

Trucks, Motorcycles And Automobiles

NEWS, PAGE 5

Some 6,000 people attended
the 20th Annual Labor Day
Car Show in Fairfax City.

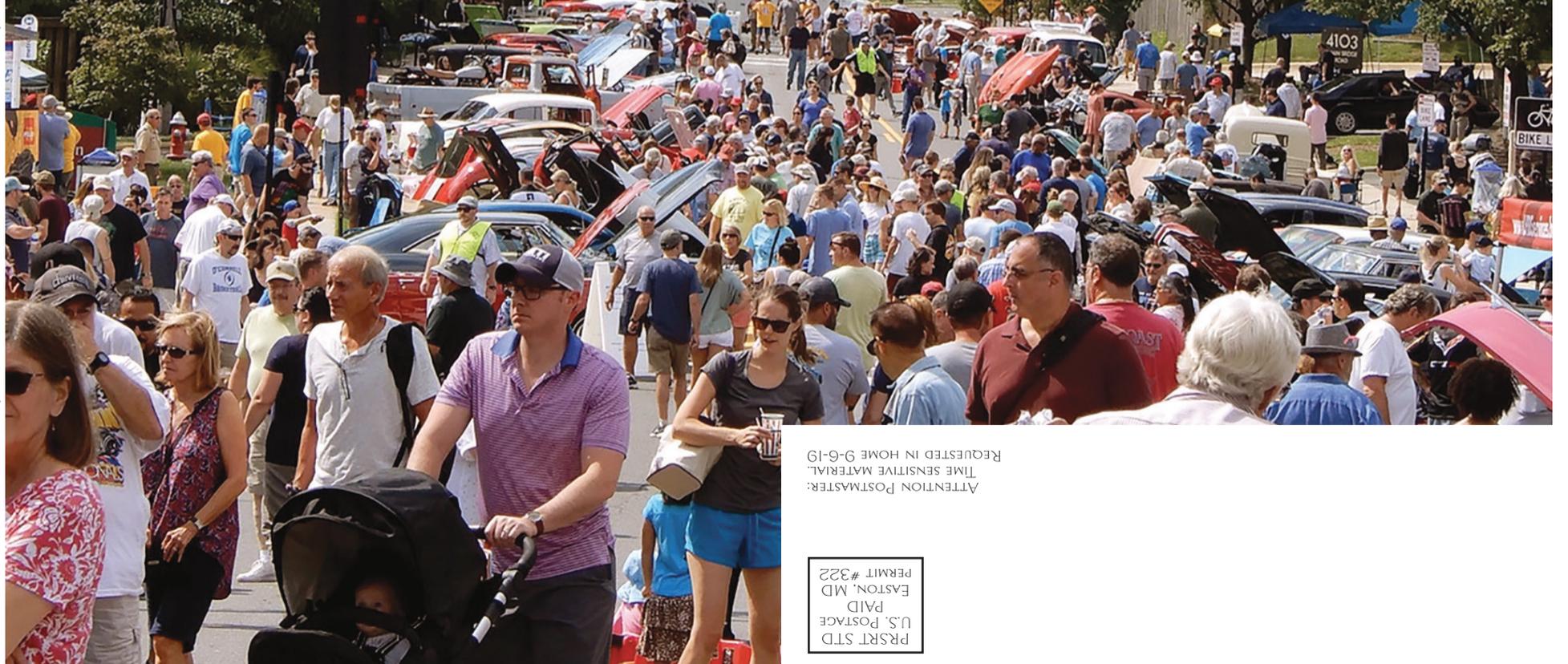
Sunrise Senior Living Proposes New Facility

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Running for Office in Fairfax County

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PHOTO BY BONNIE HOBBS/THE CONNECTION
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Sunrise Senior Living Proposes New Facility

It would contain both assisted- and independent-living units.

By BONNIE HOBBS
THE CONNECTION

Sunrise Senior Living wants to replace an existing, single-family home in Fairfax City with 80 assisted living and 80 independent living units. Built in 1916, the house is on 2.7 acres at University Drive and Chain Bridge Road.

And although a formal application hadn't yet been submitted, Sunrise presented its design concept during the Fairfax City Council's July 9 work session so it could receive some initial feedback on its proposal. If approved, it would require a rezoning from Residential Medium to Commercial Urban, plus a special-use permit to allow an assisted-living facility in the Commercial Urban district.

Proposed are two four-story buildings with both below-grade and surface parking. The independent-living units and dining hall would be on the site's western portion, with the assisted-living units on the eastern part of the property. Each building would have its own entrances and drop-off areas and would be connected by a pedestrian bridge.

