

Let the Games Begin

NVSO, PAGE 7

Judges sit ready with flip cards to record their score for each dive in the Northern Virginia Senior Olympics diving events Sunday, Sept. 19 at Chesterbrook Swimming and Tennis Club in McLean.

OPINION, PAGE 4 ♦ SENIOR LIVING, PAGES 7, 11 ♦ ENTERTAINMENT, PAGES 8, 9

PHOTO BY SHIRLEY RUHE/CONNECTION

Legendary Editor Kemal Kurspahic Dies

NEWS, PAGE 3

New Fire Station Ready to Help

NEWS, PAGE 5

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OCTOBER 9 THE NATIONAL MALL
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BULLETIN

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

toads, native insects, hawks and so much more. Check out Meghan's Instagram account @cultivatature to follow the seasons of her garden and to pick up gardening tips and advice.

SATURDAY/SEPT. 25

Genealogy: Deciphering Difficult Handwriting. 10 a.m. to noon. Virtual meeting. Learn about more than 20 techniques to help you decipher the seemingly illegible handwriting in your ancestors' records. Pam Vestal is a professional genealogist and speaker, with a 20-year writing career. Sponsored by the Fairfax Genealogical Society. Visit the website: www.FairfaxGenealogicalSociety.org.

ONGOING

In-Person Worship Begins. 10:15 a.m. The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. In-person worship services will resume with some restrictions. Details at: https://faithconnector.s3.amazonaws.com/goodshepherdva/files/revise2_in_person_worship_begins_june_13.pdf

MONDAY/SEPT. 27

Public Interest Technology. 11:30-12:30 p.m. Zoom Webinar. Join in a discussion of public interest technology and its possible application in our communities. Visit the website: <https://www.cfnova.org/register/public-interest-technology>

TEXT FOR FOOD

No Kid Hungry Virginia encourages families to text FOOD or COMIDA to 877-877 to find free summer food sites organized by school districts and community organizations. Meal sites are offering a variety of distribution models to help safely connect students with meals and promote social distancing, including "Grab and Go" service and food delivery along bus routes while passing out multiple days' worth of meals at one-time.

SEPT. 27-OCT. 1, 2021

Act on Addiction Summit. Virtual event. Join the Inova Health Foundation and Fairfax County Public Schools for a free, online webinar series focused on mental health and addiction awareness. As part of Addiction Awareness Month (September), the Act on Addiction Summit: Tools for Fostering Success at Home, In School, and Throughout Life webinar series will provide information and tools for mental health wellness and management of stress and anxiety. Additionally, the event will provide resources and information for individuals and loved ones struggling with substance use disorder. Visit www.actonaddictionnow.org.

FRESHFARM MARKETS OPEN

Local FRESHFARM Markets are opened. Residents are encouraged to pre-order as much as possible, but grab-and-go and prepackaged options will be available for purchase at all of the markets listed below.
Saturday Markets
Arlington, 8 a.m. - 12 p.m. -- N Courthouse Rd. and 14th St N, Arlington
Oakton, 9 a.m. - 1 p.m. -- 2854 Hunter Mill Rd., Oakton.
Sunday Market
Mosaic, 9 a.m - 2 p.m. -- 2910 District Ave., Fairfax

SEPT. 28-DEC. 7

Volunteers Needed. St. Marks (Vienna) English as a Second Language program is looking for new students and volunteers. Classes will be on Tuesdays and Thursday evenings from Sept. 28 to Dec. 7. All classes will be conducted online using the Zoom App. There will be no in-person classes. For students: <https://bit.ly/StMarkRegistrationFall2021>. An online placement exam will be given. Visit the web page: www.stmarkesl.org/or - Email: stmarkesl@gmail.com; Call: 703-980-9380, or 703-242-7449.

COVID-19 TEXT MESSAGES IN SPANISH

As part of its efforts to provide coronavirus-related information and assistance in multiple languages, Fairfax County now provides COVID-19 text alerts in Spanish. To sign up, text FFXCOVIDESP to 888777.

FAIRFAX COUNTY CORONAVIRUS INFO CENTER

Fairfax County activated a Joint Information Center.
Fairfax County Health Department COVID-19 webpage – www.fairfaxcounty.gov/health/novel-coronavirus
Emergency Information Blog (you can subscribe by email or follow by RSS) – www.fairfaxcounty.gov/emergency/blog
Coronavirus (COVID-19) Call Center – The community may call 703-267-3511 with questions. The call center is open from 9 a.m. until 9 p.m. weekdays and 9 a.m. to 5 p.m. weekends.
Residents may also text FFXCOVID to 888777 to receive updates from Fairfax County about COVID-19.
Twitter – @fairfaxcounty and @fairfaxhealth
Facebook – www.facebook.com/fairfaxcounty and www.facebook.com/fairfaxcountyhealth

TUESDAY/SEPT. 28

Great Falls resident and expert on native plant gardening Meghan McGinty, Ph.D., will be offering five free clinics in September and October at Freedom Memorial in Great Falls from 11 a.m. to 12 noon Sept. 28, and Oct. 5, 19, and 26. Register at CultivateNature@gmail.com. The clinics will be held rain or shine, except for extreme weather. They will be casual, question-driven sessions. Meghan is a botanist with a Ph.D. in Ecology and Environmental Biology from Columbia University. In 2013, she and her husband purchased a five acre property in Great Falls where she has slowly been restoring native plants. In addition to planting native trees in a meadow to restore forest on her property, she also has removed lawn to establish a fenced native plant garden. The garden has thrived and is now home to butterflies and songbirds, skinks,

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Kemal Kurspahic with the editorial staff of the Sarajevo newspaper Oslobodjenje in 1993.



Legendary editor Kemal Kurspahic died Sept. 17 at the age of 74.



Kemal Kurspahic, center, welcoming then-Senator Joe Biden to the ruins of the bombed headquarters of the Sarajevo newspaper Oslobodjenje in 1993 at the frontline of the besieged city.

‘Courage in Journalism’ Kemal Kurspahic dies at 74.

BY JEANNE THEISMANN
THE CONNECTION

Kemal Kurspahic, the managing editor of The Connection Newspapers, died unexpectedly Sept. 17 as a result of a stroke he suffered after a minor surgery. He was 74, a resident of McLean.

“We are heartbroken and devastated,” said Connection Newspapers publisher Mary Kimm. “There aren’t words for what having Kemal as our heart and anchor at the Connection has meant to us, or how crushed we are by losing him.”

