

Springfield CONNECTION

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PHOTO CONTRIBUTED BY HARVESTER TEACHING SERVICES

Harvester Presbyterian Church in Springfield, location of Harvester Teaching Services.

Helping Hands for Homeschoolers

Co-ops and clubs support homeschoolers in and around Mount Vernon.

BY ELISSA ESHER
THE GAZETTE

Cathy Stone, director of one of the major homeschool “co-ops” in the region, says that the biggest misconception she sees in homeschooling parents is the idea that you have to do everything yourself to be involved in your child’s education. Her co-op, Harvester Teaching Services, hires teachers to instruct homeschooled students twice a week in their subject of expertise, striving to give parents the peace of mind that comes with their students learning from professionals while only meeting twice a week so as not to diminish the close supervision of the parent unique to homeschooling.

“When I was homeschooling my children, I realized I probably wasn’t the most adequate teacher for certain subjects at a higher level,” said Stone, mother of five. “Particularly with chemistry and biology, I knew I needed help. I really appreciated that HTS had the budget, equipment, and teachers I needed to get my children the proper class requirements I couldn’t have given them myself.”

Stone said there are many similar co-ops in the region as the concept has become fairly popular here. While some co-ops are run by a mutual agreement that every parent will teach a class, HTS and other “drop-off” co-ops like it pay their instructors and do not expect parents to teach if they don’t want to.

Stone has been involved in HTS since its founding in the early ‘90s. She assumed the position of director this summer.

“Since I became director, I’ve been looking around at other co-ops in the area asking myself what sets us apart,” said Stone. “Now that homeschooling has become more prevalent there are a lot of co-ops in the area that offer high school classes, but, to



STARS graduation 2019

PHOTO CONTRIBUTED BY STARS

my knowledge, HTS is the only one of its kind that offers classes at an elementary level.”

HTS meets at Harvester Presbyterian Church in Springfield. Along with elementary education, the co-op provides middle school and high school classes, nursery care, and a homeschooling mother’s bible study on Tuesday mornings.

“There’s an importance to socialization,” said Stone. “In a co-op, your children can be with other children and you can be with other parents. It makes you feel not quite so much alone on this island of homeschooling.”

Anne Waters, a mother of five in the Mount Vernon area, says. The resources for homeschoolers in the region have met critical needs in her children’s education.

“Obviously, the buck stops with you when you homeschool, both with the state and



PHOTO BY ELISSA ESHER/THE GAZETTE

Children’s storyteller Jim Weiss speaks to homeschool students at Harvester Teaching Services in Springfield.

Details

Harvester Teaching Services: <http://www.htslink.org>
STARS: <https://starsloveslearning.com>
Other resources mentioned: <https://www.thehomeschoolmom.com/homeschooling-in-virginia/homeschool-co-ops-academic-enrichment-classes/>

nity for battle-worn homeschooling parents.”

Both STARS and HTS meet Tuesdays and Thursdays. While both co-ops celebrate the community, opportunity, and structure their programs contribute to a child’s homeschooling experience, each clarified that the critical role parents play in their child’s education at a co-op is what makes this experience different from that of a traditional school.

“Often parents worry co-ops will only replicate the school system they have chosen to step away from because they felt their student needed a more individually focused approach to education,” said Rose. “We work specifically to not be a one-size-fits-all system, but rather to coach both the parents and the students on how to solve the problems or gaps in their homeschooling experience.”

Waters said her family has primarily used HTS and another prominent co-op, Capitol Baptist, for core classes. Her children have also participated in extracurricular activities for homeschoolers in the region such as STOA (speech and debate), SPIRE (track team) and Fairfax Homeschool Sports (FHS).

She additionally recommends Northern Virginia Players for homeschooled thespians, Classical Conversations for homeschoolers looking for classical education, and Skye Chase Academy, a Catholic co-op in the Mount Vernon area.

“There are so many great opportunities in this region and so many educated people willing to teach — the options are endless,” said Waters. “If you want to homeschool here, there’s a way.”

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

Springfield
CONNECTION

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PEOPLE



PHOTOS CONTRIBUTED

Amanda Welch and her ensemble performing at Heatherwood Retirement Community.

Springfield Girl Scout Earns Gold Award

Girl Scout Amanda Welch of Springfield's Service Unit 52-11 has completed her Gold Award. The Girl Scout Gold Award is the highest and most prestigious award in Girl Scouting. Each year, the Gold Award is presented to girls in grades 9-12 who have planned and executed significant Take Action projects in response to pressing community needs. A young woman who has earned the Gold Award has become a community leader. Her accomplishments reflect outstanding leadership and citizenship skills. Girls who pursue their Gold Award aspire to transform an idea and vision for change into an actionable plan with measurable, sustainable and far-reaching results. The Gold Award is awarded to fewer than 6 percent of Girl Scouts annually. Each Gold Award Girl Scout spends 1 – 2 years on her project. Approximately one million Girl Scouts have earned the Gold Award or its equivalent since 1916.



Girl Scout Amanda Welch of Service Unit 52-11 has completed her Gold Award.

For this project, Amanda created three flute ensembles at the local high school, middle school, and elementary school to encourage a more positive and less competitive environment at the music programs within her community.

Amanda said: "Through the high school group, I inspired my peers to become leaders."

Members of my ensemble led the middle school and elementary school groups and some of my peers even started their own ensembles for other instruments. I also made my ensemble an example of how to incorporate mu-

sic with community service by performing two concerts at a local retirement community (the Heatherwood Retired Living Community)."

Further, Amanda sought to establish the foundation for musical cooperation and community service beyond her area by creating a website detailing how to create ensembles. The website, <https://amandawelch0101.wixsite.com/ensemble>, enables her project to reach beyond the local community and inspire future leaders in music to start their own ensembles.

Service is a long-standing tradition in Girl Scouts, which was founded in 1912 by Juliette Gordon Low.

Service Unit 52-11 is located in Springfield, VA, and serves approximately 550 Girl Scouts in grades K-12.

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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 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

Write

The Connection welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
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PHOTO BY MIKE SALMON/THE CONNECTION

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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.

NEWS

Keene Mill Shopping Center Undergoes Renovation

The renovation is coming together at the Keene Mill Shopping Center, despite minor interruptions this summer. When completed, there will be improved sitting areas and an outdoor fireplace.



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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

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.beltway66.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.

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 accotinkuuu.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

Metrorail Stations to Reopen. Metro's closure

of the six Blue and Yellow Line Metrorail 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. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

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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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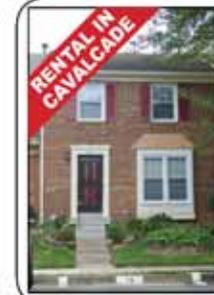


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