

PHOTO BY BONNIE HOBBS/THE CONNECTION
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Fairfax High Holds Homecoming Parade

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Farmers Market Vendors Vent to City Council

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Promoting Love Of Books in Fairfax

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Varsity cheerleaders toss candy during Fairfax High's Homecoming Parade last Friday.

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Sima Mahboubi is buying white hydrangeas, squash and bell peppers at the market.



Ida Beylee, owner of Havabite Eatery on Main Street, prepares to serve baklava and stuffed cabbage.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Farmers Market Vendors Vent to City Council

Believed they were cut from fall festival and holiday craft show.

BY BONNIE HOBBS
THE CONNECTION

For many people, it's just not the weekend unless they start it with a trip to the Community Farmers Market in Fairfax. Whether they're looking for fruits and vegetables – such as strawberries, peaches, zucchini or bell peppers – or fresh-cut flowers, handmade crafts or lunchtime treats including empanadas, crepes or stuffed grape leaves, they'll find it at the market.

It's sponsored by the Downtown Fairfax Coalition and, for 19 years, Coalition Chairman Eric Snyder has run the Saturday and Sunday markets at 10500 Page Ave. (across from the courthouse). During the Fairfax Fall Festival in October, the vendors are usually on Sager Avenue; and at the City's Holiday Craft Show in November, they're in the expo room – which they started.

But believing they were barred from being part of both the fall festival and craft show, they were hurt and confused. And at the Sept. 24 Fairfax City Council meeting, they made their feelings known.

"We want to know why we were

excluded from the fall festival, Sager Avenue and holiday craft show," said Snyder. "About 200 people who attended the market last week – plus 20 Fairfax businesses – signed a petition in favor of the market."

He said some 2,000 people come to the farmers market each weekend. And of that number, about 1,400 are Fairfax City residents, with some 600 driving in from elsewhere. And, said Snyder, "That's the reason the market was created – to bring people into the City to shop."

"There's widespread resident and business support for the farmers market being at the fall festival and holiday craft show," he added. "So it's very unfortunate that some City staff members don't think we belong there. It's a real slap in the face, after all these years." (See sidebar).

SPEAKING NEXT was his wife Brenda Snyder, who coordinates the vendors' participation in the market. "What egregious act did the Coalition commit to warrant eviction from the shows?" she asked. "I've asked City staff that question and received no satisfactory answer. I'm here tonight to ask that question again."

"We bring these markets to the community – one block from downtown Fairfax – 24 Saturdays and 24 Sundays, every year, and have for decades," she continued. "Eric and I are onsite at every market, rain or shine, in the pouring rain or on 100-degree days."

Brenda Snyder also stressed that the Saturday Market is one of the top-ranked markets in the Washington Metropolitan area by the Washington Business Journal, Washingtonian and Virginia Living Magazine. It was even selected by an online food magazine as one of eight "Must Visit" farmers markets, out of some 300 in the Metro area.

Therefore, she asked the Council, "How can the City not value our contribution to Fairfax? The Saturday market is large, vibrant and diverse; the Sunday market is smaller. These businesses spend their Saturdays and Sundays serving your community. Our markets bring thousands of people to your City. Groups have approached us about relocating to other areas away from Fairfax City, but we like where we are and the community we serve."

Brenda Snyder further noted that 80 percent of the vendors are women-owned businesses, and 30 percent are minority-owned. She also said that, if the vendors are barred from the fall festival or holiday craft show, they'll lose an estimated \$100,000. "We hope you will reconsider and include our farmers markets into your events," she said. "It is the right thing to do."

ONE OF THE VENDORS, Patricia Miller, expressed her disappointment, as well. "I was born and raised in the City, and I expect more from it," she said. "You SEE FARMERS MARKET, PAGE 7

'There's Room for Everybody at the Festival'

Sager Avenue will now highlight City-based businesses.

