

Area Roundups

Information Sessions on Developmental Disabilities

The Fairfax-Falls Church Community Services Board's Support Coordination staff will hold information sessions that will help prepare individuals with developmental disabilities and their families to transition out of Fairfax County Public Schools.

Tuesday, Sept. 19, 6:30-7:30 p.m. at Fairfax County Government Center, Conference Room 7, 12000 Government Center

FAITH NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, has services on Fridays, 7:30 p.m. with a pre-service wine and cheese social at 6:30 p.m., and Saturdays, 10:30 a.m. with a pre-service Torah study at 9 a.m. Religious school is on Wednesday evenings and Sunday mornings. Adult learning opportunities take place throughout the year.

Tot Shabbat is on the first and third Saturdays at 11 a.m. Kolot Shabbat, a musical service, is the first Friday of the month at 7:30 p.m. 703-370-9400 or www.bethelhebrew.org.

The Cranford United Methodist Church, located at 9912 Old Colchester Road, Lorton, hosts prayer and healing services on the first Thursday of each month at 6:30 p.m. Worship service is at

Parkway in Fairfax.

Tuesday, Nov. 14, 6:30-7:30 p.m. at South County Center, Room 221B, 8350 Richmond Highway, Alexandria.

Topics to be discussed include:

- ❖ Eligibility process for CSB developmental disabilities services
 - * Transition services overview for 2018
 - Overview of CSB services

There will be an opportunity to ask questions and meet with CSB Developmental Disabilities staff.

No registration required. Contact Shelia Peters-Lee at 703-324-4635 with questions. Visit www.fairfaxcounty.gov/csb/events/transition-information-sessions.htm.

11 a.m., and fellowship is at 12:30 p.m.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbministries.org.

Grace Presbyterian Church offers Sunday school for all ages at 9:15, and a blended worship service 10:30 a.m. every Sunday morning. Coffee and fellowship follows worship. Nursery care is provided from 9-11:45 a.m. 7434 Bath Street, Springfield. 703-451-2900 or www.gracepresby.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at 10:30 a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspringfield.org.

Horses and barns require lots of space, and in Fairfax County, space is a rare commodity.

> Photos by Mike Salmon/ The Connection



Woodlawn Stables Relocation Update

Some horses find home at the stables along Gunston Road, in the Mason Neck area of Lorton.

BY MIKE SALMON
THE CONNECTION

or years, the stretch of Richmond Highway by Fort Belvoir was occupied by Woodlawn Stables, a fixture on the Mount Vernon scene until the highway was widened over the last few years and the stables relocated to Jeffersonton, Virginia, a historic town in the country near Warrenton, a 90-minute drive from their original location. The new stables are called Claddagh Farm, but are still owned and operated by Cindy Mitchell, who owned the Woodlawn Stables with her mother, Joan.

"Claddagh Farm is located in historic Jeffersonton, Virginia. Formerly known as Woodlawn Stables in Alexandria, we have relocated and changed our name to Claddagh Farm. Welcome!" the website reads.

The Woodlawn Stable was on a 65-acre farm with 60 stables that Mitchell operated for more than 40 years. "They were around for a very long time," she said, "it was an important community feature, and a tremendous loss." She saw three generations of families come through her stables, taking lessons and boarding their own horses.

Mitchell relocated to Claddagh Farm in 2014, and kept all of her lesson horses, as well as some of her clients, but downsized to an operation with 12 stables on a 35-acre farm. "It's an entirely different operation," she said. "I have a handful of people that followed me here," she said.

A drastic change like that takes some getting used to but as with the business world, and life in general, time moves on. Her new place "has its high points and low points," she said

When the Richmond Highway widening project came through a few years ago, it



Katie Platt, of Old Town, Alexandria, with her horse Lexie at the stables along Gunston Road, in the Mason Neck area of Lorton.

added a lane from the Pohick Church past Fort Belvoir. This was before Dan Storck, the current Mount Vernon District Supervisor, was in office. The road project was administered by the Federal Highway Administration Eastern Lands Division, and part of the Base Realignment and Closure act, commonly known as BRAC. In a Federal Highways document, DHR# 029-0056, dated July 2006, the stables and land parcel was not designated as NHL, a National Historic Landmark.

A public meeting was held about the road design at Hayfield Secondary School and it was full of stable supporters including preteen girls decked out in their rider clothes, with signs lightly protesting the move.

"The road designers felt they needed that much space," Storck said. Since then, he's had a few questions brought to his office on possible horse riding alternatives, and he pointed out the area on Mason Neck or further out. Although the stables added a country feel to the Woodlawn area, there are still sections of the Mount Vernon District like that. The Mount Vernon Parkway, the Woodlawn Plantation, land around the many creeks in Mount Vernon or Mason Neck out Gunston Road, to name a few. "There's always going to be some part that's rural," Storck said

Claddagh Farm is in an area where there are other horse riding facilities, and being the "new kid on the block," isn't easy, they are adapting, said Mitchell. This year, they're opening an indoor riding arena so they can go all year round.



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News



Photos by Mike Salmon/The Connection

The Nen Daiko Taiko Drummers took to the stage on Saturday.



The Tooth Fairy, aka Vanessa Hindle, a junior at Lee High School, looks around for wishes to be granted at the Burke Centre Festival held on Sept. 9-10.

Festival Highlights Burke Centre 40th Anniversary

By Mike Salmon The Connection

ith the hurricanes in the south wreaking havoc, the Burke Centre Festival went on without a hitch on Sept. 9-10. Under sunny, blue skies, the festival had all the ingredients that's made it such a community celebration through the years, like a climbing tower, giant slide, burgers on the grill and a 1965 Ford Mustang up for raffle by the Rotary Club.

This year was the 40th anniversary of the festival, and Jeannie Winslow at the Burke Conservancy was manning the operations tent, a duty she's taken on through the years. "We've added more in artists, and crafters, we needed to make adjustments," she said.

Lots of students were on hand to put in community hours for their school requirements. Leslie Vilca, a senior at Robinson Secondary School, and Sky Waters, a Robinson eighth grader, had the official title of "water runners." Vilca goes to school, works at Petland and a daycare center as well.

"I've seen a bunch of people from school,"

The festival opened with remarks from Patrick Gloyd, of the Burke Conservancy, the color guard from the Burke VFW Post 5412, and the flag raising from the Boy Scouts of Troop 1345. Elected officials in attendance were U.S. Rep. Gerry Connolly (D-11), Del. Eileen Filler-Corn (D-41), Chairman Sharon Bulova and The Springfield District Supervisor John Cook. The Legacy Band opened up the ceremony with Pamela Wilson singing the National Anthem.

