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PHOTO BY STEVE HIBBARD/THE CONNECTION OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10 FOLLOW ON TWITTER: @LFS CONNECTION

Fairfax Station CONNECTION Clifton & Lorton



Visitors chat with writers from the Chesapeake Chapter of Sisters in Crime, which published its 10th anthology of stories, "Fur, Feathers and Felonies" at the Lorton Library on Saturday, Aug. 25, 2018.

Sisters in Crime Come to Lorton

NEWS, PAGE 6

Enjoying 'a Little Slice of Heaven'

COMMUNITY, PAGE 9

Teen Sex Trafficking Hits Close to Home

NEWS, PAGE 3

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Join us for coffee & conversation. Fairfax Divorce Workshop.

Support. Information. Hope.

Date: Saturday, September 8, 2018
Saturday, October 13, 2018
Saturday, November 10, 2018

Time: 9:00-9:30a.m.-Registration
9:30-1:00 p.m.-Workshop

Place: Duff & Kronfeld, P.C.
Fair Oaks Commerce Center
11320 Random Hills Road/Suite 630
Fairfax, VA 22030



Please join us for coffee at our Second Saturday Divorce Workshop and get the information and support from professionals: a family law attorney, a financial advisor, a family therapist, a private investigator, an estate planning attorney and other professionals who will help guide you through the divorce process. Speakers vary for each workshop.

Registration at the door; however, pre-registration is recommended as space is limited.
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Email: nancy@secondsaturdaynova.com
Phone: (703) 591-7475

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AREA ROUNDUPS

Workhouse to Celebrate 10th Anniversary

The Workhouse Arts Center invites the residents of Fairfax County and guests from throughout the region to join them for a week of free and low-cost events and activities in celebration of its 10th anniversary from Sept. 8-16, 2018. Experiences include classes and presentations, films and music, special tours, and more. The Workhouse Arts Center is located at 9601 Ox Road, Lorton.

Supervisor Storck to Hold Office Hours

Supervisor Dan Storck (D-Mt Vernon) will hold his Second Saturday Office Hours for September on Sept. 8, 2018 at Lorton Library, 9520 Richmond Hwy, Lorton, 9-11:30 a.m. and at the Mount Vernon District office 2511 Parkers Lane, Mount Vernon, 12:30-3 p.m.

Historic Pohick Church to Host Annual Crab Feast

The 26th Annual Crab Feast, sponsored by the Brotherhood of St Andrew, will be held in the Common Room at the Historic Pohick Church from 3:30 until 6 p.m. on Saturday, Sept. 8. The menu will include crabs, fried fish, steamed shrimp, potato salad, pork and chicken barbecue sandwiches, and hot dogs for the kids. The cost is \$30 per adult (ages 18 and older), \$15 for children ages 12-17, and children under the age of 12 are free. For tickets and more information contact Rodger Jones, rodgerjns125@gmail.com, or Fred Crawford, fcrawford205@comcast.net, or call the church office at 703-339-6572.

Historic Pohick Church is located at 9301 Richmond Highway, Lorton, on U.S. Route 1 between Telegraph Road and Pohick Road.

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.

VOTER REGISTRATION AND ID EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad.

Call 703-222-0776.
The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.
❖ Tuesday/Sept. 11, 10 a.m.-1 p.m., The Woodlands Retirement Community, 4320 Forest Hill Ct, Fairfax.

SEE BULLETIN, PAGE 11



Join us for our **Second Saturday Art Walk** from 6p-9p on the second Saturday of each month. It's the perfect time to meet nearly 100 Resident and Arches Gallery Artists who create art in their studios and exhibit in our galleries. Enjoy thrilling performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in unique classes in the art of mixology or cuisines from around the world. And explore art exhibitions featuring the region's finest sculpture, painting, glass, ceramics, and fiber art.

All this excitement and more is tucked away at the Workhouse Arts Center, a 55-acre visual and performing arts center in Lorton, VA, located on the historic grounds of the former DC Correctional Facility at Lorton.

September Featured Artists

- | | |
|--------------------|-----------------------------|
| W5: Hsi-Mei Yates | W8: Brian Grow |
| W6: SJ Paik | W9: Sandra McClelland Lewin |
| W7: Cheryl Peasley | W10: Nadine Thola |

9518 Workhouse Way Lorton, VA 22079
Wed-Sat 11a-6p, Sunday 12p-5p



WorkhouseArts.org

Teen Sex Trafficking Hits Close to Home



How vulnerable teens are targeted.

BY WALLICIA GILL
AND BRAD SWANSON

This article first appeared in *The Blue View* www.blueview.org. It has been slightly edited.



Kay Duffield



Teresa Hartnett

Local experts say that Northern Virginia is a teen sex trafficking hotspot, but most people know very little about this growing crime. A better understanding among the public will help to combat the problem, agree both police and victims advocates.

MORE THAN 100 LOCAL VICTIMS A YEAR

According to law enforcement records compiled by the Northern Virginia Human Trafficking Task Force, approximately 500 sex trafficking victims were “identified” – brought to the attention of law enforcement – in northern Virginia in the 4-year period from January 2013 to February 2017.

That averages to about 125 sex trafficking victims identified in the area per year. Experts believe that only a small minority of trafficking victims are brought to light, but they don’t have good insight into what the fraction really is. The trend in identifying victims in the region is upward, and experts believe the practice is growing, but some part of the increase may also come from more awareness and better discovery.

Of the approximately 140 sex trafficking victims identified in the year from January 2016 to February 2017, the latest data available, most were female, but a significant minority were not. Experts say boys and young men, especially from the LGBTQ community, are as vulnerable to trafficker recruiting as girls and young women – and less likely to come forward.

The average age of sex trafficking victims in the USA is 12-to-15 years, but in this area the average appears to be somewhat higher, 15-18. Consequently, only about a third of the total identified last year were technically juveniles, but the average age of the “adult” victims is not available.

The ethnic backgrounds of sex trafficked women typically mirror that of the region, and this appears to be the case for this area as well. In broad socioeconomic terms, girls in poverty, dysfunctional families and neighborhoods with more crime appear more

susceptible to becoming trafficking victims, although high income and stable family life are no barrier.

“Any victim I have personally met from Northern Virginia is upper income demographic,” said Teresa Hartnett, coordinator of the Trafficking Task Force, which brings together law enforcement agencies, government agencies and nongovernmental organizations in the fight against trafficking.

