

# Burke CONNECTION

## WELLBEING

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J. Michael Whalen's latest film, 'Canned Hunt,' is now showing on Amazon Prime. Whalen is a Lake Braddock alumnus.

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PHOTO BY MIKE SALMON/CONNECTION

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J. Michael Whalen goes by the filmmaker philosophy "Story is King."



Whalen tackled racial overtones in 'Canned Hunt.'

PHOTOS CONTRIBUTED

# Locally Made Film Is a Hit on Amazon Prime

## Lake Braddock alumnus, local filmmaker.

BY MIKE SALMON  
THE CONNECTION

In J. Michael Whalen's latest film, "Canned Hunt," the action starts with three white guys beating up an older black guy, so the story line touches on racism and violence, using a lot of flashbacks which were filmed right behind Victory Comics in Falls Church. This is what local filmmakers do until they get that big break, and Whalen looks at it as a semi-big break since it is now showing on the Amazon Prime channel.

"All the flashbacks are filmed right behind Victory Comics, they let us film, use their bathroom and all, it was really great of them," said Whalen, a Lake Braddock Secondary School alumnus, class of '94, and now a resident of Falls Church. "I had written the script years ago, it is very timely," he said.

"The story focuses on a boxer that feels a responsibility to avenge a fallen mentor and friend," the website description reads. A former Falls Church restaurant was used as a set too.

"We had a big fight scene at the Mad Fox," Whalen said. The owners let them film there, but Whalen admitted "for every location I have in that film, there are five that turned us down."

Being on Amazon is a big deal too, and last time Whalen checked the analytics of the film's showings, there were many watchers in Japan. "I get royalties every month," he said. Whalen has his own movie production company, called Torasu Production Company. With the arrival of the laptop editing systems and compact cameras, there's no need to be paying rent at an office. "Everything is on the cloud and laptops," he said.

"Torasu Productions, LLC was started in 2006 by Director/Cinematographer J. Michael Whalen with a simple philosophy; Story is King," it states on the website.

Brittany Martz, a local actress and graduate of George Mason University, played a



Property owners were cooperative when he approached them for local location scenes.

crackhead named Shelly in Canned Hunt. The character was "very different then who I am," she said. She appreciated getting hired for the part, to get into the roll, "I had some help from Whalen," she said. The film premiered at the Cinema Arts Theatre in Fairfax. "Shelly doesn't really have a quality of life," Martz said. Martz minored in theater at GMU and currently works with NextStop theater in Herndon, Adventure Theater in Maryland, and Who What Where theatre collective in Fairfax.

### High School Days

It all began in a history class at Lake Braddock where a teacher, Kevin Kidd, let Whalen and a friend submit a video as their final history project. The short film was a hit, and "that was it, we were hooked," Whalen said. Then there was a slasher film they did at the abandoned Lorton Prison in about 2003 or so, and then on to film school at Savannah College of Art and Design. At film school, "people's egos were running wild," he remembers. One fellow student came out with a film called "Jug Face," which achieved some notoriety Whalen remembers, but nothing else was memorable. "He had a much better budget than I ever had," he said.

The film school days were right at the crux

of film and digital video, so he dabbled in both genres, but has never gone as far as using his cell phone video camera, although some films have been done on the cell phone.

After film school, he made money filming McLean High School football games, and a few corporate videos, and met another fledgling filmmaker along the way. "I temped at offices and then got paired up with this guy, and we just started working on things," he said. "That led to two films," he said. Torasu Production Company got underway in 2006, and now he's got another film in the works centered around the opioid crisis.

That film has two stars – one that self-medicates, and the other is a prostitute. He's even reached out to Gary Busey, a Hollywood star who had parts in "Revenge of the Nerds," "Fear and Loathing in Las Vegas," and reality show "Dancing With the Stars." Busey is interested, and so is another female character that was the co-star in Xena: Warrior Princess. "It's got a lot of dialogue to it, it's got seedy drug dealers," Whalen said.

The storyline is partially based on a real-life character that died of a drug overdose. "She was alive when I wrote it, we actually dated," Whalen said. Right now, the title is



Brittany Martz is a graduate of George Mason University.

"Freak," but he might change it.

### Behind the Camera

Being a local filmmaker and having a production company doesn't automatically come with limo drivers and opening day galas. "Canned Hunt" did debut at the Cinema Arts Theatre in Fairfax as did a couple of his other films throughout the years, but there is the constant need for someone to financially back his films.

Everyone is a freelance actor too, so once they are on the set, out comes the egos and arguments. That's where free food comes in handy, courtesy of Whalen. "As long as you feed them, have a nice environment, and don't be a jerk," everything usually goes well, he said. There are a few times when the script calls for nudity, it has to be handled professionally. Usually this involves a woman. "You have to have them as totally at ease as you can," Whalen said.

The editing process is always longer than anticipated. "I don't think people are ready for that," he said, and has had a few people drop out of sight about then. Like Alfred Hitchcock and occasionally Francis Ford Coppola, Whalen has thought of being in the films as well, just for a bit part. "I was tempted to do some bazaar cameo," he said, but hasn't made that step yet.



## We Will be Watching You!

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



**F**or the second week in a row my column opens with a reference to six-teen-year-old Swedish climate activist Greta Thunberg who spoke to the United Nations Climate Action Summit last week after having sailed across the Atlantic on a zero-emissions sailboat. Her message was hard hitting. As she had said to a Congressional committee, it was not necessary that she speak for a long period of time for the scientists had already spoken in the numerous reports on climate change that had been written. As a leader who had inspired weekly sit-ins outside the Swedish Parliament resulting in a growing movement of youth climate activists holding their own protests in more than 100 cities worldwide her message was clear to the world leaders: "We will be watching you...How dare you continue to look

away and come here saying that you're doing enough, when the politics and solutions needed are still nowhere in sight!"

