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The largest fundraiser of the Alzheimer's Walk Sherry Gryder stands among the crowd having raised more than \$15,000. More than 1,000 people pounded the pavement in Reston last month and raised more than \$267,000. The 2017 Northern Virginia Walk to End Alzheimer's, held at the Reston Town Center, exceeded its fundraising goal of \$250,000.

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Alzheimer's Walk Raises More Than \$267,000

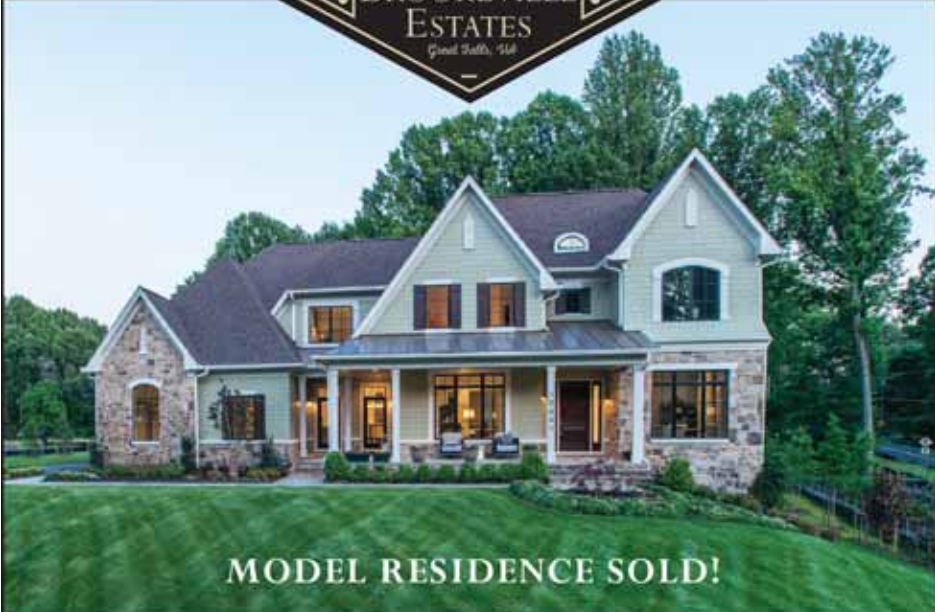
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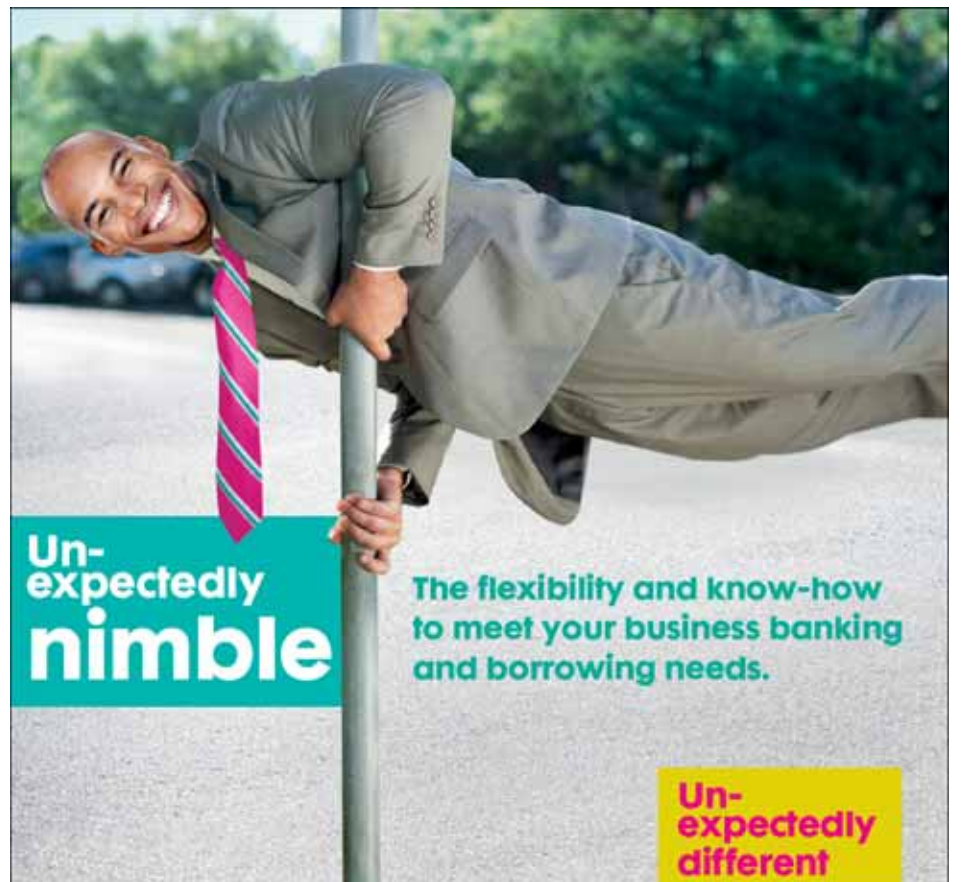
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Senators Meet with Leaders of Industry

In joint appearance,
Warner and Kaine
talk business in
Northern Virginia.

BY MICHAEL LEE POPE
THE CONNECTION

The governor of Virginia should pick one region of the commonwealth to compete for landing a second Amazon headquarters in Virginia instead of trying to cheerlead for three different areas simultaneously. The federal government should be allowed to negotiate drug prices through Medicare to bring down the cost of prescriptions. Republicans in Congress should try to work with Democrats on tax reform and infrastructure improvements instead of trying to go it alone if they want a deal that would help all Americans. These are some of the revelations that U.S. Sen. Mark Warner and U.S. Sen. Tim Kaine dropped on industry leaders this week at a meeting of the Northern Virginia Chamber of Commerce.

"When you heard some of the issues about tax reform, immigration or how we can possibly get Amazon here as a client in the metropolitan area or the state of Virginia," said Jim Corcoran, president and CEO of the Northern Virginia Chamber of Commerce. "I truly think everything we heard in there would resonate with the business community."

