

Springfield CONNECTION

Senior Living

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Zach Zepf in the trailer with a lettuce plant: He started program that now supplies lettuce to George Mason University and the Springfield Country Club.

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PHOTO BY MIKE SALMON/THE CONNECTION

OCTOBER 24-30, 2019

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Inova's Health Innovation District Approved

Fairfax County Board of Supervisors approved land use applications for the Inova Center for Personalized Health (ICPH). By establishing a destination for world-class patient care, health discovery, research, and education, the campus represents a once-in-a-generation opportunity to elevate Fairfax County as a destination for health innovation that will improve the quality of life for all residents, as well as attract new economic development.

Inova's vision is to create a place where clinicians work side-by-side with researchers and educators from the Commonwealth's top universities and commercial partners to provide best-in-class care.

This thriving ecosystem will provide powerful new tools for economic development by creating an environment that attracts anchor institutions, innovative companies, and knowledge workers.

"Our mission at Inova is to provide world-class healthcare, and we have the ability to focus that mission on this campus in a way that's never before been possible in Northern Virginia," said J. Stephen Jones, MD,

CEO of Inova. "We're grateful to the Board of Supervisors, the Planning Commission, the citizen task force and community groups who believe in our vision and worked with us to design a wonderful community asset."

Located on 117 acres that was once a secluded corporate headquarters, the campus now will be transformed into a vibrant innovation district with dynamic academic and research spaces, along with supporting retail, hotel, housing, and recreation uses that are open and inviting to the community.

Inova began renovating existing buildings on the campus in early 2016, and several of the buildings are already fully occupied. The campus is anchored by the Inova Schar Cancer Institute, a state-of-the-art cancer care destination in Fairfax County. The cancer institute opened in May. The building that will house the Global Genomics and Bioinformatics Research Institute, a partnership among the University of Virginia, Inova, George Mason University and the Commonwealth of Virginia, is currently under renovation.

For more information about Inova's plans, visit www.inova.org/icphvision.



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Two windows out front were the spots of forced entry by the SWAT team.

PHOTOS BY
MIKE SALMON/
THE CONNECTION

Three People Dead at Shooting Scene in Burke

A domestic dispute turns into a murder-suicide, according to police.

BY MIKE SALMON
THE CONNECTION

A quiet Burke neighborhood became a flurry of police activity about 9 p.m. on Monday, Oct. 21 as a domestic disturbance turned deadly, resulting in two men and one woman dead at a home on Wicklow Drive in Burke.

Police identified the victims of the shooting as Patricia Marie Bounds, 67, and Sean Patrick Bailes, 19. The deceased suspect has been identified as Marcellus William Bounds IV, 36. All the victims were related, said Fairfax Police Chief Edwin Roessler.

Fairfax County Police Department officers initially responded to a report of a domestic disturbance around 9:11 p.m. A woman reported that a family member had threatened her with a gun. During the violent encounter, one adult male was able to flee the home to summon help, police said.

Arriving patrol officers encountered an armed man who fired shots at them. Two officers sustained injuries that were not life-threatening. After the exchange of gunfire, the suspect barricaded himself in the home. A team of SWAT officers smashed two front windows to gain entry, searched the home, and found two adult men and an adult woman dead.

According to Fairfax County Police Chief Edwin C. Roessler Jr. in a briefing on Tuesday, the first officers at the scene formed a reaction team, and went around back to approach the house, and the suspect "fired his shotgun at the officers," wounding two officers, before retreating. The police entered the house and found two victims dead in separate bedrooms and the shooter dead from a self-inflicted shot in another area of the house. A reverse 911 system was used to inform the neighborhood.

Martha Burrell lives around the corner and was alarmed at all the activity around nine on Monday night. "So many police cars, I got worried," she said.



Police remained on the scene the next day, conducting the investigation.

"We never have anything like this in Burke." Another woman who was walking her dog past the scene the next morning was surprised as well. She didn't want to give her name, but she moved to Burke recently from San Diego, and heard from other neighbors about the incident. "Stuff happens everywhere," she said.

Police remained at the scene the following day, gathering evidence and conducting an investigation. The road was blocked off and the house was surrounded by crime scene tape. Violent Crimes Division Commander Mike Shamblin confirmed that SWAT team broke in through the windows, and the initial report of the deaths. "That's part of the investigation," Shamblin said. "We'll be out here a couple of days," he predicted.

The police photographer was taking pictures of the front windows, behind the front bushes, and the trampoline in the backyard. Another officer was collecting numbered flags initially set around the yard marking possible evidence on the scene.

The Office of the Chief Medical Examiner will be conducting autopsies to confirm cause and manner of death. The investigation remains active and ongoing.



PHOTO BY MIKE SALMON/THE CONNECTION

Fall in Springfield



PHOTOS COURTESY OF G.C. 'GARY' BLACK, III

Father, Ken Feng, Phil Sternberg, RCS President, Katie Feng with a Book Certificate noting a library book given in her name to a local elementary school, President-Elect Angela Contee, and mother, Alice Feng.

Local Cadet Speaks About Her First Year at Virginia Military Institute

Katie Feng, daughter of Rotary Club of Springfield member Ken Feng and his wife Alice gave a slide show presentation of her first year at Virginia Military Institute (VMI) to the Rotary Club. The Feng family lives in Herndon. Rotary Club of Springfield has two VMI graduates,



Two VMI graduates, E. Sean Lanier, Immediate Past President, and Wayne Chiles who is the Rotary District #7610 Shelter Box USA Representative and Springfield Rotary Foundation lead, with Katie Feng, current VMI Cadet.

OPINION

Speaking Truth About Redistricting

School boundary changes can be in the taxpayer, school management, and students' best interest.

BY ADAM SIEGEL

Rumors, confusion, and fears about school redistricting are rampant in this year's School Board election campaign. For whatever reasons, some seem intent on misrepresenting the situation. Writ large, people resist change they don't understand and are passionate in defending their children. These misrepresentations seem intent on stoking parents' emotions through promoting fears of harms to their children's lives and futures. And, sadly, conversations I've had with neighbors and acquaintances indicate these disinformation efforts are having an impact and suggest that stepping back to look at basic realities of redistricting consideration is warranted.