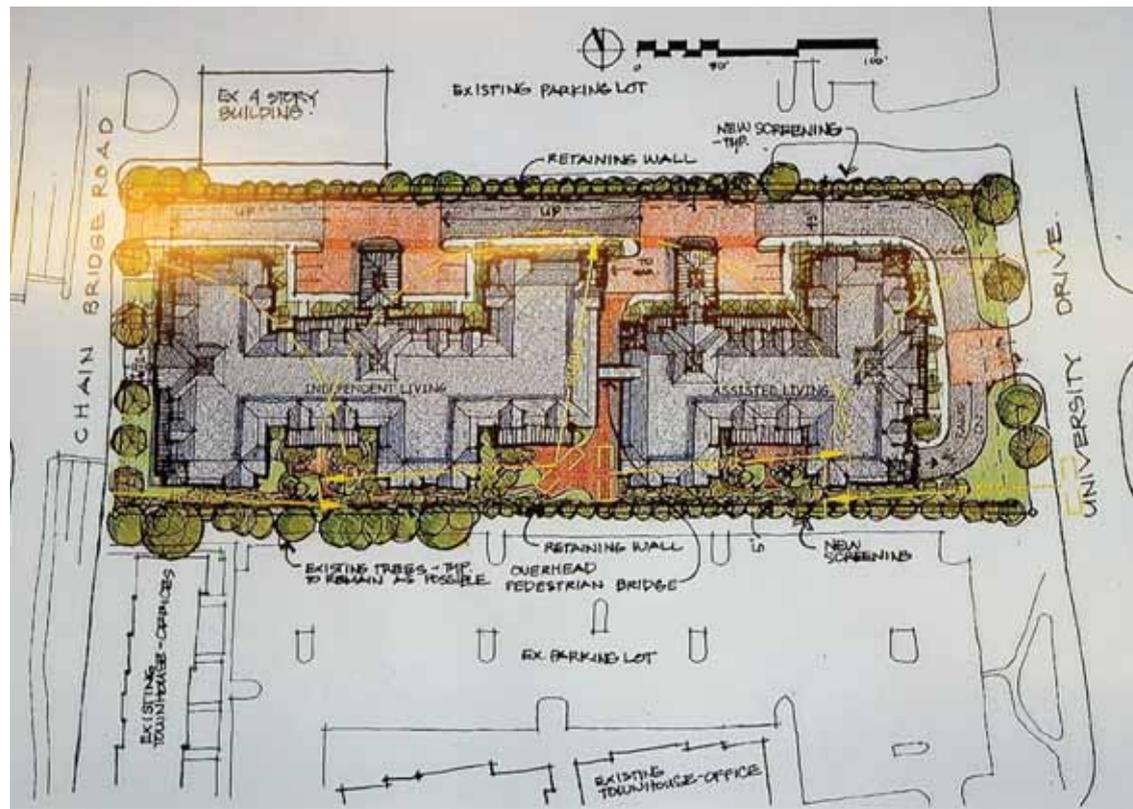
THE CONCEPTUAL PLAN shows two vehicle-access points on University Drive and Chain Bridge Road. But according to City staff's preliminary analysis, the Chain Bridge Road entrance will have to be right-in, right-out, since it's too close to the Judicial Drive traffic signal to allow left turns in or out. Staff also noted that "the steep grade up to Chain Bridge Road won't be suitable for many vehicles and may severely limit the sight distance for exiting vehicles – perhaps to unacceptable levels."

Councilwoman Jennifer Passey wanted to know how this facility would fit in "with our downtown visioning for that area." Councilman Sang Yi asked how many residential properties could be built there, as is, and Community Development Division Chief Jason Sutphin said 15.6 units, plus internal streets and roads.

"So this proposal could yield three or four times the people as that," said Yi. "Has staff talked with the applicant about the traffic effects on Chain Bridge Road?"

"Yes, but we need a traffic study," replied Sutphin. "Assisted living has atypical hours and the staff works in shifts. Congregate [independent] living would be like multi-family; but due to the age range of the tenants, most would not be driving."

Yi then requested a study to say how many vehicle trips the site would yield if



The conceptual plan for Sunrise Senior Living's proposed new facility in the City.

developed as just residential, "so we'd have a baseline to compare it to. And if there were only ingress and egress on University, how would it affect the neighbors on Breckinridge [Lane]? I want that included in the study, too."

"I don't see inter-parcel connectivity," added Councilman Jon Stehle. "And I wonder if this is what we want there in our downtown."

However, Mayor David Meyer noted that "It's a narrow site and difficult for a developer to maximize and to present something we'd be comfortable with. I think the key to its redevelopment are its effects on the parcels to the north, especially the BB&T Bank."

Since the City's Comprehensive Plan designates this site as a future activity center, Councilman Michael DeMarco asked what are "the right uses on this and the adjacent parcels? It's hard for us to know what should go there when we don't know what the future will be like in that area."

Representing the applicant, Attorney Bob Brant said, "Sunrise sees this as an opportunity to expand our operations here in the City. There's a real need and increasing demand for senior housing options here, and we see this as a way of meeting it. Our plans are still conceptual, and we're very excited to be here."

Sunrise Senior Vice President Jerry Liang said Sunrise Senior Living was founded in Northern Virginia, 36 years ago. "Today, we care for about 30,000 seniors in 326 communities and provide assisted-living care,

memory-care units and independent living."

At the proposed site, he said, "We want to create an assisted-living place that would feel like home and provide assistance with dining, bathing, daily living and taking medications. The independent-living portion would provide meals and activities and the ability for people to age in place and [later] move into either the assisted-living or memory-care sections."

Liang said their residents are approximately 85 years old. The difference between who's in which section is their physical health. "We now have 17 Sunrises in Northern Virginia and are still expanding," he said. "Occupancies are strong because of the high demand and because we're one of the best. We foresee a silver tsunami and a growing need for senior housing options. Our unique, design elements match the characteristics of the local area, and our interiors are bright and clean."

Brant said the proposed City site's downtown location "is an asset to both the businesses and [future Sunrise] residents. Seniors want to be in downtown areas where they have access to all their amenities. We envision Chain Bridge Road as Sunrise's secondary access and University Drive as the primary one."

"There'd be east-west connectivity with a pedestrian connection along our northern side, between University and Chain Bridge," he continued. "We'd have permanent landscaping around [the facility] and predominantly two-level, below-grade, parking garages. And we'd make sure this fits in with

the fabric of the City and with the scale and proportions of other buildings there."

Furthermore, said Brant, "This would activate an underused property and would significantly add to the City's commercial tax base. It would be a catalyst for future development in the City, and we'll reach out to the neighbors to talk with them." Liang said Sunrise will keep managing its existing facility at School Street and George Mason Boulevard on behalf of Inova; but eventually, the new facility, if approved, would replace it.

