

# Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

WELLBEING  
PAGE 6

FOLLOW ON TWITTER: @SPRCONNECTION

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY MIKE SALMON/THE CONNECTION

Golfers can hit a bucket of balls while enjoying a beverage, or there is a computerized golfing game they can play at the range as well.

## Area Teens Make Horse Show Work

NEWS, PAGE 5

## Frisbee, Football Throwing Events Held at Senior Olympics

NEWS, PAGE 10

## Popular Golf Spot May be Going Away

NEWS, PAGE 3

OCTOBER 3-9, 2019

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3 TIRES AND GET THE 4TH FOR \$1**



See Service Advisor for details.  
**GOT TIRES?**  
INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.

**CHECK ENGINE LIGHT DIAGNOSIS NO CHARGE**  
INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.

*Jack Taylor's*  
**ALEXANDRIA TOYOTA**



3750 Jefferson Davis Hwy • Alexandria, VA 22305

**SAFETY FIRST ALWAYS!**  
Have Your Vehicle Checked for Open Campaigns/Recalls  
Recall Hotline: 703-684-0710

**SERVICE & PARTS DEPT HOURS:**  
Monday - Friday, 7:00am to 7:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!**



**ToyotaCare Customers**

Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000



Mile Services  
Call your ASM for details

**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

## OIL & FILTER CHANGE

**\$24<sup>95</sup>**

NON-SYNTHETIC

**\$34<sup>95</sup>**

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.

## BRAKE SPECIAL

**\$79<sup>95</sup>**

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

**MACHINE ROTORS ADDITIONAL**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.

## SIGHT LINE WIPER BLADES

**BUY 1 GET 1 FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY GOOD THRU 10/31/19.

## FREE BATTERY CHECK-UP

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.

## TRUESTART™ BATTERIES



**\$129<sup>95</sup>**

INCLUDES BATTERY INSTALLATION  
Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.

## ALIGNMENT SPECIAL

**\$69<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.



**ALEXANDRIA TOYOTA**

## CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL

**\$129<sup>95</sup>**

Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator. Bring back that new car smell!

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**



## Popular Golf Spot May be Going Away

Landowner looking for other options as the Top Golf business model has expanded.

BY MIKE SALMON  
THE CONNECTION

**T**he Top Golf facility in Kingstowne may be going away soon, as the landlord looks for other options for the land, which may include new housing in the Top Golf space on South Van Dorn Street and Kingstowne Village Parkway, right behind Edison High School.

It's not that simple though, said Supervisor Jeff McKay (D-Lee), who would like to see Top Golf stay but realizes it's not a county decision. It's the case of a private landowner lease to a private tenant, he said. "I'd be perfectly content if they stayed there forever," McKay said. "We have no control over it, the by-right plan is not desirable," he said. By-right development means the landowner has the right to develop the land as they wish providing it is within current zoning parameters.

The Top Golf facility in Kingstowne is reportedly the first Top Golf facility in this area, as is stated on the sign above the Pro Shop door. It has been at this location for years, and has a sports bar and miniature golf as part of the facility. But Top Golf is a nationwide company and the blueprint for new Top Golf facilities that are currently being built are bigger than the property in Kingstowne.

McKay pointed out the new Top Golf at National Harbor, which is much bigger, has a grandiose entrance that looks more like a professional sports venue, and can handle more people. There are several eating and drinking areas, some with computer games and pool tables. When the National Harbor venue opened, "they knew ultimately that place [Kingstowne] would cease to exist," McKay said.

If the 275 residences are built, as the Fairfax County Board of Supervisors meeting announcement sign says, that will bring about 500 additional cars to an already crowded corridor there on South Van Dorn Street. The light at Van Dorn Street and Franconia Road is a few hundred yards from the Top Golf, and traffic backs up there on a daily basis. There is talk of redoing that intersection, with Van Dorn going under Franconia, but that is years away, and the traffic maintenance involved with a project like that is a thing that brings nightmares to the local commuting scene.

McKay and his staff have looked at the potential traffic among other things when they came up with an alternate plan, but the first plan was shot down in the planning meeting. It's back to the drawing board to think of some new planning language before presenting it again.

"Everything is on hold," McKay said, including the issue coming before the Board of Supervisors on Oct. 29. McKay thinks it will get rescheduled and nothing will happen until at least next winter. "The county plays no role in the lease," McKay said.

### Golf as a Sport

For golfers in this part of Fairfax County, this is the second closing of a golf facility in recent years. The



**Golfers can hit a bucket of balls while enjoying a beverage, or there is a computerized golfing game they can play at the range as well.**

PHOTOS BY MIKE SALMON/THE CONNECTION



**Many a Kingstowne birthday party has been held at the miniature golf course there on Van Dorn Street.**

Hillside Golf Course on Telegraph Road was closed a few years ago to make way for a residential complex of condominiums and townhouses aimed at the 55+ crowd. That golf course had nine holes that were built atop a recycled trash dump, and each hole had an alternate set of tees so it could play like an 18-hole course. The course was open a few years and originally there were plans for a bigger course, with golf course homes, but this was scaled back.

This situation with land development and golf courses is a nationwide challenge, said Jay Karen, the CEO of the National Golf Course Owners Association. The amount of land it takes isn't economically feasible, especially given that the up and coming generation hasn't adopted golf like previous generations.

The NGCOA number have shrunk about 10 percent in the last 15 years, and the "association mirrors it's market," Karen said. In 2005-2006, golf hit its highwater mark, which was right around when Hilltop opened, but it went down from there. "More demand could solve a lot of problems," he said.

The new homes now at the site near Jeff Todd Way are called The Crest at Alexandria, and it consists of single-family homes, elevator townhomes and condominiums "from the low \$400's," the website states. The condominiums are a "55+ Active Adult Lifestyle community."



PHOTOS COURTESY OF WIHS

**Washington International Horse Show welcomes 37 local teens attending schools in Virginia, Maryland, and DC to serve on the 2019 WIHS Junior Committee presented by Signature Academics. WIHS is Oct 22-27, see [www.wihs.com](http://www.wihs.com)**

## Local Teens Make International Horse Show Work

The Washington International Horse Show, which will present its 61<sup>st</sup> event at Capital One Arena on Oct 22-27, announced that Erin Gill of Reston, has been selected as the 2019 Youth Ambassador. WIHS also welcomes 37 local teens attending schools in Virginia, Maryland, and DC to serve on the 2019 WIHS Junior Committee presented by Signature Academics.

"The WIHS Junior Committee

& Youth Ambassador Program represents the heart of the show," said WIHS President Vicki Lowell. "These motivated teens are passionate about horse sports, and that's what brings them to us, but they're also great students and actively involved in giving back to the local community. We appreciate their creativity and teamwork in helping make WIHS such an exciting and special event every year."