On the issue of Seattle-based Amazon, the online retailer that's transforming the country's economy, Kaine said Democratic Gov. Terry McAuliffe and business leaders should determine winners and losers. Currently, Northern Virginia is competing with Hampton Roads and Richmond to land the deal. Kaine said that means Virginia might be undercutting itself in the long run.

"We've got to put our best foot forward," said Kaine. "That means if a bunch of communities in Virginia are competing with one another ... I can see that as hurting us."

On the issue of prescription drug prices, Warner announced a change of position. Instead of supporting Big Pharma in its longstanding argument that America's high drug prices were necessary to fund research and development, Warner said the Centers for Medicare and Medicaid Services should be able to negotiate drug prices through Medicare. By engaging in this kind of negotiation, which already happens at the Department of Veterans Affairs, Warner says drug prices would drop dramatically in the United States.

"I've changed on this, and I'll get some dirty looks from some folks in the room on this one," said Warner. "But I think it's no longer right or fair for Americans to pay for the R&D costs for all of the drugs for the whole world."



Julie Carey of NBC4 moderates a discussion between U.S. Sen. Mark Warner and U.S. Sen. Tim Kaine at the Falls Church Marriott Fairview Park.

THE DISCUSSION veered from tax cuts and infrastructure investments to cybersecurity threats and gun control. One issue that seemed to resonate in the room of business leaders was the backlog in security clearances. Federal officials are currently facing a backlog of more than 700,000 security clearances, which Warner said was unacceptable. When asked about the defense authorization, he said getting a security clearance takes way too long.

"It should not take this long, to have the kind of backlogs on security clearances" said Warner, eliciting a spontaneous round of applause.

"That is only an applause line in one room in the United States," added Kaine.

The backlog isn't just a headache for government officials and the contracting community. It branches out into all kinds of industries in Northern Virginia, some of which might not be immediately obvious. Business leaders in the energy industry, for example, are just as concerned about the backlog in security clearances as people who work in defense contracting.

"If you don't have the clearances, you can't receive information," said Kelly Chapman, lobbyist for Dominion. "If there's

information out there that could be potentially harmful, they can't receive it if they don't have the clearance."

One area where the senators saw some room for potential compromise was the coming discussion on tax reform. Kaine said he hoped the president would not seek to move forward on the issue with reconciliation, a process that would effectively shut the Democrats out of the picture and allow Republicans to move forward with a simple majority vote. Warner said he hoped the president would take advantage of the moment to make investments in the cybersecurity industry.

"Mark Warner mentioned having an incentive for companies investment in the human capital of their workers to help them upgrade to higher skill levels and get a tax credit for doing that the same way they get a tax credit for doing research and development," said Whipple. "That's something, in the heavily human capital development businesses that we have in Northern Virginia, could really pay off for them."

CYBERSECURITY ISSUES became a recurring theme of the discussion, which included not only the prospect that tax re-

form might offer ways to help people advance themselves professionally. The issue of Russian influence in the 2016 election loomed over the discussion, in part because of Kaine's role on the ticket. He was the first Virginian to be on a major-party presidential ticket since 1840, when John Tyler joined ran with William Henry Harrison.

"I feel like I'll be a Hollywood Squares question sometime," said Kaine. "It was such a bizarre race."

And then there was the fake news. Kaine said his staff alerted him to fake news stories four times during the campaign. One was that he and his wife Anne Holton have an open marriage. Another was that he was caught on tape yelling at his daughter. Yet another fake news story was the Hillary Clinton and Kaine had a secret deal for years that he would be part of the ticket. He said most of them caused a laugh and then they would move on. But then one emerged that Kaine was on tape yelling at his mistress. As it turns out, it was audio of Mel Gibson leaving a mean-spirited voice mail.

"When I told the story and explained it wasn't me it was Mel Gibson," said Kaine, "somebody said, 'Why was Mel Gibson yelling at your mistress?'"

Movie Classics in Spanish Air during Hispanic Heritage Month

Fairfax County's own nonprofit cable network, Fairfax Public Access (FPA), will present a series of Spanish language versions of young people's movies, based on literary works, in recognition of Hispanic Heritage Month (Sept. 15 – Oct. 15). The specials will air on FPA Channel 36. The FPA cable network is carried by Verizon FiOS TV and Cox Communications throughout Fairfax County, and by Comcast in Reston.

The Spanish language versions of the films based on well-loved novels include "El Libro de la Selva" ("The Jungle Book,"

1942), based on the novel by Rudyard Kipling; "La Pimperlina Escarlata" ("The Scarlet Pimpernel," 1934), based on the novel by Baroness Orczy; "La Pequeña Princesa" ("The Little Princess," 1939), based on the novel, "A Little Princess," by Frances Hodgson Burnett; and "Los Viajes De Gulliver" ("Gulliver's Travels," 1939) based on the works of Jonathan Swift.

Fairfax County School Board Providence District Representative Dalia Palchik (whose native language is Spanish) announced at the School Board's Sept. 28 meeting that the special movies, based on literary works,

are being presented in celebration of Hispanic Heritage Month by the Fairfax cable network.


"It is our hope that these movies will pique our young people's interest, motivating them to read the original literary works upon which the movies are based," states FPA Executive Director Chuck Peña.



