FOLLOW ON TWITTER: @SPRCONNECTION

Opinion, Page 12 🍫 Entertainment, Page 8 💠 Classifieds, Page 14

PHOTO BY SHIRLEY RUHE/THE CONNECTION

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY! Hurry Offer expires 9/30/18. Not valid w/any other offers. †Some restrictions apply.

FALL FUN
PAGE 8

Franconia Kingstowne Newington

Carol Mackela, a resident of Springfield, competed in the opening day diving events at the Northern Virginia **Senior Olympics** (NVSO). She won the first place blue ribbon in the 65-69-year old women's category with a score of 203.60.

News, Page 6

Climate Forum Highlights Sharp Difference

News, Page 3

### News

# The Pink Elephant: A Hidden Gem of Springfield

By Julia Reynolds

ave clothes you no longer wear? Located in the Concord Centre, off the corner of Backlick Road and Commerce Street, adjacent to the Army Recruitment Center, The Pink Elephant Thrift Shop, a hidden gem and benefactor to the Springfield community will gladly accept your gently-used items.

This part-thrift, part-consignment shop accepts donations or will take, tag, and sell your clothes giving you 50 percent of the sale through their consignment program. Consigned pieces are held for a five-week period, over which your items will be available for sale at the prices determined by The Pink Elephant. If your item sells, they'll give you half of the sale and the other half will go towards local charities in the community. If your item doesn't sell, pick it up on the last day of the five-week period and take it home, or it becomes property of The Pink Elephant.

**THE PINK ELEPHANT** is run by The Woman's Club of Springfield, a member of the General Federation of Women's Clubs, and is a quaint, philanthropic boutique that raises money for local community programs. The Woman's Club of Springfield hosts an annual scholarship contest in



The Pink Elephant is run by The Woman's Club of Springfield.

> Photo by Julia Reynolds

which they award a \$3000 scholarship to an exemplary graduating female senior from either Lee High School or West Springfield High School to be used towards a college or university education. The Woman's Club will continue this scholarship annually provided the student succeeds in their college courses.

The Club also provides snacks and emergency clothing to both Crestwood Elementary and Garfield Elementary, as well as donates money to Bethany House, a non-profit that provides shelter and counseling, among other services, to victims of domes-

tic abuse.

A lesser known benefit of thrift shopping is the global reduction in waste that is facilitated by the reuse and repurposing of used items. By choosing to buy clothing from thrift shops, you're actively sparing the environment gallons of dye and pounds of CO that would have been released in the transportation of your garment from field to factory to storefront. A single cotton t-shirt shipped from XInjiang, China to Los Angeles produces over two pounds of CO emissions. According to the Environmental Protection Agency, in 2010 it was recorded

that the average American produces more than 85 pounds of textile waste per year.

Anything The Pink Elephant cannot sell within their five-week period, will be marked down, and the garment will flow through the store until it reaches the \$1-\$2 rack. From this rack, anything not sold will be taken to another local thrift store, like the Fort Belvoir Thrift Store or Goodwill. Prices generally range from \$3 to \$15, with a few exceptions for high-end items that may reach as high as \$18. Stop by The Pink Elephant to shop 10 a.m. to 3:30 p.m., Monday through Thursday and Saturday (closed on Friday and Sunday). Consignments are accepted any day they are open from 10 a.m. to noon.

**THEY ACCEPT** a broad range of items, including: women's clothing, men's clothing, women's and men's shoes, purses, jewelry, household items, collectibles, linens, pictures/frames and luggage. The only items they do not accept are children's clothing or pillows and cushions.

Stop by The Pink Elephant and make a buck, save a buck (and the environment) all in one trip. Contact The Pink Elephant, 703-451-2467, 6127-B Backlick Rd, Springfield.

Julia Reynolds is a marketing student attending Florida International University and is the creator and editor of her own blog, LiaSkye.com.



# NEWS

# