

Great Falls CONNECTION

Extraordinary Commitment Honored

Volunteer BLS Provider of the
Year: Kerin Hamel, Great Falls
Volunteer Fire Department.

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NEWS



(From left) Members of the Vienna Volunteer Fire Department: Volunteer Firefighter of the Year 2019 Jack Prudence, Chief John Morrison and Administrative Member of the Year 2019 Valentin Neacsu.

PHOTOS BY DANIEL LIEBMAN



The 2019 Fire Chief's Award: John Hootman, McLean Volunteer Fire Department with his family.

Extraordinary Commitment Honored

2019 Volunteer Fire and Rescue Service Awards presented.

BY MERCIA HOBSON
THE CONNECTION

On Wednesday, Sept. 2, the Fairfax County Volunteer Fire Commission honored recipients of the 2019 Volunteer Fire and Rescue Service Awards. The ceremony was held at Public Safety Headquarters. "Each of these individuals demonstrated extraordinary commitment to the FCFRD through hundreds of hours providing fire and emergency medical services or through other roles that support the goals of the FCFRD," stated a Sept. 5 News and Information notice from the Fairfax County Fire and Rescue Department. The individuals came from various volunteer fire and rescue departments throughout Fairfax County.

"Each year our 750 volunteers collectively perform 200,000 hours of service in the communities in Fairfax County," said Mike Wendt, President of the Fairfax County Fire and Rescue Association. "The annual Volunteer Service Awards are a way for us to recognize the outstanding contributions of our current and future fire service leaders," he said.

Chief Timothy G. Fleming of the Franconia Volunteer Fire Department received the first-ever Fire Chief's Career Achievement Award. According to the award nomination letter by The Volunteer Fire Commission, Chief Fleming worked to improve the Fire and Rescue Department countywide as Chairman of the Volunteer Fire Commission. The letter said in part: "During his tenure, he worked with five divergent Fire Chiefs,



Volunteer BLS Provider of the Year: Kerin Hamel, Great Falls Volunteer Fire Department.

navigating a changing landscape and making sure the volunteer system was represented and improved."

During Fleming's term as Chairman, some of the many initiatives and accomplishments included revision and implementation of the Volunteer Utilization Plan; increased utilization of volunteers because of changes to career staffing of EMS units; a comprehensive review of the volunteer system, The Ludwig Study: the successful creation of formal agreements between the 12 Volunteer Fire Department's and the County and improved recruitment and retention efforts to grow the volunteer system.

"I am honored to have such exceptional volunteers as members of Fairfax County Fire and Rescue's combination career-volunteer system. Their hard work plays an integral role in helping support the department's goals. These individuals, and all our



(From left) Dranesville District: Volunteer Fire Commission Chair Shawn Stokes, CERT (Community Member Response Team) Member: Susy Ledgerwood, Dranesville District and Fire Chief John Butler.

volunteers, have demonstrated extraordinary commitment to the department. I cannot thank them enough for their dedication

to FCFRD and the communities they serve," said Fire and Rescue Department Chief John S. Butler.

THE 2019 VOLUNTEER FIRE AND RESCUE SERVICE AWARDS

Fire Chief's Award: John Hootman, McLean Volunteer Fire Department

CERT Member: Susy Ledgerwood, Dranesville District

Volunteer Firefighter: Jack Prudence, Vienna Volunteer Fire Department

Volunteer Operational Officer: Al Woolf, Centreville Volunteer Fire Department

Administrative Member: Valentin Neacsu, Vienna Volunteer Fire Department

Special Recognition Award: Dave Presson, Bailey's Crossroads Volunteer Fire Department

Administrative Member: Valentin Neacsu, Vienna Volunteer Fire Department

Volunteer EMS Provider: Gus Sawatzki, McLean Volunteer Fire Department

Administrative Officer: Kelsey Lanza, Vienna Volunteer Fire Department

Volunteer ALS Provider: Barry Brown, Burke Volunteer Fire and Rescue Department

Volunteer BLS Provider: Kerin Hamel, Great Falls Volunteer Fire Department

Administrative Officer: Kelsey Lanza, Vienna Volunteer Fire Department

OPINION

Virginia Voters Can Contribute to the State's Progressive Future

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

The year 2020 has been filled with major ups and downs, but nowhere has the good news been clearer than in the Virginia legislature. The General Assembly session in the opening months of the year and more recently the Special Session have been transformative in making the Commonwealth a truly progressive state. The voting system has been made easier and more accessible than ever before. Discrimination in all forms has been outlawed and hate crime laws have been strengthened. ERA was ratified. Laws to end gun violence are now on the books. Minimum wage has been increased and predatory lending heavily regulated. Details on criminal justice reform are still being resolved in the Special Session, but major steps in criminal justice and public safety reform will be taken before the session adjourns.

A major step forward in making Virginia a truly progressive state is up to the voters on November 3. Two successive sessions of the General Assembly have passed a Constitutional amendment to rid the state of gerrymandering, but the amendment needs to be approved



COMMENTARY

by voters before becoming part of the Constitution. The amendment is question #1 on the ballot. I hope you will vote yes.

The subtitle of Virginia historian Brent Tarter's book *Gerrymandering: How Redistricting Has Protected Slavery, White Supremacy, and Partisan Minorities in Virginia* (University of Virginia Press, 2019) summarizes the unfortunate consequences of a state that has been a victim of extreme gerrymandering throughout its history. Little wonder that Tarter supports the Constitutional amendment as being long overdue.

The language of the amendment provides protection against racial abuses of the past, saying "Every electoral district shall be drawn in accordance with the requirements of federal and state laws that address racial and ethnic fairness, including the Equal Protection Clause of the Fourteenth Amendment to the Constitution of the United States and provisions of the Voting Rights Act of 1965, as amended, and judicial decisions interpreting such laws. Districts shall provide, where practicable, opportunities for racial and ethnic communities to elect candidates of their choice."