Gun violence is an issue about which young people have become increasingly concerned as well. A student who was at the high school in Parkland, Fla., when there was the mass shooting there has been quoted in the Washington Post as saying that "You see these shootings on TV every day and very little happening around it. It's painful to watch. And I think it's been really hard for me and many other students and people that we work with to find hope in this time." Once again, the young people are watching.

Students from the high school in Parkland have formed an organization called March for Our Lives whose very name indicates the seriousness with which they are approaching the issue of gun violence.

They have more than 100 chapters nationwide. Their proposed plan to combat gun violence, "A Peace Plan for a Safer America," goes well beyond the limited measures being debated in the adult world. Their plan creates a national licensing program with a gun regis-

try, a ban on assault weapons and high-capacity magazines, a waiting period for gun purchases, and a mandatory buy-back of assault weapons. Their program may seem extreme to many, but it deserves careful attention for it is written by young people who have the experience of having survived a mass shooting where their friends around them did not survive. Once again, we can expect that these young people and others will be watching what we adults do about this issue if indeed anything is done. Many years ago I worked in a manufacturing plant in the Shenandoah Valley with a man who as a devout member of the Brethren Church.

He would regularly remind me that we should live our lives as though someone is watching us for we could be sure that someone is watching us and observing our ethics, honesty and sincerity. We may be able to talk a good game, but those observing our behavior can learn more about us than we may care for them to know. In the political world these days there is way too much talk and too little action on critical life and death issues. Young people are watching and are calling us out!

### COMMENTARY

### LETTERS TO THE EDITOR

## No More Stonewalling on Gun Safety Legislation

To the Editor:

We have seen too many mass-shootings in America. Statistics show that compared to other high-income nations, the United States' gun-related murder rate is 25 times higher and accidental gun deaths is six times higher. Polls indicate a majority of Americans favor strong background checks and

banning assault-style weapons.

And we have seen how Republicans in Virginia continue to stonewall gun safety issues, most recently when the Republican majority voted as a block to adjourn without debate the special assembly of the Virginia General Assembly called to act on a series of gun safety bills. We need representa-

tives in the Virginia General Assembly who are willing to pass gun safety legislation supported by the majority of its citizens. Del. Kathleen Murphy (D-34) has a track record of working on such legislation and sponsored bills such as preventing domestic abusers from obtaining or keeping guns. She also founded the Gun Violence Prevention Caucus.

She supports enhanced background checks and closing the gun show loophole, banning bump stocks and semi-automatic firearms with high capacity magazines. Her opponent in this year's election is currently silent on gun safety legislation. The citizens of Virginia deserve more than silence and stonewalling on a topic of such importance.

**Jocelyn Brittin**  
McLean

islatore and didn't resort to dirty tactics such as when Republicans abruptly cut short a special session to pass gun legislation to quash debate. Virginia Democrats are not perfect but bipartisan work and the party's cohesiveness helped them win big in 2018 despite gerrymandered districts. Let us hope other candidates learn valuable lessons from Virginia's election this November.

**Kristin Battista-Fraze**  
McLean

## Virginia Is the Roadmap to Win in 2020

To the Editor:

The Washington Post's Sept. 15 article, It's on: VA. Voters flip switch for 'off-off-year' elections, well captured the enthusiasm among Democrats in this year's Virginia election. But the article overlooked how Democrats in this state have approached campaigning and governing since 2016 which will positively influence this year's races. Virginia will provide

a roadmap for current Presidential candidates and other states to win in 2020. Beyond turn-out and hatred for Donald Trump, Virginia Democrats have worked with Republicans and other progressives on issues important to voters and rallied to support candidates who won their primaries. In 2017, Tom Perriello lost the primary for the Governor but still pledged to elect Ralph Northam. One of Northam's

first accomplishments as governor was to work with Republicans to expand Medicaid, which has enrolled 300,000 low-income Virginians. On gun safety, practical solutions moved forward by Del. Kathleen Murphy when in 2016 she helped pass a law, which prohibits people under a permanent protective order from possessing a firearm. Murphy accomplished this in a Republican-controlled leg-

## Democrats Deliver on Transportation Projects

To the Editor:

Many Northern Virginia elected officials deserve our support for all they have done to address our area's transportation issues. It takes long term commitment and cooperation among citizens, elected officials and government agencies to solve these complex challenges. Our Democratic representatives, Del. Kathleen Murphy, State Sen. Barbara Favola and Fairfax County Supervisor John Foust have worked closely with all interested citizens, attending lit-

erally hundreds of meetings in their districts, seeking community input to represent their constituents' interests and concerns to VDOT and fellow elected officials.

In Richmond Kathleen Murphy and Barbara Favola have been fighting for Northern Virginia's fair share of transportation funding for years.

The landmark 2015 transportation bill that laid the groundwork for comprehensive transportation improvements throughout Virginia, was supported by them and

all other Democrats, while being opposed by many Republicans.

While these representatives would be the first to say there is much more to achieve, many citizens are grateful for what has been accomplished.

Here is one example I know about firsthand.

When the initial plans for widening Route 7 were released by VDOT, many in the Route 7 corridor were concerned that the design would negatively impact communities along the route. Further,

the plans did not provide sufficient access to Route 7. I contacted Del. Murphy. She immediately contacted Sen. Favola and Supervisor Foust.

They submitted a joint request to VDOT representing citizens' concerns.

This resulted in VDOT changing the plan to preserve green areas and provide better, safer access to Route 7.