COUNCILWOMAN So Lim asked how many Sunrise residents would eat in Fairfax's restaurants. "Our independent-living is rental and comes with one or two meals a day," answered Liang. "But our residents also like to dine out."

DeMarco asked why they want 160 units here, and Liang said it's because there aren't many independent-living options for people in Northern Virginia, but Sunrise is flexible on the number. "We know there's an abundant need for assisted living," he added. "And we're confident there'll be a demand for

independent living, too, to serve the front end of the aging baby boomers."

"But it's not that close to downtown, so would you put in some retail for the residents and neighbors?" asked DeMarco. Liang said they don't usually, but would consider it. DeMarco also asked if the 1916 house could be incorporated into the site, and Liang said it's possible.

However, said Yi, "I'm worried about our City's density. Chain Bridge, University and Old Lee [Highway] are our only north-south roads. With this project and Capstone, it would increase the City's density by 4 percent within a few blocks, along a main road. And no one's mentioned traffic mitigation; so, for me, 160 people is a nonstarter."

He also asked what percentage of Sunrise's residents come from the area where its facilities are located. "About 50 percent or more," replied Liang. "And here, we'd expect 50-75 percent would come from a 3-mile range."

Yi asked about the cost, too, and Liang said assisted-living ranges from \$4,000/month for basic care to \$13,000-\$15,000/month for 24-hour, skilled-nursing care. But, said Yi, "Our seniors who've paid off their homes aren't paying \$4,000/month, so they might get priced out and have to leave this area."

Liang said family members use assisted living for asset spend-down, and the City's demographic profile indicates it would work well here. But, said Yi, "I'm still concerned about density and traffic, so I ask you to rethink the density."

OPINION

Washington D.C. to Tokyo in Under Five Hours

BY EVA WILLIAMS-SIGUENZA

Not exactly, but this summer I felt as if I spent two weeks in Japan without even leaving the East coast.

This opportunity was High School Diplomats (HSD), which is a program hosted at Princeton University for 40 US and 40 Japanese students to exchange cultural knowledge and ideas. Using games, diplomatic discussions, activities, and even food, I gained a deeper understanding of not only another culture but also of myself and my place in the world. It's a chance to meet someone on the other side of the world that you would have never met otherwise.

My High School Diplomats experience began when my family and I hosted two Japanese students, Honatsu and Rina, for three days. We went shopping at Tysons Corner Mall, bought all the American snacks they could possibly fit in their luggage, and took a painting class. I immediately formed a tight bond with both of them and we learned about each other's cul-



Eva Williams-Siguenza and Honatsu Tanaka show off their star-spangled costumes.

tures along the way. I highly recommend anyone in Northern Virginia who applies to participate in Homestay Weekend, as it gave me a taste of what the rest of my summer would be like.

Two weeks later, we reunited at Princeton for the upcoming ten-day program. In those ten days, my mindset shifted to a more globally understanding one and I began to see both cultures in a new light. I am so grateful that I was

able to have an international experience without leaving the country. In this sense, High School Diplomats is truly unique. I met so many interesting people with whom I shared more similarities than differences. The High School Diplomats staff led us through several activities, such as a Bunka No Hi Culture and Earth Day festivals. I will never forget all the impromptu dance parties we had, the insightful diplomatic talks or the

Japanese language classes.

High School Diplomats is one of the most rewarding things I have ever done. It's also one of the most challenging, which is why it's important to go in with an open mindset ready to absorb anything and everything. I can't thank HSD enough for helping me figure out who I am and for teaching me about true friendship even if it is 6000 miles away.

Sophomore and Junior students from all over the United States can apply starting Sept. 15 until Jan. 8 at www.highschooldiplomats.com and clicking the Application Information button at the bottom of the article. After the application deadline, selected students will be contacted for an interview as the second portion of the process. Contact the program director, Celine Zapolski, with any questions about the program at celinezapolski@highschooldiplomats.com.

Start planning today your opportunity to expand your horizons, have the experience of a lifetime, and make long-lasting friends.

Eva Williams-Siguenza lives in Chantilly and attends St. Paul VI Catholic High School in Fairfax City.

LETTERS TO THE EDITOR

A Letter to Friends and Neighbors

To te Editor:

I've written to you before and I didn't think I could do it again. You see, after fighting so hard, my sister lost her battle with ovarian cancer last year. I feel her loss every day. As hard as it is to talk about, I keep remembering something she said to me after she was diagnosed. She was shocked that two educated women (she was a physician) were so unaware of the risk of ovarian cancer. As we shared her story with friends and colleagues, we discovered that we weren't the only ones unaware of this killer. She kept telling me that

we had to warn everyone. While we fought to keep her alive, we worked hard to raise awareness and to make people comfortable talking about reproductive health and ovaries.

To honor a beautiful warrior who wanted to spare anyone else's family from the pain we have endured, I would like to share our story again as September is ovarian cancer awareness month.

Denise was one of the 85 percent of women who are diagnosed after the cancer has metastasized because the symptoms are so vague. There is no accurate screen-

ing or early detection test for ovarian cancer. Nothing done during our annual trips to the gynecologist is checking us for ovarian cancer. By the time Denise was diagnosed, the cancer had spread well beyond her abdomen. My sister was an athletic, very active person until she was told she had stage IV ovarian cancer. Most people don't realize that ovarian cancer is only the 11th most common cancer among women, but is the fifth leading cause of cancer death among women.

I am calling on all of you to help me honor Denise. Pay attention to

your own bodies and be aware of changes. Don't do what most of us do and ignore them as we rush about our busy lives. If you feel any of the following: bloating that is persistent; eating less and feeling fuller; abdominal pain; urinary symptoms; please be proactive, see your gynecologist, ask for a transvaginal ultrasound; a pelvic/rectal exam; and a CA-125 blood test.