BY BONNIE HOBBS
THE CONNECTION

No one in the City of Fairfax government has anything against the local farmers market or its vendors. Indeed, they're welcome to participate in both the upcoming Fairfax Fall Festival and the Holiday Craft Show.

The problem stems from a difference of opinion between the Downtown Fairfax Coalition – which puts on the weekend farmers markets – and the City's Parks and Recs Department – which puts on the festival and craft show – about who should be on Sager Avenue.

Traditionally, that's where the farmers market vendors were located during the fall festival. But starting this year, the City wants to do something different on Sager so it can promote its own, Fairfax-based businesses there.

And contrary to what the vendors believed, they weren't kicked out of the festival, but just asked to sell their goods in a different location. Hundreds of other vendors line both Main Street and University Drive in Fairfax's downtown during the festival, so the farmers market vendors wouldn't be exiled to an obscure location with no customers.

"They are not and never were excluded," said Fairfax City Manager Rob Stalzer on Monday. "Vendors who'd participated previously were welcome, but they needed to work directly with the Department of Parks and Recreation."

Under its chairman, Eric Snyder, the Downtown Fairfax Coalition runs the Saturday and Sunday farmers markets. And he assumed – and hoped – that this year, as always, his vendors would be on Sager during the fall festival.

However, Parks and Rec Director Cathy Salgado said that, in March, "We told him we were going to be working with the Old Town Fairfax Business Assn. (OTFBA) to have City busi-



Cathy Salgado.

nesses represented on Sager and that his vendors were welcome to be on University and Main. And we followed up in writing."

But this information wasn't shared with the farmers market vendors – or the market manager, Snyder's wife, Brenda – until recently. And, said Stalzer, "We don't know why that wasn't communicated to the vendors. We want to be fair to everyone."

ON MONDAY, Eric Snyder explained why not. "I was banking on the City changing its position," he said. "Brenda was unaware of this."

"With all the emphasis we have on economic development, the last thing we want is an environment where people don't feel welcome," said Danette Nguyen, with the City's Office of Economic Development. And Salgado added that the market vendors are still included in the Holiday Craft Show, too.

However, there's more to the story, and it involves the difference between the Coalition and the OTFBA in the eyes of the City. "The Downtown Fairfax Coalition is not a City entity," said Salgado. "It hadn't represented City businesses or been active in the City for a number of years, and that's how the OTFBA came about."

She said the Coalition "didn't have a board of directors to pull together all their businesses as a whole to have a unified voice to represent the Old Town Fairfax businesses – and other businesses requested that. The OTFBA has a steering committee and meetings and brings the businesses together for City events. And City businesses and

SEE CITY, PAGE 7

OPINION

We Will be Watching You!

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



For 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.

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,

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

islature 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

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

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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

Local Teens Make International Horse Show Work

The Washington International Horse Show, which will present its 61st 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.”



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



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

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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'"

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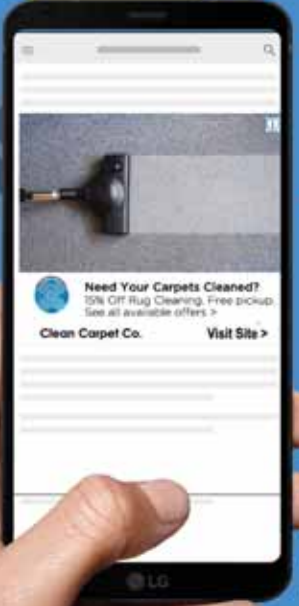
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Farmers Market

FROM PAGE 3

need to realize who you're hurting – all the small businesses who work hard. I help my daughter pay her real-estate taxes through this income." Vendor Nancy Gardner told the Council, "We all want Fairfax City to be the best it can possibly be. I sell gourmet coffees and teas from Hawaii, and I enjoy what I do. The market and the City have a long relationship and commitment to each other."

Also speaking in favor of the market was resident Jim Wyckoff, saying, "Not only has it helped support the downtown, but it has been a gathering place for its citizens. We encourage you to continue your support of the market."