Kurspahic was the acclaimed editor-in-chief of Oslobodjenje, Sarajevo’s daily newspaper, from 1988-1994. He oversaw the publication of the newspaper during the three-year siege of the city in the 1990s. During that time he survived grievous injuries suffered during a car crash while under intense sniper fire.

“Global journalism lost a hero today,” said NPR correspondent Tom Gjelten upon learning of Kurspahic’s death. “He published Sarajevo’s newspaper every single day during the siege, holding a multi-ethnic staff together in the midst of interethnic strife.” See sidebar.

Kurspahic was born Dec. 1, 1946, in Mrkonjic Grad, Bosnia Herzegovina. He became a cor-



Kemal Kurspahic with his wife Vesna.

PHOTOS CONTRIBUTED

“Global journalism lost a hero today.”
— Tom Gjelten,
NPR correspondent

respondent for Oslobodjenje as a high school freshman in Sanski Most in October 1962. At Belgrade University Law School, he was an editor of the weekly magazine Student during student protests that swept Europe in 1968. He contin-

ued as a correspondent for Oslobodjenje in Belgrade in 1969, and since then was a correspondent in Jajce (1971-1973), editor of Sports, Politics and Newsroom departments in Oslobodjenje (1974-1981), the UN correspondent in

New York (1981-1985), and deputy editor-in-chief (1985-1988).

In December 1988 he became the first editor-in-chief elected by the editorial staff of Oslobodjenje.

Under his leadership, the paper

SEE KEMAL, PAGE 6

‘Global Journalism Lost a Hero Today’

Tom Gjelten www.facebook.com/tgjelten

“Global journalism lost a hero today. Kemal Kurspahic, the legendary editor-in-chief of Oslobodjenje, Sarajevo’s daily newspaper, died as an exile in northern Virginia after suffering a stroke following minor surgery. I met Kemal in Sarajevo in 1993. He oversaw the publication of his newspaper every single day during the three-year siege of his city by murderous Serb nationalists who were determined to shut the city down. Kemal negotiated with the U.N. for newsprint and with local warlords to get fuel on the black market to keep his presses running. He promised his staff that Oslobodjenje would continue publishing “as long as Sarajevo exists,” and he kept that promise. The paper got smaller and the press run was limited, but Oslobodjenje under his leadership became a symbol for Sarajevo of its own determination to survive. But not just as a symbol of perseverance. It represented as well the city’s commitment to its own multi-ethnic identity. A Muslim married to a Serb, Kemal presided over a multi-ethnic staff, and the newspaper thereby stood for Sarajevo’s remarkable cosmopolitan character. He also insisted that his reporters tell the war story honestly and accurately, even when it meant challenging his own government’s interpretation of events. I was so inspired by the Oslobodjenje story under Kemal’s leadership that I wrote a book about it, seeing its struggle as representing the ideological element of the larger Bosnian war story. After suffering grievous injuries during a car crash under intense sniper fire, Kemal went into exile and wrote his own book, titled appropriately “As Long As Sarajevo Exists.” Remarkably, he ended up in northern Virginia as editor-in-chief of the Connection newspapers, serving a suburban DC population that exemplified the same multi-ethnic character he had defended in Bosnia. His journalistic and human values are an example for journalists everywhere. RIP, Kemal.”

Fairfax County Police Publication of 'Shame List' Endangers Immigrant Residents

BY DIANE BURKLEY ALEJANDRO AND LUIS AGUILAR

Nine months ago, Fairfax County adopted a Trust Policy to “ensure that the County is not a source of personal information that those outside the County can exploit for their own purposes.” This privacy right applies to all residents, but is especially critical for immigrant residents who fear information the County has could end up in the hands of Immigration and Customs Enforcement (ICE).

The Fairfax County Police Department (FCPD), the agency with the biggest trust deficit in Fairfax, is simply ignoring the policy. FCPD’s website allows the public to download a yearly arrest list that includes the full name, home address and date of birth of all persons arrested and charged. Over 19,000 charges are linked to identifiable individuals. FCPD is considering limiting disclosure to names, but that only reduces the privacy risk without eliminating it. It doesn’t matter whether a person is charged with a minor misdemeanor or serious violent felony. Nor does it matter whether the charge is dismissed or the person is found innocent. The list of shame is not updated.

FCPD’s publication constitutes an unwarranted invasion of privacy and undermines the presumption of innocence to which we all are entitled. Most newspapers, including the Washington Post and The Connection, don’t publish the names of people arrested for routine offenses. Neither does Arlington County, Richmond or Virginia Beach. But “progressive” Fairfax does.

Imagine you are arrested for being drunk in public. FCPD lets your neighbors and boss know, subjecting you to public humiliation at a minimum. If you have a foreign sounding name, the

consequences are worse. Such publication has a disproportionate impact and increases hate crimes against those of Latinx, Asian, Middle Eastern and African descent.

If you are undocumented, the consequences are draconian. Public dissemination can thrust you into the deportation pipeline. Someone’s name and general location (they are arrested in Fairfax) gives ICE a roadmap to find them. ICE already has a vast database of people it suspects (often incorrectly) of being undocumented. ICE end-runs federal and state privacy laws by hiring powerful private data brokers including LexusNexus, Thomson Reuters and Palantir, to cross check this list against public or quasi-public data that can be used to track someone down.

Immigrant-haters help the process along as well. We can’t prove that ICE uses the online list. But the publication of thousands of foreign sounding names certainly provides locator information that ICE covets.

One thing is clear: the risk to undocumented immigrants in Fairfax is getting worse. In 2018, Fairfax was found to be an unfortunate “national leader” in the proportion of residents in deportation proceedings, with 12,000 people facing removal. The number has increased by over 4,000 since then, according to Syracuse University’s Transactional Records Access Clearinghouse. The percentage of Fairfax Latinx population in deportation is now 8.5%, up from 6.5% in 2018.

Of course, it is not “just” the residents being deported who are affected. There are over 370,000 immigrants residing in Fairfax. Most families are a mix of citizens, authorized and unauthorized immigrants. Deportation of one member affects them all.

We helped Fairfax County craft a robust

Trust Policy to prevent this very problem. It is designed to make sure Fairfax doesn’t provide fodder for ICE’s civil immigration enforcement, directly or indirectly, unless disclosure is “required by law” or essential to fulfilling an agency’s mission. FCPD argues disclosure of arrestees’ identity is required by Virginia’s Freedom of Information Act (FOIA). Other Virginia jurisdictions disagree, saying they are prohibited from disclosing any identifiers without a court order. Whatever the law actually means, we know what it does not mean: FOIA does not require online publication; nor does it require FCPD to give out 19,000 names when a single name will do. FCPD also says publication is a matter of administrative convenience because many people ask for this information. It cites “defense attorneys” as a prime example, because they use this information to look for clients.