As a small background, for seven years I served on the Fairfax County School Board's Facilities Planning Advisory Council (FPAC). The School Board formed FPAC a decade ago after the very contentious decision to close Clifton Elementary School. From its start, FPAC has struggled to provide thoughtful advice and perspectives to the FCPS staff and School board about boundary issues.

The truth is that FCPS boundaries are complex, often involve legacy issues from decades ago, and are far from optimum in fiscal, building use, traffic congestion, and student health and performance terms.

For years, a standing FPAC joke was that we

lock one of our members (a senior State Department facilities planner) in a room for 24 hours with a red pen and he'd come out with a solution to all these problems. That "let the expert be expert" approach, however, simply wouldn't be practical due to reality that these decisions can involve the lives and passions of thousands of people who will speak up, forcefully, to their elected representatives.

The FPAC sought to help FCPS toward a reasonable approach to redistricting. We had, in shorthand, some basic principles that guided our thinking:

COMMENTARY

❖ Seek to reduce bus transportation: All things being equal, spending more time on buses hurts student health and educational achievement. Can redistricting lead to more walking (going to local schools) and shorter bus rides?

❖ Foster continuity: All things being equal, student mental health and educational achievement is stronger when students move through school with people they know.

❖ Optimize building use: All things being equal, students perform better with schools "at" (rather below or over) capacity.

As an example, let's look at the existing McLean High School/Longfellow Middle School and Langley High School/Cooper Middle School. Right now, McLean and Longfellow are overcapacity (with more crowded hallways and students in trailers) while Langley and Cooper at under capacity (with fewer students and resources than what

the schools are designed to handle). A major contributor to this situation is one of FCPS's largest "islands" that sends about 20 percent of Spring Hill Elementary students to McLean/Longfellow rather than to Langley/Cooper, where the vast majority of Spring Hill students go. Addressing that "islanding" answers affirmatively all three of the core principles: better building use; continuity of cohorts; and reduced time on buses. If acted on, the community would have lower costs, reduced traffic on congested streets, and improved outcomes at all four schools. And, students would (writ large) be healthier and have higher educational achievement. While this doesn't mean that "island" should be washed away, these real benefit streams should be part of the discussion.

Amid the school board race, some are trying to stoke fears that children might be ripped from their schools and bused to the other end of Fairfax. Honestly, I have yet to find any serious player in school planning discussions who advocates anything like this. In fact, I have uniformly encountered thoughtful and informed examination of complicated issues with people striving to come up with paths forward that will serve everyone's — especially students' — interests.

We like continuity, fear change, and fiercely want to protect our children. School redistricting discussions hit like a bombshell on these accounts.

Misinformed (if not malicious) rumors are throwing gasoline into the situation and inhibiting moves to solve real challenges.

Redistricting can be in the taxpayer, school management, and students' best interest. Let's have an honest engagement to foster better use of our tax dollars with happier and more successful students.

LETTERS TO THE EDITOR

Endorsing Fahey for Commonwealth's Attorney

To the Editor:

We are the three Deputy Commonwealth's Attorneys for Fairfax County. Collectively, we have over 40 years of experience prosecuting criminal cases in Fairfax. We have prosecuted cases against some of the County's most dangerous predators, while being responsible for training and supervising dozens of Assistant Commonwealth's Attorneys. We write today, to endorse Jonathan Fahey, Independent candidate for Commonwealth's Attorney. Jonathan is a not an ideologically driven politician. He is a pragmatist, and a widely experienced prosecutor who will build on our many successes in reducing crime and helping crime victims while working to fix the shortcomings in our system.

Earlier this year, Ray Morrogh, the veteran and well-regarded incumbent Fairfax Commonwealth's Attorney, was narrowly defeated in the Democratic primary by a can-

didate funded mainly by hundreds of thousands of dollars of out-of-state PAC money. That candidate has no experience with Virginia law or Virginia's courts, in which he has never practiced. He was a tax prosecutor for the federal government who now works in the field of behavioral health. He ran on a "reform" platform that has taken over in cities such as Philadelphia and Chicago — jurisdictions that continue to be plagued by a level of crime we want to keep at a considerable distance.

On his first day, the Commonwealth's Attorney must be ready and able to make decisions on complex criminal matters including murder, sexual assault, robbery and, occasionally, police misconduct cases. He must mentor new assistants, and must be steeped in the traditions and mores of the Fairfax County courts — traditions that have brought us both safety and respect. Jonathan is such a person; his opponent is

not.

That is why, as current members of the Fairfax Commonwealth's Attorney's Office with over 40 years of prosecutorial experience among us, we give Jonathan our strongest endorsement. Jonathan has almost 20 years' experience as a prosecutor trying cases at the Virginia state and federal level. He will be ready the first day. Jonathan worked in this Office and then at the United States Attorney's Office for the Eastern District of Virginia in Alexandria. He is endorsed by Democrats and Republicans alike, and is thus the only candidate in the race with bipartisan backing. He is also endorsed by law-enforcement groups in the County. He is running as an Independent because he believes the position of chief law enforcement officer for the County should be, and under his leadership it will be, set apart from political influence or ideological extremes.

As longtime members of this Of-

fice, serving under proud Democrats Bob Horan, Jr. and Ray Morrogh, we know sensible, hardworking, dedicated prosecutors when we see them. Jonathan Fahey is that candidate in this race. Without Mr. Fahey, the Office is certain to lose some if not most of its valuable, experienced prosecutors — prosecutors who've fought hard for crime victims while striving to ensure defendants are treated fairly and respectfully. On Tuesday, Nov. 5, please vote to continue the first-rate Commonwealth's Attorney's Office that our County has enjoyed for more than half a century and cast your vote for Jonathan Fahey.