Vulnerability is the key to understanding why girls and young women get trapped into sex trafficking, according to Kay Duffield, who serves both as co-chair of the Victims’ Services Committee of the Trafficking Task Force and executive director of the non-profit Northern Virginia Human Trafficking Initiative. Girls are not kidnapped off the street and bound in chains. The typical pattern is for a girl who is lonely, unhappy, rebellious, adventurous, or some combination, to meet a trafficker, who poses as a friend and over time gains influence through empathy, attention and acceptance. The initial meetings typically happen online or in shopping malls or other public places. The trafficker is patient, waiting for the payoff from a successful recruitment.

After winning a girl’s trust, a typical tactic is for the trafficker to break her will by raping her, or staging a gang rape, sometimes filming the episode for blackmail, according to Hartnett. Drugs are another method of control. Also common is threatening harm to family members if the victim comes forward. But some victims are ensnared by emotional dependence, or fear, without strong-arm tactics being necessary. Often the victim keeps up a show of normality — going to school, spending time with her family — while she is being subjected in her unsupervised time to involuntary sex.

The average period of being trafficked, is difficult to determine. In some cases, after a few instances, the victim is deemed unsuitable, or the trafficker is caught, or moves

New Law To Keep Traffickers in Jail

On June 25, 2018, Gov. Ralph Northam signed human trafficking legislation that adds offenses related to human trafficking to the list of crimes for which bail can be denied, keeping traffickers in jail and better protecting trafficking victims. Locally, Kathleen Murphy (D-34) and Kathy Tran (D-42) were cosponsors.

“Human trafficking is a threat to public safety here in Virginia and across the United States,” said Northam. “This legislation will help us prevent these crimes by making it more difficult for human traffickers to post bail and leave jail to intimidate witnesses or continue their criminal activity.”

“Human trafficking is a dehumanizing crime that robs its victims of their dignity, their identity, and their freedom,” said Attorney General Mark Herring.

While prosecuting traffickers, local law enforcement found that traffickers would pay their own bail and bail out their victims continuing the cycle of abuse and trafficking. This legislation will keep traffickers in jail.

This legislation adds the following offenses that are attributable to human trafficking to the list of crimes for which there is a rebuttable presumption against admission to bail: Taking or detaining a person for the purposes of prostitution or unlawful sexual intercourse; receiving money from procuring or placing a person in a house of prostitution or forced labor, receiving money from the earnings of a prostitute, and commercial sex trafficking, where the alleged victim is a family or household member.

“Any victim I have personally met from Northern Virginia is upper income demographic.”

— Teresa Hartnett, coordinator,
Northern Virginia Human Trafficking
Task Force

on. But in other cases trafficking is a one-way journey and its victims are unable to return.

FORTY PERCENT OF VICTIMS RETURN TO TRAFFICKING

Of the approximately 500 northern Virginia victims identified by police in 2013-17, only about 300 were “recovered” — removed from the trade, reunited with families, or sent to live elsewhere. In other words, this data shows that 40 percent of those identified slipped back into sex trafficking.

The reasons differ in each case, but are often tied to the same factors that led to vulnerability in the first place. Being returned to live in a dysfunctional family and neighborhood doesn’t strengthen a girl’s will to resist the false affection and security of an experienced trafficker.

The experience of being trafficked can destroy a young woman or teen’s self-esteem and dignity and skew her ability to function.

“Starting over is very hard,” said Hartnett. “It can get overwhelming, and some survivors lose hope. If they lose momentum going forward, they slip backwards into what’s familiar — and what they have come to think they deserve.”

Trafficking victims who are able to recover often take many months or years of counseling and emotional support to regain their autonomy and self-confidence.

Traffickers typically are not solo operators but rather are linked and have special-

ized functions, similar to street level drug distribution, according to Hartnett. Some are adept at recruiting, and then passing the victims to pimps who control one or two victims at a time. But not all trafficking is low-level. Networks operate across state lines moving victims both to take advantage of high demand in a different area and to isolate the victims from potential sources of help.

Gang-led trafficking varies in intensity across the country. In northern Virginia, gangs typically do not practice trafficking as an organized activity although some gang members traffick as individuals, says Duffield.

Not all trafficking is done by third parties. Family members, including drug-addicted parents, sometimes sell their own children to traffickers.

GROWING PROBLEM IN NORTHERN VIRGINIA

From anecdotal evidence, sex trafficking appears to be growing in the region, say experts. They point to two factors. First, the typical buyer of teenaged sex is married, male, with children, and money to spend. That’s a common profile in affluent northern Virginia.

Forced sex is sold in a market, and responds to buying pressure like any other.

“We need to do something on the demand side,” said Duffield. “Traffickers are going to create that product until demand is gone.”

The second factor explains why areas like Springfield, Dumfries and Tysons are trafficking hotspots: trafficking follows the highways. Traffickers, whether local or interstate, like mobility and the anonymity of travel nodes, as do buyers. Converging highways make for easy contact, fast access to motels, and quick exits. The tangle of major roads in northern Virginia draws in sex trafficking like a neon sign.

If someone knows a victim of trafficking, call the National Human Trafficking Hotline at 1-888-373 7888. If danger is imminent, call 911.

Recent Cases

❖ A Washington, D.C. man was sentenced on Aug. 17, 2018 to 18 years in prison for forcibly sex trafficking a minor.

According to court documents from Eastern District of Virginia, Justin Shayne Robinson, 27, lured the 16-year-old victim to a motel in northern Virginia. Once the minor victim arrived, Robinson directed sexualized photos to be taken of her, and created and posted online advertisements for commercial sex acts with the minor. Robinson and his co-conspirator, Markus Jakeem Plummer, 27, of Woodbridge, then trafficked the minor over a period of roughly a week. Robinson and Plummer took all the proceeds of the minor’s commercial sex acts for their own benefit. Robinson and Plummer used force and surveillance to ensure that the minor continued to see clients and was unable to escape the motel. Robinson used violence to force the victim to continue working for him, including choking her and leaving medically documented bruising on her leg and neck. Co-Conspirator Markus Plummer is scheduled for sentencing on Sept. 28.

❖ On July 20, 2018, a Virginia man was sentenced to 186 months in prison and 10 years of supervised release for multiple crimes related to

the prostitution and exploitation of a 15-year-old minor. Abdul Karim Bangura Jr. aka “AJ”, 22, of Triangle, Va. pleaded guilty in August 2017 to all counts of an indictment charging him with sex trafficking of a minor, conspiracy to engage in sex trafficking of a minor, interstate transportation of a minor for the purposes of prostitution, and production of child pornography.