**Kayla Wolfe, 16, of Burke attends Bishop Ireton High School in Alexandria, and was selected to serve on the 2019 Washington International Horse Show Junior Committee presented by Signature Academics. The show is Oct 22-27, see [www.wihs.com](http://www.wihs.com)**



**Erin Gill is the Youth Ambassador for the 2019 Washington International Horse Show. She is 17, from Reston and attends South Lakes High School. The show is Oct 22-27, see [www.wihs.com](http://www.wihs.com)**



# No More Stonewalling on Gun Safety Legislation

To the Editor:

We have seen too many mass-shootings in America. Statistics show that compared to other high-income nations, the United States' gun-related murder rate is 25 times higher and accidental gun deaths is six times higher. Polls indicate a majority of Americans favor strong background checks and banning assault-style weapons.

And we have seen how Republicans in Virginia continue to stonewall gun safety issues, most recently when the Republican majority voted as a block to adjourn without debate the special assembly of the Virginia

General Assembly called to act on a series of gun safety bills.

We need representatives in the Virginia General Assembly who

are willing to pass gun safety legislation supported by the majority of its citizens. Del. Kathleen Murphy (D-34) has a track record of working on such legislation and sponsored bills such as preventing domestic abusers from obtaining or keeping guns. She also founded the Gun Violence Prevention Caucus. She supports enhanced background checks and closing the gun

show loophole, banning bump stocks and semi-automatic firearms with high capacity magazines. Her opponent in this year's election is currently silent on gun safety legislation. The citizens of Virginia deserve more than silence and stonewalling on a topic of such importance.

**Jocelyn Brittin**  
McLean

## Virginia Is the Roadmap to Win in 2020

To the Editor:

The Washington Post's Sept. 15 article, It's on: VA. Voters flip switch for 'off-off-year' elections, well captured the enthusiasm among Democrats in this year's Virginia election. But the article overlooked how Democrats in this state have approached campaigning and governing since 2016 which will positively influence this year's races. Virginia will provide a roadmap for current Presidential candidates and other states to win in 2020.

Beyond turn-out and hatred for Donald Trump, Virginia Democrats have worked with Republicans and other progressives on issues important to voters and rallied to support candidates who won their primaries. In 2017, Tom Perriello lost the primary for the Governor but still pledged to elect Ralph Northam.

One of Northam's first accomplishments as governor was to

work with Republicans to expand Medicaid, which has enrolled 300,000 low-income Virginians. On gun safety, practical solutions moved forward by Del. Kathleen Murphy when in 2016 she helped pass a law, which prohibits people under a permanent protective order from possessing a firearm. Murphy accomplished this in a Republican-controlled legislature and didn't resort to dirty tactics such as when Republicans abruptly cut short a special session to pass gun legislation to quash debate.

Virginia Democrats are not perfect but bipartisan work and the party's cohesiveness helped them win big in 2018 despite gerrymandered districts. Let us hope other candidates learn valuable lessons from Virginia's election this November.

**Kristin Battista-Frazer**  
McLean

## Misrepresenting Plans For Boundary Changes

To the Editor:

Superintendent Dr. Brabrand of Fairfax County Public Schools issued a surprise message last week in response to growing outcry in the county about his and the School Board's efforts to redraw boundaries and implement forced busing. His message was positioned as an effort to clarify "misinformation". The problem is he failed to mention the central role of the radical One Fairfax policy in his plan to upend school pyramids.

Why did Dr. Brabrand fail to mention One Fairfax when he has consistently praised and promoted the radical policy in the past? One Fairfax has become toxic in the community as citizens learn more about the extreme and unnecessary disruption it requires. Citizens don't want our school pyramids and neighborhoods carved up, ripped apart and

reassembled to achieve Dr. Brabrand and the Board's ideal socioeconomic and/or racial composition of students.




The need to reconsider school boundaries is understandable since Fairfax county has experienced rapid growth and change over the years.

We all know overcrowding is a serious concern and boundary adjustments should be part of the discussion.

However, Dr. Brabrand and the Board's push to implement a social engineering experiment at the behest of outside special interests doesn't benefit taxpayers, homeowners or our children.

A change in leadership is desperately needed on the School Board to ensure accountability and to protect our most valuable assets.

**Jeff Norris**  
Vienna

## Public Meetings 2019 Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with a brief open house followed by a public comment period. At the open house you can learn about various transportation initiatives, including:

- Adjustments to Virginia's project prioritization process (SMART SCALE)
- Virginia's Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs (Virginia's Statewide Transportation Plan)
- Adjustments to the Highway Safety Improvement Program.

Representatives of the Office of Intermodal Planning and Investment (OIPI) and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, during which you may provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at [www.CTB.Virginia.gov](http://www.CTB.Virginia.gov).

**Meeting Dates and Locations**  
Open House begins at 4 p.m. in each of the locations unless otherwise noted.

<b>Tuesday, October 15, 2019*</b> Richmond District Richmond Marriott Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060 *This meeting will also provide opportunity for comment on the I-95 Corridor Study Plan	<b>Tuesday, October 22, 2019**</b> Northern Virginia District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.	<b>Monday, October 28, 2019***</b> Staunton District Doubletree Hotel Harrisonburg 1400 E. Market Street Harrisonburg, VA 22801 ***meeting begins at 3 p.m.
<b>Wednesday, October 30, 2019</b> Salem District Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017	<b>Monday, November 4, 2019</b> Lynchburg District Lynchburg District Complex Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501	<b>Wednesday, November 6, 2019</b> Hampton Roads District Hampton Roads District Office 7511 Burbage Drive Suffolk, VA 23435
<b>Thursday, November 7, 2019</b> Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	<b>Tuesday, November 12, 2019**</b> Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	<b>Wednesday, November 13, 2019</b> Culpeper District VDOT Culpeper District Office 1601 Orange Road Culpeper, VA 22701

Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2019.

You may submit comments on any transportation projects and initiatives to OIPI Deputy Director Ronique Day, 1221 E. Broad St., Richmond, VA 23219 or [PublicComments@OIPI.Virginia.gov](mailto:PublicComments@OIPI.Virginia.gov). **Comments will be accepted until November 30, 2019.**

*The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).*



# NEWS

## Springfield Senior Boards Mexican Train

### The oldest Mexican Train competitor at Senior Olympics is 96.

Five women sit around a table at Goodwin House at Bailey's Crossroads on Thursday, Sept. 19 concentrating on their pile of white domino tiles. Four other competitors sit at a nearby table.

Eva Sorensen from Alexandria says, "I have been playing in Northern Virginia Senior Olympics (NVSO) since 2011. I've got a box this big of medals." At 96-years-old she is oldest competitor in this year's Mexican train dominoes competition. Sorensen has already competed this year in the 60-meter track event, bowling and cribbage.

Meredith Raine from Springfield says this is her first year competing. "I didn't even know it existed." But she plays with her old college friends a couple of times a year. "We didn't use these rules at all. We played that everyone could start a Mexican train."

"No," Ruth Krulfeld who lives at The Jefferson in Arlington, assures her. "Just one Mexican train." She says the rules really sound a little complicated at first but you get used to it. Sorensen asks to see a copy of the rules to refresh her memory.