Casey Ligan,
Chief Deputy Commonwealth's Attorney for Fairfax County
Kathy Stott,
Deputy Commonwealth's Attorney for Fairfax County
Robert McClain,
Deputy Commonwealth's Attorney for Fairfax County

Springfield
CONNECTION

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Wild Horses, Burros Adoption or Sale Event to Be Held in Lorton

Wild horses and burros from public rangelands in Western states will be available for adoption or sale at an event managed by the Bureau of Land Management (BLM) on Nov. 1 - 2, 2019, at Meadowood Special Recreation Area, 10406 Gunston Road, Lorton. Yearlings and burros may not always be available at the event. It is unknown at press time, how many horses or burros may be available at this event; however, a public viewing will begin Friday, from 9 a.m. - 6 p.m. The adoption, which is free and open to the public, will begin at 8 a.m. Saturday. These events are scheduled in partial fulfillment of the Wild and Free-Roaming Horses and Burros Act of 1971, which directs the BLM and U.S. Forest Service to manage for healthy herds on healthy rangelands. The adoption/sales program is one way the BLM manages the size of horse and burro populations in the wild. Prospective adopters/buyers must be at least

18 years old and able to provide access to feed, water, and adequate shelter. The basic adoption fee is \$25, however, the fee rises to \$125 for animals that have been gentled. Title to the animal will be awarded to the adopter at the end of one year if all conditions of the adoption agreement have been met. As part of the BLM's effort to find good homes for wild horses and burros removed from public lands, the agency offers financial incentives to encourage qualified people to adopt eligible animals. Through this program, qualified adopters are eligible to receive \$500 within 60 days of the adoption date and an additional \$500 within 60 days of titling for each animal, which normally occurs one year from the adoption date. The incentive is available for all untrained animals that are eligible for adoption, including animals at BLM facilities, off-site events, or through the Online Corral: <https://wildhorsesonline.blm.gov/>.

Wild horses are known for their keen intelligence and sure-

footedness, and have been trained for many uses. They have become champions in dressage, jumping, and endurance riding; and they excel in difficult scenarios, such as performing search and rescue missions in hazardous terrain. Burros are particularly adept at packing, guarding, riding, and serving as companion animals.

Rich Garner, a horse trainer experienced in gentling wild mustangs, will be on site demonstrating gentling and training techniques on Friday and Saturday. He has trained wild horses for Extreme Mustang Makeover competitions sponsored by the Mustang Heritage Foundation, BLM's partner in managing America's Living Legends. To learn more about the Mustang Heritage Foundation and their work with wild horses and burros visit <http://mustangheritagefoundation.org/>.

The BLM is committed to the safety and health of these animals, and manages them in a manner consistent with the Bureau's overall multiple use mission, which



A burro is used to help guide a wild mustang into its new owner's trailer as part of the Bureau of Land Management's wild equine adoption event in Lorton 2017.

CONNECTION ARCHIVE PHOTOS



In April 2017, nearly two dozen wild mustangs and burros (donkeys) from California and Oregon came to Lorton for adoption as part of the BLM's Wild Horse and Burro Program.

includes cattle grazing, energy production, and recreation. Through land use planning that involves public participation; the BLM determines the appropriate number of wild horses and burros,

which can be supported by herd management areas designated on public rangelands in western states. Nationally, over 4,600 animals were placed into private care in FY 2018.

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SENIOR LIVING

2.4 Million Older Adults In U.S. Identify as LGBT

The joys and obstacles of coming out later in life

BY MARILYN CAMPBELL
THE CONNECTION

A married father of five, George Murphy seemed to have it all. The successful construction company he founded, afforded him luxuries such as private school tuition for all of his children, a sprawling home in McLean, Va., and a marriage that spanned more than three decades. Still, something was missing: a satisfying romantic life.

"I loved my wife but I was not sexually attracted to her," said Murphy, now 62 and in a seven-year relationship with a man 20 years his junior. "I've known since I was 16 that I was attracted to men, but I kept it hidden. I grew up in southern Virginia and there's no way it would have been acceptable."

According to the American Psychological Association, more than 2.4 million adults over 65 in the United States identify as lesbian, gay, bisexual or transgender, with many coming out later in life. During October, Lesbian, Gay, Bisexual and Transgender (LGBT) History Month, advocates are working to raise awareness of the particular issues facing older adults.

"Many of the issues are emotional," said Bethesda marriage and family therapist Carol Barnaby. "If you think about it, feeling like you're being forced to lead a double life can cause a laundry list of issues."

Anne Whitty grew up in a devoutly Irish Catholic home, one that disavowed any romantic relationship that wasn't heterosexual. "We were taught that rela-

tionships with someone of the same sex were one of the worst types of sins," she said. "But I've known that I was lesbian since I was 30."

Now the 62-year-old grandmother of four, who is married to a 73-year-old woman, says she feels liberated and finally able to live as she feels she was intended. "I'd felt a low-grade depression for most of my adult life because there was a part of me that I tried to pretend didn't exist," she said. "When I was growing up, that was something that we didn't even discuss, so I was never able to get help."

"Being forced to live most of your life as someone you're not can be overwhelmingly stressful and lead to depression," adds Barnaby. "So many older adults – and younger people too – use alcohol and even drugs, to squash those feelings, which in reality only compounds them."

Seniors like Whitty, whose sexuality is at odds with their religious upbringing, can find themselves suddenly disconnected from an important part of their lives, says Barnaby. "To be accepted is something that most of us want, but when you're suddenly rejected by

a source of comfort that you've had for 40 or 50 years, it can lead to incredible loneliness, especially if you've also been rejected by some family and friends."

Suddenly experiencing discrimination for the first time in one's life can be perplexing, advises Barnaby. "For those who've never had to deal with being treated differently because of the way they looked, suddenly being singled out as a minority can be tough."

In spite of the emotional obstacles that those who decide to come out after a marriage and family, the outcome makes the effort worthwhile. "I feel like I'm finally free," said Murphy.