The director of Princeton University's Princeton Gerrymandering Project, Dr. Samuel Wang, and colleagues recently wrote that "we are proud to endorse Amendment 1 because never before has the Commonwealth seen such an open and transparent redistricting process. Such citizen involvement will help protect communities that have been split up in the past."

Political scientists and law professors from Virginia's leading universities collaborated on an article that appeared in the *Richmond Times Dispatch* earlier this year in which they wrote, "as scholars of elections and redistricting, we believe this amendment represents an unprecedented opportunity to strengthen Virginia's democracy—one that we cannot afford to miss."

David Daley, senior fellow with the elections think-tank Fair Vote and an author of books on the subject wrote in the *Washington Post* that "politicians usually do a lousy job of regulating themselves. But if this (Amendment # 1) moves forward it would be the strongest set of redistricting reforms to ever emerge from a state legislature in American history."

Amendment # 1 is a big deal for democracy in Virginia. It is controversial for those who see themselves as losing power, but it is time to put gerrymandering on the trash heap along with Jim Crow laws and granite monuments. The decision is in the public's hands. Please vote yes!

LETTERS TO THE EDITOR

Marmota Farm: Improving Inevitable

To the Editor:

Good site planning is something nobody notices because things look as if they had always been there; bad planning is apparent, ugly and, unfortunately, permanent. There are enough recent examples of the latter to cause us all to care about the upcoming development of Marmota Farms.

The existing plan, laid out many years ago, will require the total devastation of the meadows and trees and hedgerows that stretch along Georgetown Pike, helping to maintain the semi-rural feel that residents and visitors prize. It will level and strip the existing topography, replacing it with a long dam, "dry pond" and three acres of new asphalt, and big houses with their backs turned toward the historic road. The rolling hills will be scraped away, destroying the view shed from the historic district, bounded by the old schoolhouse, Grange and several farmhouses

es that now line the pike at the Eastern entrance to our town. This landscape will be replaced with 11 houses squeezed onto the land in the only arrangement that would satisfy the zoning laws of 2005.

To get a feeling for what we can expect, one need only head East on Route 7 toward Tysons Corner, where Toll Brothers is building a subdivision on the former site of Hazelton Laboratories. It is the big, newly bald patch of mud on the left.

There are other, more sensitive possibilities for the development of the land (see John Colby's *Connection* article of July 10, 2019) which could largely preserve the beauty and feel the eastern entrance to the village, causing less density and destruction.

We can hope that Toll Brothers doesn't really want to build an unattractive "product," but we need to make them aware that the citizens of Great Falls will want this beloved property to be reworked in a way that we can all be proud of, one that might require a few less lots, but with more intrinsic value to everyone, including the buyers of their homes.

There has always been another option for this property, one which we citizens ourselves could have been working toward during the decade or so this property was on the market (if we hadn't all been simply hoping it wouldn't sell). During the 1960s, a 336-acre tract next to the Beltway on Georgetown Pike was being sold to a builder who intended to build 309 houses. The citizens of McLean objected, electing instead to raise their own taxes to help obtain the land for Fairfax County. In 1970, it was officially purchased and became Scott's Run Nature Preserve.

Could such a thing be possible in 2020?

In any case, the Great Falls Citizens Association continues to work on this issue, hoping to preserve what it can. Join them. Let Toll Brothers and our Supervisor and VDOT know how you feel about various aspects of this project. Marmota will almost certainly be developed, one way or another. There is still time to improve the inevitable.

Lynn Peterson Mobley
Great Falls

'My Season Was Over the Day It Began'

To the Editor:

Mookie Betts recently signed a \$365 million contract with the Los Angeles Dodgers (which is actually an extension that will pay him over \$400 million over a 13-year period). He then went out on opening day and took a knee for the national anthem. Do I need this? No, I don't. My MLB season was over on the day it began. NBA teams, their coaches and even the officials all took a knee for the national anthem to re-start the season. Most people watch sports as an escape from current events. Yet we now have social justice messages on the court and players are allowed to have messages on their jerseys. Will the NFL be the next league to self-destruct?

Ethel Pascal
Great Falls

Great Falls CONNECTION

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NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Ken Moore
Contributing Writer
kmoore@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Salome Howard-Gaibler
Display Advertising
703-415-5394
salome@connectionnewspapers.com

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



Mobilizing for the Biden-Harris Ticket

Virginia's former Governor, House of Delegate Speaker and Senate Majority Leader at FXCO Government Center.

By MERCIA HOBSON
THE CONNECTION

The second and third day of early voting at Fairfax County Government Center brought enthusiastic voters exercising their rights to vote and more. Saturday, Sept. 19 was the second day of early voting at the Government Center. Shortly before noon, a group taking part in a "Trump Train" circled their vehicles in the parking beside voters waiting to cast their ballots. Footage shared on Twitter showed Trump supporters waving flags, using bull horns, and yelling at voters through vehicle windows. Later they formed a line beside the voters. According to a statement released Sept. 21 on Twitter by Jeffrey C. McKay Chairman, Board of Supervisors, "No one should ever feel intimidated when exercising their right to vote and engaging in the democratic process." Voters were moved inside and continued political activity took place a safe distance away from voters according to McKay.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Line of voters at Fairfax County Government Center on the third day of early voting.

SEE RECORD TURNOUT, PAGE 7

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SENIOR LIVING

Getting in Shape at 60, 70 and 80

Starting where you are and staying consistent among suggestions from healthy and fit seniors.

BY MARILYN CAMPBELL
THE CONNECTION

Whether starting a fitness program after the age of 70 or restarting one after raising children and midlife career building, local seniors share inspiring stories of how achieving and maintaining fitness, health and wellness allows them to lead fulfilling, happy and active lives.