**Jay Volkert**  
Vienna







**Washington International Horse Show welcomes 37 local teens attending schools in Virginia, Maryland, and DC to serve on the 2019 WIHS Junior Committee presented by Signature Academics. WIHS is Oct 22-27, see [www.wihs.com](http://www.wihs.com)**



**Maya Aryal, 15, of Fairfax, attends Oakton High School and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see [www.wihs.com](http://www.wihs.com)**

# Local Teens Make International Horse Show Work

**T**he Washington International Horse Show, which will present its 61<sup>st</sup> event at Capital One Arena on Oct 22-27, announced that Erin Gill of Reston, has been selected as the 2019 Youth Ambassador. WIHS also welcomes 37 local teens attending schools in Virginia, Maryland, and DC to serve on the 2019 WIHS Junior Committee presented by Signature Academics.

“The WIHS Junior Committee & Youth Ambassador Program represents the heart of the show,” said WIHS President Vicki Lowell. “These motivated teens are passionate about horse sports, and that’s what brings them to us, but they’re also great students and actively involved in giving back to the local community. We appreciate their creativity and teamwork in helping make WIHS such an exciting and special event every year.”

PHOTOS COURTESY OF WIHS



**Katie Solomons, 17, of Fairfax Station attends Lake Braddock Secondary School, and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see [www.wihs.com](http://www.wihs.com)**



**Kayla Wolfe, 16, of Burke attends Bishop Ireton High School in Alexandria, and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see [www.wihs.com](http://www.wihs.com)**

## Promoting Electric Transportation in Virginia

**L**ast weekend, Generation180 hosted a free community event showcasing electric cars in Fairfax. The event kicks off Electrify Your Ride VA, a new statewide education campaign to accelerate the region’s transition to electric transportation. Campaign partners include fellow nonprofits Green Energy Consumers Alliances and Virginia Clean Cities.

At the event at Old Town Square, community members could sit behind the wheel of various models on display, take a peek under the hood, and enjoy free food, refreshments, and giveaways. They also learned first-hand from the vehicles’ owners about the multiple benefits of switching from gas-powered to electric

cars.

“Electric cars are really fun to drive and save you a lot of time and money when it comes to fewer trips to the gas station and lower car maintenance. What’s more, driving electric reduces fossil fuel emissions, which is better for our air quality and our environment,” said Wendy Philleo, Generation180’s executive director.

According to the U.S. Department of Energy, by switching from a gas-powered to an electric vehicle, the average Virginia resident could reduce CO2 emissions of their drive by 70 percent or more. Generation180 and partners have also negotiated new discounts on EV purchases with local car dealerships that will be offered later this fall to Virginia residents.



**Fairfax area residents connecting with electric car owners to learn more about the benefits of switching from gas-guzzlers to EVs.**

PHOTO CONTRIBUTED



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## WELLBEING

PHOTOS COURTESY OF FLORENCE MURRIAN



During Breast Cancer Awareness Month, survivors like Florence Murrian and mental health professionals share insight on offering support.



Breast cancer survivors Florence Murrian gets together with friends to volunteer for a supplies drive.

# Supporting Friends and Loved Ones with Breast Cancer

Choosing words and actions that don't cause additional pain or anxiety.

BY MARILYN CAMPBELL  
THE CONNECTION

When Florence Murrian was diagnosed with stage two breast cancer last December, the treatment recommended by her oncologist was a lumpectomy and radiation. In an attempt to help, Murrian's sister urged her to seek multiple medical opinions and insisted she ask for a more aggressive treatment. Murrian, 54, felt overwhelmed by the barrage of advice.

"It was the friends who just listened to me as I sometimes rambled on and on that gave me comfort," she said. "There were times when I didn't want to talk about it or cry about it. I needed to feel normal and sometimes was in denial. What I didn't want is someone asking me why I wasn't acting a certain way."

When a close friend of loved one is diagnosed with breast cancer, the reaction can range from aggressive advice giving as in Murrian's case to excessive questioning to learning every detail. During October, Breast Cancer Awareness Month, some survivors and mental health professionals share insight on offering support.

"Sometimes I had conversations with friends that made me feel worse that I already felt," said Murrian who lives in Arlington. "I was so overwhelmed that I didn't want advice and I didn't want to have to cheer up my friends."

Conversations designed to convey concern can go awry. "I recommend avoiding invalidating comments

like, 'Everything happens for a reason.' or forecasting comments such as 'Everything will be fine,'" said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Though it is natural to be concerned and want specific details about a loved one's condition, sometimes the best words are no words at all, says Professor of Psychology at George Mason University. "There may be times to mostly listen and other times to joke around," said Short. "Plan to continue enjoyable activities together, but confirm whether your loved one wants to get together."

Avoid non-specific offers to help, says Short. "I recommend taking the perspective of your friend and loved one and imagining what she might like to hear," he said. "You should express empathy and support ... prepare small meals or snacks to share. Offer to help with household tasks, errands, or caring for family members or pets."

**"Everyone's situation and diagnosis is different."**

— Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College

For those who are unsure, considering your loved the best source of information about her needs is more effective than making assumptions, suggests Bagshaw. "I do recommend asking how you can be of support," said she said. "One can simply say, 'Just let me know how I can help.'"

"It is good to be encouraging, but realistic," added Short. "Follow cues from your friend or loved one on how to interact."

Listening, validating and inquiring about her overall wellbeing can be more comforting than offering opinions or sharing stories about other women who've been diagnosed with breast cancer. "Everyone's situation and diagnosis is different," said Bagshaw.

"Avoid advice and assumptions unless you are asked for your opinion," added Short. "Some examples [of things] to say are, 'I am sorry that this happened to you. I want you to know that I care about you. How are you doing? I want to help'"



# NEWS

## Flea Market on Oct. 12

Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (nvrc.org), 3951 Pender Drive Suite 130, Fairfax, will host Indoor Flea Market on Saturday, Oct. 12, 9 a.m.-1 p.m. (Doors will not open before 9 a.m.)

Fundraiser with all proceeds to benefit NVRC services and programs for deaf and hard of hearing people and their families in Northern Virginia.

