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Sydney Harris, 2019 Miss Virginia Princess, raised almost \$700 for LCAC: As part of her community service for the pageant, she chose to help LCAC because she wants to help people who don't have access to food.

When a Neighbor Struggles, Lorton Community Uplifts

NEWS, PAGE 3

Frisbee, Football Throwing
Events Held at Senior Olympics

NEWS, PAGE 10

Area Teens Make
Horse Show Work

NEWS, PAGE 5

WELLBEING

PAGE 6

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PHOTOS BY JENNIFER ALBARRACIN MOYA/THE CONNECTION

Fall for LCAC sign.



PHOTO BY JOHN CLOVER

Linda Patterson, Executive Director of LCAC.

When a Neighbor Struggles, Lorton Community Uplifts

Lorton Community Action Center hosts annual 'Fall for LCAC' event.

BY JENNIFER ALBARRACIN MOYA
THE CONNECTION

Many Lorton community hands came together on Sunday, Sept. 29, to help with the Lorton Community Action Center's (LCAC) annual event "Fall for LCAC," between 1-3 p.m. Almost 100 volunteers showed up to lend a hand. Among those who volunteered their time were the Mason Neck Lions Club and the Magnetic Toxins, a band made up entirely of high school students, who played while the volunteers worked. Volunteers were encouraged to bring their kids, to make the event a family friendly with a pumpkin decorating station, where children can enjoy while also volunteering and watching their parents give back.

In total, volunteers helped process 4,180 pounds of food, including almost 500 pounds of pet food; 1,750 pounds of rice; 200+ hygiene kits; 1,000 fruit snack bags; and more than 100 packages of feminine hygiene items. In addition, LCAC raised more than \$16,000 to help purchase more food for fall.

The Executive Director of LCAC, Linda Patterson, said: "What makes this event so nice is folks can bring their kids, they can come and volunteer for a while and it helps kids understand the need to be active and engaged in the community and that our community is better when all our neighbors have a better life, not just some."

SYDNEY HARRIS, 7, is a prime example of LCAC meeting its goal of encouraging the community to give back. Harris is 2019 Miss Virginia Princess. As part of her community service for the pageant, Harris chose to help LCAC because according to her mother, Kimberly Harris, she wants to help people who don't have access to food. Young Harris shared, "I did three lemonade stands this month to help raise money for families in need," raising \$657.25 plus food donations.

Harris's mother, with a beaming smile



Sydney Harris, 2019 Miss Virginia Princess, raised almost \$700 for LCAC.

said: "I'm super proud of this little girl. She worked really hard. She made her posters and the lemonade, and her sister made pound cake. "It was beyond what we thought she was going to make. Last year she made about a \$100. This year, over the course of the three lemonade stands, plus some friends via social media donated online, she was able to make [money]."

LCAC has been serving the community since 1975, striving to provide services to low-income families in the area from ESL classes, financial literacy, a free legal clinic, resume writing and so much more. When asked who is coming in asking for their services, Patterson sheds light on a mixed demographic in need of help, "We are seeing a burgeoning population of seniors, so people who are senior adults who are ag-

ing in place of Lorton community, Lorton/Newington/Fort Belvoir, who need help because they are living on a fixed income and they can't always afford to put food on the table and pay for their housing and or their medicine and things like that." The senior population they serve has changed dramatically from 25 senior households in the Fall of 2011 to now serving around 140-150 senior households, a trend that has also been seen across Fairfax County.

PATTERSON also highlighted: "We serve 200 families weekly through the food pantry, and more than 70 percent of the total people served are under age of 18. Hunger for children is a huge challenge in this community as it is all over the country, again this is not unique to Lorton, this is all over

the country which is why it is important to have food pantries like LCAC's but also supporting services like SNAP and WIC and federal programs, free breakfast and lunch programs at the schools because those help meet the ongoing needs of low-income families." Patterson points out that "the challenge is the income disparity has left many low income families struggling because their wages have not kept pace with the cost of rent and child care and that's what sends them here to get food on a regular basis so they are guaranteed to then turn and use their funds to help put gas in the car so they can go to work or pay child care or ensure they have rent for the month all those kinds of things. The supportive service is only possible because of this amazing community."



Band, Magnetic Toxins, plays for volunteers during the event.



Pumpkins kids decorated during the fundraiser.

