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Shreve Road Corridor Study Fairfax County

Virtual Public Information Meeting

Wednesday, October 7, 2020, 7-8:30 p.m.

www.virginiadot.org/ShreveRd

Find out about a study assessing potential safety and operational improvements along more than two miles of Shreve Road (Route 703) between Route 29 (Lee Highway) and Route 7 (Leesburg Pike). The study is addressing community concerns related to speeding, pedestrian safety and sight distance. The following priority areas along the corridor have been studied: The curve west of Oldewood Drive, Shrevewood Elementary School, Washington & Old Dominion Trail crossings, and the curve between Chestnut Street and Hickory Street.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting will be posted on the study website (www.virginiadot.org/ShreveRd). The VDOT study team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review study information and meeting details on the VDOT study website or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-1731 or TTY/TDD 711 to make an appointment with appropriate personnel.

Give your comments after the presentation, submit your written comments by **October 19, 2020** via the study website, by mail to Mr. Amir Shahpar, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email meetingcomments@VDOT.virginia.gov. Please reference "Shreve Road Corridor Study" in the subject line.

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NEWS

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.

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 going 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 congress-



PHOTOS 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.



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

men 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 knew about it in December. 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."

SEE RECORD TURNOUT, PAGE 6
WWW.CONNECTIONNEWSPAPERS.COM

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

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VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna, Virginia Police Department from Sept. 11 – Sept. 17, 2020.

INCIDENTS

Civil -- 600 Block Yeonas Drive, SW Between April 21 at 7 a.m. and Aug. 25 at 7 a.m. A resident listed her vehicle for sale on Craigslist. A man notified her with an interest in the vehicle. The resident reported the man has failed to comply with the agreement they made.

Forgery -- Vienna Post Office 200 Lawyers Road, NW Between Aug. 30 at 11 a.m. and Sept. 2 at 11 a.m. A citizen placed several pieces of mail into the mailbox at the Post Office. Someone broke into the mailbox and stole the contents. The citizen advised the unknown person then altered, forged, and passed a check that he had mailed.

Open Door -- 100 Block Courthouse Road, SW Sept. 11 between 12:35 p.m. and 1:10 p.m. A realtor reported that a lockbox at a residence was accessed during a time that no one was supposed to be inside the house. Officers found an unsecured door and searched the residence. No one was located in the home and nothing appeared suspicious.

Police Service -- 200 Block Locust Street, SE Sept. 11, 1:43 p.m. A resident called to report an incident that she had already filed a report on. After the officer assured the woman that the report was on file, she agreed to follow up with a magistrate to pursue charges in the case.

Police Service -- 374 Maple Avenue, East, Suite 200 Sept. 11, 1:46 p.m. Officers responded to the building twice during the day for the report of an elderly woman in the offices who was refusing to wear a mask and appeared confused. The officers escorted the woman home both times and spoke to family members about services that are available to assist the woman. Adult Protective Services was also notified to see if they could assist the woman.

Domestic Assault -- Troy Court, SE Sept. 11, 2:02 p.m. Two brothers have had altercations and disagreements in the past regarding the distribution of their deceased parents' property. One of the men reported that his brother came into the house and began assaulting him. His brother then left the house in a vehicle. The man was advised of the warrant process should he wish to pursue charges against his brother.

Petit Larceny -- 100 Block Dogwood Street, SW Between Sept. 11 at 9:30 p.m. and Sept. 12 at 9:30 a.m. A resident reported that someone stole two folding chairs from her vehicle.

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Open Door -- Troy Court, SE Sept. 11, 10:01 p.m. A trustee for the property requested a check of the property. Officers found an unsecured door and searched the house. No one was located at the residence.

Animal Case -- Quarantine -- Hope Advanced Veterinary Center 140 Park Street, SE Sept. 12, 11:20 a.m. A dog bit a technician during a medical procedure. The dog was released to go to its home in Reston. The report was forwarded to the Fairfax County Animal Control to follow up on the quarantine.

False Police Report -- 400 Block Branch Road, SE Sept. 12, 12:12 a.m. Officers and fire personnel responded to the report that someone shot a person in the home and set the kitchen on fire. A short time later, a woman and her juvenile daughter exited the home. It was immediately determined that no incident or fire was occurring in the house and that someone intentionally called in the false report.

Arrest -- Domestic Assault -- Patrick Street, SE Sept. 12, 12:59 a.m. Officers responded to the report of a domestic assault between a resident and his adult son. Both men reported the other assaulted them and both had visible signs of minor injury. MPO Smith arrested both men and transported them to the Fairfax County Adult Detention Center, where they were each charged with Domestic Assault. Protective Orders were also served against each of the men. The resident was held on an unsecured \$3500 bond until sober. The son was held without bond.

Suspicious Event -- 700 Block Ware Street, SW Sept. 12, 2:50 p.m. A resident reported that he made an online purchase that FedEx stated was delivered; however, the resident never received the package. It is unknown if the package was delivered to the wrong address, or if someone stole the package.

Found Property -- Follin Lane and Maple Avenue, SE Sept. 12, 5:53 p.m. A citizen turned in a set of keys that she found in the roadway.

Found Property -- 1000 Block Park Street, SE Sept. 12, 6:22 p.m. A resident turned in a laptop that she found.

Suspicious Event -- 400 Block Troy Court, SE Sept. 12, 6:53 p.m. An executor of an estate reported an ongoing dispute between two brothers who are inheriting the estate. The executor requested officers search the residence to ensure neither of the men was inside the home.

Petit Larceny -- 200 Block Park Street, SE Between Sept. 14 at 12:01 a.m. and Sept. 15 at 8 a.m. A resident reported a political sign stolen from his yard.



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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

Record Turnout in Early Voting in Virginia

PHOTOS BY MERCIA HOBSON/
THE CONNECTION

FROM PAGE 2

A Question and Answer Session Followed.

Q:The governor's reaction to Trump supporters at the Government Center on Saturday, "a massive rally, kind of in the same area we were shooed away from. What's your reaction?"

McAuliffe: "We want everybody to vote...This is the most important election of all time. We cannot afford because, as we saw with RBG, the court, what is going to happen, it could go to a six-three conservative court. Everything we have fought for...common sense gun restrictions... reproductive rights...That is all going to be put at risk... Stop the nonsense. Let people vote."

Q: According to a national NBC News/Wall Street Journal poll released yesterday, 11 percent of eligible voters in the United States have yet to decide if they will vote for Biden or Trump. What can you tell about voters who remain undecided with the election just



Early voter Nevien Tadross of Vienna: "I've been waiting one hour forty-five minutes. I came today because I set this day aside for voting."



Early voter Lulva Ali of Reston: "Because I believe that we should all vote, and given the current circumstances, it is important that we make a plan, and we make sure that our vote is counted."

over six weeks away?

McAuliffe: "My guess will be that 100 percent of them voted for Trump in the year 2016. Anybody that didn't vote for Trump sure isn't going to be switching to him now after the chaos he's creating...Eighty percent (of undecided) usually break for the challenger."

WEEK IN McLEAN

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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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-brew-fest.

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/virtual/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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