According to admissions made in connection with his plea in the Eastern District of Virginia, Bangura and his co-defendant Christian Hood conspired to recruit a 15-year-old girl to work as a prostitute and to advertise her prostitution services on Backpage.com. Bangura also transported the minor to hotels in Virginia, Maryland, and Washington, D.C. for prostitution dates, and he took a portion of the money she made from commercial sex customers. Bangura also used a phone to record a video of himself having sex with the minor. In August 2017, a year ago, Hood was convicted at trial of sex trafficking and conspiracy to engage in sex trafficking of this same minor.

These unrelated cases were brought as part of Project Safe Childhood, a nationwide initiative launched in May 2006 by the Department of Justice to combat the growing epidemic of child sexual exploitation and abuse.

America Needs Unions

BY DAVID BRODER
PRESIDENT,
SEIU VIRGINIA 512



Broder

This Labor Day, while some of us attend barbecues or spend quality time with our families, millions of Americans will go to work.

Americans are now working longer hours for lower wages. Despite an increase in our educational attainment, fewer of us have paid sick days, parental leave or employer-based healthcare. Even fewer of us have retirements we can count on.

Unions are a solution to our broken economy. Working people who form unions with their co-workers earn higher wages, have better health care, have more secure retirements, and are safer on the job.

The statistics are overwhelming. Working people in unions earn 30 percent more than their non-union counterparts, and are nearly five times more likely to have a guaranteed pension.

Women workers who are union members earn nearly \$9,000 a year more than their non-

union counterparts. For African-American workers, the union differential is also about \$9,000, and for Latino workers the yearly advantage is more than \$11,000.

Unions have made all the difference in my family's life.

I'm the great-grandson of eastern European Jewish immigrants, who fled anti-Semitic violence, and came to this country with nothing. Thanks to my grandparents' union, my father was able to go to college. Thanks to my mother's teachers union (in which she was a powerful leader), our family never had to choose between seeing a doctor and putting food on the table, and my parents can now retire and live with dignity.

It's no wonder that more people are speaking out, organizing and voting for the rights to form a union.

Across the country, in deeply-conservative states like Oklahoma and West Virginia, union teachers and community allies have successfully mobilized for improvements to our education system, teacher pay and workers' rights.

Here in Virginia in 2016, a bipartisan majority of voters rejected the anti-worker constitutional amendment known as "right to work," while last month, voters in Missouri rejected the state's right-to-work law by a 2:1 margin. Across the country, 61 percent of Americans

support unions, according to a recent Gallup Poll. Young workers are even more supportive, and are joining unions in record numbers, in order to fix a broken economy.

When workers join together to form unions, we all benefit.

Strong unions raise wages, improve health care, and expand retirement security for all workers, union and non-union. Unions have played important roles in the civil rights movement and women's rights movement, and continue today to fight for racial, immigrant and environmental justice.

Here in Northern Virginia, unions have helped lead fights to raise wages, increase mental health funding, create jobs, and ensure health care for up to 400,000 people through Medicaid Expansion.

So, this Labor Day, whether you're enjoying a burger with family and friends or you're hard at work at your job (or maybe your second or third job), I invite you to join us.

Let us all unite together on our jobs, in our communities, and at the polls this November, to demand a better economic future for all people!

Learn more at AmericaNeedsUnions.org

David Broder of Vienna is president of SEIU Virginia 512, a union of home care providers, and county employees in Fairfax and Loudoun.

COMMENTARY

LETTERS TO THE EDITOR

Time to Fix Rigged Voting Districts

To the Editor:

Our society doesn't allow citizens to choose juries for their own court cases, or scientists to pick their own peer-review committees, and we shouldn't let legislators cherry-pick their own voters. Letting legislators draw their own voting districts is a serious fox-guarding-the-henhouse problem because possibly as much as party politics, personal career interests drive legislators to lock in their

seats by gerrymandering.

To correct racial gerrymandering in our House of Delegates voting districts, Governor Northam has called a special session of the Virginia legislature. But Virginia legislators have a poor track record for correcting gerrymandered voting maps. In 2015, a federal court had to appoint a special master to remedy a similar situation because our legislators couldn't adequately resolve it.

Now, in 2018, the Governor should reach across party lines to endorse Senator Emmett Hanger's proposed redistricting commission. This independent, bi-partisan commission would have less interest in rigging elections for our legislators and more interest in bringing Virginia's voting districts into compliance with the Voting Rights Act. It would also provide a pilot study in preparation for permanent reforms to Virginia's redistricting process needed for 2021, when all

voting districts will be redrawn using data from the 2020 U.S. census.

Defending and appealing multiple racial and political gerrymandering court cases continues to cost Virginians millions in tax dollars, and we're still left with rigged voting districts. It's time to find a better solution to the old fox/hen house problem.

JoAnn Kennedy Flanagan
OneVirginia2021 member in Fairfax

Majority Wants a Secure Border

To the Editor:

It's the cliched language which grates: "breaking up families," "shocked the conscience," "from their mothers' arms" ("Isolating the Children," Connection, Aug. 22-28). Not one to pass up an opportunity to make political capital instead of offering practical solutions, Del. Ken Plum (D-36) inveighs against separation from their presumed parents of children entering the United States illegally. The sincerity here is a tad suspect since we recall nothing of this censure when separation was practiced, to a degree, by the previous administration. I suspect the vast majority of illegal immigrants know that their entry is illegal.

Unfortunate as they are, children who have made it here across considerable land expanse under uncomfortable conditions can probably tolerate clean beds, tasty meals, TV, and recreational facilities while their illegal parents are being detained. It is incontestable that the vast majority of Americans want a secure border. Del. Plum offers no solutions to an insecure-border problem. Practical suggestions in place of overwrought language would be welcome.

Oft-stated administration policy is controlled legal immigration. What otherwise: open borders, abolition of ICE?

Harry Locock
Reston

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Alexandria VA 22314
Call: 703-917-6444.

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NEWS

FCEDA President/CEO Gerald Gordon to Retire

Gordon will take university post in South Carolina, depart at end of 2018.

Gerald L. Gordon, Ph.D., whose work as leader of the Fairfax County Economic Development Authority to build and diversify the county's business community and economy helped to lead its transformation into a top business location, announced Monday, Aug. 27 that he will retire at the end of this calendar year. Gordon lives in Burke.



Gerald Gordon

Starting in January, Gordon will serve as a fellow in the College of Charleston's Joseph P. Riley Center for Livable Communities, where he will be working with faculty, staff and students to support the economic and cultural vibrancy of the City of Charleston, S.C. He also will teach in the college's Master of Public Administration program. Additionally, Gordon will be consulting with institutions in northern Virginia and will serve on a local board.