"I feel like I'm finally free."

—George Murphy, McLean

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SENIOR LIVING BRIEF

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Monday, Oct. 28, 7-8:30 p.m.

Thomas Jefferson Library, 7415 Arlington Boulevard, Falls Church, VA

Tuesday, Oct. 29, 1-2:30 p.m.

Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, VA

Wednesday, Oct. 30, 2-3:30 p.m.

George Mason Regional Library, 7001 Little River Turnpike, Annandale, VA

Tuesday, Nov. 5, 9:30-11 a.m.

Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA

Tuesday, Nov. 5, 7-8:30 p.m.

Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA

Wednesday, Nov. 6, 6-8 p.m.

Reston Community Center, 2310 Colts Neck Road, Reston, VA
Contact Cassie Lebron, 703-390-6157, TTY 711

Thursday, Nov. 7, 2-3:30 p.m.

Lorton Library, 9520 Richmond Highway, Lorton, VA

Thursday, Nov. 14, 6-7:30 p.m.

Chantilly Regional Library, 4000 Stringfellow Road, Chantilly, VA



Nic and Zach holding towers containing lettuce plants.



Lettuce plants under grow lights in the trailer.

PHOTOS BY MIKE SALMON/THE CONNECTION

Local Farming Employs Adults with Special Needs and Autism

Big brother started program that now supplies lettuce to George Mason University and the Springfield Country Club.

BY MIKE SALMON
THE CONNECTION

What started out as a backyard vegetable garden in Springfield has grown to a gift to an autistic man and his family, who are now the proprietors of Zeponic Farms, a hydroponic farming operation located behind in Woodbridge.

“My brother works here six days a week, we wanted something purposeful,” said Zach Zepf, the founding partner of Zeponic Farms LLC, who has created a place where his brother Nic could benefit mentally and emotionally.

Each week, 600 lettuce plants are harvested at Zeponic and sent to restaurants at George Mason University and the Springfield Country Club to be used in their salads. The farming skills and knowledge gained for Nic Zepf and the rest of the disabled and autistic staff is irreplaceable.

Unemployment for the Autism population is 80-90 percent, and the jobs available are often meaningless and isolated. Through the years, Zach and Nic Zepf grew up together, and Zach knew the time for jobs and adulthood was coming. There was a neighbor in Springfield with a big yard, and the gardening idea blossomed from there.

“We started in our neighbor’s backyard



After the seedlings grow to a certain level, they are moved to the towers where they develop further.



Zach Zepf in the trailer with a lettuce plant.

growing produce for community and family,” he said. “From seed to harvest my brother Nic was able to see the purpose of farming, it was really a great mechanism for him,” Zach said.

Through research, they saw the trailer aspect of this farming in use somewhere else and purchased one, outfitting it with grow lights, temperature regulators and more, and then found a business in Prince William County that would let them put it behind their building. Inside the trailer, there are between 2,500-4,000 plants growing in a cold environment because lettuce is predominantly a spring crop and grows better in cooler environments. Sterility is important too inside the trailer, so off go the shoes and on go the purple “Crocs,” that are disinfected.

The crop schedule is staggered so each week there is always lettuce ready to be delivered to the school or country club. Zach

Zepf is looking to expand to a spot in Fairfax County, and he’s talking to the Workhouse Arts Center or the New Hope Church in Lorton.

Lettuce Is Served

At George Mason University, Zach Zepf is working with the Mason Learning into Future Environments (LIFE) Program which is part of the College of Education and Human Development and its Division of Special Education and disAbility Research. This is a post-secondary program for young adults with intellectual and developmental disabilities who desire a university experience in a supportive academic environment, according to GMU. Once harvested, the lettuce is sold to the food service company Sodexo and served to Mason students in the Southside dining hall. At Mason, locally produced fresh foods are gaining popularity,

so the students consume an average of 400 heads of lettuce a week, GMU said. GMU has a similar partnership with the “President’s Park,” greenhouse on campus that supplies other greens and herbs to one of their dining halls. “We are proud to source locally-grown lettuces year-round for our resident dining customers,” said Caitlin Lundquist, the GMU Sustainability Coordinator. Over at the Springfield Country Club, the idea of using locally grown lettuce by the farmers at Zeponic appealed to this local establishment. Chef Francesco Ughetto said the Zeponic lettuce is mixed with other greens as a “component of our salad.” The finished product is a hit on their menu, and they are happy to support the farmers at Zeponic, “That’s a great idea,” said Ughetto.

In mid-October, Zach Zepf spoke on the topic “Who Grows Your Food?” at Supervisor John Cook’s (R- Braddock) function in Burke.

CALENDAR

Submit entertainment announcements at 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 for more.

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.

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.

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.

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 or call 202-697-7768.

Sweet but Psycho. Through Nov. 30, at Olly Olly, 10417 Main St., 2nd Floor, Fairfax. Olly Olly presents Sweet but Psycho: an avant-garde fairy tale. Strangeland is a performance duo, made up of Bunni (Andiland) and Goatface (Strange Lens), that explores the superficial construct of reality. Call 703-789-6144 or visit ollyollyart.com for more.

Braddock Wrestling Club. Online registration through Dec. 1. The Braddock Wrestling Club is holding registration for the 2019-2020 season. The club supports wrestling for age groups 5 through 14 years old, boys and girls. All practices are held at Lake Braddock Secondary School. Cost is \$155 per wrestler. Link to braddockwrestlingclub.shutterstock.com/. Or contact William Flynn at bflynniv@verizon.net or call 571-230-0713.

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. 703-642-0128 or www.fairfaxcounty.gov/parks/farmersmarkets/burke

Registration Open: Fall Art Classes. Burke Centre Conservancy is sponsoring Fall Art Classes starting Tuesday, Nov. 12 – Jan. 7 and Saturday classes starting Jan. 11 – March in Drawing and Watercolor Painting for 5-8-year old, 8 years and up and Adults/Teens held at the Woods Community Centre, 10100 Wards Grove Circle, Burke. New Class – Art Workshop for Adults Tuesday Afternoons - Nov. 12 - Dec. 17.