Virginia Biafore, who also lives in Arlington at The Jefferson, says she plays in a weekly group there, "and I really enjoy it."

Riley Geary, the events coordinator, tells the group

to draw 14 dominoes each instead of the usual 15 since there are five players at the table. "Otherwise there are not enough dominoes left for the bone pile. Who is going to be the scorekeeper?"

Julia Jeffries who also lives in Arlington says, "I guess I'll do it. I do it a lot." Jeffries is in her second year of competing at Mexican train dominoes. "It's fun. There's always someone better than you."

Raine replies, "That's what I'm afraid of."

Each lady draws 14 dominoes and sets them up in a row so none of the other players can see them. Krulfeld says, "it's partly a game of strategy but a lot is the luck of the draw. O.K. we go clockwise." She says she plays Mexican dominoes for fun. "I say it has to be fun or don't do it."

Each woman has drawn a double twelve and begins her own domino train in the center of the table. The game has begun.

"We need a bone yard we can reach over here. Could someone move the dominoes closer so we can all reach them on this side of the table?" Krulfeld announces, "I'm going to start a Mexican train. That gives people two options."

Geary says it will take about an hour and the winners will go to the final round which will also take about an hour.

Geary says he is the event coordinator for five of the NVSO events this year. "Yesterday we had 30 competitors in the jigsaw puzzle event, a new game this year. "Each person got a picture of their puzzle and the pieces to complete it." They had two hours to complete as much of the puzzle as they could. "Seven completed their whole puzzle."



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

**Meredith Raine from Springfield is playing in her first NVSO but meets with old college friends a couple of times a year to play Mexican train dominoes.**



**Events coordinator Riley Geary explains the rules of the game to the table of five competitors.**



**Julia Jeffries from Arlington says playing is fun because there's always someone better than you.**

INDEPENDENT LIVING // ASSISTED LIVING // MEMORY CARE // LONG-TERM CARE // SHORT-TERM REHABILITATION // HOME CARE



**BE**

*Inspired*

Embarking on an inspired transformation, Westminster at Lake Ridge is redesigning and enhancing our community to reflect the very best in community living. See our plans for the new Center for Healthy Living, plus extraordinary new amenities throughout. Discover your inspiration to live life to the fullest.

**Westminster at Lake Ridge—be inspired.**



703-291-0191 // [www.wlrva.org](http://www.wlrva.org)



Westminster at Lake Ridge is a not-for-profit, CARF accredited, SAGECare certified, life plan community.



**DR. GENE SWEETNAM**  
**DR. GRACE CHANG DR. KAREN JINYOUNG KIM**  
**O P T O M E T R I S T S**



- Family & Pediatric Vision Care
- Comprehensive Eye Exams • Treatment of Eye Diseases
- 21 years Naval Service, 6 years Active Duty
- Laser Vision Consultants • Over a thousand frames in stock
- We carry all major brands of contact lenses • In-house lab

**Most Insurances Accepted:**

Anthem Blue Cross/Blue Shield, Care First, Medicare, Tricare In-network Doctor, Cigna, DavisVision, Aetna HMO/PPO/POS, PHCS, VSP® Network Doctor, EyeMed Vision Care, United Healthcare, VA Medicaid

**WE WELCOME YOUR DOCTOR'S PRESCRIPTION**

5206A Rolling Rd.  
 Burke Professional Center  
 Burke, VA 22015

**703-425-2000**

www.drsweetnam.com • www.sightforvision.com

**WELLBEING**

PHOTOS COURTESY OF FLORENCE MURRIAN



**During Breast Cancer Awareness Month, survivors like Florence Murrian and mental health professionals share insight on offering support.**



**Breast cancer survivors Florence Murrian gets together with friends to volunteer for a supplies drive.**

# Supporting Friends and Loved Ones with Breast Cancer

**Choosing words and actions that don't cause additional pain or anxiety.**

BY MARILYN CAMPBELL  
 THE CONNECTION

**W**hen Florence Murrian was diagnosed with stage two breast cancer last December, the treatment recommended by her oncologist was a lumpectomy and radiation. In an attempt to help, Murrian's sister urged her to seek multiple medical opinions and insisted she ask for a more aggressive treatment. Murrian, 54, felt overwhelmed by the barrage of advice.

"It was the friends who just listened to me as I sometimes rambled on and on that gave me comfort," she said. "There were times when I didn't want to talk about it or cry about it. I needed to feel normal and sometimes was in denial. What I didn't want is someone asking me why I wasn't acting a certain way."

When a close friend of loved one is diagnosed with breast cancer, the reaction can range from aggressive advice giving as in Murrian's case to excessive questioning to learning every detail. During October, Breast Cancer Awareness Month, some survivors and mental health professionals share insight on offering support.

"Sometimes I had conversations with friends that made me feel worse that I already felt," said Murrian who lives in Arlington. "I was so overwhelmed that I didn't want advice and I didn't want to have to cheer up my friends."

Conversations designed to convey concern can go awry. "I recommend avoiding invalidating comments

like, 'Everything happens for a reason.' or forecasting comments such as 'Everything will be fine,'" said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Though it is natural to be concerned and want specific details about a loved one's condition, sometimes the best words are no words at all, says Professor of Psychology at George Mason University. "There may be times to mostly listen and other times to joke around," said Short. "Plan to continue enjoyable activities together, but confirm whether your loved one wants to get together."

Avoid non-specific offers to help, says Short. "I recommend taking the perspective of your friend and loved one and imagining what she might like to hear," he said. "You should express empathy and support ... prepare small meals or snacks to share. Offer to help with household tasks, errands, or caring for family members or pets."

**"Everyone's situation and diagnosis is different."**

— Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College

For those who are unsure, considering your loved the best source of information about her needs is more effective than making assumptions, suggests Bagshaw. "I do recommend asking how you can be of support," said she said. "One can simply say, 'Just let me know how I can help.'"

"It is good to be encouraging, but realistic," added Short. "Follow cues from your friend or loved one on how to interact."

Listening, validating and inquiring about her overall wellbeing can be more comforting than offering opinions or sharing stories about other women who've been diagnosed with breast cancer. "Everyone's situation and diagnosis is different," said Bagshaw.

"Avoid advice and assumptions unless you are asked for your opinion," added Short. "Some examples [of things] to say are, 'I am sorry that this happened to you. I want you to know that I care about you. How are you doing? I want to help'"



**BURGUNDY'S**  
**FALL FAIR**

SATURDAY, OCTOBER 19TH

11AM UNTIL 3PM

3700 Burgundy Road, Alexandria



FREE ADMISSION

Activities require tickets; buy online at [burgundyfarm.org](http://burgundyfarm.org).  
 Service animals only, please.



Burgundy Farm Country Day School  
 3700 Burgundy Road, Alexandria, VA  
 703.960.3431 | [burgundyfarm.org](http://burgundyfarm.org)

Proceeds benefit  
 student financial aid,  
 so spread the word!