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

Fairfax Station,
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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

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



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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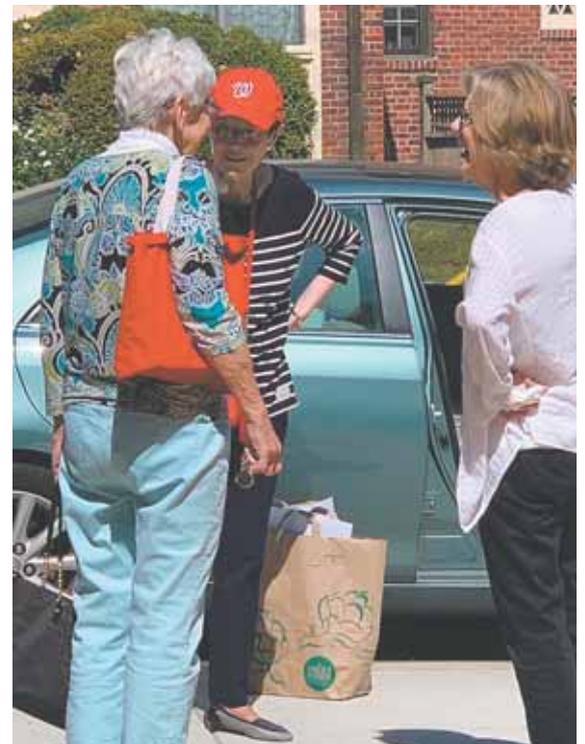
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WELLBEING

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'"

ENTERTAINMENT



PHOTO COURTESY OF WORKHOUSE ARTS CENTER WITH CHELSEA MAJORS (CENTER) AND ENSEMBLE IN REHEARSAL FOR 'CARRIE' AT WORKHOUSE ARTS CENTER.
Barbara Lawson who portrays Carrie White (at center) in rehearsal for 'Carrie' at Workhouse Arts Center.

'Carrie' Is Coming to the Workhouse Theatre

Just in time for the Halloween season.

Where and When

Workhouse Arts Center presents "Carrie The Musical" at W3 Theatre, 9518 Workhouse Way, Building W3, Lorton, VA 22079. Performances: Oct. 4 - Nov. 2, 2019 Time: Fridays and Saturdays at 8 p.m., Sundays at 2p.m. Tickets: \$20-\$35 (*Ticket prices may increase, based on demand. Advanced purchase recommended. *VIP Ticketing options are available (\$40-\$55) includes reserved seating and access to VIP pre-show lounge beginning one hour prior to curtain. Lounge includes light refreshments and beverage. www.workhousearts.org or call 703-584-2900 Note: The Workhouse suggests this show is not appropriate for young children due to scary situations and adult language.

BY DAVID SIEGEL
 THE CONNECTION

The Workhouse Arts Center annually hosts a Haunted Trail during October; "and for the past few seasons, we've tried to complement the theme on our stages through concerts, musicals/plays and other special events," said Joseph Wallen, Director of Performing Arts, Workhouse.

"This year we selected 'Carrie' the musical. It felt like a great fit for our audiences at this time of year," added Wallen. "The show is a relatively faithful adaptation of the novel and is told in a dramatic manner, but it is in no way a parody or a spoof. It is an entirely new way to experience and enjoy this familiar horror story."

The musical "Carrie" has been adapted from the best-selling Stephen King novel, about a young woman who is not like others named Carrie White. An outcast at school who is bullied by the popular crowd. Carrie thinks herself invisible to everyone else. At home her mother is a bit over-protective. Ah but Carrie discovers she has a special power.

Book by Lawrence D. Cohen, lyrics by Dean Pitchford and music by Michael Gore, "Carrie" the musical is a fully re-imagined vision of Stephen King's tale and even the later movie version. The Workhouse "Carrie" creative team includes veterans of Workhouse theatre productions director Jeffrey Davis, with choreography by Mary Payne and music direction by

WWW.CONNECTIONNEWSPAPERS.COM

Chelsea Majors with a live band including keyboards, percussion, bass and guitar. The "Carrie" cast includes more than a dozen. The title role of Carrie White is played by Barbara Lawson. "I am super excited ... Performing the role will also be a little nerve-wracking, since fans of the movie will have certain expectations based on Sissy Spacek's performance. It will be a challenge to meet those expectations while also making the portrayal of Carrie my own."

Carrie White's background is troubled indeed. "She has tough circumstances to overcome and does not have all the social tools."

"Live theatre is the truest form of storytelling. 'Carrie' is a powerful story to share. On the surface, there is an entertaining 'live horror movie' but beyond the scares and stagecraft, there is a deep root about a bullied girl," said Davis.

"'Carrie' is the classic Stephen King horror story told in a way you've never experienced," added Davis. "And; some of the action of the play does spill over into the audience areas of the theatre completely blurring any 'fourth wall'."

Tell us what you think

submit your letter to the Editor to editors@connectionnewspapers.com



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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 are 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.