Other bands playing through the weekend included the Delaney Hall Band, the QOK Band and the Stormin' Norman Band. Norman Voss of Stormin' Norman said

"the crowd went crazy for us."

After two days of 70-degree weather under blue skies, Winslow was relieved everything went so well. "Many times during the weekend people expressed this was one of our best festivals in many years, and how suiting that was for Burke Centre's 40th Anniversary," Winslow wrote in an email.



Emma Ratama, 5, of Burke goes for the facepaint appeal.



Flipping burgers, Ralph Menzel and Clyde Findley To Penny Lester, 8, of Springfield, the tower of the Rotary Club, have things in control.



needs to be conquered.

News

Dancing started with the children.

Photos by Mike Salmon The Connection



Synagogue Redesign Looks Toward Inclusiveness

BY MIKE SALMON
THE CONNECTION

s the Congregation Adat Reyim in Springfield danced and sang to "Tsena Tsena," the togetherness and friendship of a religious community was perfectly clear. Although they were celebrating the new sanctuary of the congregation, they already had the togetherness they sought, and were creating a new sanctuary as a look in the future of inclusiveness. It all started with the need for a wheelchair ramp, and ended in something so much more.

"We started dreaming," said Andrea Cate, the chairperson of the rejuvenation committee. "Like our parents did for us, we do for our children," Cate said.

Rabbi Bruce Aft reiterated that feeling, as he said a few words before the ribbon was cut and the doors to the newly refurbished space opened. "This is what it's all about," he said as he called the children up

SEE SYNAGOGUE, PAGE 5

A Military

Retirement

Community



Andrea Cate, the chairperson of the rejuvenation committee.

"The Fairfax is like a cruise ship."

—Colonel Philip (Phil) J. Saulnier, USA, Retired and Judith (Judy) Saulnier, Residents at The Fairfax for 3.5 Years

"There are many reasons that we moved to The Fairfax. The beautiful and spacious grounds, the activities, medical care, not having to cook anymore... The Fairfax is like a cruise ship—you have everything available to you. Most important was the true financial value of the LifeCare program as well as the potential tax advantages available to us. It was the smartest lifestyle and financial decision we ever made."

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News

The chuppah with the scrolls.

Photo by Mike Salmon The Connection



Synagogue Redesign

From Page 4

front to hang a new "mezuzah," which is an object in the Jewish faith hung by doors to bless the home.

The evening started out with a barbecue out front and then the clapping and dance began, as the "chuppah," a Jewish canopy, was erected and scrolls of the Torah beneath the chuppah were brought into the new space, which featured a new wheelchair ramp to make the altar accessible to all. "This keeps with our theme of being inclusive," said David Berkowitz, a member of the congregation.

Rabbi Aft said the torah, which is an altar, is a tree of life. "It will make it more inclusive, building on what was here," he said. "Create energy and still attract

younger folks," he said.

The building committee came up with three factors that the congregates want for a new worship space to:

- ❖ be inclusive and welcoming
- foster connections among family and community
- connect the congregation to nature

The nearly \$800,000 project included a relocated wall, new furniture, flooring and a window to the exterior. Although the ribbon was cut and the festivities ensued, the project is only 85 percent complete. The project will be completely finished by Rosh Hashanah, which is Sept. 20.

When there was a break in the music and dancing, there was a reading that stated: "May each of us be inspired to create a community of friends."







OPINION

Fill the Boot 2017: One For The Record Books

By Joel Kobersteen Fairfax County Fire and Rescue Department

fter the first day of collection, it was apparent that this would be no ordinary campaign. The \$173,686.56 collected by B-Shift was the second highest one day total in Fairfax County Fill the Boot history (by only \$2,000!). Needless to say, the \$50,000 to disaster relief goal was quickly accomplished and we began work on the \$500,000 goal for Greater Washington MDA.

The second day brought rain and chill. C-Shift put personal comfort aside and made a point to stay out as much as safely possible. Fire Station 5, Franconia, personnel came in with \$28,251 collected. That is the highest amount collected in one day by one shift in Fairfax County Fill the Boot history. A tip of the fire helmet to C-Shift personnel who did not let the weather conditions get in the way of collecting \$155,629.66.

Due to the work schedule, personnel from

A-Shift had only one day of collection and made the most of it. A-Shift collected a total of \$140,193.28 on what was a beautiful Sun-

Coming into the last day of the campaign, C-Shift knew they only needed roughly \$76,000 to accomplish the \$500,000 collected goal for the Greater Washington MDA. Personnel collected \$152,059 for the last day of the campaign which meant another \$71,954.06 was added to the disaster relief fund for a total of \$131,278.65. Part of that total was \$4,476.36 from the 142nd Recruit School, \$220 from the Logistics Distribution Center, \$4,291 from the 9-1-1 Center, \$252 from the Fire Prevention Office and \$60 from the local

When all was said and done, we collected \$631,278.65 total for Fill the Boot 2017. Never has any municipality collected that much money ... ever.

Thanks to the following for their support:

❖ Chairman Sharon Bulova and the Fairfax County Board of Supervisors,

❖ Fire Chief Richard Bowers and the Fairfax

- County Fire & Rescue Department,
- President John Niemiec and Local 2068, Chief John Morrison, Vienna Volunteer FD, and all volunteer canteen units,
- ❖ Director Bill Kang and all the members of the Department of Public Safety Communica-
- ❖ Colonel Ed Roessler, Sergeant Tom Bailey, PFC Jared Warner and the Fairfax County Police Department,
- President John Harris and the Fairfax County Fire & Rescue Retirement Association,
- ❖ All career and volunteer Fire and Rescue members and their families who helped out during the campaign.

Last, I would like to thank the residents and guests of Fairfax County who, by opening their car window and generously donating, made this year's Fill the Boot a tremendous success. We could not do this without you.

The author is a master technician at Fire Station 40, Fairfax Center, B-Shift, and coordinator for the Fairfax County Fill the Boot Campaign.

Burke

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LETTERS TO THE EDITOR

Putting United Back in 'United' States

To the Editor:

Re: Mr. Crawford's response ("Fomenting Disunity and Hate" Sept. 6-12) to the letter by a group of Democrat politicians ("American Values" Aug. 30.)

You reference "Mr. Trump's initial response" to the tragic events at Charlottesville.

You are correct in defending this well-scripted statement of the President, delivered on Aug. 14. In fact, most "fair-minded persons," as you say, wish he had left it at that.