COURTESY OF JOHN MASON

**John Mason, author and presenter at 2019 Fall for the Book (center at front) riding the rails on duty in Vietnam, 1965.**



COURTESY OF MIA GARCIA

**Mia Garcia, author and presenter at 2019 Fall for the Book.**



COURTESY OF EARL SMITH

**Earl Smith, author and presenter at 2019 Fall for the Book.**

## Love and Celebration of Books

**'Fall for the Book' includes book prize for immigrant writers who illuminate the human experience.**

### Where and When

"Fall for the Book" events are at George Mason University's Fairfax Campus, 4400 University Drive, Fairfax, and at other locations throughout Northern Virginia. "Fall for the Book" runs Oct. 10 to Oct. 13, 2019. Events are free and open to the public. For details about sessions including author bios go to <https://fallforthebook.org/> or call 703-993-3986. **Notes:** "Fall for the Book" venues are wheelchair accessible. The "Fall for the Book" is partnering with the City of Fairfax's Fall Festival on Saturday, Oct. 12, 2019.

BY DAVID SIEGEL  
THE CONNECTION

Northern Virginia's book lover's dream, the annual "Fall for the Book" returns for its 21<sup>st</sup> time. "Fall for the Book" is a major stop on literary tours for the best of America's authors and local authors alike. It is Northern Virginia's oldest and largest festival of literature and arts.

About 150 authors will take part in readings, discussions, and performances at the 2019 Book event along with the thousands of guests anticipated.

"Fall for the Book" is also hosting the award ceremony for a book prize for immigrant writers who illuminate the human experience as told by immigrants. The Institute for Immigration Research New American Voices Award will announce the award.

A wide range of local Northern Virginia writers will be at the Festival.

Mia Garcia was born in San Juan, Puerto Rico and resides in Fairfax Station. She will be on a panel titled "Diverging Roads: Teenagers Face Choices and Consequences." Garcia will chat about her book "The Resolutions." It is about four best friends trying to help each other meet the challenges of growing up in a complex, bumpy world. In an interview, Garcia indicated her aim includes reaching out to LatinX teenagers who

may not see themselves depicted in literature and the arts.

Angela Hattery, GMU Professor and Director of the Women & Gender Studies Program and Earl Smith Emeritus Professor of Sociology and the Rubin Distinguished Professor of American Ethnic Studies at Wake Forest University will lead a session titled "Gender, Power & Violence in the #MeToo Era." The session will examine institutions and why violence happens within them. The institutions could be college campuses, Hollywood, prisons or the military as examples. Hattery and Smith will discuss issues such as "institutional betrayal ... in these pillar institutions" and why people may not want to talk about them in public. Yet, as Hattery noted, "turn on the news each day, it is there."

John Mason (Fairfax), a retired career Army Officer will share his personal story with his book "Riding the Rails in Vietnam 1965" as a starting point for the "Vietnam in Words" session. Mason served his initial Vietnam tour with the US Military Assistance Command as an advisor to a Vietnamese railway security battalion. Mason will discuss the "cross cultural challenges" and "need for patience and understanding" when working in an environment unlike the United States; the requirement to be "receptive to another culture" to be successful.

## Where Your Dental Needs Come First!

Se habla Español



Family Dentistry

NEW PATIENT SPECIAL

**\$99**

(Regularly \$311)  
Includes Exam, Cleaning (in absence of gum disease) and X-rays

- Crowns, Bridges, Partials, Full Dentures and Implants
- Denture Relining, Dentures and Partials Repaired While You Wait
- Saturday and Evening Appointments Available
- Most Insurances Accepted
- Free Invisalign Consultation

703-323-9394

[yourdentalfirst.com](http://yourdentalfirst.com)

Raja Gupta, DDS

Dental First Associates, LLC



We've Moved!

6116 Rolling Rd., Suite 312  
Rolling Mill Professional Park  
(next to West Springfield H.S.)  
Springfield, VA 22152



Thinking of Planning Ahead?

We already plan for:

- > Our Wedding
- > Our Children's Education
- > Our First Home
- > Our retirement



Should your funeral be any different?

Fairfax Memorial Park  
Full Service Cemetery

9900 Braddock Road, Fairfax, VA 22032  
703-323-5202  
[www.fmpark.com](http://www.fmpark.com)

Fairfax Memorial Funeral Home  
with two on-site crematories

9902 Braddock Road • Fairfax, VA 22032  
703-425-9702  
[www.fmfh.com](http://www.fmfh.com)

Family Owned. Family Operated. Family Focused.



# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Shir HaLev, the Community Jewish Chorale of Northern Virginia.** Rehearsals are held select Tuesdays, 7:30-9 p.m. at Congregation Olam Tikvah, 3800 Glenbrook Road, Fairfax. The Chorale is a friendly, welcoming, adult volunteer choir. Membership in the group is open to all, members of Congregation Olam Tikvah and other Northern Virginians. Their repertoire consists mainly of Jewish liturgical music and also some contemporary Jewish music and some secular showtunes, too. Visit [carolboydleon.com/shir\\_halev](http://carolboydleon.com/shir_halev) for more.

**(Im)Permanence Continued.** Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. A solo exhibition featuring work by Cynthia Myron. Visit [www.WorkhouseArts.org](http://www.WorkhouseArts.org)

**VMFA: Futures.** Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. VMFA: Futures showcases artists joining the 2019-2020 Fellowship Program at the Virginia Museum of Fine Arts in Richmond. Featured artists include Soomin Ham, Rebecca Silberman, David Franusich and Sarah Phillips. Visit [www.WorkhouseArts.org](http://www.WorkhouseArts.org) for more.

**Juried Exhibition: Clay International.** Through Oct. 6 in the Vulcan Gallery, 1st Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Ceramic Artist and Educator Peter Beasecker juried over 300 images to select 52 pieces of art which incorporate a contemporary spirit as well as a technical mastery of the material for 2019 Workhouse Clay International. Clay International represents the depth and breadth of contemporary functional and sculptural ceramic artworks [www.WorkhouseArts.org](http://www.WorkhouseArts.org) for more.

**Crafters Wanted for 2nd Annual Fall Craft Show.** The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019, 10 a.m.-4 p.m. Visit [www.fairfaxstation.org](http://www.fairfaxstation.org) or call 703-425-9225.

**Kingstowne Farmers Market.** Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne](http://www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne).

**Wakefield Farmers Market.** Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/wakefield](http://www.fairfaxcounty.gov/parks/farmersmarkets/wakefield).

**Lorton Farmers Market.** Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/lorton](http://www.fairfaxcounty.gov/parks/farmersmarkets/lorton).

**Springfield Farmers Market.** Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit [www.community-foodworks.org](http://www.community-foodworks.org) or call 202-697-7768.

**Burke Farmers Market.** Saturdays, through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/burke](http://www.fairfaxcounty.gov/parks/farmersmarkets/burke) for more.

## WEDNESDAY-SUNDAY/OCT. 2-6

**Disney On Ice.** At EagleBank Arena, 4500 Patriots Circle, Fairfax. Disney On Ice presents Road Trip Adventures will whisk families away on an immersive getaway chock-full of magical participatory moments. Featuring new and classic tales, this multi-generational experience visits Fairfax for nine performances. Visit [www.ticketmaster.com](http://www.ticketmaster.com).