Help me spread the word during September by telling all the women in your lives about the risk of ovarian cancer.

Laura Forte
Great Falls

Preserving Area's Equestrian Culture

To the Editor:

The Northwest suburbs of Washington DC hugging the Potomac River have always been known for being horse friendly. For many years, horses, horse properties and equestrian events were commonplace. Over the past decade, this equestrian culture has come under pressure as the Fairfax County Board of Supervisors continues to increase property taxes and approve higher density real estate development.

As new homeowners join the community, they are increasingly

less informed of this equestrian heritage and may question the need to have horse friendly parks, trails and road crossings. By no means have horses left Great Falls and boarding opportunities are in high demand. All the more reason to protect Turner Farm as an equestrian park and be thankful for events such as the one that took place this past weekend – the Summer Horse Trials, Combined Test, and Dressage Show. Not only does it represent one of the many horse shows at Turner Farm over the course of any given year, it

brings the equestrian community together and raises needed money for park maintenance. It also provides a wonderful opportunity for beginner and novice riders to participate in an organized event in a friendly and supportive environment. Now in its fifth year, riders and spectators alike look forward to the event that draws hundreds to Turner Farm from surrounding communities. This all volunteer event runs smoothly, including wonderful support from Great Falls Volunteer Fire and Rescue who are present maintaining a

watchful eye on horse and rider safety. Thank you to Kristin Parisot and Wendy Masemer for your vision and leadership. The equestrian community needs more passionate leaders such as yourself to ensure that our community never forgets why Turner Farm is here, that the park is well utilized by the equestrian community and why this community invests so greatly to ensure it is maintained and preserved for future generations.

Craig Parisot
Great Falls

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NEWS



Benny Leonard (in hat) tells visitors how his 1930 Model A Ford coupe hauled bootleg liquor during Prohibition.

Trucks, Motorcycles and Automobiles

The Fairfax City/Clifton Lions Club Car Show was Monday, Sept. 2.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Chris Fagan and Cathy Medders check out a Chevy 3100 pickup truck.



Curt Olander and children Nick and Grace pictured in front of a 1955 Ford Sunliner.



From left, Nelson Chicas and sons E.J., 7, and Antonio, 16, strike a pose by a 2017 Ford Mustang.

SEE CAR SHOW, PAGE 7

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WELLBEING



PHOTO COURTESY OF CHRISTIAN ELLIOT

Yoga can lead to body awareness which can be a gateway to better self-awareness, advises Christian Elliot who is pictured here. September is National Yoga Month.

Get on the Mat, Boys

Raising awareness of the benefits of yoga for men during National Yoga Month.

BY MARILYN CAMPBELL
THE CONNECTION

Take a quick scan of most yoga classes at East Meets West Yoga Studio in Vienna, Virginia and you're likely to see the mats being occupied primarily by women. That is changing, says studio owner Dawn Curtis. A recent Harris study shows that while women make up more than 70% of yoga practitioners, the number of men has increased from 4 million to ten million over the last 7 years. Practitioners are working to raise that number even higher this September - which is National Yoga Month - by emphasizing the health benefits for men. "We've seen an increase of men in yoga classes, but also an increase in the number of male yoga teachers and men who are coming into our yoga teacher training program," said Curtis. "We've had a lot of older men of the Boomer age taking classes because they're realizing that the exercise routine that they've been doing hasn't increased their flexibility." Because yoga classes often begin with an inward focus, those who practice it might be more inclined to develop body mindfulness off-the-mat. Exercising bodily-awareness during activities such as weight lifting can help prevent injury. "Breathing and body awareness can both be gateways to better self-awareness....," said Christian Elliot, owner, TRUE Whole Human. "Everything about modern convenience is geared toward making it easier for you to meet your basic needs with-

out moving," continued Elliot. "As we age, often what happens is we move less, thus becoming stiff." "Yoga makes you more flexible and your muscles and joints are more lubricated, you're less prone to injury," added Curtis. The practice's reputation as stress reliever is credited with the uptick in male students. "I've seen men use yoga as a stress management tool," said Curtis. "Men don't always realize how stressed they until they start talking yoga classes. Anytime you're doing yoga you're going to have stress management and relief. "Just one yoga class has proven to lower cortisol [stress] levels," added Luann Fulbright, Director, Dream Yoga Studio & Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders with success. This is a dominant reason folks come to yoga." Improvement in sleep is another asset to be gained from adding a yoga practice to one's life, says Curtis. "Yoga can lead to better sleep patterns because the mental stress that we have is held within the body," said Curtis. "Once that's released you can relax, fall asleep and stay asleep." An overall sense of well-being is subtle, but definite benefit of yoga, advises Curtis. "Yoga provides more balance, men typically musical their way through things which means over-activity," she said. "Yoga teaches them to slow down and not push their way through. I often hear people say, 'Yoga makes me a better person'. That's because they're less reactive because they aren't feeling stressed. You have to do it on a regular basis though to benefit from it."

"Men don't always realize how stressed they until they start talking yoga classes."