These excuses are indeed shameful.

Despite Fairfax’s commitment to “do everything we can to help people, protect them from association with ICE,” FCPD continues to facilitate the deportation pipeline, sow distrust and separate immigrant families. We call on FCPD to enforce the Trust Policy.

Take down the list of shame.

ABOUT THE AUTHORS:

Ms. Alejandro and Mr. Aguilar co-lead the years-long advocacy campaign for adoption of the Trust Policy and were architects of the model provisions submitted to the County and adopted by Fairfax in all major respects. Ms. Alejandro is a social justice attorney with over 20 years’ experience and the Lead Advocate for ACLU People Power Fairfax.

Mr. Aguilar is the Virginia Executive Director of CASA, the largest immigrant advocacy group in the Mid-Atlantic, with over 115,000 lifetime members.

COVID Pain Reaches Far

BY KENNETH R. “KEN” PLUM

The trauma of the COVID-19 pandemic continues to extend its painful reach. The number of COVID cases in Virginia continues to move towards a million cases, over 35,000 hospitalizations, and over 12,000 deaths. Fairfax County alone has had more than a thousand deaths. There is a glimmer of hope as the vaccination rates of eligible persons now exceeds sixty percent.

Beyond the medical issues and deaths, the pandemic has had a profound impact on our economy, our institutions, and our way of life. A serious additional profound impact has been on the workforce. People lost their jobs and their businesses as the pandemic spread. The Virginia Employment Commission processed 136,000 claims in 2019, but that number surged by ten times to 1.4 million in 2020 with the advent of the pandemic.

Virginia has historically had a low unemployment rate over the years. The impact of COVID was like a tsunami. The relatively small agency

increased its staff overtime by 1,600 percent and hired a net of 473 full-time staff between January 2000 and August 2021 in an attempt to respond to the surge of unemployment claims. At the same time the federal government added six additional programs that provided financial relief to those previously ineligible. For those in need of financial support for the first time in their lives, the system was not able to keep up.

The Joint Legislative Audit and Review Commission (JLARC) which I chair has had its staff of nonpartisan researchers taking a hard look at the Virginia Employment Commission during this turbulent year to determine how to improve the services of the agency to be more responsive to those filing claims. An interim report was made by the JLARC staff earlier this week that laid out in detail the challenges the agency has had and what is being done to improve performance. A copy of the interim report is at <http://jlarc.virginia.gov/reports.asp>.

The report came as no surprise to legislators. My legislative office as well as the offices of all delegates and senators have been inundated

with requests by constituents seeking help with the paperwork and processes of getting benefits for which they are eligible and which they needed because their jobs had been eliminated and no other work was available.

My legislative assistant and staff persons in other legislative offices have been spending nearly full time intervening for constituents who deserved better instructions and faster turn-around on their requests. The federal court intervened to require the state to take care of its case backlog.

Slow progress is being made, but still too many people are waiting for the relief for which they are eligible and which they need for survival. An antiquated computerized system is finally being replaced and will eliminate the need for far too many manual processes.

It is probably inevitable that this unfortunate circumstance becomes politicized. Finger pointing will not solve it, however. Application of needed resources and a commitment to meet the challenge are essential to address this aspect of COVID-related pain.

www.ConnectionNewspapers.com

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Fairfax County Fire and Rescue Department, Fire and Rescue Station No. 44, Scotts Run opens and becomes the thirty-ninth fire and rescue station in Fairfax County.

New Fire Station Opens in McLean

Station No. 44 will help serve Tysons areas.

By MERCIA HOBSON
THE CONNECTION

The new Fairfax County Fire and Rescue Department, Fire and Rescue Station No. 44 Scotts Run, located in western McLean near Tysons, officially opened on Saturday, Sept. 18, 2021, with a “hose uncoupling.” Built as part of a development condition to meet growing needs for emergency services in the Tysons area, crews broke ground in September 2019.

During the grand opening celebration, Jeffrey McKay, chairman of the Fairfax County Board of Supervisors, said the station had been planned for over a decade. “Some counties have one, two, maybe three fire stations. This is the thirty-ninth fire station in Fairfax County serving our residents. I think it is indicative of the investments and importance of our board and our residents placed in public safety in Fairfax County.”

Station No. 44 is located at 1766 Old Meadow Lane and will provide some relief to Tysons Station No. 29 at 1560 Spring Hill Road and Dunn Loring Station No.13, which also serves the Tysons area. The two-story above-grade, 15,150-square-foot building features three single vehicle bays, administrative offices, operational support areas, and living quarters for up to 12 crew members per shift.

According to the Construction Journal, the estimated value of the facility is \$6,250,000. Cityline Partners LLC funded and built it as a proffer for its



(From left) Fairfax County Supervisor Walter Alcorn (D-Hunter Mill), Supervisor Dalia A. Palchik (D-Providence District), Chairman Jeffrey McKay (D-At-Large), Fire Chief John S. Butler, Supervisor John Foust (D-Dranesville), and Captain Michael Greulich celebrate the ceremonial uncoupling of the hose, marking the official opening of the new Fairfax County Fire and Rescue Department, Fire and Rescue Station No. 44, Scotts Run on Saturday, Saturday, Sept. 18, 2021.

Scotts Run Station South redevelopment project, which provides residential, office, commercial, and hotel uses.

Fire Chief John S. Butler said the area had seen increased demand from newly built high-rise residential and commercial buildings in the densely populated area with “unique challenges for our first responders.”

“We are deeply grateful for this new station. It allows us more effectively to respond to all fire and rescue needs of this community,” Butler said.

PUBLIC NOTICE

In-Person Public Hearing on the McLean Community Center’s FY2023 Budget
(July 1, 2022–June 30, 2023)

McLean Community Center Governing Board
Wednesday, Sept. 22, 6:30 p.m.

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers list. The draft budget proposal is available on the Center’s website. Copies will be available at the Public Hearing.

Written comments may be delivered to the McLean Community Center (see address below) marked “Attention: Executive Director,” or sent by email to daniel.singh@fairfaxcounty.gov. Written comments may be provided after the Public Hearing up through Monday, Oct. 25.



McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123, TTY: 711
www.mcleancenter.org

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Kemal Kurspahic Dies at 74

FROM PAGE 3

waged three battles for freedom of press: breaking from the League of Communists control; defending its independence against nationalist parties in power in 1991; and publishing daily from an atomic bomb shelter during the siege of Sarajevo, 1992-1996.

For his efforts, Kurspahic received numerous awards, including the Courage in Journalism Award in 1992 (International Women's Media Foundation); the International Editor of the Year (World Press Review) and the Bruno Kreisky Award for Human Rights in 1993; the World Press Freedom Hero in 2000 (International Press Institute); and the Dr. Erhard Busek Award for Better Understanding in the Region in 2003 (South Eastern Europe Media Organization).

In 2000, Kurspahic was named one of the 50 Press Freedom Heroes from the last 50 years by the International Press Institute, citing "significant contributions to the maintenance of press freedom and freedom of expression" and "indomitable courage."

Kurspahic was a Nieman Fellow at Harvard University, a Clark Fellow at Cornell University, and a Senior Fellow at the U.S. Institute of Peace. He held lectures and seminars at universities across the U.S. and advised the highest-level decision makers of U.S. foreign policy, including President Bill Clinton and then-Senator Joe Biden.

In recent years, Kurspahic served as the Managing Editor of The Connection Newspapers in Northern Virginia. Former editor Steven Mauren was a longtime colleague of Kurspahic.

"When publisher Mary Kimm first received Kemal's resume with his international stature for a position as a community newspaper editor at the Connection, she thought we could benefit just from meeting him, never thinking he would join," Mauren said. "He did; and our newsroom benefited inestimably from his depth of experience, his collegial leadership, and his always unruffled, reassuring demeanor."

Kurspahic was the Chairman and Founder of the Media in Democracy Institute, based in the Washington, D.C., area. He was the author of four books: "Prime Time Crime: Balkan Media in War and Peace" (US Institute of Peace Press, 2003); "As Long as Sarajevo Exists" (Pamphleteer's Press, 1997); "Letters from War" (Ideje, Sarajevo 1992). and "The White House" (Oslobodjenje, Sarajevo, 1984).



Kemal Kurspahic with President Bill Clinton in Washington in April, 1993, six weeks after Biden visited Kurspahic and his paper in Sarajevo.



Kemal Kurspahic, left with Connection Newspapers publisher Mary Kimm and editor Steven Mauren.

As a diplomat he worked for five years (2001-2006) for the United Nations Office on Drugs and Crime, first as the Spokesman in Vienna and then as the Caribbean Regional Representative, responsible for 29 states and territories.

Kurspahic is survived by his high school sweetheart and wife of 52 years Vesna Kurspahic of McLean, their two sons Tarik (Mary Beth), of Lexington, Mass., and Mirza

(Kristine), of Centreville, and four grandchildren (Andrew, Brynna, Rory, and Nev).

"Having a leader like Kemal in our newsroom was special magic," Kimm said. "He was always teaching, sometimes directly, always by example."

He embraced community journalism and helped reinforce how important local reporting is to the community."

BULLETIN BOARD

FROM PAGE 2

initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress.

Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.
Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first and third Thursday of each month, 10-11:30 a.m. at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.
Virginia Chronic Pain Support Group Meets from 1:30-3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

VOLUNTEERS NEEDED

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriend-A-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at khalil@fairfaxcounty.gov or 703-324-4547.

Volunteer Victims Needed. Virginia Task Force 1 (VA-TF1) is holding a full scale exercise and needs volunteers to act as victims in need of rescue. The exercise will take place from the evening of Monday, April 23 through afternoon of Thursday, April 26. A minimum shift of six hours is expected - overnight volunteers are especially needed. "Victims" will need to be able to crawl in and out of rubble piles, capable of sitting or lying in place for extended periods of time, and don't mind getting dirty. Contact Christopher Yorty at chyorty@fairfaxcounty.gov.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Shepherd's Center of McLean-Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmafc.org. The Center's website is www.scmafc.org.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: prsync.org/caring-volunteering/. Questions? Email lpadgett@prsync.org.

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin Martin at kristin@fairfaxcounty.gov.

The Lewinsville Senior Center in McLean needs a Certified Arthritis Exercise Instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Let the Games Begin

Northern Virginia Senior Olympics competitions are going on around the region.

BY SHIRLEY RUHE
THE CONNECTION

It is a bright sunny day at Chesterbrook Swimming & Tennis Club in McLean on Sunday, Sept. 19 as the Northern Virginia Senior Olympics (NVSO) diving competition leads off two weeks of events.

“Much better than the usual inside diving venues,” according to Kim Alderman, a long-time competitor. He explains the diving boards are much better.

“And it’s nice in the sunshine,” according to his wife Karen Alderman, also a long-time competitor.

Kim and Karen are from Arlington where there were no swimming pools available for practice during Covid. But Kim says he was lucky to find Montgomery Pool. However, Karen had Covid and had to recover for a while.

Mandy Whalen, who lives at Goodwin House in Falls Church, says she had no pool available for 18 months. “I was back in the water for the first time when we started to practice for this.”

This year the 12 competitors are from all over the N. Virginia area including Guinevere Meyer, Alexandria; Carol Mackela, Springfield; Carlos Rodriguez, Dumfries; Douglas Bell, Vienna; Mandy Whalen, Falls Church; Stephen Neal, Chantilly. The games

are held at venues all over the area and are open to competitors who will be 50 years and over by December 2021.

The diving event is divided into age groups with the 50-54 and 55-59 required to do 6 dives or skills; 60-64 and 65-69 required to do 5 dives or skills and 70-74 and older required to do four dives or skills.

Carlos Rodriguez from Dumfries says, “I’m 81 so there are only two of us oldies in my category.” He is entered in 15 NVSO events this year. “I’ve been competing in the NVSO for 10 years and every year I add 2-3 events. This year I’m entered in diving, swimming, field events and horseshoes.” In 2019 he entered in seven events in the National Senior Olympics in Albuquerque and is planning for the Nationals next year in Ft. Lauderdale where, he has relatives.

Jeanne Moscarillo from Lovettsville says, “I am competing for the first time this year. I haven’t dived since high school but someone just gave me a form in the Community Center so here I am.”