FRIDAY-SUNDAY/OCT. 25-27

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.

SATURDAY/OCT. 26

Future Quest. 8 a.m. to 3 p.m. At George Mason University. Future Quest is a College and Career Conference held every two years for middle and high school students with disabilities, young adults with disabilities, their families, and professionals who work with them. One of the largest events of its kind in Virginia, Future Quest features more than 40 workshops and 40 exhibits related to successful life after high school. Visit www.futurequestgmu.org.

Originals Concert. 7:30-9 p.m. At Fairfax High School, 3501 Rebel Run, Fairfax. The creation of

'Haunted Trail' at Workhouse

Workhouse Arts Center presents the "Haunted Trail" at 9518 Workhouse Road, Lorton, on weekend nights through Halloween Night. Dates and times: Oct. 25, 7-11 p.m., Oct. 26, 7-11 p.m., Oct. 27, 7-10 p.m., and Oct. 31, 7-10 p.m. Tickets: \$20. For more information visit www.workhousearts.org or call 703-584-2900.

new music for symphonic band has been a major part of The City of Fairfax Band's history. The 50th anniversary season kicks off with a special program dedicated to music written for and premiered by CFB. Composed by some of America's most noted composers and representing a wide array of styles, many of these works have found their way into the standard literature and are being performed by concert bands worldwide. Cost is \$15/\$10. www.fairfaxband.org/event/originals-city-of-fairfaxband-fall-concert-2019/

Both Sides Tour XXIII. Leave at 8:15 a.m. Leaves from Franconia Museum at the Franconia Governmental Center, 6121 Franconia Road. Visit the site near Frederick where General George Meade Assumed Command just three days before Gettysburg. After lunch, ride with Jeb Stuart as he protects the Confederate retreat route back to the Potomac River. Enjoy coffee and donuts at the Franconia Museum or meet the bus at the pickup point in Leesburg. Cost: \$100 includes bus, lunch, and a fast-food value card on the way home, and a contribution to the Franconia Museum. No cancellations. Free parking nearby at Olivet Church because of early voting. This tour will cover a lot of ground and will arrive back in Franconia at 7 p.m. Pickup and drop off point in Leesburg at 9:30 a.m. and 5 p.m. Contact Don Hakenson at 703-971-4984 or dhakenson@verizon.net

OCT. 26-27

Ghost Train Halloween Ride. 10 a.m. to 6 p.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. Volunteers will be transforming the Burke Lake Park miniature train ride into a fun holiday adventure for children and adults of all ages. See your favorite nursery rhymes and bedtime stories come to life along the Fairytale Loop and try to spot a friendly witch in Witches' Junction. Moon bounce, carousel and pumpkin painting. Food and drink will be available for purchase from vendors and inside the Ice Cream Parlor. Wear your favorite Halloween costume. Tickets are \$6/age 2 and older; free for younger than age 2. Visit <http://www.fairfaxcounty.gov/parks/burkelakepark/>

VolunteerFest. Hundreds of Fairfax residents will be out and about "doing good" during the 24th Annual VolunteerFest region-wide days of service. VolunteerFest encourages those interested in volunteerism to take this opportunity to connect with local nonprofits, learn about their mission and work on projects specifically designed for the service days. Volunteer Fairfax mobilizes people and resources to meet regional community needs. This region-wide community service event helps nonprofits accomplish tasks that they would not have the time or resources to manage on their own. This is a great way for families to involve children in volunteerism since there are events for almost every age group in most county districts. For a complete listing of all the VolunteerFest projects taking place throughout Fairfax County, visit www.volunteerfairfax.org.

SUNDAY/OCT. 27

Halloween Carnival. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Lots of train-related games and activities will be featured for all ages. Tickets earned can be exchanged for prizes. Additional tickets can be purchased at 4 for \$1. Popcorn and cotton candy can be purchased during the



PHOTO COURTESY OF WORKHOUSE ARTS CENTER

Workhouse Haunted Trail: "Scare Actor"

event. Children in costume receive a coupon for a free admission to a future Museum event. Admission: Museum members and children 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, 703-425-9225.

Taste of Greater Springfield (TOGS). 3-6 p.m. At Waterford Receptions, 6715 Commerce Street, Springfield. This food festival is organized by the Rotary Club of West Springfield Foundation to raise funds for scholarships and programs that benefit our community. Now in its seventh year, TOGS features 12 local restaurants providing samples of their favorite dishes. Bring your appetite as the offerings are extensive. Tickets are \$10-\$40. Purchase tickets at www.rotaryofwestspringfield.org or onsite.

MONDAY/OCT. 28

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. www.fairfaxva.gov/government/parks-recreation/cultural-arts or call 703-385-2712.

THURSDAY/OCT. 31

"Hail Satan?" Movie. 4:30-7 p.m. At Johnson Center Cinema, 4400 University Drive, Fairfax. Free. When media-savvy members of the Satanic Temple organize a series of public actions designed to advocate for religious freedom and challenge corrupt authority, they prove that with little more than a clever idea, a mischievous sense of humor, and a few rebellious friends, you can speak truth to power in some truly profound ways. Part of the Visiting Filmmakers Series at Mason. Visit VFS.GMU.EDU or contact Cynthia Fuchs at cfuchs@gmu.edu.

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Psycho (1960). 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 for more.

Haunted Trail 2019 – Breakout. 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: 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.

OCT. 31-NOV. 3

"Rags." At GMU Center for the Arts Concert Hall, 4373 Mason Pond Drive, Fairfax. George Mason University's School of Theater and School of Music will present the newest adaptation of the musical "Rags," story of loss and hope surrounding a group of Jewish immigrants as they start a new life at the turn of the 20th century. Show times are: Thursday, Oct. 31 at 8 p.m.; Friday, Nov. 1 at 8 p.m.; Saturday, Nov. 2 at 2 and 8 p.m.; and Sunday, Nov. 3 at 4 p.m. \$30 for adults, \$15 for students, staff, seniors and groups. These are available in person, by phone at 703-993-2787, or online at cfa.gmu.edu.