After retiring at age 70 from a career in investment, Jim Owen said his life became sedentary. Aching knees and excruciating back pain determined his daily schedule and he tipped the scale at 205 pounds. His life, as he describes it, was on a steady decline.

"I was a certified couch potato and my back pain was robbing me of my energy," said Owen, now 79, who lived in Alexandria before retiring to San Diego. "I said, 'I have to do something or I'll go down hill.'"

After seeking help from a doctor who specialized in sports medicine, Owen began physical therapy, his pain subsided and he was able to begin an exercise program. "I wasn't trying to be Mr. America," said Owen, who turns 80 next month. "My goal was to get rid of my aches and pains."

Though he found it daunting, but also necessary, he began making his way to the gym. Now his workouts include lunges and squats, push-ups, core work and cardio.

"When I started out at age 70, I couldn't do one push up, now I can do 50," said Owen. "The key is to start from where you are and with what you got. So much of it is mental and getting yourself to just try it."

Now he's committed to inspiring other seniors to achieve physical fitness, and he's written a book called "Just Move! A New Approach to Fitness after 50." He also produced a documentary called, "The Art of Aging Well," which he'll release to public television stations next month.

"I want to devote the rest of my life, whether it's five or ten years, to inspiring people to take care of themselves when they're older," he said. "There are some people who say 'My best days are behind me.' I think my best days are still ahead of me."

As a physician, 64-year-old Bob Posner, M.D., has always prioritized his health, but life events including an internal medicine residency program, service in the United States Army, and raising a family often took precedence over fitness.

"Exercise was limited, meals were often fast food ... and I realized that weight started to pack on," he said. "I exited the Navy in 1988 weighing over 190 pounds."

When Posner, of Fairfax, returned to life as a civilian and began his medical practice, his mindset began to change. "I vowed that I would try to set an example for my patients," he said. "How much credibility can an overweight or obese physician have in telling patients to lose weight to become healthier?"

Posner founded Potomac Internal Medicine Associates and uses a program called SeroFit to help patients who want to get in shape. "It is never too late to embark on efforts to get into a more healthy shape," said Posner. "Looking younger, having more energy, lessening risks of severe medical diseases, alleviating pain and fitting into your beautiful clothes are the benefits of being in shape."

Working out with his wife, who is also dedicated to fitness, makes exercising more pleasurable, says Posner, and being fit has helped him maintain fulfilling



PHOTO COURTESY OF JIM OWEN

Jim Owen started working out for the first time at age 70. Now at 79 he says he's in the best shape of this life.

"When I started out at age 70, I couldn't do one push up, now I can do 50."

— Jim Owen, 79



PHOTO COURTESY OF BOB POSNER

Bob Posner, MD is motivated to keep in shape so that he can hike and play tennis with his children. Posner, 63, lives in Fairfax and has offices in Burke.

relationships with his children.

"My son is a tennis player, my daughter is a hiking person and sharing time with them is best when I am doing activities with them that they enjoy," he said. "If I was sedentary and expected them to hang out with me I would probably see less of them than if I am able to keep up with them in their activities."

78 year-old Bonnie Frankel is driven by her goal of maintaining her physical, mental and emotional fitness for as long as possible. "My lifestyle is built around exercise and my sport, which is running," she said. "I cross-train with water workouts, monkey bars, yoga and other ground stretches."

The impact that exercise has on her life is her constant motivator. "Exercise helps me to eat healthier and drink better and more fluids," said Frankel. "It changes my mood from blue to sunny, as those wonderful endorphins start to kick in. I want to be able to live an independent long healthy life."

GFCA Sponsors Town Hall on Racial Experiences

The Great Falls Citizens Association (GFCA) is sponsoring a town hall meeting (via Zoom technology) on Sept. 30 featuring six diverse local panelists from the Great Falls area who have been invited to share their experiences with attendees on the Webinar. The purpose of this townhall is to raise awareness among Great Falls residents and contribute to the current conversation on race relations.

The media has presented a number of stories about the experiences of people of color. George Floyd's death in Minneapolis at the end of May sparked widespread protests in many cities and prompted a national discussion about race relations and social injustice in the United States. GFCA President Bill Canis said: "We believe that promoting a forum like this will make participants better informed citizens as it relates to these topics. For many, racial equality remains an elusive goal, as evidenced by the wave of demonstrations and social upheaval we are seeing on the news every day. We can do our part by placing a community focus on matters of racial disparity and disenfranchisement by conducting this forum for residents of our community to explore these

issues and by attaching the local perspective."

GFCA has invited five residents including a school principal and a pastor to lead a discussion centered on their experiences to stimulate a civil and informed discussion for the benefit of the Great Falls community. Like other recent town halls sponsored by GFCA on themes like the northern Virginia opioid crisis, addressing the needs of a growing senior population, and conducting an educational nature program for children, this town hall seeks to explore the subject of racial experiences as viewed through the lens of local residents of color.

The panel participants will be: Rev. Livingstone Dore (Pastor, Great Falls United Methodist Church), Kimberly Greer (Principal, Langley High School) and Great Falls residents Salima Singletary, Matt Truong, and Sujatha Hampton; the program will be moderated by Bill Canis, president of GFCA.

Residents who would like to attend may register for a ZOOM Invitation by going to the www.gfca.org home page and selecting Town Hall - Listen & Learn: Our Neighbors' Voices on Racial Experiences which can be found on the Upcoming Events Calendar.

Celebrating National Hispanic and Latino Heritage Month

This month celebrates the cultural achievements and vast contributions the Latinx community has made to society for centuries. Virginia is home to more than 800,000 people of Hispanic and Latino descent - according to the League of Women Voters of Virginia press release.

"As we honor this legacy, we can not overlook the many problems facing Latinx people, especially in this year of COVID-19. Because so many essential workers, business owners and educators are Latinx, their communities have borne the brunt of COVID casualties," LWV states.