—Dawn Curtis,
East Meets West Yoga

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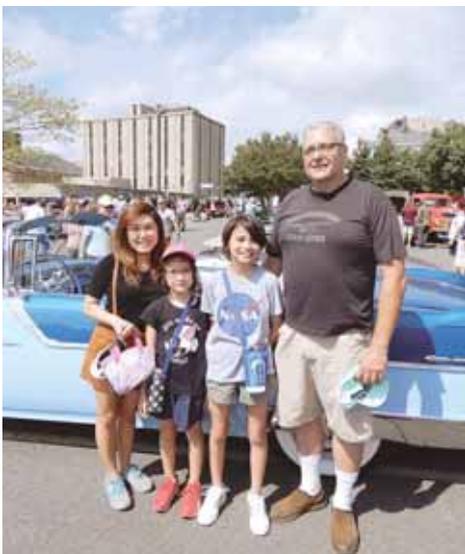
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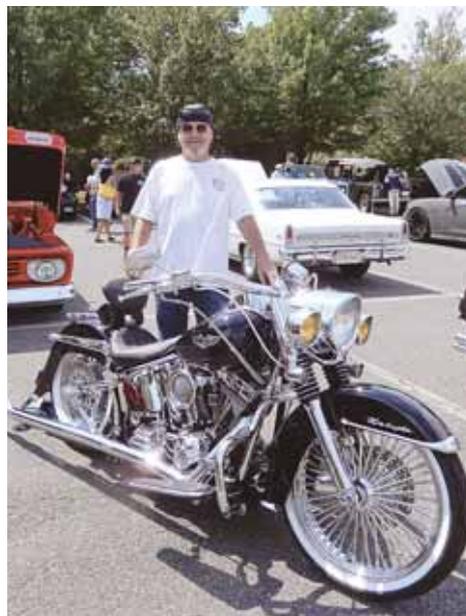


Car Show Held in Fairfax

City Council members (on left) Sang Yi, Michael DeMarco, Janice Miller and Jennifer Passey with the American Legion Post 177 Color Guard.



From left, Makiko Kreutzer; daughters Yuriko, 7, and Maiko, 10; and husband Thomas stand next to a 1955 Pontiac Starchief.



Frank Perrin with his 2005 Harley Deluxe.



From left, American Legion Post 177 Cmdr. Jeff White and Fairfax Mayor David Meyer beside Fairfax High sophomore Charlie Bicknell, singing the National Anthem.



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Saturday, November 9, 2019

Time: 9:00-9:30a.m.-Registration
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Place: Duff & Kronfeld, P.C.
Fair Oaks Commerce Center
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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 adviser, a family therapist, a private investigator, an estate planning attorney or other professionals who will help guide you through the divorce process. Speakers vary for each workshop.

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ENTERTAINMENT

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

FRIDAY/SEPT. 6

Encore Rocks Fairfax. Weekly rehearsals, Fridays, 10:30 a.m.-noon at Unitarian Universalist Cong. of Fairfax, 2709 Hunter Mill Road, Oakton. Encore's mission is to provide an excellent and accessible artistic environment for older adults, 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required to sing. Singers learn vocal technique, proper breathing and posture, and music literacy. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. The Encore Chorale repertoire includes traditional and secular holiday music. Visit www.encorecreativity.org or call 301-261-5747.

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. 7

Ultimate Tailgate Class. 2-3:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Chef Kraft will show you how to host the ultimate tailgate this football season. Free. Call 703-978-5600 (option 4) or visit librarycalendar.fairfaxcounty.gov/event/5452937.

Annual Crab Feast Dinner. 3:30-6 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. The Pohick Church Annual Crab Feast Fundraiser, sponsored by the Brotherhood of St Andrew, will be held in the Parish Hall. The menu will include crabs, fried fish, steamed shrimp, potato salad, cole slaw, pork and chicken barbecue sandwiches, and hot dogs for the kids. All are welcome. \$30 per adult (ages 18 and older), \$15 for children ages 12-17, and children under 12 are free. Call 703-339-6572 for tickets.

Art Auction Fundraiser. 7:15-10 p.m. at Temple B'nai Shalom, 7612 Old Ox Road, Fairfax Station. Art with Heart is an evening of art, food, wine and music featuring contemporary, and traditional art, sports memorabilia, and Judaica. Food donations to benefit LCAC. \$18 donation and a can of food. Visit www.tbs-online.org or call 703-628-6676.

SUNDAY/SEPT. 8

Early Railroad Tools Exhibit. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will have a special exhibit of early railroad tools. Come learn how these tools were used to build and maintain railroads in the 19th century. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

MONDAY/SEPT. 9

Sentimental Journey Singers. Mondays, 9:30-11 a.m. at Insight Memory Care Center, 3953 Pender Drive, Fairfax. Encore Creativity, is adding Sentimental Journey Singers, a choir for adults diagnosed with early to moderate Alzheimer's disease and other memory struggles, and their care partners. Encore encourages all to benefit from participating in the arts, regardless of experience or ability, and those affected by diseases such as Alzheimer's are no exception. The tuition for the 15-week Sentimental Journey Singers is \$195 and \$25 for care partners. Visit www.encorecreativity.org.

TUESDAY/SEPT. 10

Cub Scout Registration. 6-6:45 at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. Cub Scout Pack 1347 invites boys, girls ages 5-10 and family to an Ice Cream Social and Sign up Night. Free games, ice cream and fun. Free. Please RSVP at Pack1347bumc@gmail.com. Visit www.BurkeScouts1347.us for more.

WEDNESDAY/SEPT. 11

Nine and Wine. 5-8 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Enjoy a round



PHOTO COURTESY OF LORTON STATION TOWN CENTER

Community Fair

Lorton Station Community Fair features dance performance, DJ music, fitness demos, facepainting, balloon characters and touch-a-truck. Meet and shop with local business owners. Sunday, Sept. 15, 2-5 p.m. at Lorton Station Town Center, 9000 Lorton Station Blvd., Lorton. Free admission. Food and drink available for purchase. Call 757-897-5724 or visit www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193.