## THURSDAY/OCT. 3

**Selling Suffrage: Words and Symbols to Win the Vote and the ERA.** 6-9 p.m. at Tower Club-Tyson's Corner, 8000 Towers Crescent Drive, Suite 1700, Vienna (entrance at back of building). Powerful arguments and compelling visual images were essential in convincing the American public to support votes for women. The need to "sell" the Equal Rights Amendment has also faced communication challenges. Come hear experts and advocates describe the written and graphic messages that suffragists used to change public opinion, and learn how those messages connect to later



## Springfield Farmers Market

Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit [www.community-foodworks.org](http://www.community-foodworks.org) or call 202-697-7768.

campaigns for the Equal Rights Amendment. Heavy hors d'oeuvres, wine, beer and soft drinks will be served. \$75. Visit [suffragistmemorial.org/](http://suffragistmemorial.org/) to register.

**Celebrate "Hitchcocktober."** 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Dial M for Murder (3D). Hitchcock's 1954 classic was originally shot in 3D but rarely seen in this format. Every Thursday night in October, a classic film by Alfred Hitchcock will be featured, culminating with a showing of Psycho on Halloween. \$14.50. Visit [www.AngleikaFilmCenter.com](http://www.AngleikaFilmCenter.com) for more.

## FRIDAY/OCT. 4

**OLGC Golf Classic.** 11 a.m.-8 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Join Vienna's Our Lady of Good Counsel Catholic Church for a fun-filled day with contests, food and drink, and company to share it with. Register by Sept. 23. \$200. Visit [www.olgcva.org/fellowship/golf-classic](http://www.olgcva.org/fellowship/golf-classic) or call 703-896-7425.

**"Shot in the Dark Nite Tournaments."** 7:30 p.m. at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Teams of two play a nine-hole scramble using glow-in-the-dark balls. Prizes will be awarded to teams finishing first, second and third, and there will be closest-to-the-pin contests. Dinner will be served, beginning at 6 p.m. \$70 per team, and golfers must be age 12-adult. The price includes one glow ball and a flashlight. Additional glow balls are \$5 each. Limited to the first 18 teams. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).

## FRIDAY-SUNDAY/OCT. 4-6

**Haunted Trail 2019 – Breakout.** Friday-Saturday, 7-11 p.m.; Sunday, 7-10 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Workhouse Arts Center presents Haunted Trail 2019 – Breakout – running each weekend during October and Halloween night. A storyline has been crafted on a prison Breakout theme with inmates running out of control through the woods and around the prison grounds (including through the only building on campus that still has jail cells), guards trying to capture them, and an army of terrifying clowns attempting to take over the prison. \$20. Visit [www.workhousearts.org/event/haunted-trail](http://www.workhousearts.org/event/haunted-trail).

## SATURDAY/OCT. 5

**Remembering Our Angels 5k Walk/Run.** 7:30-11 a.m. at the Occoquan Regional Park in Lorton. The "Remembering Our Angels 5k Walk/Run" is an event dedicated to women, men and families who have lost a pregnancy or infant. All money raised will benefit the programs of Alaina's Gift Inc. Vendors or sponsors can contact the organization's Founder at 757-284-9462. Visit [www.runsignup.com/angelswalk19](http://www.runsignup.com/angelswalk19).

**Infant-loss Remembrance Walk.** 8:30 a.m.-noon at Occoquan Park, 9751 Ox Road, Lorton. The NIMLMDTS Remembrance Walk, "Our Journey Together" is for parents, family members, and friends to come together to remember a baby who has died due to miscarriage, stillbirth, SIDS, neonatal or any type of pregnancy or infant loss. During the event, each baby is honored by having his or her name read aloud with the optional release of a butterfly. \$35; free for kids. Visit [raceroster.com/events/2019/21271/now-i-lay-me-down-to-sleep-2019-remembrance-walk-va](http://raceroster.com/events/2019/21271/now-i-lay-me-down-to-sleep-2019-remembrance-walk-va) or call 512-828-1379. Visit [nilmdts.org](http://nilmdts.org) for more.

novelist Rainbow Rowell, and true crime writer, David Grann. Fall for the Book is Northern Virginia's oldest and largest festival of literature and arts. All events are free and open to the public. Visit [fallforthebook.org](http://fallforthebook.org).

## FRIDAY/OCT. 11

**"Shot in the Dark Nite Tournaments."** 7:30 p.m. at Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Teams of two play a nine-hole scramble using glow-in-the-dark balls. Prizes will be awarded to teams finishing first, second and third, and there will be closest-to-the-pin contests. Dinner will be served, beginning at 6 p.m. \$70 per team, and golfers must be age 12-adult. The price includes one glow ball and a flashlight. Additional glow balls are \$5 each. Limited to the first 18 teams. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).

## FRIDAY-SUNDAY/OCT. 11-13

**Haunted Trail 2019 – Breakout.** Friday-Saturday, 7-11 p.m.; Sunday, 7-10 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Workhouse Arts Center presents Haunted Trail 2019 – Breakout – running each weekend during October and Halloween night. A storyline has been crafted on a prison Breakout theme with inmates running out of control through the woods and around the prison grounds (including through the only building on campus that still has jail cells), guards trying to capture them, and an army of terrifying clowns attempting to take over the prison. \$20. Visit [www.workhousearts.org/event/haunted-trail](http://www.workhousearts.org/event/haunted-trail).

## SATURDAY/OCT. 12

**Vendor/Craft Fair.** 9 a.m. to 2 p.m. at St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke. Start your Holiday shopping at this Vendor and Craft Fair. Handmade items including jewelry, cards, pottery, knit items and more. Reps from Thirty-One, Pampered Chef, Noonday Collection, LulaRoe, Discovery Toys and many more. Contact Jeanne Jones at 703-913-9863.

**43rd Annual Fall Festival.** 10 a.m.-5 p.m. in downtown Fairfax. More than 400 vendors, three stages of entertainment, lumberjack show, amusement rides and more. Visit [www.fairfaxva.gov/government/parks-recreation/special-events/fall-festival](http://www.fairfaxva.gov/government/parks-recreation/special-events/fall-festival) for more.

## SATURDAY-SUNDAY/OCT. 12-13

**Model Train Show and Craft Fair.** Saturday, 10 a.m.-5 p.m.; Sunday, noon-5 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington D.C. Metropolitan Area LEGO (R) Train Club (WamaL TC) will hold a two-day display at the Fairfax Station Railroad Museum. In addition, Saturday will feature a Craft Fair with local artisans displaying and selling their crafts. Bring any unwanted LEGO pieces and sets for donation. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## SUNDAY/OCT. 13

**5K for Missing.** 8 a.m. at Fairfax Corner, 4100 Monument Corner Drive, Fairfax. The National Center for Missing & Exploited Children will be holding their annual 5K race. Participants will raise much needed awareness and funding to support NCMEC's efforts to help recover missing and exploited children worldwide. Register by Oct. 1 to be guaranteed a shirt. \$35 until Friday, Oct. 11, 8 p.m. Visit [www.milesforthemissing5k.org](http://www.milesforthemissing5k.org) or call 703-837-6111.