In addition, DREAMers, who still live in limbo, have had to face unnecessary hardships. The disenfranchising threat of a Census undercount threatens to dilute the voting power of immigrant communities. This impact will be examined at the Oct. 6 LWV forum

titled Racism and Redistricting: How Unfair Maps Impact Communities of Color.

"Despite the hurdles and dangers, the Latinex community persists, thrives, and overcomes," said Deb Wake, President of the League of Women Voters of Virginia. She noted that the League of Women Voters of the United States now makes their nonpartisan voter information portal, VOTE411.org, available in Spanish:

<https://www.vote411.org/es/es/Spanish>.

"Voter registration for this election ends on Oct. 13. A great way to honor Hispanic and Latino Heritage Month is for every person to check VOTE411 to assure that they are ready to vote," commented Wake.

For more information, visit the League of Women Voters of Virginia at lwv-va.org and on social media @lwvva and @leagueofwomenvoters.

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PHOTO BY MERCIA HOBSON/THE CONNECTION

(From bottom to row) On Monday, Sept. 21, Former Democratic Governor Terry McAuliffe, House of Delegates Speaker Eileen Filler-Corn (D-41), and Senate Majority Leader Dick Saslaw (D-35) stop at the Fairfax County Government Center to campaign for the Biden-Harris ticket. Early voting shows record turnout and enthusiasm.

Record Turnout in Early Voting in Virginia

FROM PAGE 52

On Monday, September 21, a different scene played out in the "First Amendment" area at Fairfax County Government Center. Supporters holding Biden-Harris posters stood behind Virginia Delegate Hala Ayala (D-51). She is a Democratic candidate in the 2021 Virginia lieutenant gubernatorial election. Ayala introduced former Virginia Gov. Terry McAuliffe (D), 2014-2018, House of Delegates Speaker Eileen Filler-Corn (D-41), and Senate Majority Leader Dick Saslaw (D-35). The elected officials discussed the stakes in the November 3 election with supporters and why Virginians should support the Biden-Harris ticket.

Speaker Filler-Corn is the first woman handed the gavel in the House's 400-year history. She said nothing was more important than exercising the constitutional right to vote. Motioning toward the voters, she said, "You see what's going on right over there? The long line started Friday, but actually, it started a long time ago. We have been fighting to make it easier for Virginians to vote...This past session, we were able to pass HB1...no-excuse absentee voting...Candidates matter. Elections matter... We have that opportunity... You can vote early. Go to IWillVote.com. Joe Biden and Kamala Harris are doing their part. We'll do ours."

Senate Majority Leader Saslaw spoke next. He talked about mailed absentee ballots and drop boxes. He said, "They are not go-

ing to be standing where anybody can mess with them." According to Saslaw there could not be a better ticket than Biden-Harris, two people who reflected the majority of what America is all about. "We've had four years of total chaos through the Trump administration. Think about this, when in anybody's lifetime did 80 former congressmen and senators from the other party endorse the candidate for president for the other party...On top of that...twenty-five people who served the Trump administration are supporting Biden," he said.

Former governor McAuliffe said events like the one in Fairfax were being held all over the Commonwealth that day to encourage voting. "The early vote requests today in Virginia are 865,000. Do you know where they were in 2016? 168,000...In Fairfax, on our first day, we had four times the turnout we had in 2016."

McAuliffe looked at the people in the lines and around him, "Masked... and being saved," he said. "Tens of thousands of people are not alive today because of Donald Trump. He knew about the Coronavirus in November. He got an intelligence briefing in January and February. The president said absolutely nothing because he was afraid it would affect his reelection and didn't want to affect the stock market... Donald Trump is about Donald Trump...We've got to get Joe Biden and Kamala Harris in office. It affects our future."



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Fairfax County Board of Supervisors meet Sept. 15.

Supervisors Take Action on Historical Initiatives

Booing erupts and Chairman McKay threatens to empty the auditorium.

BY MERCIA HOBSON
THE CONNECTION

One hundred and eighty-three days after the Fairfax County Board of Supervisors last met in person and in the Board Auditorium, they returned at noon, Sept. 15. Fully masked and with plexiglass partitions between them, the supervisors faced a heavy and historical agenda of matters, items and public hearings. According to Board of Supervisors Chair Jeffrey McKay (D), staff put together significant mechanisms so they could allow for significant public testimony in a safe way. At times during the meeting, McKay banged his gavel and demanded silence. He threatened to recess the meeting when boos erupted from the audience during supervisors' discussions on items such as civil war monuments and gun control. The meeting did not end until 2:15 a.m. the next day.

Watch the meeting or view separate segments from links in the accompanying meeting agenda: http://video.fairfaxcounty.gov/ViewPublisher.php?view_id=7.

The Board Approved:

COMMITMENT TO ONE FAIRFAX: Board Matter by Chairman Jeffrey C. McKay to ensure the Board's commitment to One Fairfax is extended to its Boards, Authorities and Commissions (BAC). "Although we have already seen the positive impact of the policy on many County decisions, comments made at a recent Library Board of Trustees meeting highlight that we still have a long way to go before we truly become One Fairfax... I move that the Board direct staff to circulate the One Fairfax policy and a training video to all the BAC members...the Board discuss at a future Legislative Committee meeting the pros and cons of potential legislative change that would allow the Board more flexibility regarding Board appointments," said McKay in his Board Matter Statement. Some of McKay's words referenced statements made during the Library Board of Trustees meeting on July 29 by

a Trustee appointed by Supervisor Pat Herrity (R- Springfield).

Herrity said, "When we try to silence the other side, we

are entering a slippery slope. To take out somebody because they do not agree with our political agenda is not where we want to go." McKay countered and said, "If we make this about one person we miss the point, about making this a better county, a more inclusive, just county moving forward. That's what this board matter does."