Instead, the "American Values" letter refers to the President's follow-up comments to the press the following day (Aug. 15), in which he talked about "the very fine

people" in the group of protesters. While the fine print of the law may not agree, there is no denying that anyone marching alongside people brandishing torches and waving Nazi swastika flags, shouting "Jews will not replace us" and "Blood and Soil," is implicitly supporting the very neo-Nazis and white supremacists the President initially condemned. They are guilty by

Hence, it is legitimate for the Jewish members of the Virginia General Assembly to question the Republican gubernatorial candidate for not openly denouncing the very symbols of genocide that so many brave Americans went overseas to Europe to stamp out during World War II. How did this sea of swastikas and Nazi flags ever wash up on our shining shores? Who are these people who loudly and proudly resurrect Nazi slogans?

We can parse words and choose to only see/hear what we want to see/hear, but there is no denying our great country is deeply divided.

And a house divided never stands. As the mother of a child who was the target of racism on the school bus, I take solace in the fact that the boys worked out their

differences and, now, years later, the instigator is one of my son's closest friends!

Maybe we should take a page out of our kids' playbook and see beyond our skin-deep differences. Perhaps, far be it from us adults being an example to our children, it behooves us to acknowledge, in the words of one of the world's greatest wordsmiths, William Wordsworth: The child is the father of the man. Let's put our house in order and put the united back in the "United" States.

Shaila Muralidhar

Great Falls

Nov. 7 to Highlight Importance of Local Elections

Local elections are boring. It is hard for us to get excited about new sidewalks or changes to school funding formulas when the stories that dominate the news involve life-or-death fights over healthcare, a rapidly changing energy economy, and turbulent international relations.

But we should care about our local elections because the future of life in Northern Virginia will be decided on Nov. 7 of this year.

When we go to the polls to vote for the House of Delegates, we will be deciding whether Northern Virginia will remain a political stronghold with the power to swing the

entire Commonwealth, like it did in 2016. When the Virginia General Assembly redraws our congressional districts in 2020 after the census, one of the top priorities for Virginia Republicans will be to strip Northern Virginia of this

They know that a neutered NoVa would mean that Richmond Republicans would get to decide the future of the Commonwealth.

The single best way to that we aren't stripped of our voice on significant national issues like healthcare or taxes is for you to look up your current Delegate and who might be challenging them in this year's election.

There are experienced representatives, like Kathleen Murphy in the 34th District, who have fought not only on important broader issues like curbing gun violence, but also on everyday issues like working to reduce traffic congestion during your commute.

There are challengers like Cheryl Buford that haven't even put out a platform of issues and are just banking on getting large numbers of votes and huge don tions simply because of their party affiliation.

There are times when it can seem like candidates are basically the same, or that neither is preferable. This is not one of those

National elections can make you feel like a needle in a havstack. We all wonder "How much does my voice matter here?" But these local races are happening right now, and the electorates aren't states or regions, they're your neighborhoods. If you show up, you will be

But you have to show up.

If you feel disenfranchised — if ou want to make a decision that will have a lasting impact on your community — get involved now and turn out to vote on Nov. 7.

> **Doug Klain** Fairfax

PEOPLE

Rose Hill Jewelry Artist Chosen for Smithsonian Craft2Wear Show

airfax County jewelry artist
Wiwat Kamolpornwijit has
been selected for the
curated Smithsonian Craft2Wear
show and sale, to be held Oct. 5
to 7 in the National Building Museum in Washington, the
Smithsonian Women's Committee
announced. Craft2Wear will showcase hand-crafted jewelry, clothing
and accessories from 65 artists
from 24 states and the District of
Columbia.

Kamolpornwijit is one of five selected from the Washington area. He was honored for his polymer clay creations, which he views as sculptures that he transforms into earrings and necklaces. His path toward the pinnacle of chic

and unique jewelry has been circuitous, beginning with school in his native craft-rich Thailand, and then graduate engineering school in New Jersey.

Later while working as an environmental researcher in Oak Ridge, Tenn., he discovered his passion when he began sculpting with polymer as a fundraising activity for his meditation center. In 2007, he decided to move here to pursue his art full-time. He now maintains both a studio and a residence in the Rose Hill section of Fairfax County.

Smithsonian Craft2Wear's Opening Night will be



Wiwat Kamolpornwijit of Rose Hill has been selected for the curated Smithsonian Craft2Wear show and sale.

Oct. 5, from 6-9 p.m., and the show will continue on Oct. 6, from 10:30 a.m.-6:30 p.m., and on Oct. 7, from 10:30 a.m.-5:30 p.m. The event is produced by the Smithsonian Women's Committee, and is cochaired by Anne-Lise Auclair-Jones, Lynda S. Mounts and Ann Peel. The annual show supports the Smithsonian's 28 museums and research centers, including the National Zoo. For more information and tickets, visit smithsoniancraft2wear.org. Follow the show on Facebook, Instagram and Twitter, @smithsoniancraft2wear.







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News

Fairfax County Brewfest Is Sept. 16

Takes place at Mustang Sally Brewing Company in Chantilly.

By Steve Hibbard

he second annual Fairfax County Brewfest will take place on Saturday, Sept. 16, from noon to 6 p.m., at Mustang Sally Brewing Company in Chantilly. All seven of Fairfax County's breweries will be participating in the event, which is sponsored by the Dulles Regional Chamber of Commerce and Mustang Sally's. Those include: Aslin Beer Company, Caboose

Brewing Co., Fair Winds Brewing, Forge Brew Works, Lake Anne Brewhouse, Mustang Sally Brewing Co., and Ono Brewing Co.

"We wanted to make this a great party. We're going to have bands and food trucks. We wanted to do it at a working production brewery so this will be an indoor/outdoor fest, and we're going to close the parking lot and set up a stage and have two different bands that play all day long. The focus will be to make it fun," said Sean Hunt, founder/owner of Mustang Sally in Chantilly.

Hunt spent his last two years of high school in Germany where brewfests are extremely popular. "That's what this is intended to be," he said. "It's when people can hang out in a casual, fun environment and really celebrate what the county has available in terms of breweries and just a celebration in their community ... It's just an event that the community comes together for. It's absolutely what we're trying to accomplish here."

He continued: "We'll have two production breweries — Mustang Sally Brewing Company and Fair Winds Brewing Company. We'll have smaller breweries, where they're brewing a few kegs at a time — Lake Anne Brewhouse and Aslin Brewing. And there are breweries in the middle. We'll have a new brewery called Ono Brewing Company; it's a Hawaiianbased theme. We also have Forge Brew Works; it's kind of a smaller brewery that caters to more of a tasting-room atmosphere; they have a focus in Belgian beers, and also Caboose Brewing Company. It's kind of a neat mix. Within the last two years we've been able to get these breweries opened." He said the first brewery opened four years ago and the other breweries opened in the last two years in Fairfax County.