FRIDAY/NOV. 1

OLLI Thanksgiving Potluck. 1 p.m. At Fairfax Lord of Life Church, 5114 Twinbrook Road, Fairfax. In this season of giving thanks, all OLLI members are invited to a Thanksgiving potluck. Join us for a celebratory feast and social to kick off the holiday season and recognize our OLLI volunteers. OLLI will provide the turkey if you bring Thanksgiving-themed sides and desserts. When you register, make note: registrants are asked to bring a dish to share based on your last name: side, such as Lake Accotink to enjoy a campfire, s'mores and more. A different topic and a different area of the park will be explored at each event. Cost is \$8 per person. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink.

Lakeside Campfire Fridays. 6-7:30 p.m. At Lake Accotink Park, 7500 Accotink Park Road, Springfield. Come to Lake Accotink to enjoy a campfire, s'mores and more. A different topic and a different area of the park will be explored at each event. Cost is \$8 per person. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink.

Campfire Fridays. 7-8:30 p.m. At Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Hidden Pond Nature Center offers monthly "Campfire Fridays" with a campfire and s'mores. Learn about the park's animals and explore different areas of the park at each meeting. The cost is \$10 per person. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond.

NOV. 1-2

Wild Horse Adoption/Sale. At Meadowood Special Recreation Area, 10406 Gunston Road, Lorton. The Bureau of Land Management to offer wild horses, burros for adoption or sale. Public viewing will begin Friday, from 9 a.m. - 6 p.m. The adoption, which is free and open to the public, will begin at 8 a.m. Saturday. The adoption fee is \$25, however, the fee rises to \$125 for animals that have been gentled. Visit <https://wildhorsesonline.blm.gov/>.

SATURDAY/NOV. 2

Woodson Craft Show. 10 a.m. to 4 p.m. At W.T. Woodson High School, 9525 Main Street, Fairfax. Free admission. This is the 27th Annual Holiday Happenings Craft Show. This show features juried handmade arts and crafts with a diverse selection of: fine arts, jewelry, fiber arts, wood, photography, pottery, giftware, pet accessories, stress relief items and hundreds of holiday collectibles/decorations. There will be over 100 exhibitors and admission is free for shoppers. All proceeds benefit the W.T. Woodson Crew Team (www.wtwcrew.org).

LRG Community Day. 10 a.m. to 2 p.m. At Little River Glen Senior Center, 4001 Barker Court, Fairfax. Learn about resources in the community, and enjoy activities: Music, dancing, food, games, photo booth, crafts, giveaways and raffles. Fun for all ages, free admission. For details, email: deanna.white@fairfaxcounty.gov.

Burke Historical Society Presentation. 3:30-5 p.m. At Pohick Regional Library, 6450 Sydenstricker Road, Burke. Free. WWII veteran Romuald Lipinski continues his story, from youth in Poland, to exile in Siberia, to reaching and joining the Polish Army to fight alongside Allied forces in Italy. Visit the website: www.burkehistoricalsociety.org

NOV. 2-3

Fall Foliage Tour Boat Ride. 4-5 p.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. Enjoy the fall colors a new way this autumn. This tour boat ride captures the beauty of fall from a pontoon boat's unique perspective. The tour includes a one-hour ride and a hot beverage. It's designed for participants age 5 to adult. Cost is \$8 per person. Children under age 12 must be accompanied by a registered adult. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

SUNDAY/NOV. 3

Japanese-Americans' Care Fund Bazaar. 10 a.m. to 3 p.m. At American Legion Post 177, 3939 Oak Street, Fairfax. Many items will be for sale; including used Japanese books and manga, Japanese decorative items, kimonos (traditional Japanese women's apparel), locally grown Japanese-style vegetables, fish, and Japanese confectionery. Authentic Japanese food for take-out, and served at the food court to enjoy while watching exhibitions of Japanese cultural activities. Performances include, children's karate, jikyoyutsu (Japanese style exercise), Japanese and Okinawan folk songs, Japanese Songs. Admission is \$2. The Embassy of Japan will be onsite to accept overseas voter registration from 11 a.m. to 1 p.m.

NEWS

Pathway Homes Holds Help the Homeless Walk

BY DENISE LEW
THE CONNECTION

Pathway Homes, Inc., a nonprofit, kicked off its 20th Annual 5K Help the Homeless Walk on Saturday, Oct. 19 at the Veterans Amphitheater in Fairfax City. More than 200 volunteers walked to fundraise and spread awareness of their mission: to provide permanent housing and supportive services for adults with severe mental illness in Northern Virginia.

Fairfax City Mayor David Meyer spoke and issued a proclamation declaring Oct. 19 as "Pathway Homes Inc. Day."

"Pathway Homes is a very effective organization that's making a difference in people's lives. The City of Fairfax, as every jurisdiction in the region has this challenge and we as local governments need to partner with effective nonprofits to help address this challenge," said Meyer.

For almost four decades, Pathway Homes has turned countless lives around, helping individuals realize their own potential without having the burden of homelessness. The organization has raised more than half a million dollars over the past two decades.

"I am grateful for the encouragement and hope I have received from Pathways. I appreciate the challenge and this past year has built my confidence level regarding my ability to hold on to and do well at a job," said Sue Zywokarte. Taken under the wings of Pathway Homes, Zywokarte eventually earned her Bachelor's and Master's degrees and is now able to maintain a steady job.

CEO of Pathway Homes Sylisa Lambert-Woodard hopes to continue the Annual 5K to Help the Homeless Walk every year "to increase awareness of our work in the local community as well as to raise funds to help provide affordable, non-timed housing and mental health support services to its formerly homeless adult residents and future residents living in the Northern Virginia community," said Lambert-Woodard.