The item passed 9-1, with Herrity voting nay.

After he learned the motion passed, Kofi Annan, CEO of The Activated People said, "It will serve as a reminder to all those who serve on Boards, Authorities and Commissions that they are to uphold the values of diversity and inclusion in their work." According to the Facebook page of The Activated People: "This measure (McKay's motion) was a direct response to recommendations made by the NOVA EAC, The Activated People and outcry from the Fairfax community with regard to Mr. Phil Rosenthal's anti-Muslim, racist, and homophobic comments."

MORE CLARITY ON IDs: Joint Board Matter by Chairman McKay, Supervisor Dalia Palchik and Supervisor John Foust to draft a countywide policy to ensure County employees don't share residents' immigration status unless required by state/fed law and have a warrant. The policy would expand identification documents accepted when a photo ID is required for services. Supervisor Palchik (D-Providence) said, "I just want to add briefly that this is absolutely necessary. I can tell you, having gone out in the community, been where information is not being as clear even within our one agency that does have it, it's critical."

This item passed with a 10-0 vote.

REMOVAL OF CIVIL WAR MONUMENTS: Joint Matter by Supervisor Walter Alcorn and Supervisor Dalia Palchik to remove three publicly-owned Civil War monuments from the Fairfax County Judicial Complex, the Marr Monument, two howitzers and the Virginia Department of Historic Resources (VDHR) histori-

SEE BOARD, PAGE 9



Board of Supervisors Chair Jeffrey McKay (D).



Supervisor Dalia Palchik (D-Providence).



Supervisor John Foust (D-Dranesville).



Mary Lipsey of Springfield: "We need balance. We have three stories. We have Confederates. We have Union. We have African Americans. We need to balance that so kids can understand that there are consequences to your actions...We are still thinking about the Civil War all these years later... We haven't gotten the big picture... We need to teach perspective, what each one of them represented, and how they made their choices, and how they had to live with them."



Michael McCartney speaks against gun control: "We deserve to be safe in public spaces within Fairfax County, this ordinance will not make anyone safer and could likely cause great harm. As you and law enforcement are aware, individuals intent on committing crime or carrying illegal guns, do not take gun safety seriously. They will not follow these restrictions."

Map of Center Street Location



Site of new Center Street in Tysons.

Board Acts on Divisive Issues

FROM PAGE 8

New 'Center Street' in Tysons

cal marker #262, which is titled "First Confederate Officer Killed." This would be following a 30-day period to allow other groups to relocate the items. The Board will have to vote again to remove them from County property officially. According to the staff report: "The cost to remove, and relocate to a storage facility, the Marr monument, the two howitzers and their carriages is estimated to be \$19,562." Supervisor Herrity said, "It's a historical marker marking a historical event. It doesn't meet my threshold to spend taxpayers' dollars to remove it."

The item passed with a 9-1 vote with Herrity abstaining.

NO GUNS IN PUBLIC PLACES: County code to ban guns from public, County-owned buildings, parks, recreation, and community centers. "Ending gun violence is not a simple question. We must attack this issue from many angles including many widely supported restrictions," said McKay. Vice Chair Penny Gross said, "In the twenty-five years I've served on this board, we've had this request in our legislative package every single year." One of the final comments came from Supervisor Dan Stork (D-Mount Vernon). He said, "This is truly the issue of our day because it will always be people's feelings of personal safety." He added, "I've heard tonight from many of our speakers about the feeling of not feeling safe and feeling uncomfortable when they're walking the trail or deeper into some of our parks. I think it's a reasonable concern and one that I would like to see us address further. I strongly support the limitation on our facilities, but I think the outdoors and some of that access, some of those issues, I want to take a deeper look... and see if there may be some way we can address those comments better."

The item passed with a 9-1 vote with Herrity voting nay.

ADDITIONAL RISE FUNDING: Action-11 to use up to an additional \$12 million to expand funding for the Fairfax Relief Initiative to Support Employers (RISE) grant program to further assist Fairfax County small businesses and nonprofits affected by the

The BOS approved Action-5 to use up to \$2,790,000 in Tysons Grid of Streets Road Fund revenues to acquire a perpetual street easement and a temporary construction easement for the new "Center Street" in Tysons connecting Route 7 to Greensboro Drive to help make the four square mile area a transversable downtown of Fairfax County.

This item passed with a 10-0 vote.

COVID-19 pandemic. The increase in program funds would be via an allocation of the Coronavirus Relief Funds provided through the federal CARES Act. According to a post by Fairfax County Emergency Information: "The additional funding, along with \$1 million from the Town of Vienna, will allow the program to serve those who applied in June, depending upon eligibility. At this time no new applications are being accepted."

This item passed with a 10-0 vote.

PROHIBITION OF DISCRIMINATION: A Public Hearing item on the prohibition of discrimination based on sexual orientation, gender identity, and veteran status amending "Chapter 11 of the County Code to reflect amendments to state anti-discrimination and fair housing statutes enacted during the 2020 Session of the General Assembly to add sexual orientation, gender identity, status as a veteran, and, regarding fair housing, source of funds as protected classes; (2) revising the Human Rights Ordinance to conform to federal and state law counterparts; (3) amending the Fairfax County Fair Housing Act to conform to state law by adding additional provisions regarding reasonable accommodations and by clarifying the scope of certain exemptions, and (4) recodifying Chapter 11 as Chapter 11.1 to improve structure and clarity, and to remove obsolete and duplicative provisions. Proposed amendments shall be effective retroactive to July 1, 2020," according to staff reports.

Supervisor Walkinshaw said, "I think I would say that this is a core economic development issue, and this is related to our employees here in the county. But it sends a signal to businesses, and to talent across the globe, that these are our values here in Fairfax County and we're a place that welcomes everyone and doesn't countenance discrimination against anyone and study after study after study has shown that that is key to economic success and economic development."