THE BREWFEST will feature live music from Scott Kurt and Memphis 59 and The Blues Buckets as well as brewery tours and food vendors. Wild Mustang Club cars



The Fairfax County Brewfest will be held Saturday, Sept. 16, from noon to 6 p.m. at Mustang Sally Brewing Company in Chantilly.

will also be on display. Children 12 and under are admitted for free. A portion of the proceeds will benefit K9 for Warriors, which will be bringing several service dogs to the event, and VAVets.

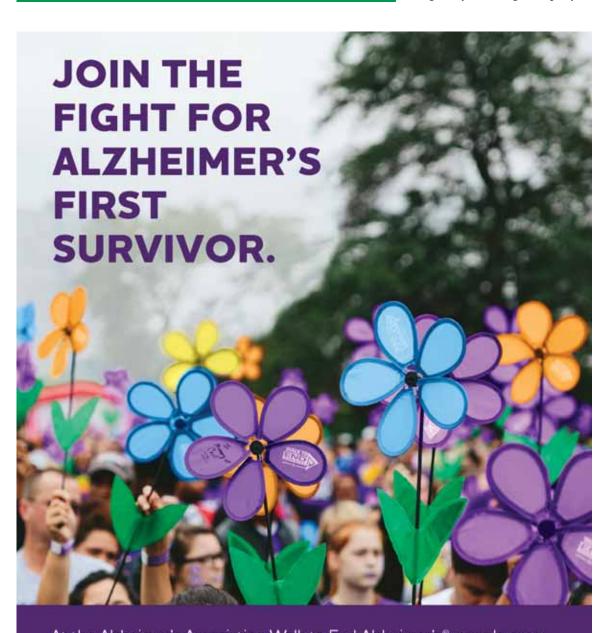
John P. Boylan, president and CEO of the Dulles Regional Chamber of Commerce, said the chamber's goals are always focused on three areas: Commerce, Community, and Communication. "Brewfest will enable us to do all three starting with the community as we help two great organizations — K-9 for Warriors and VAVets. They will be in attendance and we hope folks will come by to support them and say thank you," said Boylan.

He continued: "We will showcase the brews from all of the Fairfax County breweries, some of the best on the East Coast. Not only that, we have several food trucks and bands to keep the energy up."

"We're not expecting thousands. We're hoping to fill the place up," said Hunt. "The county, the Chamber of Commerce, and all of the breweries are all coming together to support this. From that perspective, we'll see a lot of coordinated activity that wants to make this a centerpiece event ... We get a lot of people from Chantilly, Reston and Centreville."

The indoor/outdoor event will take place at Mustang Sally Brewing Company, 14140 Parke Long Ct., A-C, Chantilly, near the intersection of Routes 28 and 50. The cost is \$10 pre-sale; \$15 at the door, which includes admission and logo tasting glass. Cost of the beers is additional. For registration, visit the website at www.msbrewing.com (under FFX Brewfest).

Launched in 2016, Mustang Sally Brewing Co. is an independent production of craft brewery distributed in draft and package throughout the Northern Virginia area. Find out more at: www.msbrewing.com and www.facebook.com/pg/mustangsallybrewing.



At the Alzheimer's Association Walk to End Alzheimer's, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.



Walk to End Alzheimer's in Northern Virginia Reston Town Center September 24 | 2:00 pm

Home LifeStyle

The Psychology of Color

Using color to set the mood in a space.

BY MARILYN CAMPBELL

hen it comes to interior design, color has the power to make or change the feel of a room. Whether cheerful and inviting for a kitchen or serene and comfortable for an office, the right shade can be transformative.

"Colors trigger emotional reactions, associations, and memories," said Jerome Short, Ph.D., associate professor of psychology, George Mason University. "The red spectrum colors tend to elicit more arousal and the blue spectrum colors tend to elicit more calmness. People's favorite colors often boost their mood and disliked colors lower their mood."

Part of designing a space is using color to create mood and feel, says interior designer Nadia Subaran of Aidan Design. In fact, she employed this technique when designing a kitchen space for a recent client. Her goal was to create a room that would be a calming place for the homeowner to derive inspiration for party planning, so she chose a light shade of blue.

"The vintage aqua in the china pantry was meant to evoke a calm and happy space to envision and plan for gatherings and social events," said Subaran. "We wanted the aqua in the cabinetry and on the ceiling to inspire creativity. It's a highly functional space, but it's also one that celebrates that which is being housed and organized."

Lighter, neutral colors help lighten a space and make it feel larger, said

Dana Schwartz, designer at Anthony Wilder Design/Build. "Darker, moodier colors can help a room feel cozier and create a dramatic effect."

"Neutrals like white, black, gray and brown are valued for their flexibility," added Amanda Mertins, president, Patina Polished Living in Alexandria. "You simply add or subtract color to liven up or calm things down. Choosing room colors depends on your personal taste and the room's pur-

Warm colors such as red and or-Short.

"This may be due to our associations with blood, face flushing, or stop signs," he said. "Cooler colors like blue and green often elicit feelings from relaxation to sadness. This may be due to our

associations with a blue sky [and]

When it comes to interior design, "red is known to pump adrenaline, so keep red to a minimum in nurseries or bedrooms," said Schwartz. "Blues and greens are great in bedrooms because of their calming effect. Yellows and oranges have an energetic effect, great for communal spaces like kitchens, dining rooms, and bathrooms."

'Choose a color that inspires you or a color that you love," said designer Melissa Cooley of Case Design/Remodeling, Inc. "Choose a color that is reminiscent of your childhood, favorite car or perhaps flowers," she said. "It will help create a positive emotion upon entering the space. Color creates an emotion; therefore create the space you wish to feel. This is a perfect example where beauty is truly in the eye of the beholder. Make sure to carry that color throughout the space, creating a cohesiveness within the space."

The amount of natural light a room receives can also play a role in color selection, says Cooley. "In a basement space, limited sunlight can sometimes cause a damper on one's mood," she said. "A pop of color even in a bathroom can enlighten and lift one's emotion. Adding a pop color creates an oasis or a place of bright escapism."

Color can be added to a room in a variety of ways, advises designer Susan Nelson of Home on Cameron in Alexandria. "Typically walls are painted, but it's important to remember that accessories and furniture ... are other ways to insert color into a room."

When choosing colors for an outdoor space, play off natural elements. Air and water tones such as blues, soft greens and light neutrals bring a sense of tranquility and calm to a space because they are reminiscent of water views and blue skies, advises Madeline Fairbanks at Country Casual Teak.

"Create a calm, cool retreat by mixing blues and whites that remind us of waves, water and sand to sooth the nerves and invite reange often elicit a range of feel- laxation," she said. "Earth and fire ings from warmth to anger, said tones like rich browns, oranges and reds can energize and animate a space and bring inviting warmth outdoors. Warm colors are thought to stimulate the senses and whet the appetite, so are perfect for outdoor spaces where guests will be entertained."