Stepping to the podium, Audrey Mirsky-Ashby said it was the first time she'd ever spoken at a public meeting. But, she said, "I felt compelled to come and speak on behalf of the people who make this a better community. I'm one of

those people who come from outside, to the market, and have been since the beginning."

"The vendors don't know why this is happening – and they depend on the money they make [at the festival and craft show] to get them through the winter," she explained. "They're part of our community, and I don't understand how they can just be disinvited. They're being treated unfairly, and it's too late in the year for them to sign up for other markets."

Fairfax Mayor David Meyer then said any individual vendor who wants to be at the fall festival or holiday craft show can speak with Parks and Rec Director Cathy Salgado. He also asked Stalzer to meet with the Coalition and report back to the Council. Snyder also noted that, regardless of what happens, the regular, Saturday farmers market will still take place at its usual spot on Page Avenue, Oct. 12, from 8 a.m.-1 p.m.

City Responds

FROM PAGE 3

property owners are members of it." Snyder, though, said he's "in close contact" with the Old Town businesses and they comprise the Coalition's advisory board. He also said he helped jumpstart a rebirth of the OTFBA and is "in touch with the needs of the businesses."

Regarding the fall festival, Salgado said the farmers market vendors were being moved from Sager Avenue because "that's where City businesses were initially supposed to participate, according to an agreement made 20 years ago. But over the years, they'd veered away from that."

But, she added, "We love the farmers market and wanted all its vendors invited to our event. It was just about representing our City businesses. But there's room for everybody at the festival; there's no reason the farmers market vendors can't participate. We still have about 15 spaces left; the vendors were never, ever meant to be excluded."

THOSE WISHING TO PARTICIPATE may email her at cathy.salgado@fairfaxva.gov.

"Having an area where the Old Town businesses are clustered together helps build the business community and also lets these businesses network among themselves," explained Nguyen.

"We're here to promote City businesses," added Salgado. "And with the OTFBA, we've taken it to another level."

As for Eric Snyder, he said on Monday, "I am grateful that the City will let the vendors participate in both shows. But I do not agree with the City decision of excluding the Downtown Fairfax Coalition from the show."

"This could have been handled differently, where the Downtown Fairfax Coalition, Old Town Fairfax Business Assn. and Greater Fairfax Chamber of Commerce were all included in the show," he continued. "Each represents significant elements of Old Town Fairfax. Excluding any one of them does not accurately represent Old Town."

Brenda Snyder said the reason she manages the farmers' market is because "I like to give average, ordinary people a chance to start a business, have an affordable venue to sell [their products] or just be part of a community – and the farmers market is just that. I have known many of these vendors for the 19 years I have been doing this."

She still contends City staff treated her and her husband unfairly, and she has mixed feelings about the outcome. "Our vendors can independently apply to get into the shows, but the entity of the farmers' markets will be missing from them," she said. "And the organization that sponsors the markets – the Downtown Fairfax Coalition – is excluded. But we did succeed – all my vendors will be in the shows – which is all I ever wanted when we started this fight. And I can tell my vendors I fought for them."

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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.

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

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

**LADAMA:
George Mason
University
Artist-in-
Residence.**

PHOTO COURTESY
GMU CENTER FOR
THE ARTS



Performing and Reaching Out to the Community

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

BY DAVID SIEGEL
THE CONNECTION

“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

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 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.

ENTERTAINMENT

PHOTOS COURTESY OF VIRGINIA OPERA



Lillian Grogan, director, Virginia Opera's "Tosca."



Ewa Plonka appearing as Floria Tosca in the Virginia Opera production of Puccini's "Tosca."

High Voltage Drama, Passionate Voices and Music

Virginia Opera's 'Tosca' arriving at Center for the Arts.

The full force of heightened emotions and stupendous music is what is in store for audiences when Virginia Opera brings its production of Giacomo Puccini's "Tosca" to the Center for the Arts.