Unleash the Beast

For just the second time in league history, PBR's (Professional Bull Riders) elite Unleash The Beast will take over Fairfax's EagleBank Arena for two nights. The Fairfax Invitational, the 22nd stop on the premier series, will feature the Top 35 bull riders in the world squaring off in epic 8-second confrontations all night long. Saturday-Sunday, Sept. 21-22 at Fairfax's EagleBank Arena, 4500 Patriot Circle, Fairfax. Visit www.ticketmaster.com/pbr-unleash-the-beast-tickets/artist/2550701 for tickets.

on Virginia's newest golf course. Price includes range balls, golf cart and nine holes of golf and a glass of wine. This event welcomes the first 12 people who RSVP. Come solo or bring a friend. Payment will be made upon arrival at the event venue. Check in at to pro shop at least 15 minutes prior to the start time. Member, \$32; |non-members, \$42. RSVP to Roberta Korzen at roberta.korzen@fairfaxcounty.gov or 703-324-8782.

FRIDAY/SEPT. 13

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. 14

Oktoberfest Volksmarch Walk. 8 a.m.-3 p.m. at Accotink Unitarian Universalist Church,

flatter. German food and drinks at start/finish. Email nicebrowns@verizon.net for more. Call 703-407-7681 day of event.

American Pilgrims Walk. 9:30 a.m.-3 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. American Pilgrims on the Camino, who walked or will walk the Camino de Santiago trail in Spain, will go nine miles through parks. Interested people can join the group for the 9-mile hike to talk with experienced 'pilgrims' and plan their own adventure or live vicariously. Walk is free. German food for purchase. Email nicebrowns@verizon.net for more. Call 703-407-7681 day of event.

Naturalization Ceremony. 11 a.m.-1 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Help Gunston Hall celebrate America's newest citizens at this special naturalization ceremony. George Mason helped found the United States of America, and paved the way for others to become citizens. Free admission until 1 p.m. Visit gunstonhall.org/event/naturalization-ceremony or call 703-550-9220.

Workhouse Brewfest. 1-8 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join the fourth annual celebration of craft beer, art, music, distilled spirits, and more. Tickets are available at workhousebrewfest.org. Both General Admission and Designated Driver tickets will be available at the gate during the event. Visit www.WorkhouseArts.org for more.

Find Magical Beasts and Craft a Wand at Harry Ponder. 2-3:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Boulevard, Springfield. While the wizards head to Hogwarts, muggles can celebrate the start of a new school year at Hidden Pond Nature Center with the "Harry Ponder" program. Learn about the nature center's magical beasts, make a wand, have fortunes told by Professor Treefroggie, and defend against the dark arts of pollution. Designed for students age 6-18. \$10 per child. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond.

SUNDAY/SEPT. 15

NTRAK Model Train Show at Fairfax Station Railroad Museum. 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 Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Community Fair. 2-5 p.m. at Lorton Station Town Center, 9000 Lorton Station Blvd., Lorton. Lorton Station Community Fair features dance performance, DJ music, fitness demos, facepainting, balloon characters and touch-a-truck. Meet and shop with local business owners. Free admission. Food and drink available for purchase. Call 757-897-5724 or visit www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193.

MONDAY/SEPT. 16

Fall Classes at the Workhouse. Browse the culinary, painting, mixed media, photography, design, and other engaging courses available this fall. Visit reservations.workhousearts.org/Welcome.aspx to browse classes and register.

WEDNESDAY/SEPT. 18

SoberRide Fundraiser. 6-9 p.m. at Glory Days Grill in Fairfax. The Washington Regional Alcohol Program's (WRAP) fourth-annual "Football & Fundraising" event, features former Washington Redskin Ravin Caldwell, a sports memorabilia silent auction and door prizes. Glory Days Grill is donating the hors d'oeuvres buffet for the event. Open to the public. \$35 in advance, \$40 at the door. Tickets are on sale at www.wrap.org.

THURSDAY/SEPT. 19

Lunch N' Life. Noon-2 p.m. at Lutheran Church of Abiding Presence, 6304 Lee Chapel Road, Burke. Sponsored by the Shepherd's Center of Fairfax-Burke, the next Lunch N' Life features guest speaker Ellen Johnson, who will discuss the Salem Witchcraft Phenomenon. For reservations, call Bea Stephenson at 703-273-5730 by Sept 13. \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-273-5730. Visit www.scfbva.org for more.

WEEK IN FAIRFAX

Learn about Old Town And Northfax Plans

The City of Fairfax is beginning the process of developing a new plan for Old Town Fairfax and Northfax (the area around the intersection of Chain Bridge Road and Fairfax Boulevard). So it's holding a kick-off meeting for the public on Wednesday, Sept. 11, at 7 p.m., in the Sherwood Center, 3740 Old

Lee Hwy. These plans, known as Small Area Plans, will provide detailed recommendations for these areas, including the desired mix of uses, residential density, building mass, design aesthetic, street locations, transportation connections, infrastructure improvements, parking and open space.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

THURSDAY/SEPT. 5

Traffic Changes Near Vienna Metro Station. On or about Sept. 5, 2019, the ramp from Saintsbury Drive to eastbound I-66 near the Vienna Metrorail Station will close permanently as part of the future I-66 Outside the Beltway Express Lanes configuration, followed by a temporary closure of the Vaden Drive bridge over I-66 that is needed to accommodate construction. Visit outside.transform66.org for more.

THURSDAYS/SEPT. 5-NOV. 7

"Caring for You, Caring for Me." Noon-1 p.m. at Fairfax County Government Center, 12000

Government Center Parkway, Fairfax. Fairfax County and Inova Health System present free "Caring for You, Caring for Me" programs. This workshop series provides a blend of support and education for caregivers of older adults. Respite services available if requested three weeks in advance. Call 703-324-7210, TTY 711.