Blues and greens are great in bedrooms because of their calming effect, says Dana Schwartz, designer at Anthony Wilder Design/Build.

Photo by Morgan Howarth



Virginia Department of Transportation

Public Meetings Fall Transportation Meeting

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a town hall style meeting. The open house will provide information on various transportation initiatives including proposed changes to Virginia's project prioritization process (SMART SCALE), recently funded projects in the Six-Year Improvement Program, Virginia's Statewide Transportation Improvement Program, VTrans Multimodal Transportation Plan, and Scenario Planning and Freight plans. Representatives from the Office of Intermodal Planning and Investment, Departments of Transportation and Rail and Public Transportation, along with Metropolitan Planning Organizations, Planning District Commissions, and Transit organizations will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia's transportation network The open house will be followed by a town hall session, where you can engage in discussion and ask questions about the various initiatives. Comments will be accepted informally at the meeting and may also be submitted via email, or online.

Meeting Dates and Locations

Open House begins at 4:00 pm in each of the locations:

Tuesday August 29, 2017 Gerrmanna Community College Center for Workforce & Community Education 10000 Germanna Point Drive Fredericksburg, VA 22408	Thursday, August 31, 2017 The Prior Center at UVA-Wise 437 Stadium Drive Wise, VA 24293	Monday, September 11, 2017 Culpeper District Office Auditorium 1601 Orange Road Culpeper, VA 22701
Thursday, September 14, 2017 Chesapeake Conference Center 700 Conference Center Drive Chesapeake, VA 23320	Monday, September 18, 2017 NOVA District Office The Potomac Room 4975 Alliance Drive, Fairfax, VA 22030	Monday, October 2, 2017 Hilton Garden Inn Richmond South/ Southpark 800 Southpark Boulevard Colonial Heights, VA 23834
Wednesday, October 4, 2017 Holiday Inn Lynchburg 601 Main Street Lynchburg, VA 24504	Tuesday, October 10, 2017 Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486	Thursday, October 12, 2017 Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017

Meeting materials will be available at http://www.ctb.virginia.gov/planning/fallmeetings/ beginning August 29, 2017.

If you cannot attend a meeting, you may also send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or SixYearProgram@VDOT.Virginia.gov and on rail, public transportation and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov. Comments will be accepted until October 20, 2017.

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).

Entertainment

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

ONGOING

Northern Virginia Senior

Olympics. Through Sept. 20, various times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit www.nyso.us.

The Trawick Prize Art Exhibit.

Through Sept. 30, various times at at Gallery B, 7700 Wisconsin Ave., Suite E. Bethesda. Burke artist Michele Montalbano named as one of the finalists for the Trawick Prize. Call 301-215-7990.

Artist Marilyn Harrington's "Dyeing to Change," exhibit, is on display at the Workhouse Art Center, 9518 Workhouse Rpad, Lorton through Oct. 8. Call 703-584-2900.

Lake Accotink Park Carousel
Closed, Mini-golf and Marina
Open. The carousel at Lake Accotink
Park has been closed for the
remainder of the 2017 operating
season for needed repair work. The
mini-golf and marina will continue
operating as normally scheduled
through Oct. 16. Call 703-324-8745.

THURSDAY/SEPT. 14

Acoustic Soul Concert. 6:30-8:30 p.m. at Old Town Square, 3999 University Drive. Part of Hometown Thursdays with local bands from the Fairfax Area. Call 703-385-7858.

Artist Reception. 7-9 p.m. at Old Town Hall, 3999 University Drive, Fairfax. The Fairfax Art League will be having a reception at the Old Town Hall Gallery, meet the featured artist. Visit www.fairfaxartleague.net or call 703-587-9481.

FRIDAY/SEPT. 15

Music on the Plaza. 7-8 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Live music and dance to relax by, weather permitting. Call 703-385-7858.

Bingo. 7 p.m. at Fire Station 3, 4081
University Drive, Fairfax. Smoke free Bingo, free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com, or call 703-273-3638.

SATURDAY/SEPT. 16

Outdoor Yoga. 8-9 a.m. at Old Town Square, 3999 University Drive, Fairfax. Yoga by Pure Om. Wear comfortable clothes and bring a mat and water bottle. Free. Call 703-385-7858.

Oktoberfest, Walks, Bike Ride. 8 a.m. at Accotink Unitarian Universalist Church (AUUC), 10125 Lakehaven Court. German food and drinks will be available for purchase while enjoying traditional German music. Free. Visit scenicroutes.us/ nvv/events or contact nicebrowns@verizon.net

Bikes for the World. 9 a.m.-noon at Saint Mary of Sorrows Church, 5222 Sideburn Road, Fairfax. Bring usable/repairable bikes and spare parts to the Farrell Hall parking lot for shipment to poverty stricken areas of the world. Contact Cathy at 703-307-5512, cat.gaiser@gmail.com or Brian at 703-764-3845, LBBAKEITH@gmail.com.

Benefit Wine and Art Festival.

noon-4 p.m. at Halstead Square Dunn Loring Metro, 2750 Gallows Road, Vienna. Wine sampling is \$10 per person and includes a souvenir glass with 100 percent of the proceeds benefiting Shelter House. Call 888-903-1852 or visit eventsathalsteadsquare.com.

Passport to Fashion. 1-4 p.m. at Springfield Town Center, 6500 Springfield Mall Drive. Celebration of fall arrivals with retailer pop-ups, beauty and styling sessions, free goodies and sales. Go to springfieldtowncenter.com.

THURSDAY/SEPT. 17

"Democracy for Sale" Film. 7 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Free. Visit accotinkuu.org/.

MONDAY/SEPT. 18

Garden Club Meeting. 6:45-9:15 p.m. at Messiah Methodist Church, 6215 Rolling Road, Springfield. Flower arranging tips and examples, meetings the third Monday each month. \$38 a year. Email vdrash@verizon.net or call 703-250-7805.

SEPT. 18-OCT. 28

Photo Exhibition. Tuesday-Saturday, 10 a.m.–3 p.m. at The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. "Binding Wounds, Pushing Boundaries: African-Americans in Civil War Medicine" looks at the men and women who served as surgeons and nurses during the Civil War and how their service challenged the prescribed notions of race and gender.Free. Call 703-591-0560.

WEDNESDAY/SEPT. 20

Global Warming Lecture. 7:30 p.m. at the Fairview Elementary School cafeteria, 5815 Ox Road, Fairfax Station. James Carlson will talk about global warming and the scientific facts behind it. Hosted by the Republican Women of Clifton. Free and open to the public. Call 703-455-4924.