The item passed with a 10-0 vote.

Rotary of Great Falls Named Top Achiever

Rotary District 7610 recently named the Rotary of Great Falls as one of its top achievers for 2019-2020. The club was honored in several categories. It received plaudits for several youth projects, including sponsoring two teenagers for Rotary's Leadership Institute; its Interact Club's Habitat for Humanity building project in Lynchburg; the new Rotaract Club (serving 18-30 year olds) launch of its Flags for Heroes, the launch of Cooper Middle School's 4-Way Test essay contest; and sponsorship and leadership of Wolf Trap's First Time Campers weekend targeted at children from challenged backgrounds.

The Club was also recognized for its community projects, which included an opioids forum and installation of a used-drugs drop-box in the Center's CVS; quarterly meals served up at the Embury Rucker homeless shelter in Reston; participation in the local Farmers Market; and sponsorships of Great Falls Seniors program, the July 4th Fireworks, and the Grange Foundation.

On the international front, it was recognized for educational sponsorships for poor girls in India and Nepal, as well as sponsorship and participation in Rise Against Hunger, which packaged nearly 100,000 meals for world-wide distribution.

In other areas, Rotary praised the Club for its vocational efforts through its first-ever business reception, its Oktoberfest educational fundraiser, and its multifaceted pandemic assistance to both Cornerstones and area hospital staff. All of this activity produced a natural increase in membership, for which the Club was also recognized.

Two members received special recognition: Connie Sawtell for her efforts on behalf of the Club and June Melloni Kelly for her involvement with the District's Opioid Taskforce.

Rotary District 7610 is a large district spanning the top half of Virginia and encompassing 56 clubs. The Rotary of Great Falls was recognized as a Club of Excellence, one of only three in the entire District to gain that recognition.

McLean Pet Fest Will Be Held Virtually

The McLean Community Center has a virtual event for pets and the families that love them. McLean Pet Fest 2020 launches virtually at midnight on Sunday, Sept. 27, and can be viewed continuously through Thanksgiving Day, Nov. 26. The event is free, and registration is required. The first 30 registrants will receive a gift bag. To register, visit: www.mcleancenter.org.

According to MCC Special Events Assistant Manager Matthew Hockensmith, "Pet lovers will find a lot to love at this virtual event. It's perfect for pet owners or anyone thinking about becoming a pet owner." Event activities include a virtual petting zoo, dog obedience tips, dog trick demonstrations, pet adoption information and

exhibitors with pet-related information, products, and services.

At press time, participating vendors and exhibitors included: Dog Solve, LLC, Fairfax County Animal Shelter, Fairfax County Wildlife Management, Squeals on Wheels Traveling Petting Zoo, Bone-A-Fied Talent Group, Animal Welfare League of Arlington, Artful Paws Pet Photography, EJ's Meats and Treats, M&J Pet Bakery, The National Capital Lyme Disease Association, Opfer's Wildlife Art by Bill Opfer and Sit Means Sit Dog Training.

For more detailed information, call the Center at 703-790-0123, TTY: 711, or visit www.mcleancenter.org/special-events.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

News

GFCA Names Winnie Frost Environment & Parks Co-Chair

Great Falls Citizens Association recently welcomed Winnie Frost as a new Co-Chair of the Environment & Parks Committee. She will replace long-serving Executive Board member Karen Keegan whose term expired. Keegan, a tree conservationist and attorney, will continue as a Dranesville District member of the County Energy and Climate Action Plan Committee.

Frost had an extensive career with the National Park Service and has been a longtime resident of Great Falls. She began her Federal career with the Parks Service in Public Affairs in the National Capital Area Regional Office, then in environmental education programs in Washington, D.C. She also served as a Park Ranger at various parks including Rock Creek Park, George Washington Memorial Parkway and Yellowstone National Park.

For the last 25 years of her National Park Service Career, she worked at the National Park Service Me-

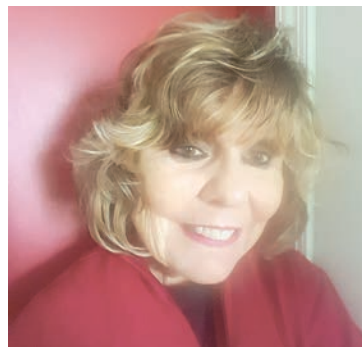


PHOTO COURTESY OF GFCA

Winnie Frost

dia Development Center in Harpers Ferry, West Virginia where she served as an interpretive writer for outdoor exhibits, telling the park stories at various national parks throughout the country and finally for the last 10 years as a project manager for media development at parks throughout the Pacific West, Alaska and Hawaii where she managed a team of writers, museum planners and designers and film producers.

Since retirement, she has concentrated her efforts on Great Falls,

serving as the vice president, president, and secretary of the Great Falls Garden Club. In those capacities Frost has been instrumental in developing community outreach between the Garden Club and the Great Falls community. Area residents may also recognize her from her role in the annual Christmas tree lighting event sponsored by Celebrate Great Falls where she and her husband portray Santa and Mrs. Claus.

BULLETIN BOARD

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

WEDNESDAY/SEPT. 23

LWVFA 8th District Candidate Forum. 7-8:30 p.m. Virtual. The League of Women Voters of the Fairfax Area invites you to join its U.S. House of Representatives - Virginia 8th District Candidate Forum. The following candidates certified for the November 3 general election have been invited and are listed here as they appear on the Virginia Department of Elections' website: Donald S. Beyer, Jr. (D); Jeff A. Jordan (R). Register at:

https://us02web.zoom.us/webinar/register/WN_n20-kz-GTX6TUY7y_zTSiQ Questions addressed to both candidates should be submitted in advance at: <https://forms.gle/h7jbiN-n4y1aTadjv7>

THURSDAY/SEPT. 24

Operations Paws for Homes is uniting with animal-lovers and animal welfare organizations around the world to participate in a Remember Me Thursday online candle-lighting ceremony.

ny. Now going into its eighth year, Remember Me Thursday aims to unite individuals and pet adoption organizations on the fourth Thursday in September to be an unstoppable, integrated voice advocating for orphan pets to live in forever homes, not die waiting for them. The candles lit will shine a light on the millions of healthy pets who are still awaiting adoption and encourage communities to opt to adopt and reduce the millions of orphan pets euthanized each year.