Gordon has been with the FCEDA since 1983 and has led it since 1987, during which time office space in Fairfax County grew from 32 million square feet to more than 117 million, making it the second-largest suburban office market in the nation. Fairfax County is home to 10 Fortune 500 headquarters, and also many top companies in a broad set of industry sectors, including information technology, aerospace and defense, cybersecurity, data analytics, financial services and personalized medicine.

At the same time, jobs in the county grew from 243,000 to more than 600,000. As a result, the real estate tax rate has decreased from \$1.47 to \$1.15.

The FCEDA is led by a seven-member Commission (board) appointed by the Fairfax County Board of Supervisors. Fairfax County Board Chairman Sharon Bulova and FCEDA Chairwoman Catherine Lange congratulated Gordon for his work on behalf of the county.

"Throughout the past 30 years Jerry Gordon has been on the leading edge for moving Fairfax County into the world-class business location it is today," Bulova said. "No one is a fiercer advocate for Fairfax County and I will personally miss working with him."

"Throughout the past 30 years Jerry Gordon has been on the leading edge for moving Fairfax County into the world-class business location it is today."

— Sharon Bulova, Fairfax County Board Chairman

Gordon holds a bachelor's degree from The Citadel, a master's degree from The George Washington University, and a doctorate in international economics from The Catholic University of America. He is the author of 13 books on strategic planning and economic development. His most recent book is "Understanding Community Economic Growth and Decline: Strategies for Sustainable Development" (Routledge Press, 2018).

In the last decade Gordon has chaired the boards of the Fairfax Symphony Orchestra, the Arts Council of Fairfax County, the Board of Governors of the Tower Club, the Foundation for Fairfax County Public Schools and the George Mason University Honors College. He also has served on the board of the International Economic Development Council, of which he is a Fellow Member and Honorary Life Member.

The FCEDA Commission will lead a search for Gordon's successor.

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NEWS

Sisters in Crime Come to Lorton

A group publishes 10th anthology of stories, "Fur, Feathers and Felonies."

BY STEVE HIBBARD
THE CONNECTION

The Chesapeake Chapter of the Sisters in Crime held a coffee and crime discussion of its 10th anthology of stories, "Fur, Feathers and Felonies" – on Saturday, Aug. 25, 2018, at the Lorton Library. The group for women mystery writers was formed 35 years ago when women weren't getting published; it is now open to men as well in the Northern Virginia, Maryland and D.C. area. It publishes a chapter anthology every two years.

The authors talked about their stories and shared insights into the writing process as well as offering writing tips and what inspires them in their work. The group of like-minded writers meets at local restaurants and hosts speakers on criminal topics like cleaning up a crime scene or human trafficking.

CONTRIBUTOR

Cathy Wiley, who completed her third anthology, said: "My story is 'Curiosity Kills the Cat Lady.' I am a cat lady and I love cats. I have two. It's the story of a little cat lady who is found dead in her apartment. They realize she's been poisoned. It is a 'who-done-it.' The animals do play a role in figuring it out," said Wiley, who added that deadlines help her with writing.

When he heard that this anthology was being prepared, Josh Pachter, who teaches communication studies and film appreciation at NOVA, got very excited. For his story, "The Supreme Art of War," he said he took an idea that did not have an animal in it and put in a nasty little cat called Mister. "What the story is about is the narrator Eddie is asleep in bed and hears a noise, and trips over the cat. Eddie takes on the challenge of subduing a would-be house breaker without fighting," said Pachter, an editor who translates books from Dutch, Flemish, Spanish and Afrikaans.

Karen Cantwell is a fan of classic Hollywood movies from the 1930s-40s, so she wrote "Sunset Beauregard."

"What I found fascinating was



Writers from the Chesapeake Chapter of the Sisters in Crime (from left): Josh Pachter, Cathy Wiley, Robin Templeton, Karen Cantwell, Alan Orloff, and Donna Andrews.

PHOTOS BY STEVE HIBBARD/ THE CONNECTION



Writer Alan Orloff, whose eighth novel came out in March, signs a copy of his short story in "Fur, Feathers and Felonies".



Writer/editor Donna Andrews addresses the crowd.

back then they had Hollywood fixers who would go in and fix anything with the cat lady and I love cats. I have two. It's the story of a little cat lady who is found dead in her apartment. They realize she's been poisoned. It is a 'who-done-it.' The animals do play a role in figuring it out," said Wiley, who added that deadlines help her with writing.

stars. They would fix it so that the headlines would depict an entirely different story. I was fascinated by the idea of what actually happened and what the papers reported," she said. Her story also has an animal angle to it.

In recommending short stories that inspired them, Robin Templeton, a wedding photographer, said she was fascinated by Edgar Allan Poe's dark mind; Cathy Willey cited Agatha Christie's "And Then There Were None;" Karen Cantwell mentioned Hemingway's "The Snows of Kilimanjaro;" and Josh Pachter, who's been writing for 50 years, cited "The Specialty of the House" by Stanley Ellin.

The writers also shared tips that help them with the writing process. A method that Robin Templeton uses is to complete a weekly word count of 6,000 words as a measure. "I keep in mind that I need 6,000 words by the end of the week and that seems to work for me because sometimes I'll get a day off," she said.

Writer/editor Donna Andrews, who's been published 23 times in



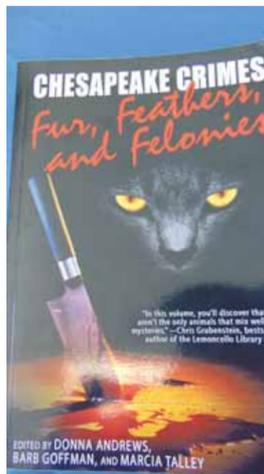
Visitors chat with writers from the Chesapeake Chapter of Sisters in Crime, which published its 10th anthology of stories, "Fur, Feathers and Felonies" — at the Lorton Library on Saturday, Aug. 25, 2018.

the series, said they receive between 36-60 submissions from writers for the anthologies, which each have separate themes. She said it takes a 50,000 minimum word count to make a book publishable and they try to fit in as many stories as possible – usually 12-18, with a maximum word count of 5,000 to 6,000 words each. Andrews used to work for Sallie Mae and quit her day job to write full time.

THE CHAPTER has more than 100 members and some are fairly new writers. On editing the writers, Andrews said: "We had one story that had a murder method that was physically impossible and it was the entire point of the story; there are some stories that have plot holes. So, we'll tell them how to fix it."