THURSDAY/SEPT. 21

Lunch 'N Life. noon-2 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Music by Special Blend, a barbershop quartet. \$10. Call 703-273-5730.

SEPT. 21-24

Golf Tournament. All day at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Middle Atlantic Amateur Championship. Visit www.fairfaxcounty.gov/parks/golf/ lhgc or call 703-439-8849.

SATURDAY/SEPT. 23

Irish Folk Festival. noon-7:30 p.m. at Sherwood Center at Van Dyck Park, 3740 Old Lee Highway, Fairfax, or The Auld Shebeen Irish Pub, 3971 Chain Bridge Road, Fairfax. \$10 per person; \$20 family maximum admission. Call 703-385-7858.

Meet the Author. 2 p.m. at Fairfax Museum and Visitor Center. 10209 Main St., Fairfax. "Lincoln's Generals' Wives: Four Women Who Influenced the Civil War - For Better and for Worse" Author Candace Shy Hooper will discuss how Julia Grant, Ellen Sherman, Nelly McClellan, and Jessie Fremont influenced their husband's careers. Free. Call 703-385-8414.

Meet the Author. 4 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Kristin Cashore reviews her new book "Tu Reviens," about an island mansion. Visit stores.barnesandnoble.com/store/2937 or call 703-278-0300.

The 12th Annual "ARTS by George!" 5 p.m. at deLaski Performing Arts Building, Harris



FILE PHOTO BY STEVE HIBBARD

The Kings Park German Band performs during the 2015 Oktoberfest Volksmarch.

Oktoberfest Walks, Bike Ride

Accotink Unitarian Universalist Church (AUUC), 10125 Lakehaven Court, Burke, will host free Oktoberfest walks and a bike ride on Saturday, Sept. 16, at 8 a.m. Join walkers of all ages and cyclists for the annual Oktoberfest Volksmarch and Biketoberfest. The self-guided walks and group bike rides start at the Accotink Unitarian Universalist Church in Burke. German food and drinks will be available for purchase while you enjoy traditional German music.

The event (start and end) is held at 10125 Lakehaven Court, Burke, just south of the Fairfax County Parkway and Burke Lake Road intersection. Walkers may begin anytime between 8 a.m. and 1 p.m. but must finish by 3 p.m. The bike ride begins at 9 a.m. Visit scenicroutes.us/nvv/events or contact nicebrowns@verizon.net.

Theatre, and Center for the Arts, 4400 University Drive, Fairfax. Gala performance by Broadway star Kelli O'Hara plus student showcases, buffets and wine bars, and silent and live auctions. Email erusch2@gmu.edu or 703-993-3872, or visit artsbygeorge.gmu.edu.

SEPT. 23-24

Fall Festival. 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit www.whitehall.farm.

SUNDAY/SEPT. 24

Building a Train Set. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Activities include making a sample train layout as well as involvement in demonstrations of railroad artifacts. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Craft supplies included in admission. Visit www.fairfax-station.org, or call 703-425-9225.

MONDAY/SEPT. 25

Tai Chi Easy. 2-3 p.m. at King of Kings Lutheran Church, 4025 Kingsway, Fairfax. Pauline Reid, teaches Tai Chi, a form of the Chinese self-care practices known as Qigong. This class is suitable for beginners through advanced practitioners. \$90 for Monday nights through Nov. 6. Email Pauline at reidpr@hotmail.com or contact the church office 703-378-7272, ext. 221.

WEDNESDAY/SEPT. 27

Tai Chi. 6:30-7:30 a.m. at Old Town Square, 3999 University Drive,

Fairfax. Wear comfortable clothes and bring a mat. Class will take place in Old Town Square at the pergola. Call 703-385-7858.

Meet the Civil War Author. 7:30-9:30 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Local historian, lecturer and author, Arthur Candenquist will look at a Confederate military railroad that ran between Centreville and Manassas Junction. Free, open to public. Visit www.fairfax-station.org or call 703-425-9225.

THURSDAY/SEPT. 28

Visiting Filmmakers. 4:30 p.m. at the Johnson Center Cinema, George Mason University, 4400 University Drive, Fairfax. GMU Visiting Filmmakers Series presents: "Cameraperson," free screening and Q&A with Kirsten Johnson. Visit favs.gmu.edu.

Mars Rodeo Concert. 6:30-8:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. The Hometown Thursdays series will host local bands from the Fairfax area. Free. Call 703-385-7858.

SEPT. 28-OCT. 1

Fall Book Sale. Various times at George Mason Regional Library, 7001 Little River Turnpike, Annandale. George Mason Friends, a Friends of the Library organization annual book sale. Call 571-314-1947.

FRIDAY/SEPT. 29

Wine Tasting. 6:30-9:30 p.m. at Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. This event features wine tasting and a silent auction of goods and services. Free. Visit www.historicfairfax.org for more or call 703-385-7858.

Music on the Plaza. 7 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Call 703-385-7858. Bingo. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Smoke free Bingo, free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit fairfaxvfd.com, or call 703-273-3638.

Comedy on Stage. 7:30 p.m. at the Epicure Cafe, 11104 Lee Hwy, Fairfax. Show by Krish Mohan, a nationally touring stand up comedian. Visit ramannoodlescomedy.com/press/.

SEPT. 29-OCT. 8

Disney on Ice. Various times at Eagle Bank Arena, 4500 Patriot Circle, Fairfax. "Dare To Dream," show featuring an expedition across seas and mountains with characters from Disney's "Beauty and the Beast," "Frozen," "Tangled" and "Cinderella." \$20 and up. Call 1-800-745-3000, via www.ticketmaster.com, or visit DisneyOnIce.com.

SATURDAY/SEPT. 30

Kidz Korner. 10:30-11:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. A variety of children's activities and entertainment. Call 703-385-7858.

Bingo. 1-3 p.m. at Parish Center Gym, St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. \$10 for two cards, proceeds benefit the Shepherd's Center of Fairfax-Burke. Call 703-426-2824.

Call 703-426-2824.

Concerts from Kirkwood. 3 p.m. at the Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Hot Lanes Jazz Band, led by composer, arranger, performer and director Bobby Jasinski. Email concerts@kirkwoodpres.com, visit www.kirkwoodpres.com, or call 703-451-5320.

SEPT. 30-OCT. 1

Fall Festival. 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit www.whitehall.farm.

SATURDAY/OCT. 7

She Rocks the World. 9 a.m.–3:30 p.m. at George Mason University, 4400 University Drive, Fairfax. 2017 Virginia Girls' Summit, teenage girl forum. Visit www.sherockstheworld.org/.