**Clifton Day Festival.** 9 a.m.-5 p.m. in the Town of Clifton, 7144 Main St., Clifton. The 2019 Clifton Day Festival will feature a marketplace with around 150 vendors. Live music, train rides, children's activities and delicious food and beverages will add to the fun. Clifton Day is the only day of the year when the train stops in the town. Admission is free. Parking starts at \$5 per car. Call 703-968-0740 or visit [www.clifftoday.com](http://www.clifftoday.com).

## MONDAY/OCT. 14

**Funday Monday.** 10:30-11:30 a.m. at Old Town Hall, 3999 University Drive, Fairfax. Crafts, music, movement, and fun with Mr. Skip, My Gym, Paint Your Own Pottery and a new VIP series featuring community helpers and leaders. Free. Visit [www.fairfaxva.gov/government/parks-recreation/cultural-arts](http://www.fairfaxva.gov/government/parks-recreation/cultural-arts) or call 703-385-2712.



# NEWS

## Meet 'Frankie Franconia'

The new Franconia mascot "Frankie Franconia," who will attend local functions representing the farming community that once dominated the Franconia area.



PHOTO BY MIKE SALMON/  
THE CONNECTION



# 19/20 Season





## IMAGINARY SYMPHONY



**SATURDAY,**  
OCT 5, 2019 • 8 P.M.

**SUNDAY,**  
OCT 6, 2019 • 3 P.M.

The ASO's season opens with Beethoven's Triple Concerto featuring soloists Rita Sloan (piano), Nicholas Tavani (violin) and Alan Richardson (cello) under the direction of Maestro James Ross.

Adult: \$20-\$85 Student: \$10 Youth: \$5  
(703) 548-0885 • [www.alexsym.org](http://www.alexsym.org)

# COMMUNITIES OF WORSHIP

**JUBILEECHRISTIANCENTER**  
"Loving People to Life"

Worship Gathering - Sunday 8:45 & 11 AM  
Sunday School 10:10 AM  
Sun. Evening - Realtime Worship & Youth 6 PM  
Family Night - Wednesday 7:15 PM  
Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups  
Visit our Website: [jccag.org](http://jccag.org)

4650 Shirley Gate Road, Fairfax  
Bill Frasnelli, PASTOR 703-383-1170

## To Advertise Your Community of Worship, Call 703-778-9418

Same Company, Same Employees,  
Same Great Value - Now Celebrating 20 Years!

# TWO POOR TEACHERS

## Kitchen and Bathroom Remodeling

10% down  
nothing until the job  
is complete for the  
past 17 years



Free Estimates

703-999-2928

- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed  
Since 1999





Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)



Legals

Legals

**NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS FOR ANGELUS ACADEMY**

Angelus Academy admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school administered programs.

Angelus Academy is a private, non-profit elementary school sponsored by the Women's Apostolate to Youth and located at 7644 Dynatech Ct., Springfield, VA 22153. For more information, contact Angelus Academy at 703-924-3996.

Announcements

Announcements

**27th Annual OBX Parade of Homes Oct 10-13**



Corolla-Nags Head  
Tickets \$10  
Good All 4 Days

TOUR  
17 Select  
Outer Banks  
Homes



Preview: [obhomebuilders.org](http://obhomebuilders.org)

**ATTENTION  
ADVERTISERS:**

expand your audience beyond our weekly print edition with

**THE CONNECTION  
DIGITAL**

- ▶ Email Marketing
- ▶ Social Media
- ▶ Sponsored Content



FOR MORE INFORMATION  
CALL 703.778.9431

OR VISIT  
[CONNECTIONNEWSPAPERS.COM/ADVERTISING](http://CONNECTIONNEWSPAPERS.COM/ADVERTISING)

**LOCAL MEDIA  
CONNECTION**  
Newspapers & Online  
703-778-9431  
[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centreville Connection
- Fairfax Connection
- Fairfax Station/Glinton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Meridian Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Gaines Connection

**NEWS**



Rhonda Geyer, a Navy veteran from Fairfax Station, throws her way to a gold medal with a distance of 59' 8".



Sue Caputo of West Springfield won a silver medal in the softball hit competition. It had been about 30 years since Caputo last played softball.

PHOTOS BY TOM MANNING/THE CONNECTION

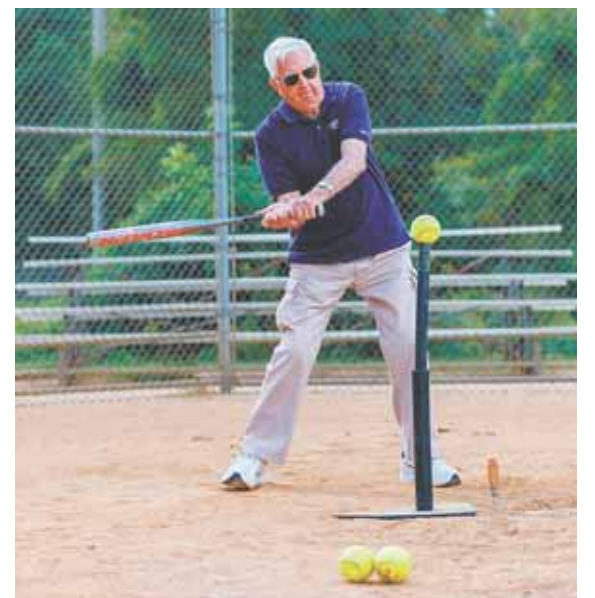
**Frisbee, Football Throwing Events Held at Senior Olympics**

The 2019 Northern Virginia Senior Olympics (NVSO) featured the frisbee and football throwing events, including the softball hit and throw events, at Wakefield Park in Annandale

on Sept. 18. The 37<sup>th</sup> annual NVSO provides senior adults with an opportunity for competition, self-improvement, and fellowship through various athletic and recreational events.



Bill Brennan from Annandale won a silver medal for his football throw in the 85-89 age group.



Leonard Kalkwarf, 91, from Springfield won a silver medal in the softball hit competition. Kalkwarf stays very active by walking 2-3 miles a day, and plays in horseshoe and bowling leagues.



Annandale resident Nancy Joyner competes in the football throw. Joyner earned a silver medal with a throw of 33' 4" in her division.



# BULLETIN

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

## THURSDAY/OCT. 3

**Candidate Forum.** 7 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Candidates for Springfield District. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate and invite all certified candidates in their respective districts. After a moderated discussion, meet the candidates. Volunteers, including students, are welcome. Visit [www.lwv-fairfax.org/candidateforum](http://www.lwv-fairfax.org/candidateforum) for more.