Puccini's "Tosca" features some of his most acclaimed, best-known lyrical arias. "Tosca" is set in Rome on the brink of military invasion with a trio of tragic figures—a heroic painter, Cavaradossi; his jealous lover, Tosca; and a sadistic Police Chief, Scarpia, who sets the plot in motion.

"Tosca" defines a sensibility that is as torrid and tension-filled as opera comes. It contains an energy that has helped define the greats who have sung the roles of Tosca, Cavaradossi, and Scarpia," said Lillian Grogan, director.

"The themes of 'Tosca' – abuse of power, loyalty, betrayal – will undoubtedly resonate to anyone with open eyes. This is of course a timeless story, but one decidedly for now," said Adam Turner, artistic director and conductor. "These timeless stories and great works of art remind us of the ever-evolving nature of the human experience and our roles within it.

"Tosca" is a highly dramatic story full of passion and tension, a rollercoaster ride of emotions from the first bombastic notes of the opening curtain to the final measures of the tragic climax," added Turner. "It will leave audiences gasping in utter delight, blissfully transported by this rapturous score and the masterful singing on display.Ó

Where and When

Virginia Opera presents "Tosca" at Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Performances Saturday, Oct. 12 at 8 p.m. and Sunday, Oct. 13 at 2 p.m. Tickets: \$110, \$70, \$40. Call 888-945-2468, or visit www.cfa.gmu.edu. **Notes:** Sung in Italian with English supertitles. A pre-performance discussion begins 45 minutes prior to the performance, located on Monson Grand Tier. Seating is limited and opens 15 minutes before the pre-performance discussion.

Virginia Opera's production features debuts by soprano Ewa Pbonka as Floria Tosca and bass-baritone Kyle Albertson as Scarpia with the return of tenor, Matthew Vickers as Cavaradossi. "There are not too many operas which grab your attention from beginning to the end. It allows the audience to witness very fast dramatic action, almost without interruption, as it is in the film genre," said Plonka

"I would like people to lose the fallacious idea that opera is some sort of 'elitist' form of entertainment designed only for the 'initiated' and to realize they've had a rowdy good time. 'Tosca' moves like a house on fire," added Grogan.

Virginia Opera President and CEO, Russell P. Allen said: "We are absolutely thrilled to launch our 2019–2020 Season with 'Tosca' and to do so with the incomparable Lillian Grogan as its director. It's exciting to have her revisit the title that was her very first production at Virginia Opera. 'Tosca' promises audiences a truly memorable tour de force season debut."

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Love and Celebration of Books

'Fall for the Book' includes book prize for immigrant writers who illuminate the human experience.

BY DAVID SIEGEL
THE CONNECTION

Northern Virginia's book lover's dream, the annual "Fall for the Book" returns for its 21st time. "Fall for the Book" is a major stop on literary tours for the best of America's authors and local authors alike. It is Northern Virginia's oldest and largest festival of literature and arts.

About 150 authors will take part in readings, discussions, and performances at the 2019 Book event along with the thousands of guests anticipated.

"Fall for the Book" is also hosting the award ceremony for a book prize for immigrant writers who illuminate the human experience as told by immigrants. The Institute for Immigration Research New American Voices Award will announce the award.

A wide range of local Northern Virginia writers will be at



PHOTO COURTESY OF JOHN MASON

John Mason, author and presenter at 2019 Fall for the Book (center at front) riding the rails on duty in Vietnam, 1965.

the Festival.

Mia Garcia was born in San Juan, Puerto Rico and resides in Fairfax Station. She will be on a panel titled "Diverging Roads: Teenagers Face Choices and Consequences." Garcia will chat about her book "The Resolutions." It is about four best friends trying to help each other meet the challenges of growing up in a complex, bumpy world. In an interview,

Garcia indicated her aim includes reaching out to LatinX teenagers who may not see themselves depicted in literature and the arts.