#SeeTheLight #RememberMeThursday Operation Paws For Homes. Here is the link to donate <https://www.facebook.com/donate/324638368626569/>

SUNDAY/SEPT. 27

The McLean Community Center will host a virtual event for pets and the families that love them. McLean Pet Fest 2020 launches virtually at midnight on Sunday, Sept. 27, and can be viewed continuously through Thanksgiving Day, Nov. 26. The event is free, and registration is required. The first

30 registrants will receive a gift bag. To register, visit: www.mcleancenter.org. For more detailed information, call the Center at 703-790-0123, TTY: 711, or visit www.mcleancenter.org/special-events.

SATURDAY/OCT. 3

Capital Caring Health's annual Passion for Caring Gala will be held Saturday, Oct. 3 at 7 p.m. The 2020 Passion for Caring Gala: Honoring the Heroes Among Us will be a virtual event that recognizes local healthcare, community, and social justice heroes, nominated by members of the community who have made a significant impact during the COVID-19 crisis or through their fight for racial equity. The virtual Gala is free and open to the public, and the community is invited to nominate a hero by visiting capitalcaring.org/gala. For more information about Capital Caring Health's programs, visit www.capitalcaring.org

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CALENDAR

THURSDAY/SEPT. 24

The Reel Deal Film Club. 5:45-6:45 p.m. Via Reston Regional Library Zoom. Join Reston Library online for moderated, one-hour conversations about feature films. First up: "The Princess Bride." Similar to podcast "The Rewatchables." Adults (18+). Free. The Reel Deal Film Club meets twice/month on Thursdays from 9/24-12/17. All dates are as follows: 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17. Registered participants will receive information about where to find the films and will get emails with Zoom links. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/7005620>

SEPT. 25-27

Drive-Thru Drama. The Alden in McLean is bringing back its Drive-Thru Drama performances in September. The new show, "From the Ash Baxter Files: The Search for the Stolen Spyglass," will be performed Friday through Sunday on Sept. 25-27. Show times are from 4-7 p.m. Tickets are \$20, \$15 for MCC tax district residents. A limited number of timed tickets are available and must be purchased in advance at www.aldentheatre.org. The Alden is a division of the McLean Community Center (MCC), located at 1234 Ingleside Ave., McLean.

SATURDAY/SEPT. 26

"The Rain Guys: Together Again." 7:30 p.m. At NextStop Theatre, 269 Sunset Park Drive, Herndon. The beloved stars of NextStop's hit 2019 production of "Singin' in the Rain" are teaming up once again to kick off the Parking Lot Concerts with comedy, charisma, and classic musical theater delights! Featuring NextStop's most prolific (and recognizable) music director, Elisa Rosman, on the piano. Visit www.nextstoptheatre.org/the-parking-lot-concerts.

SATURDAY/SEPT. 26

Fairfax County Brewfest. The 5th annual Fairfax County Brewfest, co-sponsored by the Dulles Regional Chamber of Commerce and Mustang Sally Brewing Company, to celebrate the County's brewing community will be held concurrently at seven different breweries throughout the County.

Caboose Commons, 2918 Eskridge Rd, Fairfax, VA, Hours: 9 a.m. - 10:30 p.m.

Fair Winds Brewing Company, 7000 Newington Rd, K&L, Lorton, VA, Hours: 12 p.m. - 10 p.m.

G34.3 Brewing Company, 8532 Terminal Rd, L-N, Lorton, VA, Hours: 12 p.m. - 10 p.m.

Lake Anne Brew House, 11424 Washington Plaza W, Reston, VA, Hours: 9:30 a.m. - 5 p.m. (non-ticketed) / 5-8 p.m. (ticketed event)

Mustang Sally Brewing Company, 14140 Parke Long Ct, A-C, Chantilly, VA, Hours: 12 p.m. - 10 p.m.

Ono Brewing Company, 4520 Daly Dr, #102, Chantilly, VA, Hours: 11:30 a.m. - 10 p.m.

Settle Down Easy Brewing, 2822 Fallfax Dr, Falls Church, VA, Hours: 12 p.m. - 10 p.m.

Details on each brewery's event can be found at www.msbbrewing.com/fairfax-county-brewfest.

SATURDAY/SEPT. 26

Total Meditation. 11 a.m. to 12:30 p.m. Online. New York Times bestselling author Deepak Chopra will host a special online-only Q&A for his newest book, Total Meditation. Tickets include a hardcover copy of the book which will be mailed to you. Please indicate referral "Unity of Fairfax". Cost is \$40. Email: comms@unityoffairfax.org. Visit the website: <https://www.unityonthebay.org/deepak-online>

SUNDAY/SEPT. 27

In The Shadows. 2-3:30 p.m. Online only, via Zoom room. Sponsored by Cold War Museum. Eyewitness Col. Hork Dimon (USAF, ret.) describes the secret struggle with the Soviets to mount a Second Berlin Airlift in 1961. Cost: \$20. Visit the website: <https://www.eventbrite.com/e/in-the-shadows-the-struggle-to-mount-a-second-berlin-airlift-in-1961-tickets-120425258189>

SUMMER CONCERTS ON THE GREEN

The Celebrate Great Falls Foundation announces a schedule of five Summer Concerts on the Green beginning August 30, 2020. Each concert will begin at 6 p.m. on the Village Centre green (in front of the gazebo). September 27 - Wes Tucker and the Skilletts.