## FRIDAY/OCT. 4

**Early Bird Dinner.** 5:30-7:30 p.m. At American Legion Post 176, 6520 Amherst Ave., Springfield. Dinner free for all who have renewed their membership to Post 176 and received a membership card for 2020.

## SATURDAY/OCT. 5

**Mental Health and Wellness Conference.** 8 a.m.-4 p.m. at Fairfax High School. The morning will focus on social and emotional learning, with a keynote address given by Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence. A special session for high school students, the Our Minds Matter Teen Summit, will take place in the morning as well. Attendees are encouraged to stay for Inova's Act on Addiction Summit, which will be held from 12:30-4 p.m. Breakout sessions, exhibit tables, and resources will be available to all attendees throughout the day. Lunch will be provided. Visit [www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness](http://www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness)

**Candidate Forum.** 3:30 p.m. at Kings Park Library Community Room, 9000 Burke Lake Road, Burke. Candidates for Braddock District. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate and invite all certified candidates in their respective districts. After a moderated discussion, meet the candidates. Volunteers, including students, are welcome. Visit [www.lwv-fairfax.org/candidateforum](http://www.lwv-fairfax.org/candidateforum) for more.

## MONDAY/OCT. 7

**Understanding Alzheimer's and Dementia.** 7-8:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Learn the difference between Alzheimer's and dementia, the stages and risk factors of Alzheimer's, research and treatments to address some symptoms, and additional resources. Presented by the Alzheimer's Association. Free. Call 703-978-5600 or visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) for more.

## TUESDAY/OCT. 8

**NARFE Fairfax 737 Meeting.** 11:30 a.m. to 1:30 p.m. At American Legion Post 177, 3939 Oak Street, Fairfax. NARFE Fairfax Chapter 737 Alzheimer's Research month luncheon meeting. RSVP by October 5, 2019 for luncheon (\$12.00) at 703-280-2356 or email: [rrharney2@gmail.com](mailto:rrharney2@gmail.com).

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

## TUESDAY/OCT. 15

**Fairfax Lions Club Dinner Meeting.** 6:30-8:30 p.m. at American Legion Post 177, upper level, 939 Oak St., Fairfax. Visit a Lions Club dinner meeting. Enjoy a buffet dinner, speaker, and club announcements. Guests are cordially invited - meet members and learn about Lions community service. Free.

## THURSDAY/OCT. 17

**15th Annual What You Need to Know About Transportation.** 7:30-10 a.m. at Waterford at Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. Northern Virginia Transportation Alliance's 15th Annual What You Need to Know About Transportation program with keynote speaker The Honorable Pete Rahn, Secretary of Transportation for Maryland. \$20-\$60. Visit [nvta.org](http://nvta.org) to register.

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>		Good is not good, where better is expected. <b>-Thomas Fuller</b>		<b>IMPROVEMENTS</b>   <b>IMPROVEMENTS</b>  <b>RN. CONTRACTORS, INC.</b> Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic <b>Phone: 703-887-3827</b> <b>E-mail: <a href="mailto:rncontractorsinc@gmail.com">rncontractorsinc@gmail.com</a></b> <b><a href="http://www.rncontractors.com">www.rncontractors.com</a></b>	
<b>ELECTRICAL</b>   <b>ELECTRICAL</b> <b>K &amp; D ELECTRIC</b> COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 <a href="mailto:lektrkman28@gmail.com">lektrkman28@gmail.com</a>		<b>LANDSCAPING</b>   <b>LANDSCAPING</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Summer Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>GUTTER</b>   <b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/Ins 703-802-0483 free est. email <a href="mailto:jamie@lawnsandgutters.com">jamie@lawnsandgutters.com</a> web: <a href="http://lawnsandgutters.com">lawnsandgutters.com</a> Friendly Service with a Friendly Price!		<b>A&amp;S Landscaping</b> <ul style="list-style-type: none"> <li>• All Concrete work</li> <li>• Retaining Walls • Patios</li> <li>• Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>• French Drains • Sump Pumps</li> <li>• Driveway Asphalt Sealing</li> </ul> <b>703-863-7465</b> LICENSED Serving All of N. Virginia		<b>TILE / MARBLE</b>   <b>TILE / MARBLE</b> <b>BATHROOM REMODELING</b> by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. <b><a href="http://www.brennan-tile.com">www.brennan-tile.com</a></b> <b>703-250-2872</b> Licensed • Bonded • Insured	
<b>LANDSCAPING</b>   <b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b>		<b>J.E.S. Services</b> Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> <li>• Planting &amp; Landscaping Design</li> <li>• Drainage &amp; Water Problems</li> <li>• Concrete Driveways, Replacement or New</li> <li>• Patios and Walks • Masonry Work or Dry Laid</li> <li>• Paver, Flagstone, Brick, any style you choose</li> <li>• Retaining walls of all types</li> </ul> All work Guaranteed		Find us on Facebook and become a fan! <b><a href="http://www.Facebook.com/connectionnewspapers">www.Facebook.com/connectionnewspapers</a></b>  Newspapers & Online The Connection to Your Community <a href="http://www.connectionnewspapers.com">www.connectionnewspapers.com</a>	
Sign up for <b>FREE DIGITAL SUBSCRIPTION</b> to any or all of our 15 papers <a href="http://www.connectionnewspapers.com/subscribe">www.connectionnewspapers.com/subscribe</a>					

## When Compounding isn't a Good Thing



By KENNETH B. LOURIE

Dealing with a cancer diagnosis is one thing, and certainly a big thing, but I'm much better dealing with it when the 50 million other things we all have to deal with are not having to be dealt with (ending a sentence with a preposition notwithstanding) at the same time. And not that I'm the least bit unique in having all these other tasks and concerns or even the most bit interesting in that I have them. Hardly. They are simply the elements that sometimes make living more of a job and less of an adventure. That being said, when I am uncluttered by these mundane responsibilities and am able to focus on the things I want to do rather than the things I have to do, I am so much more able to fend off the inevitable demons that haunt any of us diagnosed with a serious/in my case "terminal," disease.

The last month was, and still is, such a month. It all started with my application for a reverse mortgage. After the first company I engaged gave up, I met another, local company who so far has exhibited the wherewithal to get the application approved. However, the structural integrity problem you regular readers know about has impeded the progress I was hoping to have made by now. Not knowing yet the estimate to right this wrong, I am twisting in a bit of an ill wind, and I assure you, it is not improving my demeanor.

Yes, "Medicare is in The House," but as of September 27, it's sort of a house divided. Because even though its effective date was September 1st, I've not received an invoice. And since I haven't paid for any new coverage, am I still supposed to cancel my old, in-force "Obama Care?" Moreover, if I don't know exactly what I have, am I supposed to buy a Medicare Supplement for coverage I don't know for sure even exists? I mean, it's not as if my medical welfare/financial future depends on it. So yes, I'm even more worried, and obviously confused.