The complete schedule of the movies over FPA Channel 36 is available on the Internet at www.fcac.org/spanish.movies.2017

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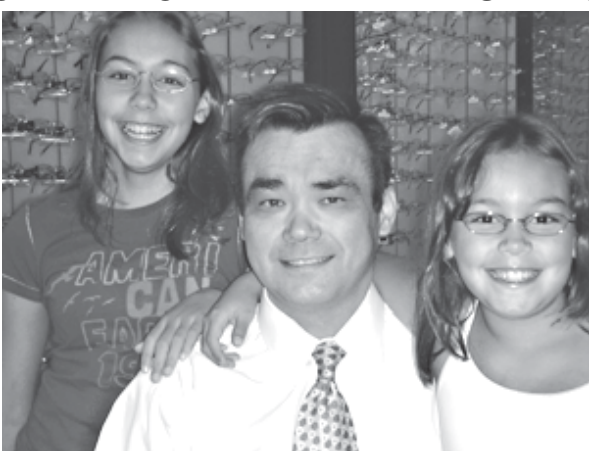
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SCHOOLS

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Two hundred twenty-three Fairfax County Public Schools (FCPS) students from 17 high schools have been named semifinalists in the 2018 National Merit Scholarship Program. Thomas Jefferson High School for Science and Technology (TJHSST), which also serves as the Governor's Regional School for Northern Virginia, has 145 semifinalists. All semifinalists are eligible to compete for 7,500 National Merit Scholarship awards worth \$32 million, to be awarded in spring 2018. FCPS 2018 National Merit semifinalists are:

♦ Lake Braddock Secondary School: **Sinclair Jones, Amanda Nguyen, Elizabeth Smith, and Eric Smith.**

♦ Robinson Secondary School: **Siddharth Bhatnagar, William Taft, and Julia Van Dyke.**

♦ West Springfield High School: **Genieva Beckstrand and Jonathon Ranieri.**

♦ Woodson High School: **Hyung Chang, Andrew Huh, Diego Pedulla-Smith, Kelly Ruffner, Morgan Ruffner, Kate Schneider, and Rachel Zhang.**

♦ Fairfax High School: **David Fried.**

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NEWS

Del. Filler-Corn Chairs Council on PANS and PANDAS Diseases

On Tuesday, Sept. 29, the Advisory Council on Pediatric Autoimmune Neuropsychiatric Disorders (PANS) Associated with Streptococcal Infections and Pediatric Acute-Onset Neuropsychiatric Syndrome (PANDAS) convened for the first time, just outside of Richmond. As one of its first acts of business, it named Del. Eileen Filler-Corn (D-41) chair and state Sen. David Suetterlein (R-Roanoke), vice chair. In addition to elected officials, the council includes doctors, researchers, nurses, parents and advocates. Members come from across the Commonwealth and will convene periodically throughout the next four years.

"I was honored to be elected as chair of the council by the members and am appreciative of the trust they have put in me," said Filler-Corn, commenting on her election as chair of the committee. "It is my hope that by working together across party lines, across disciplines, and across the Commonwealth, we can promote awareness and research of these insidious diseases," she added.

The Advisory Council was established by Filler-Corn's 2017 legislation in the General Assembly, which passed near unanimously out of the House of Delegates and the State Senate.

PANDAS occurs when children, after an infection such as strep throat, almost immediately develop tics, severe anxiety, obsessive compulsive disorder as well as many other behavioral symptoms. PANS is a broader term, referring to the same onset of symp-



PHOTO CONTRIBUTED

Del. Eileen Filler-Corn (D-41) chairs the council session.

toms whether or not a strep infection triggered it.

After establishing council bylaws and electing a chair and vice chair, the council then heard two presentations by fellow board members.

First, Dr. Susan Swedo presented the scientific aspects of PANS and PANDAS. Swedo is the Chief of the Pediatrics & Developmental Neuroscience Branch at the National Institute of Mental Health (part of the National Institutes of Health). She and her team first identified PANDAS and PANS. More recently, Swedo, along with Dr. Jennifer Frankovich of Stanford University and Dr. Tanya Murphy of the University of South Florida, St. Petersburg developed the guidelines for treating PANS and PANDAS.

Following Swedo's presentation, Jan Kirby, a registered nurse and patient advocate at VCU Children's Hospital, gave the advocacy perspective.

Following the presentations, the council agreed upon a work plan and future meeting dates. The council is expected to meet again in November, and periodically through 2018. The council will also present an interim report to the Governor and General Assembly on Dec. 1, 2017.

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Challenges Remain for Police Reform

Including communications and body cameras.

BY PHILLIP NIEDZIELSKI-EICHNER

October 8 will be the second anniversary of the 2015 release of the Ad Hoc Police Practices Review Commission Final Report. The catalyst for the Ad Hoc Commission's formation by the Fairfax County Board of Supervisors was the August 2013 shooting death of John Geer. The commission was charged with assessing the Police Department's performance against national best practices.

GUEST EDITORIAL

The commission made more than 200 recommendations for transforming an excellent Police Department into one that is "best in class" and for strengthening the public's trust and confidence in the department.

I served as commission member and as the chairman of Use of Force Subcommittee. I am also a member of a loosely configured Implementation Committee, a group of former commission members dedicated to helping to see that our recommendations are effectively implemented.

I commend both the Board of Supervisors (BOS) and Police Department for their progress implementing the commission's recommendations. Significant reforms are underway that when fully realized will generate increased accountability and public confidence. Major reforms already in place include:

- ❖ forming the Office of the Independent Police Auditor to determine the thoroughness, completeness, accuracy, objectivity and impartiality of investigations of death or serious injury cases.
- ❖ convening a Civilian Review Panel to review civilian complaints regarding "abuse of authority" or "serious misconduct" by a police officer;
- ❖ creating "Diversion First," which offers alternatives to incarceration for people with mental illness or developmental disabilities; and
- ❖ recrafting the Use of Force General Order to enshrine sanctity of human life as an organizing principle, with de-escalation as the strategy of first resort when confronted with a threat rather than the use of deadly force.

WHILE MUCH HAS BEEN accomplished, more is work is needed. For example, the commission advocated in strong terms for information-sharing reform to promote timeliness, completeness and transparency. In this regard, a revised Police Department Communication Policy is still in process.



The commission also called for all officers to be outfitted with body worn cameras, contingent on the enactment of laws, policies and procedures that protect individual privacy. These cameras are to complement the dashboard cameras now mounted in each Fairfax patrol vehicle.

While a potential aid to criminal prosecution, the body-worn camera's equally important contribution is to foster greater transparency and the accountability of all parties during the interactions of the police with the public. As the American Civil Liberties Union noted in an October 2014 report, body-worn cameras "[have] the potential to be a win-win, helping protect the public against police misconduct, and at the same time helping protect police against false accusations of abuse."

While the county leadership has committed to deploying this technology, its approach has been appropriately methodical. Key considerations are operational, privacy, data security and cost. For example, the supervisors have approved a pilot project that will deploy cameras in two of the county's nine magisterial districts and the department is currently evaluating proposals from prospective suppliers.