Taste of Fall Feast. 7 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. An evening filled with food, entertainment, and a live and silent auction to raise funds to help parents, children and individuals in Fairfax County and City who suffer the effects of poverty. Attendees at the fundraiser can sample food and drink from a variety of Fairfax-area restaurants, wineries and breweries while enjoying music by Pan Masters Steel Orchestra. \$50. Visit www.FACETSCares.org or call 703-554-3609.

OCT. 7-8

Fall Festival. 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit www.whitehall.farm.

Entertainment

A Night Not to Be Missed

'ARTS by George' returns for 12th annual gala.

By David Siegel
The Connection

his year's "ARTS by George!" continues a long standing tradition as a major go-to arts and entertainment event this year presenting the world class talent of Broadway star Kelli O'Hara while also showcasing and supporting the gifted and students and faculty of the George Mason University/College of Visual and Performing Arts (CVPA).

"Truly a night not to be missed, 'Arts by George!' is unique to Fairfax County and Northern Virginia. Patrons have the ability to

see so many forms of art in one location including a spectacular concert performance by Tony Award winner Kelli O'Hara," said Donn Smith and Jay Speer, 2017 "ARTS by George!" event co-chairs. Guests also have the opportunity to tour nearly a dozen open studios and rehearsal halls, "where they can enjoy live presentations of student work and behind-the-scenes insights."

"I almost never call something unique because the word is overused and hardly ever accurate but this collection of brilliant student work in all genres of the arts is unique. The student showcases never fail to amaze," said Rick Davis, Dean of Mason's College of Visual and Performing Arts.

"Proceeds from the 'ARTS by George!' gala evening are absolutely essential to our work with our students and the community," added Davis. "Proceeds help support scholarships for deserving CVPA students" in a wide range of studies such music, dance, art and theater, computer game design, arts management, and film and video studies.

Faith Ellen Lam, a School of Music sophomore from Centreville, is a recipient of one of the scholarships. "To receive a scholarship has been an immense blessing in my life, allowing me to focus on building a career instead of worrying about finances. Because of the generosity of those who donate to Mason's art programs, I have both the time and peace of mind to study hard, practice harder, and take every opportunity, paid or not, to gain experience as a musician."



Photo by Lauri Marie Duncan/Courtesy of GMU

Kelli O'Hara, headliner at "ARTS by George!' gala benefit.

Where & When

"ARTS by George!" at George Mason University, 4400 University Drive, Fairfax. Gala is Saturday, Sept. 23, 2017 starting at 5 p.m. Events and performances in the deLaski Performing Art Building and Harris Theatre, and in tent plaza between the two buildings. Tickets for "ARTS by George!" (Includes student/faculty showcases, food, beverages, Kelli O'Hara concert; with champagne and dessert reception onstage) are \$250/person. Contact Emily Rusch at 703-993-3872, or visit artsbygeorge.gmu.edu. Tickets only for the Kelli O'Hara mainstage performance in the Concert Hall are \$60, \$85 and \$100. Visit www.cfa.gmu.edu or call Box Office at: 888-945-2468.

ARTS by George! Event Schedule:

- ❖ 5 p.m. Student and faculty showcases of performances and exhibitions, food and beverage stations, and tent with catered buffet and live entertainment. Silent auction
- ❖ 8 p.m. Gala performance by Kelli O'Hara.
- 9:45 p.m. Live auction, then champagne and dessert reception onstage.

One of the numerous local Fairfax County businesses that supports "ARTS by George" is Broadway Galleries. For owner Barry Broadway, "the opportunity to support the talented George Mason University students for the past decade has been a passion."

"ARTS by George' reminds us of the passion, energy, and joy that George Mason University's arts programs tries to bring to our community," added Davis. The event aims to be a magical, one-of-a-kind experience "that benefits deserving students all while guests are richly entertained."





Worship Gathering – Sunday 8:45 & 11 AM Sunday School 10:10 AM Sun. Evening – Realtime Worship & Youth 6 PM Family Night – Wednesday 7:15 PM Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups Visit our Website: www.jccag.org 4650 Shirley Gate Road, Fairfax

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News



Stallions Fall to Wildcats

South County QB Michael Tull hands the ball off to RB Joseph Sheffield. Centreville won 31-27 over South County on Friday, Sept. 8.



South County WR Seth Dunn #81 runs for positive yardage after a reception.



South County's Dillon Spalding #9 runs in for one of his two touchdowns against Centreville.

Рнотоѕ ву Will Palenscar THE CONNECTION

Robinson Secondary Announces 2017 Class of the Athletic Hall of Fame

The Robinson Athletic Hall of Fame Committee coach in a special dinner and award ceremony. has announced the 2017 Class of the Robinson The ceremony will take place on the evening of Secondary School Athletic Hall of Fame who will Oct. 28, 2017 at Robinson Secondary School. Tickbe inducted on Oct. 28, 2017:

- ❖ David VanDyke
- Mike Imoh
- ❖ Julie Brown Mike Hammer
- ❖ Tom Reed (coach)
- Winston Streeter
- ❖ Justin Fitzgerald
- Tom Peterson (coach and athletic support)
- ❖ 1977 Girls Basketball Team

Join inductee friends and families, past and current teachers and coaches, Hall of Fame inductees, and members of the Hall of Fame committee to celebrate the achievements of these athletes and ets can be purchased at robinsonathletic boosters.com/node/272. Questions can be sent to robinsonathletichof@gmail.com.

The 2017 class was selected by the Robinson Athletic Hall of Fame Committee and previously inducted members following an open nomination process. To be considered for the Robinson Athletic Hall of Fame, candidates must have graduated at least 15 years ago, or be a retired coach or athletic support person. Teams can also be nominated. To nominate a candidate, visit docs.google.com/forms/d/ 1AgPRnGSvns1tUYxrGzxrsDYqlUl0aZufG5IN7UGJwOs/

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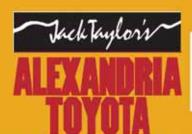


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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

Obituary



Marie Louise Barlow,

born to Henry Hillgamyer & Marie Kennedy on July 7th, 1922, passed away on August 23rd, 2017. Marie was marked for her kindness and warming smile, giving a listening ear to anyone in need. After retiring from the phone company, she worked at Nativity Catholic Church for another 20 yrs. Family always came first with Marie, happiest playing games with the kids. They carry on her love and spirit -Bud (Bonnie) Barlow, Karen Callender, & Carol (Dwight) Simmons, as do her 7 grand & 8 great-grand children. Funeral to be held at the Arlington Cemetery on Oct. 10th, 2017 at 10 A.M.