If the unresolved reverse mortgage and health insurance situations weren't sufficient enough to stress over, consider my concern for the "Diabetic Duo," our two cats with diabetes. Other than the real possibility that either, if not both, of these cats will die on our watch, the expense of sustaining their lives is past adding up. Items include insulin, syringes, prescription wet food, prescription dry food, two sizes of pee pads (because the liter box has less interest to them or they can't quite see it) and since they're eating and drinking constantly, we're buying more liter than ever before, and vet bills: diabetic boarding when we've been away for a weekend or two and glucose monitoring every week to 10 days to check their sugar level, all times two. Can you say credit card?

Two other extremely mundane tasks have also fallen on me during this time line. Both involving the M.V.A., never an easy process: emissions inspection and a driver's license renewal. Again, not Herculean tasks, but in the middle of all this other stuff. The issue? More money and possibly more hassle to resolve their respective 'issues': possibly replacing a catalytic converter in the 29 year-old Honda Accord, which has happened previously under identical circumstances, and renewing one's driver's license, which now comes with a host of never-before identification/security requirements which if I don't have/can't prove, present another slew of potential entanglements. And of course, the eye test. I don't wear glasses. What if I fail the test and they tell me I need glasses. Then I have to see my way through that morass, and delay resolving another task.

And just to complicate matters, I am waiting for results from my bi-monthly CT scan and my wife, Dina, is waiting for results from a scan she recently completed. Though neither one of us is the least bit symptomatic, we are hardly dealing in absolutes here. Absolutely though, I will say, I am thrilled to finally check a few boxes. Once I check the rest, I'll be back to abnormal and then I can plan for the future rather than plod through the present.

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





Office: 703-503-1881  
ShelleyD@LNF.com  
Cyndee@LNF.com  
**Your Home. Our Priority!**



**Pohick Station Rd in Fairfax Station - \$950,000**  
Completely remodeled Kit & Master Bath! Perfectly sited on .90 acre lot on a cul de sac! Walk-out lower level to custom stone patio and private backyard.



**Fairfax Station - \$749,900**  
This is it! Completely UPDATED from top to bottom, stately 4 BR Brick Colonial w/ walk-out basement on nearly 1/2 acre lot backing to woods! Lake Mercer is steps away! Silverbrook ES / South County SS pyramid!



**SOLD BEFORE MARKET**  
Springfield



**NEW LISTING**  
Alexandria - 2 bed/3 bath



**BEST 2018** Are you thinking about selling?  
Want to know how I can get you more \$\$?

**Call/Text me today at 703-509-3888**

Top 3% Agents Nationally

**PRE-LICENSING CLASSES IN BURKE**

Getting Licensed as a Real Estate Salesperson Has Never Been Easier!  
The Long & Foster® Institute of Real Estate offers State-Certified Principles & Practice of Real Estate training that has been the start of thousands of successful real estate careers across the region. The Institute has both classroom and online licensing programs to fit your lifestyle and learning styles. Best of all, the Long & Foster® Institute of Real Estate has some of the highest pass rates in the country!



**Classes: October 7th through October 28th**  
M/W/F - 9am - 5pm

For more information contact:  
**Paul DiCicco, Managing Broker • 703-503-1899**



**Jim Fox**  
703.503.1800  
jim.fox@LNF.com  
Washingtonian Magazine's "Top Team" 2015  
NVAR Lifetime Top Producer

Come to the HEART of Real Estate, Since 1980 Proudly Serving Northern VA  
**KAY HART, CRS, GRI**  
Associated Broker  
Life Member NVAR Top Producer  
kay.hart@longandfoster.com  
703.503.1860

**Arlington The Jefferson \$180,000**  
Arlington's premier 55+ community in Ballston. Steps to Metro, Ballston Quarter, restaurants, pubs & more.  
Stunning, remodeled 1BR/den/1BA on 20th floor w/amazing, sweeping views. Jazzy new kitchen w/SS appls, quartz counters, deluxe cabinets, tile backsplash, breakfast bar. Spectacular bath remodel w/walk-in shower, new vanity, lighting, fixtures, flooring. Gorgeous hwdwd flooring thruout. Exceptional lighting fixtures. Lighted storage niches. Wonderful bldg amenities.

**Annandale \$2,400**  
Excellent condition w/ fresh paint, refinished hardwood on 2 of 3 lvs, huge walk-out rec rm w/ FP & full BA, fenced slate Patio, 3 BR, 3.5 BA, ready for tenant mid-September. Great Find!  
**Call Kay for leasing info. 703-217-8444.**

**JOHN ASTORINO**  
Realtor®  
703.898.5148  
NVAR Multi-Million Dollar Sales Club  
Residential Top Producer



**SOLD!**  
  
Fairfax Station • \$899,900

**UNDER CONTRACT IN 2 DAYS!**  
  
Alexandria • \$274,900 • Belle View Condos

**FALL IS A GREAT TIME TO BUY AND SELL!  
CALL US TODAY TO DISCUSS YOUR REAL ESTATE GOALS!**

**SOLD!**  
  
Gainesville • \$479,000

**JUST SOLD IN 3 DAYS ABOVE LIST!**  
  
Burke Centre • List: \$519,900 • Sold: \$540,000

For more information, go to [www.JAHomes4u.com](http://www.JAHomes4u.com) or [John.Astorino@LNF.com](mailto:John.Astorino@LNF.com)

**Cheryl Pryor**  
REALTOR® | Certified Negotiation Expert  
Accredited Staging Professional  
703-801-9985 | ckpryor@msn.com

**Sheila Adams**  
703-503-1895  
Life Member, NVAR Multi Million Dollar Sales Club  
Life Member, NVAR Top Producers

**Under Contract in 1 Day & OVER LIST PRICE!**  
  
5882 First Landing Way  
Burke, VA  
Listed at **\$330,000**  
3-Bedroom, 2 1/2-Bath  
Townhouse/Condo  
LONG & FOSTER REAL ESTATE | CHRISTIE'S INTERNATIONAL REAL ESTATE

**SOLD**  
  
Fairfax \$615,900  
Lovely Brick front Colonial featuring 4 Bedrooms, 2 1/2 Baths, Full Finished Basement, 2 car Carport (could be turned into a Garage), Deck, perfect for entertaining. New Roof.  
Call Sheila Adams for Appt. 703-201-4681.

**Looking for a New Career?**  
Long & Foster  
Is Proud to Offer Real Estate Scholarships for the Military  
Contact Paul DiCicco to learn more about the P. Wesley Foster Military Service Scholarship  
703-503-1899 or PaulD@LNF.com

**ELLIE WESTER**  
703-503-1880  
L&F Founder's Club  
Lifetime NVAR Top Producer  
Life Member, NVAR Million Dollar Sales Club  
ellie.wester@longandfoster.com

**Haymarket/Dominion Valley Country Club - \$1,030,000**  
  
The Hampton by Toll Brothers in beautiful Dominion Valley Country Club. Exquisite appointments and upgrades throughout the interior while the woods beyond offer wonderful views and privacy from your multilevel decking. Over 6000 finished square feet with 4 bedrooms, 4.5 bathrooms, and spacious three car garage.