For more information on the Chesapeake Chapter of the Sisters in Crime, visit their website:

www.ConnectionNewspapers.com



A copy of the book, "Fur, Feathers, and Felonies."

www.chessiechapter.org.

www.ConnectionNewspapers.com



PHOTO COURTESY OF FAIRFAX COUNTY

Celebrating Thursday's economic announcement at The Winery at Bull Run are (l to r), Fairfax County Board of Supervisors Chairman Sharon Bulova, winery owner Jon Hickox, U.S. Rep. Barbara Comstock, Del. Tim Hugo, Gov. Ralph Northam, owner Kim Hickox; Cathy Hudgins, Hunter Mill supervisor

Winery at Bull Run to Expand with \$200,000 in Grants

The Winery at Bull Run – a working farm vineyard focused on crafting fine Virginia wines while paying tribute to the history and preservation of 19th-century pastoral Fairfax County – will almost double its operations with help from a combined \$200,000 grant from Virginia and Fairfax County.

Gov. Ralph Northam announced the news on Aug. 23 at the winery, along with Fairfax County officials and the winery's owners.

The winery will receive a \$100,000 grant from the Governor's Agriculture and Forestry Industries Development Fund, and Fairfax County will contribute \$100,000 as a local match.

This money supports the winery's more than \$1.7 million investment in new equipment and a new, 8,000-square-foot production facility.

"Agriculture and agritourism are important economic drivers in Fairfax County that we want to continue to see grow and thrive," said Fairfax County Board of Supervisors Chairman Sharon Bulova. "I am so pleased that The Winery at Bull Run will benefit from this grant by expanding production and adding new jobs in Fairfax County."

Currently, Bull Run employs 16 full-time workers. The expansion will create 10 new, full-time jobs that pay at least \$42,980 and 28 part-time or seasonal jobs that pay at least \$22,880. These jobs include new winemakers, tasting room staff and cellar hands. In addition to the 100 tons of

grapes produced by their own estate vineyards, the winery will also purchase an additional 182 tons—or \$436,820 worth—of Virginia grapes over three years.

Today, the winery produces 13,000 cases per year. The expansion will allow it to quadruple its crushing capacity; provide new production equipment, including additional presses, bins, tanks, barrels and racks; and make site improvements to better serve its customers.

U.S. Rep Barbara Comstock (R-10) and Del. Tim Hugo (R-40) released the following statement after the Winery at Bull Run received a \$100,000 Agriculture and Forestry Industries (AFID) grant from the Commonwealth:

"It was a pleasure to join my friends Governor Ralph Northam and Delegate Tim Hugo at the announcement of this critical AFID grant for the Winery at Bull Run," said U.S. Rep Barbara Comstock. "This \$100,000 grant from the Commonwealth will add to the already \$1.7 million investment by the owners of the Winery at Bull Run, Jon and Kim Hickox.

"Jon has been a good steward of agricultural land in Northern Virginia and the Winery at Bull Run is a top attraction for wine enthusiasts across Virginia," said Del. Tim Hugo. "The Winery at Bull Run is a testament to what the wine industry in Virginia has become and where it can go. I look forward to their continued success."

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ENTERTAINMENT

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

ONGOING

Art Exhibit: Free Beer (and other lies). Through Sept. 2, at Arches Gallery at Workhouse Arts Center, Building 9, 9518 Workhouse Way., Lorton. Featuring works by John Hartt, who is known for his quirky oil paintings which have been described as strangely comforting. His latest kooky collection, "Free Beer (and other lies)," explores some of the concepts and stories surrounding beer, drunkenness and lies as only Hartt can interpret them. Visit www.workhousearts.org. For more information about John Hartt, visit www.jortt.com.

Art Exhibit. Through Sept. 5, Monday-Thursday, 10:30 a.m.-2:30 p.m. at The Fairfax Art League, Fairfax Old Town Hall – Upstairs Gallery, 3999 University Drive, Fairfax. Featured artist Yelena Svecharnik presents "My Journey - A Retrospective," bringing together early watercolors, acrylics and mixed media paintings, linoleum block, printmaking, collages and more. Svecharnik will be in the gallery Wednesday Aug. 22, 29, and Sept. 5. Visit www.fairfaxartleague.net for more.

Sunday Farmers' Market. Through Oct. 21, 10 a.m.-2 p.m. at 10500 Page Ave., Fairfax — one block from West and Main streets behind the Wells Fargo Bank and adjacent to the Historic Fairfax County Courthouse. Visit www.fairfaxsundaymarket.com.

Saturday Farmers' Market. Through Oct. 27, 8 a.m.-1 p.m. at 10500 Page Ave., Fairfax — one block from West and Main streets behind the Wells Fargo Bank next to the Historic Fairfax County Courthouse. Visit www.fairfaxsaturdaymarket.com.

Farmers Market. Saturdays, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit www.facebook.com/SpringfieldFoodworks/

Thursday Farmers Market at Fairfax Government Center, 2:30-6:30 through Oct. 25. 12000 Government Center Parkway, Fairfax

Burke Farmers Market. Saturdays, 8 a.m. to noon, through Dec. 22! VRE parking lot, 5671 Roberts Parkway, Burke

Kingstowne Farmers Market. Fridays, 4-7 p.m., through Oct. 26, in Giant parking lot, 5870 Kingstowne Towne Center

Lorton Farmers Market. Sundays 9 a.m. -1 p.m. until Nov. 18. VRE parking lot, 8990 Lorton Station Blvd.

THURSDAY/AUG. 30

Evenings on the Ellipse with The United States Air Force 'Celtic Aire'. 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Evenings on the Ellipse summer concert series is a family-friendly event featuring a wide range of musical genres. Paradise Springs Winery and The Winery at Bull Run will be providing complimentary tastings; glasses of wine and full bottles available for purchase. A Farmers Market (2:30-6:30 p.m.) will also be on site selling fresh fruit and savory snacks. Rain or shine. Free. Visit fairfaxcounty.gov/parks/performances for more.

Art and Poetry Event. 7-9 p.m. at The Fairfax Art League, Fairfax Old Town Hall – Upstairs Gallery, 3999 University Drive, Fairfax. Featured artist Yelena Svecharnik presents "My Journey - A Retrospective," bringing together early watercolors, acrylics and mixed media paintings, linoleum block, printmaking, collages and



more. Visit www.fairfaxartleague.net for more.

FRIDAY/AUG. 31

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

A.R Rahman Live in Concert. 8 p.m. at Eagle Bank Arena, George Mason University, 4500 Patriot Circle, Fairfax. The "Slumdog Millionaire" actor will entertain fans of his composing, acting, and performing skills. Rahman is an Oscar and Grammy award winner. Visit www.eaglebankarena.com or www.arahman.com for more.