THIS PILOT PROJECT needs to generate answers to following questions, among others: the county needs to establish when cameras will be running and how will the public know the cameras are on? When can biometric technology – such as facial recognition – be used? How will the video footage be secured from hackers? Who will have access to the data and under what procedures?

How will the massive amount of video data be stored and for how long? As the county understands and appreciates, the cost of deploying body-worn cameras is not in the cameras themselves, but the storage of the massive amount of data that is generated. As reported by the Center for Digital Government and Government Technology magazine, "When it comes to [body-worn cameras], data storage is the 800-pound gorilla in the room. Video ... is a data hog."

This reality generates cost-driven data-retention policy considerations. How long should non-evidentiary video be maintained? Some police departments say it should be 60-90 days,

others say less or more. With regard to evidentiary data used in criminal prosecutions, the Virginia Commonwealth requires that evidence be stored for 99 years.

Finally, who controls access to the data? This question is becoming an increasingly significant issue nationally. Protecting evidence chain-of-custody for purposes of criminal prosecution is a necessary but not sufficient role to warrant the cost and the data protection risks inherent in the deployment of body-worn cameras. The real return-on-investment is the potential for influencing the behavior, through greater transparency and accountability, of all parties in a law-enforcement engagement.

The drive to use this technology is inexorable. A recent CATO Institute/YouGov poll found that 92 percent of the public supports the use of body-worn cameras. Implicit in this level of support are high public expectations that this technology will make a difference in law enforcement practices. Heightened expectations alone should give our policymakers pause, particularly when we know that no technology deployment is free of all mistakes and errors. The only thing worse in today's context than not collecting the data during a controversial use-of-force incident, is for the public to learn that video data under the Police Department's control is missing.

We should therefore challenge the assumption that video-camera data must be maintained under the sole access control of the Police Department. Options that should be given explicit consideration by the Board of Supervisors, Police Department and Commonwealth's Attorney include assigning video data access control to the Independent Police Auditor or alternatively assigning this role to a board composed of the Police Chief, Independent Auditor and Commonwealth's Attorney.

On this second anniversary of the Ad Hoc Policy Review Commission Report, the county and Police Department have many accomplishments to be proud of with regard to implementing the commission's recommendations.

Quality-driven change is hard; some changes are especially difficult. Body-worn camera deployment is one that requires careful study and diligent attention to complex legal and operational details. I commend the county for taking the appropriate measured response to meeting this recommendation and, especially with regard the matter of access to video data, challenge the conventional wisdom that access control to such data must be under the sole purview of the Police Department.

Phillip A. Niedzielski-Eichner is a member of the Fairfax County Planning Commission, served on the Ad Hoc Police Practices Review Commission and a former member of the Fairfax County School Board.

The League of Women Voters of Virginia Holds Workshops

On Friday, Sept. 22, the League of Women Voters of Virginia (LWVVA) held Workshops in Fredericksburg, Va. attended by new and long-time members from among the 14 local

leagues in the state. The Workshops' objective was to help these members discover ways to engage with the League and to enhance League impacts in communities. Among the subjects covered were voter engagement through

VOTE411.org and election-related activities, the LWV-VA's engagement with state legislators through the weekly Women's Legislative Round Tables during the Virginia General Assembly, and engaging with local governing bodies

through Observer Corps.

LWV-VA, a non-partisan political organization, encourages participation in government and works to increase understanding of major public policy issues. Visit www.lwv-va.org.

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Senior Living

OCTOBER 2017

PHOTO BY JULIA MACINNIS PHOTOGRAPHY

Household Re-Forms, and Looks Forward

Sun Design Remodeling's in-law addition complements existing architecture.

BY JOHN BYRD

Julia grew up in the Fort Hunt section of Alexandria in a close-knit family. She started dating a neighbor's son, Jack MacInnis, while still in high school and, in time, the two friends married. In the late 1990s Julia's father, Don

Clark, died leaving her mother, Lita Clark, alone in the family home. A survivor of the Japanese occupation of the Philippines, Clark (as always) remained upbeat, independent; a loving mother and friend.

Fast forward a few years and Jack and Julia MacInnis own a house not far from Clark with whom they are in daily contact.

Then, in 2010 — with two sons growing quickly — the couple purchased a four-bedroom contemporary on a 1.5 acre lot in Fairfax. It's only a half hour drive from Clark, but the timing for a larger house was just right.

In the intervening years, Clark (who turns 84 this month) would visit the MacInnis residence regularly, often staying over one or two nights a week.

At this stage, the three of them began actively planning ways to augment the household by building an in-law suite on

some part of the existing property. Eventually, attention focused on a side elevation of the existing house which offered views of surrounding wooded acreage.

THE LOT ITSELF presented challenges. The grade sloped radically on the northeast side where the lower-level (the intended site for the new in-law addition) exited from a pair of sliding glass doors to a small deck. Because of the slope, there were potential

SEE LOOKING FORWARD, PAGE 8



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Grab bars and a comfort-height elongated toilet are among aging-in-place considerations in the master bathroom. Shower walls and flooring are finished in porcelain tiling.

Looking Forward,

FROM PAGE 7

water run-off problems; also, Fairfax County's building code required that any new construction had to allow for a full 25 feet of "set-back" from the rear of the property.

"We knew an addition of this size on this grade was going to require careful engineering," said Craig Durosko, whose firm Sun Design Remodeling found both the design and structural solutions that would make the project feasible. "Still, it's helpful when the homeowners are proactive in the decision-making process at every juncture."

Added Julia MacInnis: "We were looking for a plan that would provide privacy and independence for Mom, yet also fully incorporate her into the household. We've functioned as a family for our entire lives. Mom helped to raise the boys, and she was raised in a multi-generational culture. We saw this change as a way of creating an expanded environment that would work for everyone far into the foreseeable future."

Clark's new suite would be a 580-square-foot annex constructed outside the existing house directly parallel to the lower level. A sliding glass door that accesses the outside would be converted into an interior pocket door that opens into a downstairs recreation room.