Angela Hattery, GMU Professor and Director of the Women & Gender Studies Program and Earl Smith Emeritus Professor of Sociology and the Ruben Distinguished Professor of American Ethnic Studies at Wake Forest University will lead a session titled "Gender,

Where and When

"Fall for the Book" events are at George Mason University's Fairfax Campus, 4400 University Drive, Fairfax, and at other locations throughout Northern Virginia. "Fall for the Book" runs Oct. 10 to Oct. 13, 2019. Events are free and open to the public. For details about sessions including author bios go to <https://fallforthebook.org/> or call 703-993-3986. **Notes:** "Fall for the Book" venues are wheelchair accessible. The "Fall for the Book" is partnering with the City of Fairfax's Fall Festival on Saturday, Oct. 12, 2019.



PHOTO COURTESY OF ANGELA HATTERY
Angela Hattery, author and presenter at 2019 Fall for the Book.

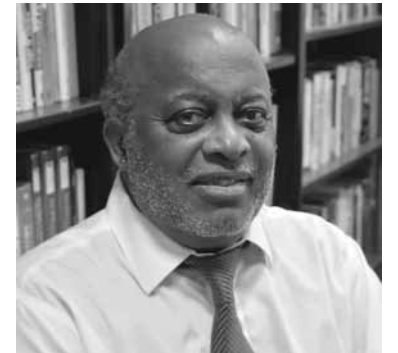


PHOTO COURTESY OF EARL SMITH
Earl Smith, author and presenter at 2019 Fall for the Book.

Power & Violence in the #MeToo Era." The session will examine institutions and why violence happens within them. The institutions could be college campuses, Hollywood, prisons or the military as examples. Hattery and Smith will discuss issues such as "institutional betrayal ... in these pillar institutions" and why people may not want to talk about them in public. Yet, as Hattery noted, "turn on the news each day, it is there."

John Mason (Fairfax), a retired career Army Officer will share his

personal story with his book "Riding the Rails in Vietnam 1965" as a starting point for the "Vietnam in Words" session. Mason served his initial Vietnam tour with the US Military Assistance Command as an advisor to a Vietnamese railway security battalion. Mason will discuss the "cross cultural challenges" and "need for patience and understanding" when working in an environment unlike the United States; the requirement to be "receptive to another culture" to be successful.

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Some members of the varsity volleyball team show their spirit.



Field hockey players having a good time during the parade.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Fairfax High's 2019 Homecoming Parade

Fairfax High's Homecoming Parade was Friday, Sept. 27.



The Fairfax Marching Band leads the parade.



Members of the Rebels crew team.



The school's theater department marches along.



Some of the cross-country team's runners with their banner.



Chorus members having fun.

ENTERTAINMENT

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

ONGOING

Shir HaLev, the Community Jewish Chorale of Northern Virginia. Rehearsals are held select Tuesdays, 7:30-9 p.m. at Congregation Olam Tikvah, 3800 Glenbrook Road, Fairfax. The Chorale is a friendly, welcoming, adult volunteer choir. Membership in the group is open to all, members of Congregation Olam Tikvah and other Northern Virginians. Their repertoire consists mainly of Jewish liturgical music and also some contemporary Jewish music and some secular showtunes, too. Visit 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

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 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 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 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.

Wakefield Farmers Market. Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/wakefield.

Lorton Farmers Market. Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/lorton.

Springfield Farmers Market. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit www.community-foodworks.org or call 202-697-7768.

Burke Farmers Market. 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 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.

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 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/ 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 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 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.

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.

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.

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 or call 512-828-1379. Visit 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.

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.

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.

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 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 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 NCMEC'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 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.cliftonday.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 or call 703-385-2712.



PHOTOS BY TOM MANNING/THE CONNECTION

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

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 37th annual NVSO provides senior adults with an opportunity for competition, self-improvement, and fellowship through various athletic and recreational events.