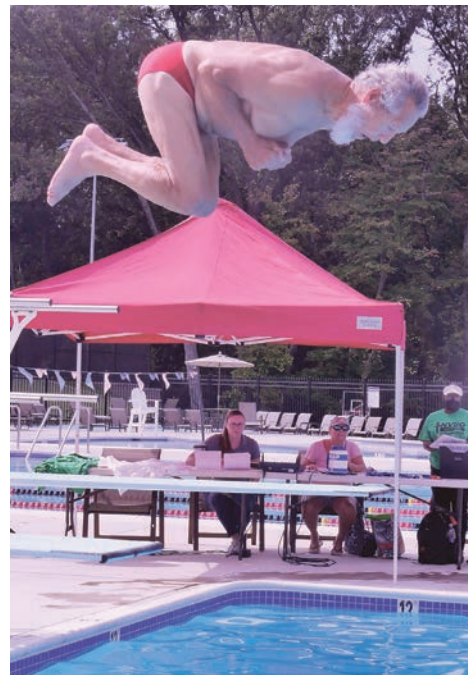
Five judges line the side of the pool with their flash cards ready to flip open after each dive. Kim explains all judging is relative and styles change. Twenty years ago a full out with 2 1/2 somersaults and 2 twists wasn’t judged very high. He explains it’s not pretty but when they started using it in the Senior Olympics, the judging changed.

“Judges are supposed to judge in the same manner but it changes from year to year. You wonder how they are going to judge today.” He doesn’t know if they’ll age-adjust today.

Carol Mackela is from Springfield, a long-time local as well as national and international competitor. She carefully adjusts the fulcrum on the diving board before starting her dive.



Jeanne Moscarillo, Lovettsville, is competing in her first NVSO diving event. She hasn’t dived since high school.



Carlos Rodriguez from Dumfries has entered 15 Northern Virginia Senior Olympics events this year although in the 81-year-old category “there aren’t too many competitors!”



Kim and Karen Alderman from Arlington compete in the Northern Virginia Senior Olympics diving events Sunday, Sept. 19 at Chesterbrook Swimming and Tennis Club in McLean.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Carol Mackela, Springfield, long-time Northern Virginia Senior Olympics, national and international diving competitor.



Guinevere Meyer, Alexandria, practices several dives before settling on her final five for the competition in the Northern Virginia Senior Olympics.

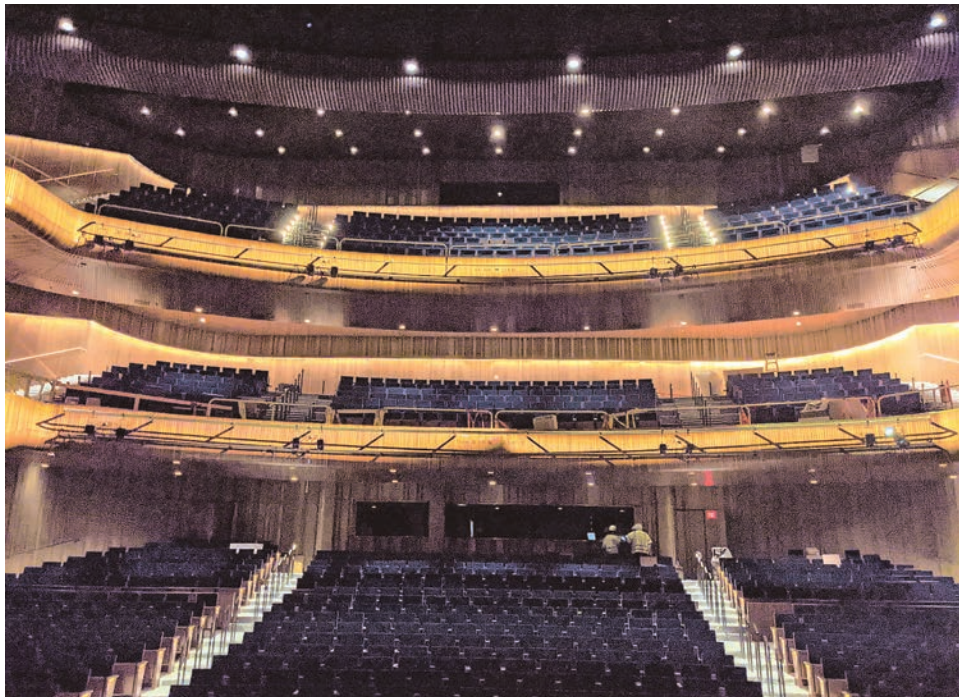
Karen Alderman explains the fulcrum controls the springiness of the board. “I can only do my back dives with the fulcrum tight.”



Mandy Whalen, a resident of Goodwin House, just took up diving several years ago.



Judges sit ready with flip cards to record their score for each dive in the Northern Virginia Senior Olympics diving events Sunday, Sept. 19 at Chesterbrook Swimming and Tennis Club in McLean.



COURTESY FAIRFAX SYMPHONY ORCHESTRA

FSO will open its season on Oct 9 at the new 1,600 seat Capital One Hall in Tysons, VA, which nears completion



PHOTO BY LISAMARIE MAZZUCCO/COURTESY FAIRFAX SYMPHONY ORCHESTRA

Cellist Amit Peled will join the Fairfax Symphony on Oct. 9 at Capital One Hall

Where and When

FAIRFAX SYMPHONY ORCHESTRA

with Christopher Zimmerman conductor and guest artist Amit Peled, presents Bernstein, Saint-Saëns, & Beethoven, at Main Theater, Capital One Hall, 7750 Capital One Tower Rd, Tysons, Va. 22102.

Saturday, Oct. 9, 2021 at 8 p.m.

Program includes:

Bernstein: 3 Dance Episodes from "On the Town;" Bernstein: "Take Care of this House;" Saint-Saëns: Cello Concerto No.1 with Amit Peled, cello; and Beethoven: Symphony No. 7. Tickets: \$25, \$39, \$55, \$65.

For tickets visit www.fairfaxsymphony.org or call 703-563-1990

cluding George Mason University's Center for the Arts.

True to its long-standing mission, the FSO will deepen its service to Fairfax County schools and teachers across the region through its virtual education programs. "This season, we continue expanding our programs with the launch of our Diversity Fellowship to enhance opportunities for student musicians from backgrounds currently under-represented in professional orchestras today," added Kerr.

"We are thrilled for the opening of Capital One Hall, a dynamic arts and entertainment destination located just steps from the McLean Metro Station in Tysons," said Jonathan Griffith, managing director, Capital One Center. "To celebrate our inaugural season, we are delighted to welcome the Fairfax Symphony Orchestra for a magical evening of music and artistry."