The space plan would consist of a 17-foot-by-17-foot master bedroom surrounded by windows on three sides, a master bath with a walk-in shower and heated floors, and a sitting room/kitchenette equipped with a small refrigerator, a sink and a microwave.

The sitting area includes a bistro table for four with a view of

the surrounding woodland. The entire household, nonetheless, share meals and kitchen duties together every day. By the same token, Julia and Jack MacInnis and sons (Jackson and Harry) are free to drop-in on Clark just about any time.

"It's a very comfortable, harmonious arrangement," Clark said. "Very much what we hoped for."

That said, engineering the suite's durable footprint was something of a feat.

"Because of the site's grading, we ended up designing a slab foundation with both stem walls and integral footings," said John Benedetto, the addition's lead designer. "To assure structural integrity, there were two concrete pours: one to form the stem walls on the new addition's left side; a second to form the slab with integral footings on which the addition is built."

Footings are placed 30-inches below grade; the slab itself is approximately one foot above grade. The goal: assure that the weight of the new structure is adequately supported — soil compaction being a key part of the equation.

FOR ALL THE DEFT engineering, it's the suite's interior that proves memorable. The three primary living areas were designed specifically to profile heirlooms, furnishings and other personal items that Clark brought from the Fort Hunt residence.

"There were two twin beds that had been in the family for years," Julia MacInnis said. "A chest of drawers, an old vanity. Sun Design used these pieces as focal points for shaping the bedroom and sitting room. And it's not just that everything fits well ... but also that the floor plan is well-rationalized.

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SENIOR LIVING



PHOTOS BY GREG HADLEY



BEFORE: A sliding glass door exiting from a lower-level rec room was identified as a potential link between the existing house and new in-law suite. The exterior egress was converted into an interior pocket door that enters Lita Clark's sitting room.

At 580 square feet, the new suite is seamlessly married to the original house. Lead designer John Benedetto's "massing" of the new construction preserves proportionality and scale. Siding, fascia, soffits, gutters and downspouts are all matched.

Staying Put

The twin beds, for instance, fit perfectly under high windows that assure privacy, yet allow a lot of natural light. Overall, the entire suite is spacious, and quite comfortable."

On that note, the new addition has been fitted with a mini-split HVAC unit that allows Clark to adjust the suite's temperature to her requirements. Meanwhile, the bathroom has a heated floor with its own thermostat.

The addition's exterior elevations are blended with

the existing house. Vinyl siding, fascia and soffits, gutters, and downspouts are all matched. Low-E Argon glass vinyl windows allow for abundant natural light and views while keeping temperatures where the thermostat requires.

In all, a comfortable accommodation ... within a thriving household.

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm has a second office in McLean. For more information, call 703-425-5588 or visit www.SunDesignInc.com.

John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.

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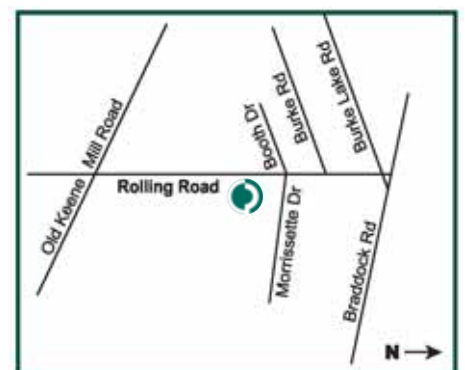
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Volunteering Keeps 70-Year-Old Former CEO Young

Finding the right volunteer opportunity.

BY ROB PAINE
RSVP NORTHERN VIRGINIA

RSVP Northern Virginia volunteer Ken Kozloff moves through the pool at Providence Recreation Center encouraging the child with special needs he is teaching to swim, to “stroke, breathe, and kick.”

Kozloff high-fives his students at the end of each lap and asks, “Are you having a good time?” All the while he is keeping an eye on two other volunteers he is mentoring during a Fairfax County Park Authority Adapted Aquatics class.

Kozloff will continue to do this for about 90 minutes on a Sunday morning without much of a break. Sometimes he lifts students half his weight into the air so they can experience the joy of splashing into the pool. One would never guess that the former INOVA Alexandria Hospital CEO turned 70 years old in August. “I don’t feel 70, I feel like 25,” he said.

Kozloff donates more than 40 hours of his time each month as an RSVP Northern Virginia volunteer, helping autistic children learn how to swim, mentoring economically

disadvantaged citizens to manage their finances, and directing other volunteers at large events for RSVP, including the Northern Virginia Senior Olympics in September.

RSVP (Retired and Senior Volunteer Program) is the region’s largest volunteer network for people 55 and older and provides individualized support to seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

When he is not volunteering for other organizations, he is a volunteer engagement leader for RSVP, acting as a nonprofit evangelist of sorts, spreading the word on why RSVP is such a great program. “What’s unique about RSVP is the approach it takes to new volunteers, helping them to find what they’re looking to do, not where we are looking to place them,” he said.

RSVP asks each prospective volunteer, “How can we help you find that volunteer opportunity that is going to mean something to you?” Kozloff said. He has been with RSVP for over a year and a half.

Five years ago, he began volunteering with the Fairfax County Park Authority’s Adaptive Aquatics program, teaching children on the autism spectrum to swim. He later added another afternoon of classes at Spring Hill Recreation Center in McLean, teaching special needs adults to swim, including those with neurological issues or



PHOTO BY ROB PAINE/RSVP NORTHERN VIRGINIA
Ken Kozloff works with Sami Zachaira during an Adapted Aquatic class at Providence Rec Center.

physical impairments. The park authority honored Kozloff in 2015 as the Adaptive Aquatics Outstanding Volunteer of the Year.

He then started working with Our Daily Bread (now called BritePaths) where he has volunteered for four years as a financial mentor. He is also a volunteer classroom instructor with Junior Achievement in Fairfax. He teaches business principles to elementary, middle, and high school students. He also teaches students with special needs in this program.

In an eight-day span in September, the RSVP volunteer managed volunteers at several community projects including the NVSO’s indoor track meet in Arlington and

its swimming championships in Sterling and a gardening project at River Farm in Alexandria.