More information at [Info@nvrc.org](mailto:Info@nvrc.org); Voice: 703-352-9055 Ext: 102, Video Phone: 571-350-8656, Website: [NVRC.org](http://NVRC.org)

The Flea Market will be held rain or shine as an air conditioned inside event with easy parking.

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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.

#### THURSDAY/OCT. 3

**Candidate Forum.** 7 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Candidates for Springfield District. 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](http://www.lwv-fairfax.org/candidateforum) for more.

#### FRIDAY/OCT. 4

**Early Bird Dinner.** 5:30-7:30 p.m. At American

Legion Post 176, 6520 Amherst Ave., Springfield. Dinner free for all who have renewed their membership to Post 176 and received a membership card for 2020.

Donations of quality items needed. Accepting your tax deductible charitable donations at NVRC at 3951 Pender Drive in Fairfax.

Receipts provided. Drop off your items only during the following times: Tuesday, Oct. 8 from 10 – 5 p.m.; Wednesday, Oct. 9 from 10 – 5 p.m.; Thursday, Oct. 10 from 10 – 5 p.m.; Friday, Oct. 11 from 10 – Noon. Then closed for pricing.

Legion Post 176, 6520 Amherst Ave., Springfield. Dinner free for all who have renewed their membership to Post 176 and received a membership card for 2020.

#### SATURDAY/OCT. 5

**Mental Health and Wellness Conference.** 8 a.m.-4 p.m. at Fairfax High School. The morning will focus on social and emotional learning, with a keynote address given by Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence. A special session for high school students, the Our Minds Matter Teen Summit, will take place in the morning as well. Attendees are encouraged to stay for Inova's Act on Addiction Summit, which will be held from 12:30-4 p.m. Breakout sessions, exhibit tables, and resources will be available to

SEE BULLETIN, PAGE 11



**Fairfax MEMORIAL**

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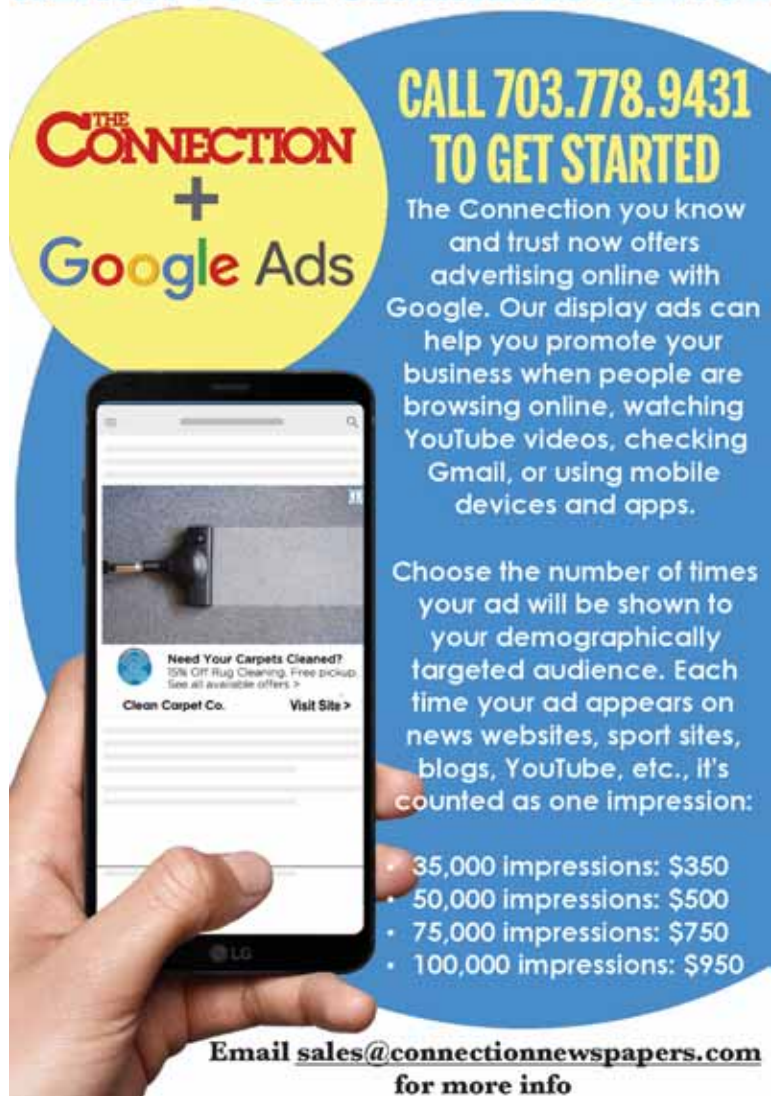


*Should your funeral be any different?*

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| <p><b>Fairfax Memorial Park</b><br/>Full Service Cemetery<br/>9900 Braddock Road, Fairfax, VA 22032<br/>703-323-5202<br/><a href="http://www.fmpark.com">www.fmpark.com</a></p> | <p><b>Fairfax Memorial Funeral Home</b><br/>with two on-site crematories<br/>9902 Braddock Road • Fairfax, VA 22032<br/>703-425-9702<br/><a href="http://www.fmfh.com">www.fmfh.com</a></p> |
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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. Their repertoire consists mainly of Jewish liturgical music and also some contemporary Jewish music and some secular showtunes, too. Visit [carolboydleon.com/shir\\_halev](http://carolboydleon.com/shir_halev) for more.

**(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)

**VMFA: Futures.** Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. VMFA: Futures showcases artists joining the 2019-2020 Fellowship Program at the Virginia Museum of Fine Arts in Richmond. Featured artists include Soomin Ham, Rebecca Silberman, David Franusich and Sarah Phillips. Visit [www.WorkhouseArts.org](http://www.WorkhouseArts.org) for more.

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

**Crafters Wanted for 2nd Annual Fall Craft Show.** The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019, 10 a.m.-4 p.m. Visit [www.fairfaxstation.org](http://www.fairfaxstation.org) or call 703-425-9225.