NEWS

Clifton Day Celebrates 52nd Year

2019 festival slated for Sunday, Oct. 13.

One of Northern Virginia's favorite fall events, the Clifton Day Festival, will take place on Sunday, Oct. 13 from 9 a.m. to 5 p.m. in the scenic town of Clifton.

Under the theme "Small-town charm, big-time fun," the 2019 festival will feature a marketplace with around 150 artisans, antique dealers, vintage sellers and other vendors. Live music, children's activities, pony rides, a beer & wine garden and other delicious food and beverage choices will add to the fun.

Clifton Day is the only day of the year when the train stops in the town. The Virginia Railway Express (VRE) will provide roundtrip train service to Clifton from all stops between Manassas and Rolling Road. The train ride to Clifton is free and the return trip costs \$5 per person (children under age two ride free).

The Clifton Day Festival, hosted by the Clifton Betterment Association (CBA), arose from a 1960s revitalization effort for the historic town of Clifton, which had fallen into a state of disrepair since its incorporation in 1902. Residents decided to hold a festival in 1967 as a way to attract the pub-

2019 CLIFTON DAY PERFORMANCE SCHEDULE

Main Stage

11 a.m. Pomegranates on Fire – Genre-bending indie rock
 12 noon StewBone – Steller musicians performing the Grateful Dead catalog
 1:30 p.m. Jumpin' Jupiter – Rockabilly legends
 3 p.m. Cris Jacobs with Colin Thompson – American soul/blues rock
 4:30 p.m. The Woodshedders – Original roots alchemy

Ayre Square Acoustic Stage

10 a.m. and 1 p.m. Plank Stompers – Space grass
 11 a.m. and 2 p.m. Jay Elliott – A local favorite
 Check the festival's Facebook page for any updates.

lic to the charming place they called home. The annual festival, now in its 52nd year, has been going strong ever since on the Sunday before Columbus Day.

Each year, Clifton Day raises funds for the Girl and Boy Scouts, Clifton Lions Club, Acacia Lodge, the Clifton Presbyterian Church and other nonprofit groups.

Sponsors for 2019 include Carrie and Co. Real Estate Group at RE/MAX Allegiance; Clifton Baptist Church, F.H. Furr Plumbing, Heating, Air Conditioning & Electrical; Norfolk Southern; Ourisman Fairfax Toyota; Peterson Companies; Professional Tutoring; Tru Orthodontics; United Bank; Villagio Hospitality Group; and VRE.

Admission is free. Parking starts at five dollars per car. For more information about Clifton Day, visit www.cliftonday.com or the festival's Facebook page.



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2019 ANNUAL 5K WALK

OCTOBER 19, 2019

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Lace up your sneakers and join us at 8:30 a.m. for our 20th annual 5k walk to raise money and spread awareness to support those affected by homelessness in Northern Virginia! Youth & Canine walkers are invited to participate in our costume contest!

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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

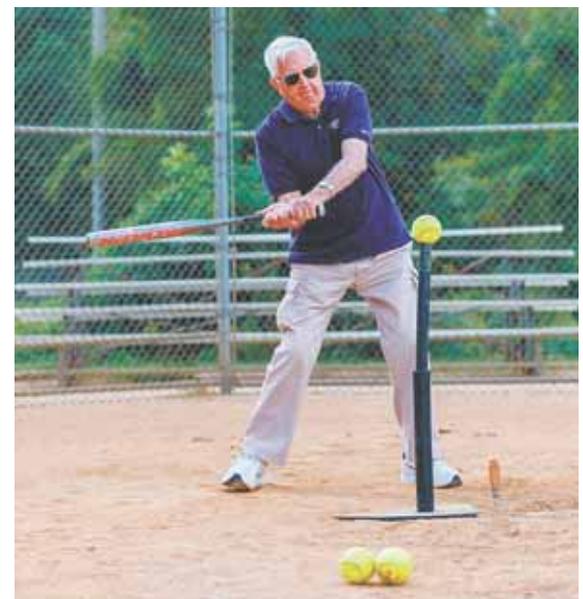
Frisbee, Football Throwing Events Held at Senior Olympics

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 37th 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.



BULLETIN

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 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.

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

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 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 October 5, 2019 for luncheon (\$12.00) at 703-280-2356 or email: 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

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.

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 to register.

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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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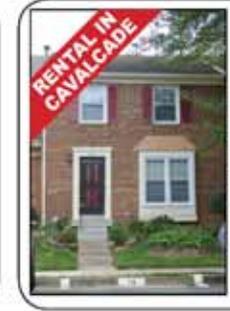
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