“I love to help others,” Kozloff said. “I enjoy volunteering with RSVP, not only for what I do as a volunteer, but also for the social aspect of working with other people.” During the senior Olympics he managed anywhere from 10 to 30 volunteers at the different events.

WHAT SEPARATES RSVP from other volunteer organizations is its leadership and the approach it takes, treating each volunteer as an individual, according to Kozloff. As an engagement leader, Kozloff tells prospective volunteers: “We are going to show you things and talk to you about specific opportunities that you can relate to.”

RSVP offers an array of opportunities for volunteers including providing rides, support and meals to older neighbors, assisting local veterans in need and helping prepare communities for disasters. RSVP also recruits volunteers for various community events.

Those interested in learning more about RSVP or in signing up for any of these events should contact RSVP Northern Virginia Volunteer Specialist Carly Hubicki at 703-403-5360, email Hubicki at chubicki@volunteerfairfax.org or visit the RSVP website at rsvpnova.org.

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CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

THROUGH OCTOBER

Fall Festival and Pumpkin Playground. Various times at Burke Nursery & Garden Centre, 9401 Burke Road, Burke. Weekdays is \$10 per person and the weekend price is \$14 per person. Call 703-323-1188.

Pumpkin Patch. 10 a.m.-7 p.m. at the St. George's United Methodist Church, 4910 Ox Road, Fairfax. Buy fall pumpkins and decorative gourds grown by Native American farmers to support jobs in a high unemployment area in Arizona. Email office@stgumc.org or call 703-385-4550.

FRIDAY/OCT. 6

Campfire Fridays. 7:30-9 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Explore the park, have s'mores. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond/.

SATURDAY/OCT. 7

She Rocks the World. 9 a.m.-3:30 p.m. at George Mason University, 4400 University Drive, Fairfax. 2017 Virginia Girls' Summit, teenage girl forum. Visit www.sherockstheworld.org/.

Country-Western Dance. 6:30-10 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. A Northern Virginia Country-Western Dance Association dance. Admission for NVCWDA members \$10; non-members \$12; children under 18

Fall Festival

Weekends through October the Fall Festival is happening at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit www.whitehall.farm for more.

accompanied by a paying adult \$5. Visit www.nvcwda.org or call 703-860-4941.

OCT. 7-8

Fall Festival. 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit www.whitehall.farm.

SUNDAY/OCT. 8

America in World War I Lecture. 2 p.m. at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. George Mason University professor, Dr. Harry A. Butkowsky will discuss America's entry into World War I in 1917. Free. Call 703-385-8414.

MONDAY/OCT. 9

Funday Monday. 10:30 a.m. at Old Town Hall, 3999 University Drive, Fairfax. Music, movement, storytelling, performances, and crafts. Free. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts.

TUESDAY/OCT. 10



Story Time. 10:30 a.m. at Old Town Hall, 3999 University Drive, Fairfax. Story Times at Old Town Square for children every Tuesday morning. Call 703-385-7858 or visit www.fairfaxva.gov/culturalarts.

WEDNESDAY/OCT. 11

UCM Ocktoberfest Benefit Night. 5-8 p.m. at Forge Brew Works, 8532 Terminal Road, Lorton. A percentage of the evening's sales will be donated to UCM to help families in need. Flights \$10, free snacks, food truck will be on site. Bring canned food or other items to help stock the UCM Food Pantry. Visit www.ucmagency.org.

SATURDAY/OCT. 14

Special Treasures and Used Book Sale. 9 a.m.-2 p.m. at the Church of the Good Shepherd, 9350 Braddock Road, Burke. Houseware, furniture, sports equipment, toys, decor, small electronics, collectibles. Call 703-323-5400.

Fairfax Fall Festival. 10 a.m.-8:30 p.m. at Old Town Fairfax, Route 123 and Route 236, Fairfax. Over 400 arts, crafts, information, food vendors, children's activities and three stages of music and entertainment for all ages. Visit www.fairfaxva.gov.

Fire Prevention Week. 10 a.m.-4 p.m., all Fairfax County Fire and Rescue Stations will be hosting an Open House, stop by the local station that day to meet the firefighters, see the fire trucks, join in the activities and learn about fire safety. Visit fairfaxcounty.gov.

❖ **Station 32 Fire Station Tour** — Fairview, 5600 Burke Centre Parkway.

❖ **Station 14 Fire Station Tour** — Burke, 9501 Old Burke Lake Road.

Bunny Man Lecture. 11 a.m.-1 p.m. at City of Fairfax Regional Library, 10360 North Street. County Archivist and Bunny Man expert, Brian Conley, will talk about the legend of the Bunny Man which has captivated Northern Virginia fear-seekers for over four decades. Visit www.fairfaxcounty.gov/library/events/ or 703-293-6227.

OCT. 14-15

Fall Festival. 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit whitehall.farm.

SUNDAY/OCT. 15

Rose Display. 2-4 p.m. at Merrifield Garden Center- Fair Oaks, 12101 Lee Highway, Fairfax. Arlington Rose Foundation hosts seminar on new and interesting roses for next year's garden. Free. Call 703-371-9351 or email arfinformation@aol.com.

OCT. 16-19

Halloween Costume Exchange. Drop off various times at Sherwood Center, 3740 Old Lee Highway, Fairfax. Pick up new costume on Friday, Oct. 20 from 6-9 p.m. Drop off gently used and clean Halloween costumes Monday through Thursday, and come pick up a great second hand costume for this year on Friday. Visit www.fairfaxva.gov/culturalarts or call 703-385-7858.

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NEWS

Alzheimer's Walk Raises More Than \$267,000

Thousands gather to raise money and awareness.

BY MARILYN CAMPBELL
THE CONNECTION

More than 1,000 people pounded the pavement in Reston last month and raised more than \$267,000. The 2017 Northern Virginia Walk to End Alzheimer's, held at the Reston Town Center, exceeded its fundraising goal of \$250,000.

Held each year in more than 500 communities around the country, The Alzheimer's Association's Walk to End Alzheimer's seeks to raise awareness and funds for Alzheimer's care, support and research.

Ilissa Belanger of Fairfax walked to raise money and awareness of the disease.