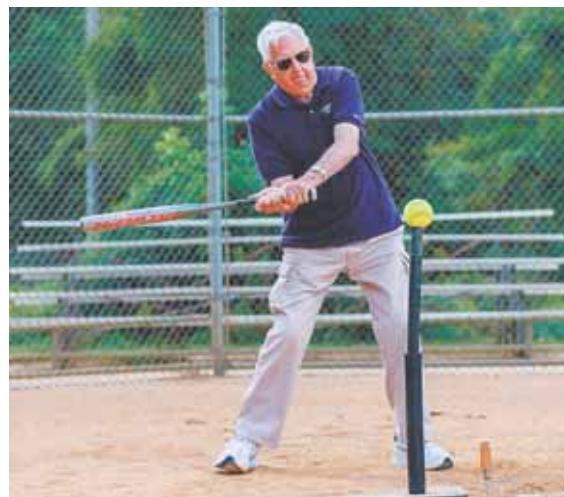
Rhonda Geyer, a Navy veteran from Fairfax Station, throws her way to a gold medal with a distance of 59' 8".



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



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.



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.



PHOTO COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

Fire investigators seek information on two dumpster fire in the 12200 block of Fairfield House Drive in the Fair Oaks area.

Fire Investigators Seek Public's Help in Fair Oaks Dumpster Fires

Fire investigators from the Fairfax County Fire Marshal's Office are asking anyone with information regarding two dumpster fires that occurred on Sept. 7, 2019 to come forward. At 9:30 p.m., units responded to a dumpster fire in the 12200 block of Fairfield House Drive in the Fair Oaks area. Later that night, at 11 p.m., units responded again

to the same complex for a fire in another dumpster. Both fires were quickly extinguished.

Anyone with information is asked to contact Captain Timothy Palmer at 703-246-4707. Fire investigators would like to remind callers they can remain anonymous. For ongoing updates, please read our blog and follow us on Twitter, Facebook, and Instagram.



PHOTO CONTRIBUTED

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

Promoting Electric Transportation in Virginia

Last 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.

Legals

ABC LICENSE

O.L.L.B. LLC trading as Takeshi Sushi, 9650 Main St, Ste 41, Fairfax, Virginia, 22031. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer On Premises license to sell or manufacture alcoholic beverages. Lin Wu, Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.



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Announcements

Announcements

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NEWS



PHOTO COURTESY OF ERIN MOLEK

Students Plan Ahead for Fashion Show

Level-Two Fashion Careers students at the Fairfax Academy all worked over the summer to create design boards for their collection designs for this year's annual professional Fashion In Motion fashion show set for May 2, 2020. The students presented their boards in class and their fellow students and the instructor gave them constructive criticism. Students then used that feedback and reworked their collections for follow-up submissions.

Announcements

Announcements

PRAYER TO THE BLESSED VIRGIN (Never Known to Fail)

Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity.
Oh Star of the sea, help me and show me herein you are my Mother.
Oh, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity.
There are none who can withstand your powers.
Oh, show me herein you are my Mother. Oh Mary, conceived without sin, pray for us who have recourse to Thee. (Repeat three times)
Oh, Holy Mary, I place this cause in your hands. (Repeat three times)
Holy Spirit, you who solve all problems, light all roads so that I may obtain my goals. You gave me the divine gift to forgive and forget all evil against me, and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. Amen.
Say this prayer on three consecutive days. After three days the request will be granted.
This prayer must be published after the favor has been granted.
Thank you. The Hall family

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Flea Market to Be Held 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; Voice: 703-352-9055 Ext: 102, Video Phone: 571-350-8656, Website: NVRC.org

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

It offers real bargains for the whole family including: Housewares, Clothing for all Ages, Toys, Games, Books, DVDs, CDs, Crafts, Jewelry, Decorations, Holiday items, Collectibles, Miscellaneous Treasures. Delicious Bake Sale Items. All sales cash or check, no credit cards accepted. No furniture or electronics.

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.

BULLETIN BOARD

Submit civic/community announcements at 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

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.

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 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

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. Volunteers, including students, are welcome. Visit www.lwv-fairfax.org/candidateforum

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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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