If you would like to donate to help Pathway Homes reach its goal of \$75,000 for this charity event, visit www.pathwayhomes.org.



A team of friends meets up before the 5K walk.



Walkers cross the finish line after completing the 5K walk.

PHOTOS BY DENISE LEW/THE CONNECTION

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ELECTION

School Improvement Projects in 2019 FCPS School Bond

New Construction (Locations to be Determined)

- ❖ Fairfax/Oakton Area elementary school (construction) \$ 35,330,490
- ❖ Silver Line elementary school (planning) \$ 2,007,500

New Construction Subtotal: \$ 37,337,990

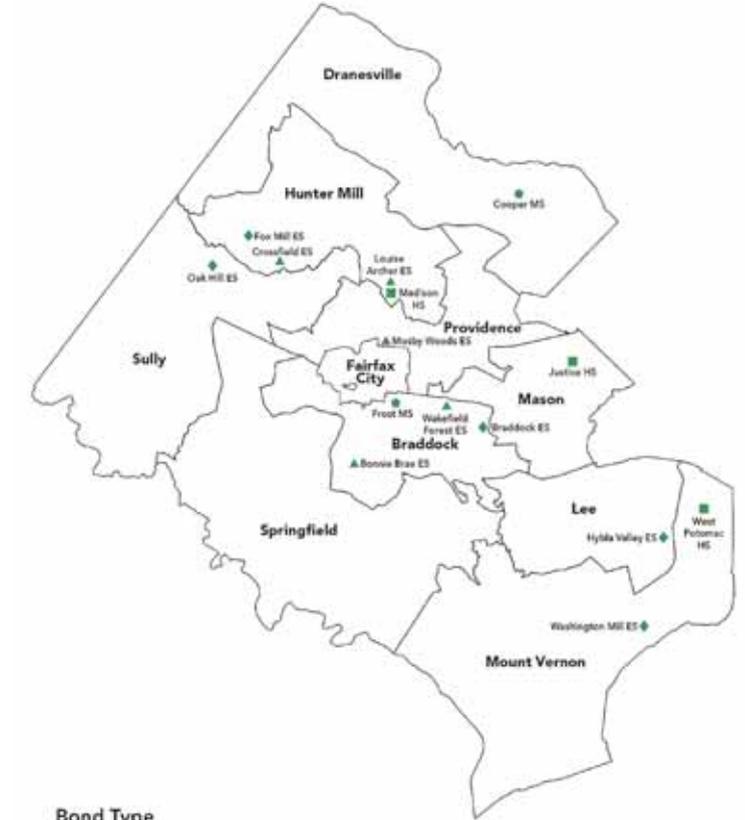
Capacity Enhancement (Additions and other modifications)

- ❖ Relocation of 1 Modular Addition \$ 2,000,000
- ❖ West Potomac High School Addition (construction) \$ 22,298,143
- ❖ Justice High School Addition (construction) \$ 14,595,641
- ❖ Madison High School Addition (construction) \$ 19,543,731

Capacity Enhancement Subtotal: \$ 58,437,515

Renovation Elementary School Renovation

- ❖ Hybla Valley (construction) \$ 27,302,053
- ❖ Washington Mill (construction) \$ 28,727,060
- ❖ Braddock (construction) \$ 33,039,232
- ❖ Fox Mill (construction) \$ 28,379,862
- ❖ Oak Hill (construction) \$ 33,497,669
- ❖ Wakefield Forest (planning) \$ 1,172,318
- ❖ Louise Archer (planning) \$ 1,728,657
- ❖ Crossfield (planning) \$ 1,416,325



Bond Type

- ◆ Renovations (Construction) - Elementary Schools
- Renovations (Construction) - Middle Schools
- ▲ Renovations (Planning) - Elementary Schools
- Capacity Enhancements (Construction) - High Schools
- Magisterial Districts

- ❖ Mosby Woods (planning) \$ 1,717,009
- ❖ Bonnie Brae (planning) \$ 1,615,034
- Elementary School Renovation Subtotal: \$ 158,595,219
- ❖ Cooper (construction) \$ 49,660,553
- ❖ Frost (construction) \$ 53,468,723
- Middle School Renovation Subtotal: \$ 103,129,276
- Project Subtotal \$ 357,500,000
- Bond Cost \$ 2,500,000
- REFERENDUM TOTAL \$ 360,000,000**

Fairfax High FBLA Students Attend Conference

On Tuesday, Oct. 15, a dozen Future Business Leaders of America (FBLA) students from Fairfax High attended the Fall Leadership FBLA Regional Conference at the University of Mary Washington. They were among more than 400 students from across Northern Virginia who participated in workshops to enhance their business, networking, time-management and public-speaking skills. In addition, Fairfax senior Sam Slaymaker was installed as a NOVA Regional officer. Pictured here are the Fairfax High students with their FBLA advisor, Melanie West, who also teaches business and information technology at the school.



PHOTO COURTESY OF ERIN MOLEK

BULLETIN

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

Fairfax County Board of Supervisors Meetings in 2019

12000 Government Center Parkway
Fairfax, VA 22035
Oct. 29, 2019 9:30 a.m. - Full Board of Supervisors Meeting
Nov. 19, 2019 9:30 a.m. - Full Board of Supervisors Meeting
Nov. 26 Committee Meetings
❖ 9:30 a.m. - Economic Advisory Commission
❖ 11 a.m. - Personnel Committee
❖ 1:30 p.m. - Legislative Committee
❖ 3 p.m. - Budget Committee
❖ 5 p.m. - Audit Committee
Dec. 3, 2019 9:30 a.m. - Full Board of Supervisors Meeting
Dec. 10 Committee Meetings
❖ 9:30 a.m. - Health, Housing and Human Services Committee
❖ 11 a.m. - Development Process Committee
❖ 1:30 p.m. - Transportation Committee
❖ 3 p.m. - General Assembly Annual Reception and Work Session

MONDAYS THRU NOV. 11

Older Adults Shape Up. 9:15 a.m. to 2:45 p.m. At Shepherd Center of Fairfax-Burke, at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Cost is \$30. This program is open to all adults age 50 or better. Bring a brown bag lunch and stay for a full day of classes/activities and socializing, or pick and choose the classes that interest you the most. Registration form and class schedule are available at [https://s3.amazonaws.com/storage.nm-storage.com/scfbva/files/ailinsert-8-19.final_\(2\).pdf](https://s3.amazonaws.com/storage.nm-storage.com/scfbva/files/ailinsert-8-19.final_(2).pdf), or by calling the SCFB office at 703-426-2824.