**Kingstowne Farmers Market.** Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. 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.** Saturdays, 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.

## WEDNESDAY-SUNDAY/OCT. 2-6

**Disney On Ice.** At EagleBank Arena, 4500 Patriots Circle, Fairfax. Disney On Ice presents Road Trip Adventures will whisk families away on an immersive getaway chock-full of magical participatory moments. Featuring new and classic tales, this multi-generational experience visits Fairfax for nine performances. Visit [www.ticketmaster.com](http://www.ticketmaster.com).

## THURSDAY/OCT. 3

**Selling Suffrage: Words and Symbols to Win the Vote and the ERA.** 6-9 p.m. at Tower Club-Tyson's Corner, 8000 Towers Crescent Drive, Suite 1700, Vienna (entrance at back of building). Powerful arguments and compelling visual images were essential in convincing the American public to support votes for women. The need to "sell" the Equal Rights Amendment has also faced communication challenges. Come hear experts and advocates describe the written and graphic messages that suffragists used to change public opinion, and learn how those messages connect to later



## Springfield Farmers Market

Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. 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.

campaigns for the Equal Rights Amendment. Heavy hors d'oeuvres, wine, beer and soft drinks will be served. \$75. Visit [suffragistmemorial.org/](http://suffragistmemorial.org/) to register.

**Celebrate "Hitchcocktober."** 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Dial M for Murder (3D). Hitchcock's 1954 classic was originally shot in 3D but rarely seen in this format. Every Thursday night in October, a classic film by Alfred Hitchcock will be featured, culminating with a showing of Psycho on Halloween. \$14.50. Visit [www.AngleikaFilmCenter.com](http://www.AngleikaFilmCenter.com) for more.

## FRIDAY/OCT. 4

**OLGC Golf Classic.** 11 a.m.-8 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Join Vienna's Our Lady of Good Counsel Catholic Church for a fun-filled day with contests, food and drink, and company to share it with. Register by Sept. 23. \$200. Visit [www.olgcva.org/fellowship/golf-classic](http://www.olgcva.org/fellowship/golf-classic) or call 703-896-7425.

**"Shot in the Dark Nite Tournaments."** 7:30 p.m. at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Teams of two play a nine-hole scramble using glow-in-the-dark balls. Prizes will be awarded to teams finishing first, second and third, and there will be closest-to-the-pin contests. Dinner will be served, beginning at 6 p.m. \$70 per team, and golfers must be age 12-adult. The price includes one glow ball and a flashlight. Additional glow balls are \$5 each. Limited to the first 18 teams. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).

## FRIDAY-SUNDAY/OCT. 4-6

**Haunted Trail 2019 – Breakout.** Friday-Saturday, 7-11 p.m.; Sunday, 7-10 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Workhouse Arts Center presents Haunted Trail 2019 – Breakout – running each weekend during October and Halloween night. A storyline has been crafted on a prison Breakout theme with inmates running out of control through the woods and around the prison grounds (including through the only building on campus that still has jail cells), guards trying to capture them, and an army of terrifying clowns attempting to take over the prison. \$20. Visit [www.workhousearts.org/event/haunted-trail](http://www.workhousearts.org/event/haunted-trail).

## SATURDAY/OCT. 5

**Remembering Our Angels 5k Walk/Run.** 7:30-11 a.m. at the Occoquan Regional Park in Lorton. The "Remembering Our Angels 5k Walk/Run" is an event dedicated to women, men and families who have lost a pregnancy or infant. All money raised will benefit the programs of Alaina's Gift Inc. Vendors or sponsors can contact the organization's Founder at 757-284-9462. Visit [www.runsignup.com/angelswalk19](http://www.runsignup.com/angelswalk19).

**Infant-loss Remembrance Walk.** 8:30 a.m.-noon at Occoquan Park, 9751 Ox Road, Lorton. The NIMLMDTS Remembrance Walk, "Our Journey Together" is for parents, family members, and friends to come together to remember a baby who has died due to miscarriage, stillbirth, SIDS, neonatal or any type of pregnancy or infant loss. During the event, each baby is honored by having his or her name read aloud with the optional release of a butterfly. \$35; free for kids. Visit [raceroster.com/events/2019/21271/now-i-lay-me-down-to-sleep-2019-remembrance-walk-va](http://raceroster.com/events/2019/21271/now-i-lay-me-down-to-sleep-2019-remembrance-walk-va) or call 512-828-1379. Visit [nilmdts.org](http://nilmdts.org) for more.

novelist Rainbow Rowell, and true crime writer, David Grann. Fall for the Book is Northern Virginia's oldest and largest festival of literature and arts. All events are free and open to the public. Visit [fallforthebook.org](http://fallforthebook.org).

## FRIDAY/OCT. 11

**"Shot in the Dark Nite Tournaments."** 7:30 p.m. at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Teams of two play a nine-hole scramble using glow-in-the-dark balls. Prizes will be awarded to teams finishing first, second and third, and there will be closest-to-the-pin contests. Dinner will be served, beginning at 6 p.m. \$70 per team, and golfers must be age 12-adult. The price includes one glow ball and a flashlight. Additional glow balls are \$5 each. Limited to the first 18 teams. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).

## FRIDAY-SUNDAY/OCT. 11-13

**Haunted Trail 2019 – Breakout.** Friday-Saturday, 7-11 p.m.; Sunday, 7-10 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Workhouse Arts Center presents Haunted Trail 2019 – Breakout – running each weekend during October and Halloween night. A storyline has been crafted on a prison Breakout theme with inmates running out of control through the woods and around the prison grounds (including through the only building on campus that still has jail cells), guards trying to capture them, and an army of terrifying clowns attempting to take over the prison. \$20. Visit [www.workhousearts.org/event/haunted-trail](http://www.workhousearts.org/event/haunted-trail).