SUNDAY/SEPT. 2

Lego/Potomac Module Crew HO Model Train Display. Noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Lego/Potomac Module Crew HO Model Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

BBQ and Beer. 5 p.m. at Workhouse Arts Center, 9518 Workhouse Way Lorton. New Orleans Funk band Bonerama is performing in the Rizer Pavilion on the Workhouse Arts Center's newly remodeled center Quad. There will be food trucks and beer/wine/soft drinks available for sale. Early bird pricing: \$20 per person. Visit www.workhousearts.org/event/bbq-beer-bonerama/ for tickets.

TUESDAY/SEPT. 4

Farm to Fairfax Market. 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. The market, will be producers-only – meaning that all vendors at the market may only sell what they raise on their farms or make from scratch using local ingredients as much as possible. May-September, weather permitting. Call 703-385-7893.

WEDNESDAY/SEPT. 5

Singers Needed. Wednesdays, 10:30 a.m.-2:30 p.m. at Burke United

Methodist Church, 6200 Burke Centre Parkway, Burke. Singers wanted for the Celebration Singers, a women's show choir performing at various community sites in Northern Virginia. Weekly rehearsals September-May. Free. Call Gayle Parsons at 703-644-4485 or email gparsons3@cox.net.

THURSDAY/SEPT. 6

History of Belvoir Manor. 7-8:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Learn about the fascinating history of Belvoir Manor with Patrick O'Neil from the Burke Historical Society. Discover the mansion's past from its Fairfax family ties to its role in the War of 1812 and creation of Fort Belvoir. Adults and teens. Free. Call 703-978-5600 or visit librarycalendar.fairfaxcounty.gov/event/4454036.

FRIDAY/SEPT. 7

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

SATURDAY/SEPT. 8

Marketing for Writers. 8 a.m.-3 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Join Capital Christian Writers for a one-day writers marketing conference. Aspiring writers have their own track to learn the nuts and bolts of getting published. \$75-\$115. Email ccwriters@gmail.com or visit capitalchristianwriters.org/index.php/2018-conference-marketing-for-writers/ for more.

Annual Crab Feast Dinner. 3:30-6 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton, in the Common Room. The 26th Annual Crab Feast, sponsored by the Brotherhood of St Andrew, will include crabs, fried fish, steamed shrimp, potato salad, pork and chicken barbecue sandwiches, and hot dogs for children. \$30 per adult (ages 18 and older), \$15 for children ages 12-17, and children under the age of 12 are free. For tickets and more information contact Rodger Jones, rodgerjns125@gmail.com, or Fred



Fall Art Classes

Lessons for children, teens and adults with instructor Carol Zeitlin explore drawing, watercolor, Chinese Brush and portfolio development. At Woods Community Centre, 10100 Wards Grove Circle, Burke. Visit www.czartlessons.com or call 703-250-6930.

Crawford, fcrawford205@comcast.net, or call the church office at 703-339-6572.

SEPT. 8-16

Workhouse 10th Anniversary. At Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse Arts Center invites the residents of Fairfax County and guests from throughout the region to visit for a week of free and low-cost events and activities in celebration of its 10th anniversary. Experiences include classes and presentations, films and music, special tours, and more. Visit www.workhousearts.org/events/category/10th-anniversary/ for more.

TUESDAY/SEPT. 11

Farm to Fairfax Market. 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. The market, will be producers-only – meaning that all vendors at the market may only sell what they raise on their farms or make from scratch using local ingredients as much as possible. May-September, weather permitting. Call 703-385-7893.

Singers Wanted. At the United Baptist Church, 7100 Columbia Pike, Annandale. Wakefield Chorale is looking for men and women who like to sing. The chorale welcomes singers of all voice ranges. No audition is required. Rehearsals are held on Tuesdays at 7:15 p.m. beginning Sept. 11. Call Johanna Droel at 703-569-0214 or email jdrael@gmail.com.

FRIDAY/SEPT. 14

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

Movies Under the Moon: Matilda. 8 p.m. at Van Dyck Park, 3740 Old Lee Highway, Fairfax. Enjoy a night under the stars in Van Dyck Park with family and friends with a movie for all ages to enjoy. Free admission, bring chairs and blankets.

SATURDAY/SEPT. 15

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever

animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet for more.

14th Annual Merrifield Fall Festival. 11 a.m.-6 p.m. at Mosaic District. Presented by the Greater Merrifield Business Association (GMBA), in conjunction with URBNmarket and Mosaic, and held will be in the heart of the Mosaic District with food vendors, a beer garden, music and entertainment, as well as a pre-holiday handmade and vintage market. Children's activities including: Vienna Singing Princesses, pumpkin painting, face painting, hair braiding, sack races, karate, peace mural painting, carnival games and more. Visit greatermerrifield.org/merrifield-fall-festival for more.

Citizen Naturalization Ceremony. 10 a.m.-1 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. George Mason's Gunston Hall will partner with the United States Citizenship and Immigration Services, Washington Office, in naturalizing candidates. Before the ceremony, guests may enjoy activities and explore Gunston Hall's grounds. Ceremony is followed by reception, an opportunity to register to vote, and Gunston Hall's performance, "Mason and his Legacy," performed inside the mansion. Admission is free until 1 p.m. to all visitors. Call 703-550-9220 ext. 240 or visit gunstonhall.org for more.

SUNDAY/SEPT. 16

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

THURSDAY/SEPT. 20

Hometown Thursdays: Sudden M-Pac. 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Third Thursdays in May-September. The new series will host local bands from the Fairfax area. Meet up with friends, grab dinner downtown, and listen to great music. A free, family-friendly event for all ages. Visit www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays.

NEWS

Enjoying ‘a Little Slice of Heaven’

Things to do at Lorton Station Boulevard.

BY MARTI MOORE
THE CONNECTION

At 1:59 p.m. Sunday, the Lorton Farmers Market at the VRE train station is closing up shop but Rachel Bouchard, M.D., isn't worried. She pays a vendor for the fresh vegetables and eggs she purchased just in the nick of time. Among the things the 49-year-old internist and primary care physician appreciates about her hometown is the Workhouse Arts Center on Ox Road, and the Occoquan Regional Park around the corner.

"I can be in a kayak on the Occoquan River in 10 minutes," she said Aug. 19.

Another Lorton resident, Kelly Diggs, 51, also enjoys Lorton Station's great outdoors.