Join the celebration as the FSO performs at the glorious Capital One Hall.

Note: Capital One Hall Health and Safety Mask & Vaccination Policy: All event attendees regardless of age prior to attending an event at Capital One Hall must provide proof of full vaccination, the last dose of which was administered at least 14 days prior to entering Capital One Hall, or a COVID-19 negative test approved by the CDC taken no more than 48 hours before entering Capital One Hall. Proof of vaccination can be your physical vaccine card or a photo of your card. The name on the card must match the name on your photo ID. All attendees, regardless of age or vaccination status, must wear protective masks while inside Capital One Hall except when actively eating or drinking. For details go to www.CapitalOneHall.com

Fairfax Symphony Orchestra Opens New Capital One Hall

Celebrating the return of joyous live music at a Northern Virginia destination like no other.

BY DAVID SIEGEL
THE CONNECTION

The Fairfax Symphony Orchestra opens its 64th concert season at the new 1600 seat Capital One Hall in Tysons. The FSO brings the beauty of live, in-person, indoor, orchestral music to patrons for the first time since concerts were cancelled due to the pandemic in early 2020.

Under the baton of FSO music director

and conductor Christopher Zimmerman, the concert will include works from Bernstein, Beethoven and Saint-Saëns. Joining the FSO will be Israeli-American cellist Amit Peled performing the Cello Concerto No.1 by Saint-Saëns.

"We're thrilled to return to the stage in our concert debut at the gorgeous Capital One Hall. We invite all music lovers to join us to experience the joyous music of Bernstein and Beethoven, and the excitement of hearing Amit Peled—one of the most engaging

cellists of our time — play Saint-Saëns' beautiful cello concerto within the architectural splendor and distinctive acoustics of this stunning venue," said Zimmerman.

"We want our audiences not to be simply entertained, but to be moved, inspired, and energized as we come together to experience great, live music again," added Zimmerman.

"The FSO is proud to serve as the first Fairfax County arts organization to perform in the beautiful new Capital One Hall. We express our gratitude to Capital One, Arts-Fairfax, and our partners at Fairfax County for making this new venue a reality," said Jonathan Kerr, FSO Executive Director. The FSO's season will span multiple venues in-

CALENDAR

SEPT. 22-26

"Bo-Nita." At Boro Park at The Boro Tysons, 350 Broad Street, Tysons. When: September 22 at 8:00 p.m., September 23 at 8:00 p.m., September 24 at 8:00 p.m., September 25 at 8:00 p.m., and September 26 at 8:00 p.m. Tickets: More information about tickets and event details are available at www.1ststage.org.

SEPT. 24-26

ValeArtsFall 2021. 10 a.m. to 6 p.m. At Historic Vale Schoolhouse, 3124 Fox Mill Rd., Oakton. Local fine art in a community setting. ValeArtists are Northern Virginia artists who strive to present a quality three day art show twice yearly at Vale Schoolhouse. Visit the website: <http://www.valearts.com>.

SATURDAY/SEPT. 25

Harvest Happenings Festival. 11 a.m.



The Harvest Happenings Festival will take place Saturday, Sept. 25, 2021 in McLean.

to 2 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Harvest Happenings is an indoor-outdoor festival with

live entertainment including a petting zoo, a soccer demonstration, an arts and crafts project and games. Patrons can also purchase

pumpkins and decorate them at the event. The activities are geared towards children ages 3 to 8 years old. In addition, Magician Michael Chamberlin will perform at the festival to keep both the youngsters and those young at heart enthralled with his sleight of hand. Call the Center at 703-790-0123, TTY: 711, or visit the website, www.mcleancenter.org.

SATURDAY/SEPT. 25

GFUMC Tool Sale. 8 a.m. to 2 p.m. At Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Tools and baked treats sale. Sponsored by the Great Falls United Methodist Men and Women. Funds will be used to help people who are in need. Quality tool donations of value accepted. Call 703-759-3705.

SATURDAY/SEPT. 25

Reston Multicultural Festival. 11 a.m.

to 6 p.m. At Lake Anne Plaza, 1609-A Washington Plaza, Reston. The Festival will open with a Land Blessing Ceremony and Round Dance performance featuring Rose Powhatan of the Powhatan Museum of Indigenous Arts and Culture. The World Stage, Global Stage and the Gallery Stage will feature free, all-day entertainment schedules, showcasing traditions and cultures from Vietnam, China, India, the Caribbean and many more. Festival performances will include two National Endowment for the Arts National Heritage Fellows, Reverend Paschall & Company and the Chuck Brown Band. Reverend Paschall & Company, a longtime Norfolk-based ensemble, keep alive the tradition of a cappella Tidewater gospel. The group will perform on the World Stage at 2 p.m. The Chuck Brown Band will play the Global Stage at 12:30 p.m. Visit www.restoncommunitycenter.com/mcf.

SEE CALENDAR, PAGE 10

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO BY ELMANSTUDIO/COURTESY GMU CFA

“Cartography” cast (L-R) Victoria Nassif, Vuyo Sotashe, Malaika Uwamahoro, Janice Amaya, and Noor Hamd

Come Celebrate

Live, in-person show-time returns to Center for the Arts.

BY DAVID SIEGEL
THE CONNECTION

“We are eagerly anticipating the return of live performances to the Center for the Arts,” said Rick Davis, Dean of the George Mason University College of Visual and Performing Arts. “Our signature kickoff event, known for 15 years as ‘ARTS by George!’ has been reimagined this year in response to the pandemic. We’re calling it ‘Arts Emerging’ as a way of celebrating resilience and recovery, and the role the arts have played and continue to play in our communities.”

“Arts Emerging’ will be a festive, energetic, outdoor/indoor, family-friendly showcase of artistry, and a perfect way to turn the corner into a new season.” added Davis. The event is on Sept. 25, 2021.

The 2021-22 season includes some artists and events that the Center for the Arts was able to reschedule after pandemic cancellations last year, including “Cartography” an innovative and timely work about five young refugees who have set out searching for a new place to call home. It is an extraordinary multidisciplinary creation and includes an artist residency component led by co-creator Kaneza Schaal in which the artists will spend time interacting with various Fairfax communities both on and off the Mason campus.

“Cartography” creates an interactive on-stage virtual storm that rises up in response to the actors’ voices, and uses cell phones to depict memories. It features live sculpture creation to represent their journeys. And the audience has an active part to play. The performance will be on Saturday, Oct. 2, 2021.