## SATURDAY/OCT. 12

**Vendor/Craft Fair.** 9 a.m. to 2 p.m. at St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke. Start your Holiday shopping at this Vendor and Craft Fair. Handmade items including jewelry, cards, pottery, knit items and more. Reps from Thirty-One, Pampered Chef, Noonday Collection, LulaRoe, Discovery Toys and many more. Contact Jeanne Jones at 703-913-9863.

**43rd Annual Fall Festival.** 10 a.m.-5 p.m. in downtown Fairfax. More than 400 vendors, three stages of entertainment, lumberjack show, amusement rides and more. Visit [www.fairfaxva.gov/government/parks-recreation/special-events/fall-festival](http://www.fairfaxva.gov/government/parks-recreation/special-events/fall-festival) for more.

## SATURDAY-SUNDAY/OCT. 12-13

**Model Train Show and Craft Fair.** Saturday, 10 a.m.-5 p.m.; Sunday, noon-5 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington D.C. Metropolitan Area LEGO (R) Train Club (WamaL TC) will hold a two-day display at the Fairfax Station Railroad Museum. In addition, Saturday will feature a Craft Fair with local artisans displaying and selling their crafts. Bring any unwanted LEGO pieces and sets for donation. 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.

## SUNDAY/OCT. 13

**5K for Missing.** 8 a.m. at Fairfax Corner, 4100 Monument Corner Drive, Fairfax. The National Center for Missing & Exploited Children will be holding their annual 5K race. Participants will raise much needed awareness and funding to support NCMC's efforts to help recover missing and exploited children worldwide. Register by Oct. 1 to be guaranteed a shirt. \$35 until Friday, Oct. 11, 8 p.m. Visit [www.milesforthemissing5k.org](http://www.milesforthemissing5k.org) or call 703-837-6111.

**Clifton Day Festival.** 9 a.m.-5 p.m. in the Town of Clifton, 7144 Main St., Clifton. The 2019 Clifton Day Festival will feature a marketplace with around 150 vendors. Live music, train rides, children's activities and delicious food and beverages will add to the fun. Clifton Day is the only day of the year when the train stops in the town. Admission is free. Parking starts at \$5 per car. Call 703-968-0740 or visit [www.clifftoday.com](http://www.clifftoday.com).

## MONDAY/OCT. 14

**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. Visit [www.fairfaxva.gov/government/parks-recreation/cultural-arts](http://www.fairfaxva.gov/government/parks-recreation/cultural-arts) or call 703-385-2712.





PHOTO COURTESY GMU CENTER FOR THE ARTS

LADAMA: George Mason University Artist-in-Residence.

## Performing and Reaching Out to the Community

Artist-in-Residence LADAMA brings their Latin Alternative sounds to The Center for the Arts.

BY DAVID SIEGEL  
THE CONNECTION

### Where and When

LADAMA, a band composed of four women musicians and educators, will be performing their exceptional Latin Alternative music on the Center for the Arts stage as part of the “Great Performances at Mason” to celebrate Hispanic Heritage Month.

Each of the four women is from a different country and culture across the Americas. The LADAMA musicians include Lara Klaus, Daniela Serna, Mafer Bandola, and Sara Lucas. Their music blends many styles, it is electric and acoustic, sung in Spanish to English to Portuguese.

LADAMA is also part of the new Mason Artist-in-Residence program. The program aims to foster connections between Artists, Mason students, and the local community. The Artist-in-Residence program aims to contribute to the economic, creative, and cultural vitality of the GMU campus and the region.

Beyond the group’s performances on the Center for the Arts stage, LADAMA will be visible throughout the area starting on Sept. 30. Highlights of their work will include conducting a music workshop with the students at Laurel Ridge Elementary School, participating in and performing at George Mason’s “Take Back the Night” event, holding a workshop for percussion students at Manassas Park High School, working with Mason students enrolled in World Music Classes and giving

“Great Performances at Mason” presents LADAMA at George Mason University, Center for the Arts, Concert Hall, 4400 University Ave, Fairfax. Performance on Friday, Oct. 4, 2019 at 8 p.m. Tickets: \$25. Call 888-945-2468z or visit [www.cfa.gmu.edu](http://www.cfa.gmu.edu)

a lecture-demonstration and Q&A at the Old Town Hall in Fairfax, hosting an Oral Traditions workshop for the Osher Lifelong Learning Institute and more.

Speaking for LADAMA, Lucas said, “the residency is significant to us...this is the first time a university has created programming not only for its students but also for the larger community that it exists in. We can’t wait to visit the public schools, for example. This is a model we hope to emulate in the future as we work with other high education institutions

“It’s very exciting to show the many facets of what we do, as educators and activists in addition to being musicians, producers, and composers who work in the global music industry,” said Lucas.

“We hope to communicate to audiences and students that they can use creativity, improvisation, and cultural understanding of one’s own roots to succeed in any capacity; whether in regards to work, creative pursuits, and being a part of the social fabric of our communities,” added Lucas.

“We hope that everyone feels that they can participate in our shows and workshops; don’t stay in your seats or feel obligated to follow concert protocol! We welcome you!” said Lucas.

## Public Meetings 2019 Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with a brief open house followed by a public comment period. At the open house you can learn about various transportation initiatives, including:

- Adjustments to Virginia’s project prioritization process (SMART SCALE)
- Virginia’s Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs (Virginia’s Statewide Transportation Plan)
- Adjustments to the Highway Safety Improvement Program.

Representatives of the Office of Intermodal Planning and Investment (OIPI) and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia’s transportation network. The open house will be followed by a public comment period, during which you may provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at [www.CTB.Virginia.gov](http://www.CTB.Virginia.gov).