"The actual neighborhood itself is quiet, it's quaint and offers a lot of trails for running," she says as she visits her daughter at the Great Harvest Bread Company bakery at the Lorton Station Town Center.

Safety is another important factor Diggs finds favorable about the area.

Resident Carol Ellison agrees, and has noticed people walk at all hours of the night in this peaceful environment. First responders are nearby, she says, at the Lorton Volunteer Fire Department, which adds value to her comfort level.

As she eats lunch outside the Subway sandwich shop with her daughter, Ellison admits she put future quality of life issues into consideration before moving here three years ago to this "little slice of heaven" — she aptly calls the mile-long stretch of neighborhoods and merchants on Lorton Station Boulevard between Pohick and Lorton roads.

The 52-year-old retired Army veteran enjoys the convenience of this community and lives within walking distance of everything she needs. Residents have access to public transportation — especially the Virginia Railway Express that takes commuters to work in Washington, D.C., and the Amtrak Auto

Train that helps passengers trim mileage from their road trips Down South.

"It's more family oriented," Ellison states. She and her daughter have seen new moms exercise outdoor at stroller Pilates classes.

Nearly five neighborhoods with single-family homes on postage stamp-sized lots, townhouses, luxury apartments, shops and restaurants at the Lorton Station Town Center, an elementary school and a church give the community a cohesive environment.

If kids can be in charge of where their families live, this hometown is a smart choice for its Halloween candy potential alone, with so many homes — enough to fill a pillowcase — in so little time for Northern Virginia residents.

An outdoor swimming pool at the Lorton Station Town Center is on the list of amenities for folks who need to keep cool in the summertime. A hundred-acre park with bike and walking trails help residents stretch their legs with plenty of elbow room.

VIEWPOINTS

The Best Part About Living Here



Rachel Bouchard, M.D., 49, Eight years in Lorton, internist and primary care physician for Kaiser Permanente "I can be in a kayak on the Occoquan River in 10 minutes."



Regina Ellison, 22, enjoys having lunch with her mom on a Aug. 19 outside the Subway sandwich shop at the Lorton Station Town Center. She agrees with her mother, Carol Ellison, 52, who describes this stretch of Lorton Station Boulevard as a "homey area that is like a little slice of heaven."



Kelly Diggs, 51, Lorton resident for 13 years, management analyst for the federal government "The actual neighborhood itself is quiet, it's quaint and offers a lot of trails for running."

PHOTOS BY MARTI MOORE/THE CONNECTION

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NEWS

Alzheimer's Conference to Be Held in Fairfax

The Alzheimer's Foundation of America's (AFA) national Educating America Tour will visit Fairfax on Thursday, Sept. 27, for a free Alzheimer's and caregiver educational conference. The conference is open to family and professional caregivers, individuals living with Alzheimer's disease and the general public, and will be held at the Waterford at Fair Oaks, located at 12025 Lee Jackson Memorial Highway, in Fairfax, from 9 a.m. to 2 p.m.

The conference is designed to connect people with information about Alzheimer's disease, brain health, healthy aging and caregiving, as well as to give them a place to have their questions answered. Guests will hear from dementia and caregiving experts who will share their research, services and stories and teach attendees about dementia, practical steps on how to be a better caregiver, and improving quality of life for those with Alzheimer's disease.

"Knowledge is a powerful tool. We want to equip as many people as possible with important information that will help them," said Charles J. Fuschillo, Jr., AFA's president and chief executive officer. "With more than 140,000 people in Virginia living with the disease, and many more serving as caregivers, we aim to help individuals understand Alzheimer's disease and improve their quality of life through education and empowerment."

THE KEYNOTE SPEAKER will be Dr. Peter Davies, director of the Litwin-Zucker Center for Alzheimer's Disease & Memory Disorders at the Feinstein Institute for Medical Research. Davies is also a professor of pathology and neuroscience at the Donald and

Barbara Zucker School of Medicine at Hofstra/Norwell. For more than 35 years, Davies' research has been focused on the biochemistry of Alzheimer's disease, with a specific interest in the development of new treatments and diagnostic tests for Alzheimer's disease. He will provide an update on Alzheimer's disease research, its symptoms, and the steps researchers are taking to find a better treatment and cure.

The next session will be a panel discussion on long-term care strategies and options. Learn the different types of care plans available, and their benefits. Find out how to ensure a better quality of life for loved ones by providing dependable and affordable care.

There will also be a discussion in the five pillars of brain health, led by Sarah Lenz Lock, senior vice president of Policy, Research and International for AARP. She is also the executive director of the Global Council on Brain Health. Lock will educate people about how to improve and maintain brain health as they get older while reducing risks.

THE CONFERENCE will conclude with a session on tips to improve a difficult caregiving day. Led by Lindsey Vajpeyi, BA, ADC/MC, director of education and outreach for the Insight Memory Care Center, the session will offer strategies to help caregivers reduce their stress and improve their health, while providing the best possible care for their loved ones.

Free, confidential memory screenings will be conducted throughout the day.

For more information or to register, visit: <https://alzfdn.org/event/afa-educating-america-tour-fair-oaks/>.

Using the Libraries for Successful School Year

Fairfax County Public Libraries provided a few suggestions for using the libraries to help students succeed this school year.

- ❖ Get support and guidance from library staff. Library staff are trained to help students find legitimate information sources online including historical newspapers, speeches, reference databases, trusted websites and more.

- ❖ Use the library branches to read and study. There are reading nooks, tables and chairs, quiet study rooms and small group study rooms.

- ❖ Take advantage of free online tutoring sessions with a Virginia certified teacher.

- ❖ Free homework help research.fairfaxcounty.gov/c.php?g=758032&p=5455538 is available 24/7 through the library. Among the online resources, there's live homework help with a teacher through Credo Reference, a service for students in grades 3-12.

- ❖ Students can also sign up for GIVE tutoring in multiple branches throughout the academic year.

- ❖ The library also has a variety of Online Resources separately tailored for Grades K-8, and for Grades 9-12.

- ❖ Writing a paper? Check out "Crediting Online Resources" to find the correct way to properly cite your sources.

- ❖ And then there's "Homework Related Websites" categorized by subject.

- ❖ Whether you're studying classics, history or current events, the library has over 2.2 million items in its collection including digital material and print material. Use library resources to prep for fall SATS AND ACTS. Several different online sources offer test preparation for SAT, AP, ACT and SOL exams. Visit [Learning Express](http://LearningExpress) to get started.

- ❖ Access free Wi-Fi and computers.