With the pandemic, “We’ve counted our breaths. We are also in a crisis of global proportions; many people are newly understanding their connection to other parts of the world, their direct connection to the breaths of others. Theater has always lived at this intersection – a small immediate

Where and When

“ARTS EMERGING” AND
“CARTOGRAPHY”

presented by George Mason University Center for the Arts, 4400 University Drive, Fairfax, VA. 22030.

❖ “Arts Emerging,” Saturday, Sept. 25, 2021, 5 p.m. to 9 p.m. Tickets: \$10 per person. Proceeds support student scholarships in Mason’s College of Visual Performing Arts, Mason Community Arts Academy, Green Machine Ensembles, and the Great Performances at Mason season at the Center for the Arts. Sponsorship opportunities also available.

Schedule:

5 to 7:30 p.m.: Student and alumni showcases and exhibitions on and around Holton Plaza, food and drink available for purchase

8 to 9 p.m.: Main stage student and alumni performance in the Center for the Arts

❖ “Cartography” on Saturday, Oct. 2, 2021, 7p.m. Tickets: \$46, \$39, \$28, half-price for youth through Grade 12. Note: “Cartography” is recommended for ages 10 and older.

For information and tickets go to: www.gmu.cfa.edu or call 703-993-2787.

community sharing big questions about the world,” said Schaal.

“And this is what “Cartography” is about, how we can gather in the theater together to remember all the journeys, recent and generations passed, that brought us here.”

Mason’s Center for the Art has a long history of presenting outstanding artistic experiences for the Northern Virginia community. The CFA opened to the public in October 1990 and has grown as Northern Virginia’s go-to performance venue. The CFA’s 2021-2021 season of “Great Performances at Mason” is no exception, presenting an incredible range of diverse artists and events.

Note: Health and safety requirements. Everyone, even those who are fully vaccinated, must wear a face covering when inside university property (buildings and vehicles). Seating will be at full capacity for indoor performances except for Family Series events. Outside fresh air supply has been increased by 50% and ventilation systems are running continuously to increase the exchange of air. Details at www.cfa.gmu.edu/plan-your-visit/what-expect

Here’s What’s Happening at MCC!

Welcome Fall Wonders



Harvest Happenings
Saturday, Sept. 25, 11 a.m.-2 p.m.
Free. Registration is required.

Stories and Songs Outside



Outdoor Baby Storytime
Monday, Sept. 27, 10:30-11 a.m.
MCC Rear Plaza
Free. Registration is required.

Hispanic Heritage Month



123 Andrés: Bilingual Children’s Music
Tuesday, Sept. 28, 6-6:50 p.m.
Free. Registration is required.

Join the McLean Fun Run!



McLean 5k
Saturday, Oct. 2, 8 a.m.
McLean Square Shopping Center
More info: www.mclean5k.com
*Discount code does not apply.

MCC LGBTQ+ Ally Week



LGBTQ+ Ally Week Party on the Plaza
Monday, Oct. 4, 6 p.m.
MCC Rear Plaza
Free. Registration is required.

The Old Firehouse



Family Trivia Night (Virtual)
Friday, Oct. 8, 7-9 p.m.
\$5 per family of 4.
Preregistration is recommended.

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The McLean Community Center
www.mcleancenter.org

Home of The Alden Theatre
www.aldentheatre.org

1234 Ingleside Ave. McLean, VA 22101



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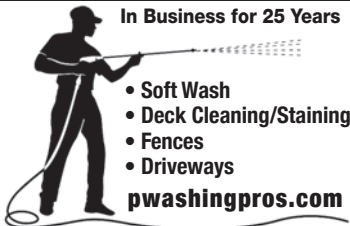
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CALENDAR

FROM PAGE 8

SATURDAY/SEPT. 25

Showcase of Bands. 10:30 a.m. to 7:30 p.m. At Herndon High School Stadium, 700 Bennett Street, Herndon. Pricing - 13 years and over \$10; 6-12 years \$5; 5 years and younger free. Free entry to kids wearing a Herndon Pyramid school shirt with a paying adult. Come and attend this event filled with marching band performances. Over 25 high schools are planning to participate in this marching band competition.

SUNDAY/SEPT. 26

<cal2>Bichon Bash. 11 a.m. to 3:30 p.m. At Bull Run Regional Park, 7700 Bull Run Drive, Shelter 1, Centreville. Bichon Bash is a family and dog friendly charity event open to everyone. It will have a Parade of Rescued Pups, dog or bichon mixes may come and run leash free with their owners in a safely fenced area and families are welcome to picnic. Cost: \$20 adult, \$5 Child, Bichons Free. Visit the website: www.bichonrescue.org/bichonbash.

SUNDAY/SEPT. 26

Virginia Run Classic Car Show. 11 a.m. to 2 p.m. At the Virginia Run Community Center Lower Parking Lot, 15355 Wetherburn Court, Centreville. The Virginia Run Community will host its first Classic Car Show showcasing its homeowners' unique cars and motorcycles. A food truck on site will provide lunch options for purchase.

SUNDAY/SEPT. 26

Concert on the Green. 6-8 p.m. At the Village Centre Green, behind the Old Brogue, Great Falls. Featuring Wes Tucker and The Skillet; sponsored by Oliver's Corner Butcher Shop.

VIENNA OKTOBERFEST CELEBRATES 13TH ANNIVERSARY

Saturday, Oct. 1, 11 a.m. - 7 p.m. Tens of thousands flock to Vienna Oktoberfest for music, shopping, food, fun and beer. Choice food, vendors, music & entertainment, plenty of kids' activities, locally-sourced beer and wine selections. The festival has historically drawn 20,000-30,000 attendees and increases each year. Proceeds from Oktoberfest benefit the VBA Foundation, which supports charitable organizations in the Greater Vienna area.

Presented by the Vienna Business Association and Town of Vienna, on historic Church Street. All ages are welcome, and admission is free.

- ❖ Live entertainment on three stages: Main Stage, Kid's Stage, Acoustic Stage
 - ❖ Beer/Wine/German Food Garden featuring the Caboose Brewing Company
 - ❖ Beer and Multinational Food offerings located on Mill Street
 - ❖ Free kids activities, games and entertainment on the Town Green
 - ❖ Business Expo Showcase
 - ❖ Vendor Marketplace
- www.viennaoktoberfest.org.

RCC OFFERING ESPORTS

Reston Community Center is excited to offer participation in an esports league this fall. Teaming with GGLEagues, a new national program for recreation departments, will give gamers of all ages access to affordable, socially distanced competition.