SATURDAY/SEPT. 7

Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. With Dr. Perry Richardson of GWU Medical School. All are welcome. RSVP for available seating. Call 301-263-0616 or visit www.dcpnsupport.org for more.

SEE BULLETIN, PAGE 11



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7851 L Tysons Corner Center, McLean

Sunday, Sept. 15 Potomac Yard 11 am-2 pm
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NEWS

Candidates, Fairfax County

Chairman, Board of Supervisors

Jeffrey C. McKay (D)
Joseph F. Galdo (R)

Commonwealth's Attorney

Steve T. Descano (D)
Jonathan L. Fahey (I)

Sheriff

Stacey Ann Kincaid (D)
Christopher F. De Carlo (I)

Board of Supervisors, District Representatives

Braddock District
James R. Walkinshaw (D)
S. Jason Remer (R)
Carey Chet Campbell (I)

Dranesville District

John W. Foust (D) incumbent
Ed. R. Martin (R)

Hunter Mill District

Walter L. Acorn (D) unopposed

Lee District

Rodney L. Lusk (D) unopposed

Mason District

Penelope A. "Penny" Gross (D) incumbent
Gary N. Aiken (R)

Mount Vernon District

Daniel G. "Dan" Storck (D) incumbent, unopposed

Providence District

Dalia A. Palchik (D), unopposed

Springfield District

Linda D. Sperling (D)
Patrick S. "Pat" Herrity (R) incumbent

Sully District

Kathy L. Smith (D) incumbent
Srilekha R. Palle (R)

School Board

School Board At-Large (vote for three)

Abrar E. Omeish
Cheryl A. Buford
Priscilla M. DeStefano
Rachna Sizemore Heizer
Vinson Xavier Palathingal
Ilryong Moon, incumbent
Karen A. Keys-Gamarra, incumbent

Braddock District, School Board

Zia Tompkins
Megan O. McLaughlin, incumbent

Dranesville District, School Board

Anastasia S. Karloutsos
Ardavan Mobasheri
Elaine V. Tholen

Hunter Mill District, School Board

Laura Ramirez Drain
Melanie K. Meren

Lee District, School Board

Tamara J. Derenak Kaufax, incumbent

Mason District, School Board

Ricardy J. Anderson
Tom L. Pafford

Mount Vernon District, School Board

Pamela C. Ononiuw
Steven D. Mosley
Karen L. Corbett Sanders, incumbent

Providence District, School Board

Andrea L. "Andi" Bayer
Jung Byun
Karl V. Frisch

Springfield District, School Board

Laura Jane H. Cohen
R. Kyle McDaniel
Elizabeth L. Schultz, incumbent

Correction

The list of local and General Assembly candidates in Fairfax County contained several errors.

Corrected in the version below:

- ❖ Republican Gary G. Pan is running against Kathleen Murphy in House of Delegates District 34.
- ❖ Republican Richard T. Hayden is running against Paul Krizek in House of Delegates District 44.
- ❖ Vinson Palathingal is a candidate for School Board At Large candidates for School Board section.,
- ❖ Paul Bolon, running for BOS from Providence, died earlier in August, and his name should not have appeared.

Sully District, School Board

Stella G. Pekarsky
Tom A. Wilson, incumbent

Soil and Water Conservation Director Northern Virginia District

Vote for Three
C. Jane Dudik
Chris E. Koerner
Christopher A. Bowen
Edward F. McGovern
Jonah E. "Jet" Thomas
Monica A. Billger
Gerald Owen "Jerry" Peters Jr., incumbent

District 45

Mark H. Levine (D), incumbent, unopposed

District 46

Charniele L. Herring (D), incumbent, unopposed

District 47

Patrick A. Hope (D), incumbent, unopposed

District 48

Richard C. "Rip" Sullivan (D), incumbent, unopposed

District 49

Alfonso H. Lopez (D), incumbent
Terry W. Modglin (I)

District 53

Marcus B. Simon (D), incumbent, unopposed

District 67

Karrie K. Delaney (D), incumbent, unopposed

District 86

Ibraheem S. Samirah (D), incumbent, unopposed

Virginia State Senate

District 30

Adam P. Ebbin (D), incumbent, unopposed

District 31

Barbara A. Favola (D), incumbent, unopposed

District 32

Janet D. Howell (D), incumbent
Arthur G. Purves (R)

District 33

Jennifer B. Boysko (D), incumbent
Suzanne D. Fox (R)

District 34

J. C. "Chap" Petersen (D), incumbent, unopposed

District 35

Richard L. "Dick" Saslaw (D), incumbent, unopposed

District 36

Scott A. Surovell (D), incumbent, unopposed

District 37

Dave W. Marsden (D), incumbent, unopposed

District 39

George L. Barker (D), incumbent
S. W. "Dutch" Hillenburg (R)

Candidates Forum to be Held on Sept. 23

The League of Women Voters of the Fairfax Area will hold a Candidate Forum for Fairfax County Chair of the Board of Supervisors and At-Large School Board candidates on Monday, Sept. 23, 2019 at 7 p.m. The event will be held at the Fairfax County Government Center; 12000 Government Center Parkway, in Fairfax.

All certified candidates for the Nov. 5, 2019 General Election have been invited. This event is free and open to the public, and questions for the candidates will come from the audience. Questions can be submitted in advance by accessing: www.surveymonkey.com/r/LWVFA2019

BULLETIN

FROM PAGE 9

SUNDAY/SEPT. 8

Ingathering Service. 10-11:30 a.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Rev. Dr. Pippin Whitaker joined Accotink Unitarian Universalist Church as their new settled minister earlier this month and will mark the beginning of the church year with an Ingathering Service. Free. Visit accotinkuu.org or call 703-503-4579.