Girls on the Run Gains Two New Board Members

Girls on the Run of NOVA has two new members on its board of directors: Chris Holland and Christine Klein.

"Chris and Christine have greatly supported our organization in a number of ways prior to their appointments to our board. They bring experience, expertise and new energy to the table. We are excited to continue to work with them in this new role as we work to inspire every girl across the Northern Virginia region to be strong and confident," said Katey Comerford, GOTR NOVA's executive director.

Klein is currently senior vice president, meetings and business partnerships at the National Defense Industrial Association. She is a past coach for Girls on the Run and currently serves at the chair of Strong Girls Celebration for GOTR NOVA. "The opportunity to be involved and contribute to an organization that

promotes a healthy lifestyle and an environment for girls to be strong and confident is extremely gratifying and a pleasure," said Klein.

Holland comes to GOTR NOVA's board as a service area manager for Wegmans Food Markets at the Chantilly store. He also leads the company's community outreach in the Northern Virginia area. Holland has been an active supporter of GOTR NOVA programming in recent years as someone who believes in giving back to one's greater community. Holland said, "I personally and professionally work hard to help families live healthier, better lives. I am excited about the opportunity to further these efforts through my new role with GOTR NOVA."

For more information about the Fall 2018 registration and team sites for Girls on the Run of NOVA, visit www.gotrnova.org.

BULLETIN BOARD

FROM PAGE 2

- ❖ Monday/Sept. 17, 11 a.m.-2 p.m., Heatherwood Retirement Community, 9642 Burke Lake Road, Burke.
- ❖ Wednesday/Sept. 19, 10 a.m.-2 p.m., Greenspring Retirement Community, 7410 Spring Village Drive, Springfield.
- ❖ Tuesday/Sept. 25, 11 a.m.-2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke.
- ❖ Thursday/Oct. 4, 10 a.m.-1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and the its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

FRIDAY/AUG. 31

Survey Deadline. In an effort to better target opioid and other drug prevention efforts, the Fairfax-Falls Church Community Services Board (CSB) is seeking opinions of young adults between the ages of 18-25. The survey is anonymous and voluntary, and asks questions about use of alcohol, prescription drugs, and heroin. Learn more about CSB's Wellness & Prevention efforts in Fairfax County at www.fairfaxcounty.gov/community-services-board/prevention. Visit www.surveymonkey.com/r/3Y37BBJ to take the survey.

THURSDAY/SEPT. 6

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church's two campuses: Fairfax Campus, 5114 Twinbrook Road, Fairfax; or Clifton Campus, 13421 Twin Lakes Drive, Clifton. Registration fee \$15; Text book \$25. Class meets Tuesdays and Thursdays from 7-9 p.m.; start date is on Sept. 11 and ends Nov. 15, 2018. Call 703-323-9500 or visit www.lordoflifeva.org.

Public Hearing. 7 p.m. in the Oaks Room at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. The Fairfax County Park Authority (FCPA) and the Northern Virginia Regional Park Authority (NOVA Parks) will hold a joint public hearing on the proposed adoption of an amendment to Park Regulation Section 1.17, Remote-Control Devices and Powered Models or Toys. The full text of the proposed amendment is available at www.fairfaxcounty.gov/parks/model-aircrafts-drones. Anyone wishing to speak on this subject may call Judy Pedersen, FCPA Public Information Officer, at 703-324-8662 or email parkmail@fairfaxcounty.gov, to be placed on the Speakers' List.

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Present and Future Danger



By KENNETH B. LOURIE

Having recently been infused three weeks after my last treatment, no guarantee given certain lab results, I am now on track to have one more infusion before my Sept. 26 CT scan. The plan is, per my "Progressing But So Am I" column (8/15/18), to triple the amount of medicine I will have received before my next scan. This will compare quite favorably to the one infusion I received prior to my July 25 scan.

Moreover, as I've considered the previous quarter's infusion schedule trying to understand possible reasons for the 10-percent-ish tumor growth which occurred, I've come up with a hopefully plausible explanation. Other than that's what cancer so often does, that is.

As my previous years of scans continued to show "stable," my oncologist and I kept increasing the interval between infusions trying to strike a balance between treating the cause and me living with the effect. Over these years, we've gradually extended those infusion intervals from every three weeks, to every four, to five, to six and most recently to seven-week intervals, all the while maintaining my quarterly CT schedule.

Apparently, we've now struck out, so to speak and for the moment at least, we're in sort of a limbo. (Hopefully the bar isn't set so incredibly low that we can't slide under it.)

As for minimizing the growth, could the solution be as simple as more medicine?

As to what my oncologist thinks of this assessment, I've not mentioned to him as I've only recently theorized it (maybe he knew already and that's what contributed to his suggestion that we follow this course of treatment/action).

We did discuss changing medicines, but he was afraid of the side effects it might cause. We also discussed if he'd had other patients who had experienced tumor growth after a period of stability — like me, who after increasing the frequency of the previously stabilizing drug showed stable once again. He said he had — so, rather than presume all is lost, we've agreed to go forward into the great semi unknown. An "unknown" that will likely end in late September when my next scan's results will be reported.

Now that you know the foundation for this column, let me address the substance behind it. There is a scenario which worries me. It's premature I grant you, but it's difficult to play dumb all the time, especially when it involves cancer/your life.

Still, if I've learned anything from my oncologist, it is that discussing scenarios before the evidence is confirmed is a bit of a fool's errand, so waiting until the actual results are in is better. More accurate anyway.

Despite what I've been told, this patient might not be able to be so patient. Ergo: What if my late September scan shows growth — again? What if, even after tripling the amount of medicine I infuse, the tumors grow, maybe even grow more significantly than ever before?

I'd have to say that development would be a problem and a bit more disappointing than July's scan results. If that result in fact occurs, would that square me at a crossroads? I would think. Would that result obliterate the false sense of security I may have had? Hardly. Cancer patients don't have a sense of security, false or otherwise. We have a sense of inevitability.

Somehow, over the next month, I must find a path forward through this cycle of potentially impending gloom. Right now, nothing has happened. Right now, nothing has been determined. I don't feel any different than before and I don't believe I have any of the symptoms my oncologist has advised me about. I still have an appetite and I'm certainly not losing any weight.

I expect to have one more infusion before this next scan, and to feel the usual post-chemotherapy side effects that I do and then recover and feel as I do today: pretty well. One month, exactly, from the date I'm writing this column, to the date of my next scan and hopefully just a few days later for the results.

What worries me most is, sometimes the human body has a mind of its own, and despite the best of intentions and treatment, it is, to quote my late mother, "Enough already."

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

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