**Meeting Dates and Locations**  
Open House begins at 4 p.m. in each of the locations unless otherwise noted.

|  |  |  |
|--|--|--|
| <b>Tuesday, October 15, 2019*</b><br>Richmond District<br>Richmond Marriott Short Pump<br>4240 Dominion Boulevard<br>Glen Allen, VA 23060<br>*This meeting will also provide opportunity for comment on the I-95 Corridor Study Plan | <b>Tuesday, October 22, 2019**</b><br>Northern Virginia District<br>Northern Virginia District Office<br>Potomac Conference Room<br>4975 Alliance Drive<br>Fairfax, VA 22030<br>**meeting begins at 6 p.m. | <b>Monday, October 28, 2019***</b><br>Staunton District<br>Doubletree Hotel Harrisonburg<br>1400 E. Market Street<br>Harrisonburg, VA 22801<br>***meeting begins at 3 p.m. |
| <b>Wednesday, October 30, 2019</b><br>Salem District<br>Holiday Inn Valley View<br>3315 Ordway Drive<br>Roanoke, VA 24017  | <b>Monday, November 4, 2019</b><br>Lynchburg District<br>Lynchburg District Complex<br>Ramey Memorial Auditorium<br>4303 Campbell Avenue<br>Lynchburg, VA 24501  | <b>Wednesday, November 6, 2019</b><br>Hampton Roads District<br>Hampton Roads District Office<br>7511 Burbage Drive<br>Suffolk, VA 23435                                   |
| <b>Thursday, November 7, 2019</b><br>Bristol District<br>Southwest Virginia Higher Education Center<br>One Partnership Circle<br>Abingdon, VA 24210  | <b>Tuesday, November 12, 2019**</b><br>Fredericksburg District<br>James Monroe High School<br>2300 Washington Avenue<br>Fredericksburg, VA 22401<br>**meeting begins at 6 p.m.                             | <b>Wednesday, November 13, 2019</b><br>Culpeper District<br>VDOT Culpeper District Office<br>1601 Orange Road<br>Culpeper, VA 22701  |

Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2019.

You may submit comments on any transportation projects and initiatives to OIPI Deputy Director Ronique Day, 1221 E. Broad St., Richmond, VA 23219 or [PublicComments@OIPI.Virginia.gov](mailto:PublicComments@OIPI.Virginia.gov). **Comments will be accepted until November 30, 2019.**

*The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation’s Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation’s Title VI Compliance Officer at 804-786-4440 (TTY users call 711).*

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## Employment

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- Dependability with an excellent attendance record
- Organized, Detailed, Multi-task and can work independently or as a team player

#### Skills Preferred

- Customer service training and general business courses

• Two year degree in accounting or business desirable

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## Announcements

## Announcements

### 27th Annual OBX Parade of Homes Oct 10-13



Corolla-Nags Head  
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Good All 4 Days

TOUR  
17 Select  
Outer Banks  
Homes

Preview: [obhomebuilders.org](http://obhomebuilders.org)



## NEWS



Rhonda Geyer, a Navy veteran from Fairfax Station, throws her way to a gold medal with a distance of 59' 8".



Sue Caputo of West Springfield won a silver medal in the softball hit competition. It had been about 30 years since Caputo last played softball.

PHOTOS BY TOM MANNING/THE CONNECTION

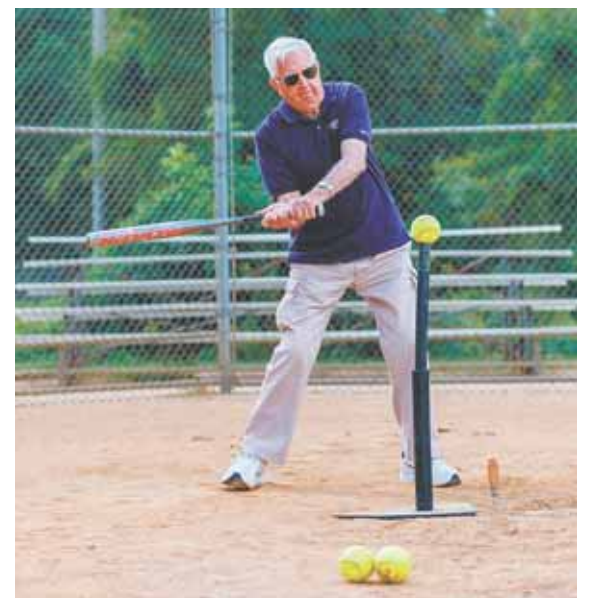
## Frisbee, Football Throwing Events Held at Senior Olympics

The 2019 Northern Virginia Senior Olympics (NVSO) featured the frisbee and football throwing events, including the softball hit and throw events, at Wakefield Park in Annandale

on Sept. 18. The 37<sup>th</sup> annual NVSO provides senior adults with an opportunity for competition, self-improvement, and fellowship through various athletic and recreational events.



Bill Brennan from Annandale won a silver medal for his football throw in the 85-89 age group.



Leonard Kalkwarf, 91, from Springfield won a silver medal in the softball hit competition. Kalkwarf stays very active by walking 2-3 miles a day, and plays in horseshoe and bowling leagues.



Annandale resident Nancy Joyner competes in the football throw. Joyner earned a silver medal with a throw of 33' 4" in her division.

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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Galesburg Connection



# BULLETIN

FROM PAGE 7

all attendees throughout the day. Lunch will be provided. Visit [www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness](http://www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness) to register.

**Candidate Forum.** 3:30 p.m. at Kings Park Library Community Room, 9000 Burke Lake Road, Burke. Candidates for Braddock District. 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](http://www.lwv-fairfax.org/candidateforum) for more.

## MONDAY/OCT. 7

**Understanding Alzheimer's and Dementia.** 7-8:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Learn the difference between Alzheimer's and dementia, the stages and risk factors of Alzheimer's, research and treatments to address some symptoms, and additional resources. Presented by the Alzheimer's Association. Free. Call 703-978-5600 or visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) for more.