Low Cost Rabies Vaccine Clinic. Noon-2 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

MONDAY/SEPT. 9

Metro Stations to Reopen. Metro's closure of the six Blue and Yellow Line Metro rail stations south of the Ronald Reagan Washington National Airport Station is almost over, with stations scheduled to reopen Sept. 9. Since the closure began, commuters have taken advantage of shuttle services provided by Metro and DASH, and are using alternative forms of transit. Water taxi service to Washington, D.C. has proven so popular it will continue through at least December. Visit wmata.com for more.

TUESDAY/SEPT. 10

NARFE Fairfax 737 Luncheon Meeting. 11:30 a.m.-1:30 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. Meetings are held on the second Tuesday of each month September through June, and opened to all active and retired Federal employees, spouses and guests. Register for luncheon (\$11) by Friday before meeting at 703-280-2356.

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule.

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax or 13421 Twin Lakes Drive, Clifton. Three levels: beginning, intermediate, advanced. Classes are Tuesdays and Thursdays, Sept. 17-Nov. 21. All are welcome. Registration fee, \$15; text book, \$25. Visit www.lordoflifeva.org or call 703-323-9500.

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone. This month's topic is an open discussion on advance care planning and end of life decisions. Call 703-324-5484, TTY 711 to register.

TUESDAYS/SEPT. 10-OCT. 15

Diabetes Self-Management Program. 1:30-3:30 p.m. at City of Falls Church Community Center, 223 Little Falls St., Falls Church. This program is for individuals concerned or frustrated by living with pre-diabetes or diabetes. Free. To register, visit www.fairfaxcounty.gov/OlderAdults and click on Chronic Disease Self-Mgmt. Call 703-324-7721, TTY 711.

WEDNESDAY/SEPT. 11

Small Area Plans. 7-8:30 p.m. at Stacy Sherwood Community Center, 3740 Old Lee Highway, Fairfax. The City of Fairfax will kick off the development of Small Area Plans for the Old Town Fairfax and Northfax areas of the City with a public meeting. Learn more about Small Area Plans and the proposed process of developing plans for Old Town Fairfax and Northfax, and hear how to stay involved as the plans are developed. Free. Visit www.fairfaxva.gov/smallareaplans or call 703-385-79

SATURDAY/SEPT. 14

Office Hours. Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email mtvernon@fairfaxcounty.gov.
* 9-11:30 a.m. at Lorton Library, 9520 Richmond Highway, Lorton.
* 12:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane, Mount Vernon.

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Something or Nothing



By KENNETH B. LOURIE

As you can imagine – or read every week in this space, my health, especially considering that my stage IV non-small lung cancer is incurable/terminal, is top of mind. (If truth be told, it's middle of mind, bottom of mind and every other mind in between and all around.)

That being said – repeatedly, I am prone to exaggerate the significance of seemingly unrelated peculiarities and draw them into my cancer “centricity” without any facts to support them. Though I feel fine-ish, mostly, (the previous weeks’ columns “Barbasoul” and “Side Splitting But Not Very Funny” notwithstanding), there are a number of things in my life which aren't doing as fine and have given me pause for this column.

First and foremost is Chino, one of our two diabetic cats (“The Diabetic Duo” as I call him and his brother, Biscuit) is now up to 14 units of insulin per day and is a shell of his former self, literally. His appetite remains good but he's confined in the kitchen because he doesn't seem particularly interested or aware of his litter box. His co-diagnosee Biscuit, has had the complete opposite reaction to his medicine. He's down to two units a day and appears quite himself. He's free to roam around and seems quite clear about the reason for the multiple litter boxes located throughout the house.

Unfortunately, Chino is slowly getting worse and despite following doctor's orders and feeding him prescription food, nothing really seems to be stemming the tide.

The rest of the examples I'm about to give pale in comparison to Chino's situation but in the aggregate, they represent a pattern that's making me nervous.

My inherited model-year-2000 Honda Accord is most definitely showing its age and may very well be nearing the end of its useful life. I have given up trying to make the necessary repairs suggested by the multiple idiot lights illuminating my dashboard. As determined as I am to ignore them, the different sizes, shapes and colors of the various lights/symbols are drawing me ever closer to the wear and tear they represent. I fear the worst, as with Chino.

Now into a more mundane world, a world in which technology has ensnared us. What would we do without the various hand-held devices with which most of us are all too familiar? I'm getting regular messages that unless I act accordingly, I'm about to find out.

My museum-piece flip phone is dying. It won't hold a battery charge for nearly as long as it used to. Either I'm speaking into it or I'm speaking at it because I only have one bar and I need to charge it. As a result, it's become unreliable and a bit of a bother. If it had any legs, it would be on its last ones.

The battery-operated key fob for my car has recently advised me that it too is dying and, unless I make the necessary battery replacement, it will no longer start my car. Do I really need my key fob communicating with me? A metal key never bothered me with such trivialities and so long as I was inserting it into the car to which it was mated, I was usually able to reach my intended target – without any backtalk.

Finally, I've been receiving messages on my television that the remote control is unhappy and also needs a battery replacement and unless I respond, it too will fade into nothingness and I'll be staring at a blank screen. I don't mind a smart TV but I do object to one that persists in its demands.

All these elements, crucial in their own way, intersecting with my cancer life at the same time and all seemingly headed in the same direction: south.

I can ignore and compartmentalize some things, but I can't ignore and compartmentalize all things. After all, as the old joke “punchlines:” I gave you lots of warnings.

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



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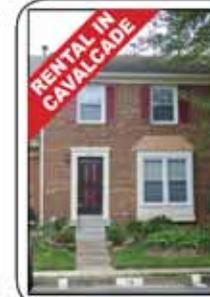


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