"Both my mother and mother-in-law had Alzheimer's and it's a difficult thing to go through," Belanger said. "I want to help other families who have to go through it. I hope to raise money for treatment to slow it down or find a cure so that no one has to go through it."

This was Belanger's 10th year participating in the walk. This year she was part of a 15-member team, Walkers for Miriam and Anita, named in memory of her mother and mother-in-law respectively.

"We do walk in honor or memory of our loved ones, but also their caregivers," she said. "It's important to support the caregivers as well. In my case, it was my father and father-in-law who were wonderful as their wives were going through it."

Debbi Johnson of Centreville joined the walk for a second year in honor of her former mother-in-law. Her team consisted of members of her church, New Life Christian Church in Chantilly and her employer, Freddie Mac (Federal Home Loan Mortgage Corporation).

"I do charity walks because I feel that it's important to serve," said Johnson. "I felt that I should do something for Alzheimer's because there are many people I know who have been affected."

Janet Davis of Burke walked in honor of her 83-year-old father who has been living



PHOTO COURTESY OF ELIZABETH KLEMENS.

Elizabeth Klemens of Arlington joined the 2017 Northern Virginia Walk to End Alzheimer's. Her team was called the Amyloid Plaque Attackers, named after the plaques that form on the brain when Alzheimer's is present.

"I hope to raise money for treatment to slow it down or find a cure so that no one has to go through it."

— Ilissa Belanger

with Alzheimer's for 10 years. Both her mother and her father joined the walk this year.

"The disease has happened gradually and it's very sad to watch," she said. "My dad still has function and can dress and feed himself, but sometimes he can't remember my mom's name or my name. We're very vocal about our support of Alzheimer's."

Elizabeth Klemens, a 27-year-old nurse who lives in Arlington, participated in the

walk for the first time this year. "My personal experience is that my grandfather had Alzheimer's and he died five years ago at 78, but he suffered for about 10 years," she said. "I'm a nurse at Reston hospital and I volunteer at the Walter Reed Adult Day Health Center, and I see the effect of Alzheimer's or dementia on almost a daily basis, so I'm very familiar with the disease."

Caryl Grant of Alexandria walked in memory of her mother who died in 2009.



PHOTO COURTESY OF ILISSA BELANGER OF FAIRFAX

Ilissa Belanger of Fairfax joined the 2017 Northern Virginia Walk to End Alzheimer's along with her husband Tim Belanger. Her team, Walkers for Miriam and Anita, was named in memory of her mother and mother-in-law respectively.

Her team also consisted of her husband, daughter and son-in-law. "My mother had Alzheimer's and I watched her deteriorate and it was heartbreaking," she said. "The hardest thing about it for us and other people is watching them disappear and trying to figure out the best thing to do."

The Promise Garden ceremony is a walk day event that helps illustrate the diverse reasons for participation. Participants received a Promise Garden flower in a color that represents their connection to the disease. Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's.

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NEWS

'Fall for the Book' Festival Returns

BY DAVID SIEGEL
THE CONNECTION

Celebrate the joy of books in their many genre at Northern Virginia's flagship book festival, the "Fall for the Book." Returning for its 19th year, the Festival aims to connect readers of both print and digital books, with about 150 authors, poets, historians, graphic novelists expected at this year's event.

With a format of interactive workshops, readings, award celebrations and special hands-on activities, "Fall for the Book" wants to encourage cultural growth and knowledge through active reading. This year's book festival is expected to attract 20,000 attendees. Events are free.

"There will be abundant opportunities for book signings," said Festival Manager Suzy Rigdon-Williams. This year's event will even include food trucks. The festival will partner with the City of Fairfax's "Fall Festival" as well.

National headliner authors include Colson Whitehead, author of "The Underground Railroad," winner of a 2016 National Book Award. Lev Grossman ("Magicians" trilogy), poet Ellen Bryant Voigt ("Headwaters"), writer David Shields ("Other People"), novelist Karan Mahajan ("The Association of Small Bombs"), poet Tarfia Faizullah ("Seam") and Mohsin Hamid ("Exit West") will participate as will Jennine Capo Crucet ("Make Your Home Among Strangers") about a young woman bridging two cultures.

Local Northern Virginia authors will be well represented at the book fest.

L.M. Elliott (Northern Virginia) author of Young Adult historical fiction such as "Suspect Red" will be at the festival. "Young readers are sophisticated. From reading historical fiction they can learn about the past and how the past is relevant to their own lives



COURTESY OF THE ARTIST
Zach Powers



COURTESY OF THE ARTIST
L. M. Elliott



COURTESY OF THE ARTIST
Jason Rodriguez

Where & When

"Fall for the Book" at George Mason University, 4400 University Drive, Fairfax, and locations around Northern Virginia. Events are Oct. 11-14, 2017. Events are free; tickets not required. For details and full schedule call 703-993-3986 or visit www.fallforthebook.org. There is also a digital "Fall for the Book" app available at www.fallforthebook.org.

on issues that matter to them, such as injustice and xenophobia."

Zach Powers (Fairfax) author of a short stories collection, "Gravity Changes," will be participating. "The Festival has a national reputation. Having it in our backyard is a huge benefit. As an author, it lets me connect with readers and writers. I always find inspiration in meeting other writers and readers."

Jason Rodriguez (Arlington) who creates graphic novels about the underrepresented in America will have several sessions at the book festival. "I focus on using graphic novels to talk about social justice and historical challenge," said Rodriguez. "I want to inspire and provide youth with tools to tell their own stories. Right now I am focusing on Hispanic American issues."

"Fall for the Book" is a home-grown Northern Virginia event offering attendees of all ages and interests opportunities to meet writers; already admired or newly discovered in the company of other book lovers.



Advocating for Solar Panel Installation on Public Schools

On Thursday, Sept. 28, more than 40 Fairfax County residents attended the Fairfax County School Board meeting in support of students delivering presentations and 1,545 petition signatures, urging solar panel installations on public schools.

BULLETIN

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

IN-PERSON, TV DEBATES

The League of Women Voters of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates' priorities and positions, visit www.vote411.org.