SATURDAY/OCT. 26

Future Quest. 8 a.m. to 3 p.m. At George Mason University, Fairfax Campus, 4400 University Drive, Fairfax. Future Quest is a large college and career conference offered for free every two years at George Mason University. Students with disabilities in middle and high schools, their families and professionals who work with them are invited. The event is a full day of informative and interactive presentations on a huge variety of topics related to transition from high school to postsecondary life. It also features an extensive resource fair, with representatives from more than 40 organizations, as well as a book sale highlighting materials related to life after high school. Visit www.futurequestgmu.org.

Coffee with Del. David Bulova. 9-11 a.m. At Main Street Bagel, 10268 Main Street, Fairfax. Del. Bulova (D-Fairfax) will continue a tradition started in 2006 by holding the first in a series of informal office hours. Constituents are invited to talk about issues of interest and to ask questions about legislation affecting our community. The format is casual and no appointment is needed. Visit the website: www.davidbulova.com.

Incident Management Open House. 9 a.m. to 1 p.m. At VDOT's Office, 4975 Alliance Drive, Fairfax. In preview of the Federal Highway Administration's National Traffic Incident Response Awareness Week Nov. 10-16, 2019, VDOT invites the public to its Third Annual Incident Management Open House to make equipment, systems, and staff available for residents to see the behind-the-scenes work that goes into this important regional partnership and effort. An outdoor touch-a-truck with more than 70 vehicles will help the public see an incident from the perspective of first responders who work in the roadway every day. Attendees can watch live demonstrations of K-9 skills, trapped patient extrication, live electricity lines, technical rescue, drone operations, HazMat, tree removal and more.

Messy Church. 5-6:30 p.m. at St. Peter's in the Woods, 5911 Fairview Woods Drive, Fairfax Station. Join St. Peter's in the Woods for their monthly Messy Church. It's a worshipping community especially geared towards families and young children, but welcoming to all. Bible-themed crafts and activities, casual worship and a free, family-style dinner. Call 703-503-9210 for more. Registration is appreciated, visit www.stpetersinthewoods.org/events.

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"Maturation"



By KENNETH B. LOURIE

When I heard this word used recently, twice, I thought it was one of my father's made-up words like "surgerize" and "confliction" risen from his memory to finally enter the world of Merriam-Webster. And so they have, sort of. Apparently, "maturation" is a word some doctors use to answer any and all questions asked by patients inquiring as to why something or other health wise is happening to them. In short, "maturation" means wear and tear. If Mick Mulvaney were the doctor, he might have said: "It happens all the time. Get over it!" Fortunately, he wasn't. Rather, he is the acting White House Chief of Staff, a man who likewise may be asking his doctor a few questions. The answers to which will likely not be "maturation." "What were you thinking?" might be first and foremost.

For a cancer patient (yours truly) who has survived above and beyond the call of his oncologist's original prognosis, "maturation," to quote Boston Red Sox television announcer - and Hall of Famer, Dennis Eckersley, "Is a beautiful thing." Diagnosed at age 54 and a half when all bodily functions were "performing within normal parameters," to quote Commander Data from "Star Trek: Next Generation," thinking I'd outlive my original prognosis from late February, 2009, and have senior-type moments 10-plus years later, was unrealistic, if I were to interpret my oncologist's rather grim demeanor.

Yet here I am, Medicare card in wallet and still writing cancer columns as if cancer was only an astrological sign rather than the dreaded - and feared disease, that it is. However, having cancer doesn't mean that I don't experience similar aches and pains as the rest of you. It simply means "Other than that, Mrs. Lincoln, how was the play?" A sarcastic reference to the fact that other things are still occurring, despite the obvious. Cancer doesn't preclude other older age medical realities from rearing their predictable ugly head: gray hair, bone loss, muscle weakness, memory loss, to name a few; it just complicates them and in so doing, confuses you.

It complicates them by ignoring them for fear that they are cancer-related and thus life-threatening and visiting a doctor would merely confirm your worst fear: dying/death, an upside down version of what you don't know not hurting you. And by neglecting to see a doctor, the symptoms (for me, it was a pain in my upper left arm/shoulder which turned out to be a rotator cuff problem) becomes worse and more severe than it otherwise would have become if you simply went to the doctor in the first place, and you end up suffering needlessly because it's actually not cancer, it's "maturation." So you're confused like "Bob's Big Boy" used to be: You don't know whether to stay or go.

When you're diagnosed with a "terminal" disease," you want to live, but it's extremely difficult not to think about dying. It dominates your brain and preoccupies your mind. Old age and living a full retirement become signposts in the distance that you can never quite read. And since you can never quite read them, you're not really prepared for what they say. Some of what they say - or infer, is that you're going to be visiting doctors more regularly than you ever have, and it's not necessarily all bad. It's merely a sign of your times which are now changing and you're living beyond a certain age, unexpected as it may have initially been suggested. As such, maintenance will be required to keep the older body and brain functioning. Ignoring symptoms, as my doctors have made clear to me, is NOT GOOD. Neither is assuming that such and such or so and so is good, bad or indifferent. It is what it is and it may be something or it may be nothing. Presuming facts and feelings which are not yet in evidence is a bit like putting the cart in front of the horse.

I know I'm afraid of dying. What these more recent pains and subsequent visits to the doctors have also shown me is that I can't be afraid of living.

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

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