arts (CVPA) presents the “ARTS by George!” Gala to benefit students’ scholarships and local community arts programs.

Students and faculty from the CVPA join forces showcasing exceptional performances and distinctive exhibits in open studios and rehearsal halls throughout the GMU deLaski Performing Arts Building. To benefit students’ ability to attend college, the event includes a silent auction of arts-related items and experiences as well as wine and restaurant stations from the top restaurants in the region for guests to enjoy.

Over the decades “ARTS By George!” has culminated in a gala performance by major performing artists. This year is no exception.

Tony, Grammy and Emmy Award recipient Audra McDonald will grace the Center for the Arts stage. She will perform a mix of hits from Broadway and The Great American Songbook. McDonald will be joined onstage by a three piece band including piano, bass and drums. After her performance she will be on stage for a champagne and dessert reception with Gala guests.

The annual “ARTS By George!” event has raised more than \$1 million since 2006 to benefit students. The scholarships have helped many students to attend college.

This year’s Gala co-chairs are Steven Golsch (McLean) and Anne Bolger. “I have been blown away by the high caliber talent of GMU visual and performing arts students. With headliner Audra McDonald, you don’t want to miss this evening,” said Golsch.

“More so, it is not just another

night of entertainment. The funds raised help student scholarships,” Golsch said. “Scholarships make the difference for some students to be able to attend college.”

One of those Mason students assisted with a scholarship is Hasan Crawford from Burke. Crawford graduated from Robinson Secondary School. He is a sophomore at the George Mason College of Visual and Performing Arts. “I felt so comfortable applying to Mason. Applying included an audition,” said Crawford. “The faculty and students were and have been so helpful. I just fell in love with the school.

“At my audition I learned so much. The faculty members were kind; they gave notes after my audition so I could improve my work,” added Crawford. “They helped me find new ways to be the characters I performed.” Crawford also mentioned that “while I work, the “ARTS By

## Where and When

“ARTS By George!” Gala and Concert at George Mason University, 4400 University Drive, Fairfax. Event: Saturday, Sept. 28, 2019, beginning at 5 p.m. Detailed Gala event tickets and sponsorship information call Emily Rusch at call 703-993-3872. Gala General tickets \$300, \$125°Mason Alumni Tickets. Sponsorships begin at°\$1,800

## “ARTS by George!” Gala

5 p.m.: Student showcases, silent auction, grand buffet

8 p.m.: Live auction and Fund-a-Student

8:30 p.m.: Headline Great performances with Audra McDonald

10 p.m.: On stage champagne reception with Audra McDonald

Tickets only for the Audra McDonald mainstage concert at 8:30 p.m. are \$50, \$75 and \$100. Visit [www.cfa.gmu.edu](http://www.cfa.gmu.edu) or call 888-945-2468. Note. ADA accessible seating is available at the Center for the Arts.

George!” scholarship reduced my financial anxiety.”

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:sonal.gosai@fairfaxcounty.gov) or call 703-644-7333, ext. 4, or visit [librarycalendar.fairfaxcounty.gov/event/5618898](http://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](http://www.fairfaxcounty.gov/parks/lake-accotink).

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxvfd.com](http://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](http://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](http://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](http://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 [pwcmentalhealth.eventbrite.com](http://pwcmentalhealth.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](http://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/](http://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](http://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/](http://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](mailto: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](http://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](mailto: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](mailto: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](http://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](http://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](http://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.erinpetersonfund.org](http://www.erinpetersonfund.org) and click on Golf Registration. Raffle tickets may also be purchased online.

# NEWS

## The Springfield District Candidate Forum Will be Held on Oct. 3

The League of Women Voters of the Fairfax Area will hold a Springfield District Candidate Forum on Thursday, Oct. 3, 2019 at 7 p.m. The event will be held at the Pohick Regional Library, 6450 Sydenstricker Road, Burke. Candidates certified for the Nov. 5, 2019 general election have been invited and are listed here as they appear on the Virginia Department of Elections' website:

### AREA ROUNDUPS

## Fairfax 50+ Expo to Be Held at Springfield Town Center

A free Fairfax 50+ Expo will be held Sunday, Sept 22, 12-4 p.m., at Springfield Town Center. Exhibitors include government agencies, nonprofits and local businesses and will provide giveaways and helpful information, answering questions about retirement communities, home remodeling, financial planning, health care, travel, fitness, senior services and more. There will also be speakers and exercise demonstrations, health screenings, and flu shots. In addition, the AARP Shredder Truck will be on hand to securely dispose of your sensitive documents. The keynote speaker is Dr. Matthew Mintz, a board-certified internist and Washingtonian Top Doctor. The event is free, no registration is necessary, and parking is plentiful. So just show up on Sunday, Sept. 22, from noon to 4 p.m., at Springfield Town Center, 6500 Springfield Mall, Springfield. The event is sponsored by The Beacon Newspapers in partnership with Fairfax County and several local businesses. For more information, call 301-949-9766 or visit [www.theBeaconNewspapers.com/50-expos](http://www.theBeaconNewspapers.com/50-expos).

## Seminar on Interpreting the Past in Burke

At 7 p.m. on Tuesday, Oct. 1, Burke Historical Society research seminar continues: Sean Devlin, Curator of Archaeological Collections at George Washington's Mount Vernon, will describe the process of interpreting the past from its physical remains, with examples of current work at Mount Vernon. The class will be held in the large meeting room (immediately to your left as you enter) of Burke Centre Library (5935 Freds Oak Road in Burke).

Board of Supervisors Member candidates Linda D. Sperling (D) and Patrick S. "Pat" Herrity (R); School Board Member candidates Laura Jane H. Cohen (Independent), R. Kyle McDaniel (Independent) and Elizabeth L. Schultz (Independent); House of Delegates District 42 candidates Steve P. Adragna (R) and Kathy K. L. Tran (D).

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](http://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](mailto:PR@lwv-fairfax.org).



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## NEWS



Runners pass a United 787 Dreamliner parked on the runway.

## Running On Runway

The 7<sup>th</sup> 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.

# BULLETIN

FROM PAGE 5

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](http://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](http://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, or by School Board and Chair of the Board of Supervisors candidate forums. 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](http://www.lwv-fairfax.org/candidateforum)

## 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](http://insightmcc.org), or contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org).

**Messy Church.** 5-6:30 p.m. at St. Peter's in the Woods, 5911 Fairview Woods Drive, Fairfax Station. Join St. Peter's in the Woods for their monthly Messy Church. It's a worshipping community especially geared towards families and young children, but welcoming to all. Bible-themed crafts and activities, casual worship and a free, family-style dinner. Call 703-503-9210 for more.

Registration is appreciated, visit [www.stpetersinthewoods.org/events](http://www.stpetersinthewoods.org/events).

## MONDAY & WEDNESDAY/SEPT. 30-OCT. 23

**Community Emergency Response Team Training.** 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit [volunteer.fairfaxcounty.gov/custom/1380/#/opp\\_details/184991](http://volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184991) to register.

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## 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.*



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