## TUESDAY/OCT. 8

**NARFE Fairfax 737 Meeting.** 11:30 a.m. to 1:30 p.m. At American Legion Post 177, 3939 Oak Street, Fairfax. NARFE Fairfax Chapter 737 Alzheimer's Research month luncheon meeting. RSVP by Oct. 5, 2019 for luncheon (\$12) at 703-280-2356 or email: [rrharney2@gmail.com](mailto:rrharney2@gmail.com).

**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.

## TUESDAY/OCT. 15

**Car Seat Safety Check.** 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. See above.

**Fairfax Lions Club Dinner Meeting.** 6:30-8:30 p.m. at American Legion Post 177, upper level. 939 Oak St., Fairfax. Visit a Lions Club dinner meeting. Enjoy a buffet dinner, speaker, and club announcements. Guests are cordially invited – meet members and learn about Lions community service. Free. Visit [www.fairfaxlions.org](http://www.fairfaxlions.org) or call 703-879-5795.

## THURSDAY/OCT. 17

**15th Annual What You Need to Know About Transportation.** 7:30-10 a.m. at Waterford at Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. Northern Virginia Transportation Alliance's 15th Annual What You Need to Know About Transportation program with keynote speaker The Honorable Pete Rahn, Secretary of Transportation for Maryland. \$20-\$60. Visit [nvta.org](http://nvta.org) to register.

## SATURDAY/OCT. 19

**Concerts from Kirkwood.** 3-4 p.m. at Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. "Concerts from Kirkwood" will present piano duo Charles and Sophia, in a concert featuring music of Rossini, Bellini, Wagner, Ravel, and De Falla. Free although voluntary donations accepted to support the series. Visit the website: [concerts@kirkwoodpres.com](mailto:concerts@kirkwoodpres.com)

## SATURDAY/OCT. 26

**Fraud Fighting Event.** 9 a.m. to 1 p.m. At Ferlazzo Building, 15941 Donald Custis Drive, Woodbridge. Every day, hundreds of local residents lose their hard-earned money to a variety of fraud schemes. In fact, every 2 seconds, a con artist steals someone's identity. To strike back against scammers, AARP Virginia and Prince William Area Agency on Aging are bringing together top experts and law enforcement officials to present a free informational Scam Jam and Shredfest. The presenters will discuss scams targeting Virginians, such as fake solicitor schemes, bogus investment deals, lottery scams, email fraud, a grandparent ruse, and the latest identity theft shams. Bring your documents to shred as they will have a shred truck on-site from 8 a.m. until 12 p.m. or until the shred truck fills up.

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## When Compounding isn't a Good Thing



By KENNETH B. LOURIE

Dealing with a cancer diagnosis is one thing, and certainly a big thing, but I'm much better dealing with it when the 50 million other things we all have to deal with are not having to be dealt with (ending a sentence with a preposition notwithstanding) at the same time. And not that I'm the least bit unique in having all these other tasks and concerns or even the most bit interesting in that I have them. Hardly. They are simply the elements that sometimes make living more of a job and less of an adventure. That being said, when I am uncluttered by these mundane responsibilities and am able to focus on the things I want to do rather than the things I have to do, I am so much more able to fend off the inevitable demons that haunt any of us diagnosed with a serious/in my case "terminal," disease.

The last month was, and still is, such a month. It all started with my application for a reverse mortgage. After the first company I engaged gave up, I met another, local company who so far has exhibited the wherewithal to get the application approved. However, the structural integrity problem you regular readers know about has impeded the progress I was hoping to have made by now. Not knowing yet the estimate to right this wrong, I am twisting in a bit of an ill wind, and I assure you, it is not improving my demeanor.

Yes, "Medicare is in The House," but as of September 27, it's sort of a house divided. Because even though its effective date was September 1st, I've not received an invoice. And since I haven't paid for any new coverage, am I still supposed to cancel my old, in-force "Obama Care?" Moreover, if I don't know exactly what I have, am I supposed to buy a Medicare Supplement for coverage I don't know for sure even exists? I mean, it's not as if my medical welfare/financial future depends on it. So yes, I'm even more worried, and obviously confused.

If the unresolved reverse mortgage and health insurance situations weren't sufficient enough to stress over, consider my concern for the "Diabetic Duo," our two cats with diabetes. Other than the real possibility that either, if not both, of these cats will die on our watch, the expense of sustaining their lives is past adding up. Items include insulin, syringes, prescription wet food, prescription dry food, two sizes of pee pads (because the liter box has less interest to them or they can't quite see it) and since they're eating and drinking constantly, we're buying more liter than ever before, and vet bills: diabetic boarding when we've been away for a weekend or two and glucose monitoring every week to 10 days to check their sugar level, all times two. Can you say credit card?

Two other extremely mundane tasks have also fallen on me during this time line. Both involving the M.V.A., never an easy process: emissions inspection and a driver's license renewal. Again, not Herculean tasks, but in the middle of all this other stuff. The issue? More money and possibly more hassle to resolve their respective 'issues:' possibly replacing a catalytic converter in the 29 year-old Honda Accord, which has happened previously under identical circumstances, and renewing one's driver's license, which now comes with a host of never-before identification/security requirements which if I don't have/can't prove, present another slew of potential entanglements. And of course, the eye test. I don't wear glasses. What if I fail the test and they tell me I need glasses. Then I have to see my way through that morass, and delay resolving another task.

And just to complicate matters, I am waiting for results from my bi-monthly CT scan and my wife, Dina, is waiting for results from a scan she recently completed. Though neither one of us is the least bit symptomatic, we are hardly dealing in absolutes here. Absolutely though, I will say, I am thrilled to finally check a few boxes. Once I check the rest, I'll be back to abnormal and then I can plan for the future rather than plod through the present.

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





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