Celebrate Great Falls Foundation organizers are putting in place several new protocols to help ensure a safe, socially distant evening. After each concert, they will assess whether to proceed with the remaining concerts and implement any needed changes in our protocols. This will be announced on the Monday prior to each concert. The safety and wellness of our bands, volunteers and the Great Falls community is of paramount importance in all of our decisions.

SEPT. 23 TO DEC. 7

MCC Fantastic Fall Scavenger Hunt. Join your friends, family and community for McLean Community Center's Fantastic Fall Scavenger Hunt. This exciting fall virtual event allows for you and your team to compete against others and win prizes. This is the perfect event to stay local and have fun with your friends and family. The Fantastic Fall Scavenger Hunt is a game played on a smart phone in which teams complete 75 missions (or challenges) both indoors and outdoors. Missions include answering questions, taking specific photos or videos, finding a specific item, geocaching or completing specific tasks as given in a list provided by the Game Master. The scavenger hunt will take place in and around McLean and from your own home. Participants work in small teams of 4-10 players. Team captains must be 16 years old or older. The Fantastic Fall Scavenger Hunt will have a maximum of 100 teams, so register early. Visit the website www.McLeancenter.org.

OCT. 9-18

Virtual Nature Center Walk or Run. Friends of Reston (FOR) announces its 17th annual run and walk fundraiser for the Walker Nature Center will begin Friday, October 9 and end on Sunday, October 18. FOR has presented a Nature Center 5K every April since 2004 to provide financial support for the 72-acre Walker Nature Center located at 11450 Glade Drive in Reston, and the onsite Nature House which was built with the organization's fundraising. This year's event, postponed due to the pandemic, is now the Virtual Nature Center Walk-or-Run, organized to allow for more participation of all ages and abilities. Runners and walkers can choose their selected route of 5K, or 10K, or just 1 mile, to complete the Virtual Nature Center Walk-or-Run at any time within the span of 10 days. While organizers recommend enjoying a walk or run on one of Reston's beautiful pathways or trails, participants can complete their distance in any location, on any route, or even on a treadmill. Registration for the Nature Center Virtual Walk-or-Run is open now through October 2 at Active.com. Proceeds from registration fees, \$25 (13 years and older), and \$15 (12 years and younger), will support facility enhancements, programs and projects at the Walker Nature Center. T-shirts and bibs for participants will be available for contactless pick-up on weekdays starting October 5 at Nature House. Virtual Nature Center Walk-or-Run, direct link:

<https://www.active.com/running/distance-running-virtual-events/virtual-nature-center-walk-or-run-2020?int=>

NOW THRU OCT. 31

An Eclectic Show. 8-9 p.m. At Reston Community Center, Hunters Woods, Reston. An exhibition of oil paintings by local artist Loretta Scott of Reston - still life, landscapes, the strong colors and textures of old buildings in Europe and other countries. The exhibit also includes wild animal scenes representing Loretta's South African heritage. Visit the website: www.loretta-scott.com

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"Canceritis"



By KENNETH B. LOURIE

There are two generic types of cancer: the cancer that you have, and the cancer that has you. And the yin and yang is what defines 'canceritis.' The internal struggle between being defined by your disease verses living a life in spite of your disease. The former is easy; you're a victim of an insidious, in some cases, incurable disease that causes myriad problems, shall we say; physically, emotionally and psychologically. The latter is hard. Sometimes, overcoming the former in order to live the latter is much easier said than done. The reason being, primarily, that cancer isn't a killer because symptoms, treatment and side effects are always manageable and overall mental/emotional demands are easily compartmentalized. Nothing could be further from the truth. In fact, the truth is that if the disease, treatment and side effects and/or anxiety/stress about your diagnosis doesn't get you, the total disruption of your life and/or routine will.

Not that you lose free will, but you do lose a fair amount of control. While cancer is in the house, cancer rules the roost. Somehow, even though the disease and all is all about you, you must find a way (navigate) a path forward that enables you to set aside the physical and emotional demands of a terminator-type disease. With many patients, the cancer won't stop until it kills. And for the hundreds of thousands of cancer patients who die every year, wishing, hoping, praying and being compliant to their doctor's instructions, the outcome though hardly guaranteed is not particularly encouraging either. The disease takes its toll and despite all the efforts of the king's men to put Humpty back together again, the ravages of cancer often prevent the patient from ever being whole again.

Sometimes, the damage is already done as it usually is for non-small lung cancer patients who often are asymptomatic until they're not (as I found out, first hand). Then you're told you have a "terminal" form of stage IV lung cancer which is described as incurable which meant for me, being told I had 13 months to two years to live. The question I asked myself back in Feb., 2009: What the hell happened to stages I, II and III? This is what cancer can do: travel at warp speed and not leave too many clues. Finding some kind of work-around/plan "B" to deal with the loss of control and helplessness might keep the patient from descending into an emotional rabbit hole from which there's a scant chance of recovery. At this juncture, the cancer is in charge.

This is the challenge: overcoming a disease which in many instances, is beyond your doctor's/modern medicine's ability to control. Just imagine living with the knowledge that every day you wake up, is a day borrowed against future days when you might not wake up or if you do, might feel so poorly that the point of trying to feel better becomes more of a fool's errand than it does a practical alternative. Cancer is not literally a four-letter word but it's most definitely in its own category: a six-letter word which makes all four-letter words meek by comparison.

Somehow, you must restructure your understanding of your cancerous condition and philosophize: everyday you wake up and feel something isn't a day that's lost. It's a day that's found. Making the most of these emotional crumbs is not a guarantee of anything. Rather, it's an attempt to prevent things from getting worse. And as any cancer patient will tell you: it can always be worse. And until it's the worst, try to embrace whatever remains as the best.

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



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