In-person forums:

- ❖ **Thursday, Oct. 12** at 7 p.m. at Hayfield Secondary School, Lecture Hall: 7630 Telegraph Road, Alexandria.
- ❖ **Wednesday, Oct. 25** at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly.

BRADDOCK ROAD STUDY

Community Meetings. Braddock District Supervisor John Cook and the Fairfax County Department of Transportation (FCDOT) will host a series of community meetings focused on specific sections of Braddock Road this fall. The schedule includes:

- ❖ **Wednesday, Oct. 18:** Beltway area – Braddock Hall, 9002 Burke Lake Road, Burke
- ❖ **Wednesday, Oct. 25:** Burke Lake intersection – Kings Park Library, 9000 Burke Lake Road, Burke
- ❖ **Thursday, Nov. 16:** Ravensworth Road intersection – Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale
- ❖ **Monday, Dec. 11:** Burke Lake intersection, second meeting – Kings Park Library, 9000 Burke Lake Road, Burke

The goal of the Braddock Road Multimodal Study is to develop commuting improvements for the corridor from Guinea Road to I-495 to Ravensworth Road. Visit www.fairfaxcounty.gov/fcdot/braddockroadmmstudy/.

SATURDAY/OCT. 7

Metro – Fund It/Fix It. 9:30 a.m.-2 p.m. at National Rural Electric Cooperative Association, 4301 Wilson Blvd. The League of Women Voters of the National Capital Area (LWVNCA) and the Coalition for Smarter Growth (CSG) will hold a free forum for the public to learn about funding and fixing our Washington D.C. area Metro system. Event is free. Lunch will be available for purchase (\$10), but a request for lunch must be made at the time of registration. Register at www.eventbrite.com and search “Metro fund it.”

TUESDAY/OCT. 10

NARFE Luncheon. 11:30 a.m.-1:30 p.m. at American Legion Post #177, 3939 Oak St., Fairfax. National Active and Retired Federal Employees lunch with Ana Nelson, Alzheimer's Association of National Capital Area will answer questions on Alzheimer's funding and research. \$11.00. Call 703-280-2356 or email rrharney2@gmail.com for more.

Senior Volunteer Orientation. 2:30 p.m. at the City of Fairfax Regional Library, 10360 North St. RSVP (Retired and Senior Volunteer Program) is the region's largest volunteer network for people 55 and older and provides individualized support to seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria. Visit www.rsvpnova.org for more.

THURSDAY/OCT. 23

CarFit for Senior Drivers. 10 a.m.-2 p.m. at the City of Fairfax Police Station, 3730 Old Lee Highway. CarFit's trained professionals take older drivers through a 12-point checklist with their vehicles and recommend minor adjustments that help make their cars “fit” better for comfort and safety. An occupational therapist also will be on hand to provide information to seniors on how to maintain and strengthen driving health. Visit www.fairfaxcityeda.org for more.

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A Question Which Begs What Answer



By KENNETH B. LOURIE

Twice recently, in print, I have been asked the same question. Once on an evaluation of a previous doctor appointment, and within the last week, on a pre-registration form for an oral surgeon.

The question: “How is your health?” “Excellent.” “Good.” Fair.” “Poor.” The two times I saw this question, I snickered. I mean, I have cancer: Stage IV, non-small cell lung cancer in fact, the terminal kind.

And even though I’ve lived way beyond my original “13 month to two-year” prognosis, (eight and a half years and counting, always counting), I’m still undergoing treatment. I see my oncologist every three months. I’m not in remission. My tumors, so far as I’ve been told, are not necrotic (dead). I’m still scheduling CT Scans, brain MRIs and PET Scans quarterly, semi-annually and yearly, respectively. And while amazingly thrilled to be still alive, my fate turns on the results of any one of these diagnostic scans so I wonder aloud: how is my health?

In the two most recent opportunities (I’ve had others) to answer this question, I have erred on the side of reality (my reality) and answered “Poor.” Whether I’m up and about or down and out, cancer is sort of the definition of ‘poor,’ isn’t it? Let’s be honest: who wants to receive a diagnosis of cancer, regardless of type and/or stage. Moreover, it’s hardly the gift that keeps on giving. Quite the opposite. It’s like the houseguest who never leaves. It’s always there and the more it’s around, the worse it’s likely to get.

As much as one tries, a cancer diagnosis is hard to forget. Whether you’re still undergoing treatment as I am, or have been told you’re cancer-free/in remission/N.E.D. (no evidence of disease), the prospect of a life unaltered by the experience is unrealistic, especially so when questions are asked pertaining to your health. It’s not as if you become stigmatized by your cancer diagnosis and/or medical history, but you do become a lifetime member of a club you’d rather not have joined (the more serious and exact opposite of a feeling expressed by Groucho Marx when he so famously joked that he wouldn’t want to belong to a club that would have him as a member). If only it were that simple – and funny.

A straight forward question about one’s health which requires a thoughtful and honest answer. Yet, an answer which somehow must, in my opinion, educate the asker. I’m not a normal respondent (no comments from the peanut gallery). I’m a cancer patient/survivor. Presumably, my immune system is somewhat compromised. What’s good for the goose is probably not good for this gander. My life expectancy is all fouled up. Cancer is likely in control.

As much as I want to delude myself otherwise, the writing, if not necessarily on the walls, is certainly in multiple books and journals. And not that there aren’t exceptions to every rule (my survival is proof of that), generally speaking, a cancer diagnosis “spells trouble with a capital ‘T,’” if I may invoke the late actor, Robert Preston, from his career-defining role as Harold Hill in the 1962 movie, “The Music Man.” Still, life is going on, and not too badly, I may add. But on any given day ...

I suppose the solution then is an asterisk. But how does one add an asterisk to a standardized form. And given the evolving nature of our almost-entirely inhumane (non-human) electronic contact, where does one go/what does one say, to separate and be heard. I want to be treated equally, but as a cancer patient, I’m not. I’m different. If there’s a box for that, I’ll gladly check it. I want the best outcome, naturally. But not giving me the opportunity to properly define myself/my circumstances doesn’t help either one of us. And does even less for the next respondent.

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



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