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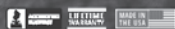
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SENIOR LIVING

Can Mentally Challenging Games Prevent Cognitive Decline?

Consistent brain fitness connected to improved memory, reasoning and processing.

BY MARILYN CAMPBELL
THE CONNECTION

Every Sunday evening after church, 78-year-old Roger Knight has dinner with his two children and five grandchildren at his home in Alexandria. He plays chess with his 16-year-old grandson and does crossword puzzles with his 8-year-old granddaughter.

"Playing games is a way of having fun with my grandchildren," he said. "They keep me feeling young, especially when I beat them."

In the same way that exercise is credited with maintaining physical health, mental exercise has been linked to slowing down cognitive decline that can come with age.

"Memory, reasoning and processing ... are three cognitive domains which do decline with age," said Catherine Diaz-Asper, Ph.D., Department of Psychology at Marymount University, who studies mild cognitive decline and Alzheimer's disease. "Howev-

er, I think the message here should be that by engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

Programs like ElderLink, a nonprofit partnership between Inova Health System and the Fairfax Area Agency on Aging Programs, can provide resources for seniors who are looking for mentally challenging activities. "We recognize that brain exercises reduce the risk of cognitive decline," said Trina Mayhan-Webb, director of the Fairfax County Department of Family Services' Adult and Aging Division. "We provide evidenced-based, structured, fun activities to enhance cognitive memory skills."

"Research demonstrates that there are several steps aging adults may take to maintain and support brain functioning," said Tracey Smith-Bryant, Professor of Psychology at Montgomery College. "Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily." She recommends apps like Lumosity and Elevate, and activities like chess, sudoku or working cross-

word puzzles.

AARP offers a brain health program called Staying Sharp, but cautions against believing that en-

gaging in mentally challenging games is a magic formula for eliminating cognitive decline.

"Games can be fun and engaging, but they are not the answer to prevent dementia the way many people think due to advertisements they have seen for brain games," said Sarah Lenz Lock, AARP senior vice president of policy, and Global Council on Brain Health executive director.

"People who use their brain like a muscle, exercising it by thinking, learning new things and challenging themselves seem to build up [their] cognitive reserve as they age

so they might be more resistant to adult cognitive diseases," Lock said.

Engaging in activities that stimulate your brain could delay onset of the symptoms of decline that some people experience as they age, said Lock. "Scientists describe that as cognitive resilience," she said. "If you truly want to slow cognitive decline, choosing a healthy lifestyle with habits like regular exercise and physical activity, a heart healthy diet, regular sleep, so-

cial interaction, and effectively managing stress combined with engaging your brain is recommended."

There are a variety of games that target specific areas of concern such as memory or processing. "Certain games help you practice particular skills," said Lock. "If a game encourages you to work on a particular skill enough, and ... what you do to play it becomes progressively more difficult, you will likely get

better at those skills over time. That is even true for skills that generally seem to get harder as we age, like recalling names or the ability to pay attention."

"While the science is still developing on this issue, there is some evidence that high

quality cognitive training can help you maintain your abilities because of the practice effects, and because that training becomes progressively more difficult so that you continue to learn new things," said Lock.

"My recommendation would be to seek out varied activities that interest you and really make you think," added Diaz-Asper. "You don't need to invest in expensive apps or computer training programs to see benefits."

By engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

— Catherine Diaz-Asper, Ph.D.,
Marymount University

"Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily."

— Tracey Smith-Bryant,
Montgomery College

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You Wanna Bet?



By KENNETH B. LOURIE

No. Not really. Ever since I asked my father for \$10 to pay off a gambling debt (from a card game) I incurred in fifth or sixth grade some 50 plus years ago owed that I owed to Joey Friedman, older brother of Barry Friedman, my best friend at the time, I have been penny-wise and rarely pound/dollar foolish. The card game we were playing was called "Split the Uprights." Two cards were drawn and placed on the table and similar to Black Jack/"21" it was mostly arithmetic (I realize that's minimizing the strategy involved.) The hope was to have the next card drawn from the deck being numerically between the two cards facing one another, #2 and a #10 as an example, and thus needing a 5 or any other number greater than 2 and less than 10 to win the cash. There was no strategy per se, just the level of risk one is willing to assume to bet on the random card to be drawn to be in-between the two facing cards. Then you win. How I ended up owing Joey Friedman so much money is beyond me, other than the fact that my card's number kept falling outside the numerical perimeters. But they most certainly did, and to a related effect, I sort of learned my lesson. A lesson which has mostly lasted a lifetime. Other than proposing to my wife, Dina, I've rarely wagered anything of value over all these intervening years.

Oh sure, over the years I've occasionally dabbled in football point spreads, over/under point totals, Super Bowl squares and NCAA brackets, but never had I over extended myself as I had all those many years ago. And I've mostly been true to myself in this regard. However, now comes online betting services like Fanduel, DraftKings, Caesar's Palace and MGM Grand, among others and regular, recurring television and radio advertising offering all sorts of unheard/impossible-to-lose enticements attempting to lure in us unsuspecting punters: "If any basketball team hits a "3," if any football team scores a touchdown," or if any tennis player hits an ace, as but a few of their hard-to-lose bets. Now granted, you can't actually get the cash this initial bet made you, but you can parlay that into another bet where your risk of loss is much greater and your dollars are likely to make less cents. They don't call it gambling for nothing. Nor are they in business to reward your betting acumen with huge payouts. But unlike the local Lotto's motto where you have to play to win, with the online services, there is no motto other than play at your own risk. (And if you develop a gambling problem, call 1-800-IGAMBLE. And if you do indeed want some help, you better listen very carefully as the spokesperson speaks this advisory incredibly fast.)

So far however, unlike the Borg, resistance has not been futile. I have not as yet taken the bait as I fear it will be a "Roach Motel" kind of outcome: I won't die, but I'll go in/place my bet, but never come out alive/realize any profit. What I will realize is that I'm likely betting uphill, with very little reliable information at my disposal to help me win the day and enable me to actually take my winnings in cash rather than an amount of money with which I can continue to bet. Presumably, their business model doesn't show the bettors winning. It bets that once bitten we'll eventually throw whatever caution we had not just out the window but onto our credit card. Wham bam. Can you say Joey Friedman? I can and I have said so for many years. It won't simply be good money after bad. It will be any and all money for a chance to get whole again. The problem is, I doubt the online gambling services are interested in my ever getting whole again. I refer to this as "The Whole Truth."

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



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