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News



NOVA diving contestants gather on the diving board to show off their medals at the Yorktown Aquatic Center Saturday, Sept. 9. From back left: Karen Alderman, Arlington; Carol Mackela, Arlington; and Mandy Whalen, Falls Church. In front: Duane Clayton-Cox, Fairfax; Samir Salman, Vienna; Kim Alderman, Arlington; and Coach Bobby Meeks, Arlington.

Northern Virginia Senior Olympics Celebrates 35th Year

he 2017 Northern Virginia Senior Olympics (NOVA) was off and running on Sept. 9 with morning field and track events followed by afternoon diving. This year 752 competitors signed up to participate in 70 events including swimming, baseball and football toss, track and field, pickleball, horseshoes and a variety of games such as dominoes and scrabble. The games will be held for 12 days at 28 parks,

schools, community and senior centers around Northern Virginia

Diving events were held at Yorktown Aquatic Center with six competitors, one having dropped out due to a car accident two days before the event, and the coach Bobbie Meeks didn't compete this year due to recent surgery. But Meeks was in attendance. "I wouldn't miss this event for anything," he said.

— Shirley Ruhe



Five judges concentrate on the nuances of form and difficulty and flash up score cards after each diver. The announcer calls out 7, 7-1/2, 7, 7-1/2, 6-1/2 and the results are recorded for awarding ribbons.

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.

SENIOR VOLUNTEERS

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org

MONDAY/SEPT. 18

7-Week Fitness Session Starts. Various times and locations. The Fitness Program at Inova HealthSource is established both in its longevity and in its foundation in the community. Competitive pricing and a session-based schedule to allow everyone to try out new formats without entering into a long term relationship. To register for Inova's next 7 week fitness session, visit www.inova.org/wellness/

TUESDAY/SEPT. 19

ESOL classes. noon-7:30 p.m. at The Church of the Good Shepherd, 9350 Braddock Road, Burke. Day and evening English for Speakers of Other Languages (ESOL) classes open to those who wish to improve their English skills. Call 703-323-5400 for more.

IN-PERSON, TV DEBATES

The League of Women Voters of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates' priorities and positions, visit www.vote411.org.

In-person forums:

- **Thursday, Sept. 28** at 7 p.m. at Providence Community Center: 3001 Vaden Drive, Fairfax.
- * Thursday, Oct. 12 at 7 p.m. at Hayfield Secondary School, Lecture Hall: 7630 Telegraph Road, Alexandria.
- ❖ Wednesday, Oct. 25 at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly.

The televised forums at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can submit questions by email to theinsidescooptv@gmail.com or call 571-749-1142 between 7-8:30 p.m. Tune in on: Monday, Sept. 11 at 8 p.m.; Monday, Sept.

18 at 8 p.m.; and Monday, Oct. 2 at 8 p.m.

SEPT. 29-30

Fall Children's Consignment Sale. 9 a.m.-8 p.m., at Cameron United Methodist Church, 3130 Franconia Road. Some items are half price on Saturday. To become a seller, email: CUMC.CCS@gmail.com, or visit www.cameronumc.org/.

ONGOING

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

Positive Parenting Strategies Course, At PHILLIPS, 7010 Braddock Road, Annandale. A series of classes and in home consultations taught by PHILLIPS' counselors. Open to all local families. Call Stacy Stryjewski at 703-658-9054.

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-Thomas Fuller

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"Kenny's Story"



By KENNETH B. LOURIE

Ordinarily I wouldn't have given the Lyrica television commercial too much attention. But there sat a spokesperson named Kenny, his name clearly printed in red script on top of a white oval located above his right breast pocket on his custom-work shirt, a middle-aged white man like me, holding his left foot across his right knee talking about a medical problem that we both feel: the "shooting, burning, pins and needles of diabetic nerve pain." It was odd seeing someone named Kenny on television referring to a problem that not-on-television Kenny also has, though my symptoms are not from diabetes; they're from eight and half years of chemotherapy Nevertheless, as Babe Ruth said about the sound of his throat-cancer-ravaged voice on "Babe Ruth Day" at Yankee Stadium on April 27, 1947: "It feels just as bad."

Campaign to date, according to ISpot.tv, within the last 30 days, "Kenny's Story," as it's identified, has had "74 commercial airings." And though I don't think for a moment that this Kenny could be confused with that Kenny, considering that he's an auto mechanic who "grew into a free-wheeling kid" and "enjoyed every step of fatherhood," and I'm not 'free-wheeling,' not a father and know zero about cars, I do feel his

Now the fact that the words of advice are coming from someone named Kenny does give me pause however. Not that all Kennys have identical personalities or life's experiences but knowing how little familiarity I have with this product makes me distrust him somehow. My name is Kenny and I'm not prepared to make those statements. How can he?

It reminds me of a long-ago M*A*S*H episode when Major Frank Burns was feeling paranoid (as he said: "I'm only paranoid because every one's out to get me") because he thought "someone else is using my face." None of which makes any more sense than my not believing spokesperson-Kenny just because his name happens to be Kenny.

But there's no accounting for viewer reaction, probably. That's likely why there were a total 1,271 airings" of Lyrica diabetic nerve pain commercials nationally over the last 30 days. "Kenny's Story," at 74 airings, was a small percentage of at least a dozen variations on this theme as well as a parallel campaign to address Fibromyalgia, a similar condition also treated by Lyrica.

It's odd, of the multiple spots that have appeared on television, all of which show people living active lives – and being grateful for using Lyrica, only three: "Kim's Salon," "Michael," and yours truly are "given-named." All the others: "Coach," "Grandpa," "School Teacher," "Keep the Beat Going," "Helping Others", as a few examples, are not.

I'm wondering if "naming"/invoking names in these spots does in fact personalize the experience for viewers in a way that the pharmaceutical companies think is counter productive? Maybe naming the spokesperson/sufferer causes a reaction among Kims and Michaels that yours truly is feeling/writing about?

Moreover, given that "Big Pharma" probably doesn't want to limit its reach by excluding a segment of the market because of name recognition possibly lends some credence to the presumption that using a name to identify the individual in one of these spots is rare because it's unhelpful. As it relates to these spots and their names, perhaps less is more, given how many research/clinical dollars (hundreds of millions of dollars we're often told) are invested in the process of bringing FDA-approved products to market? Accordingly, I suppose "Big Pharma" can't afford to leave any potential stone/"presrciptee" unturned.

I certainly don't know the answers to any of these questions. I can only wander – and wonder vhat is it that makes sense here and where I fit into their universe. The commercials have hit their intended target: me, a patient with "shooting, burning, pins and needles ..., but I have to tell you: I don't like "Kenny."

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

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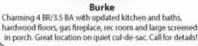
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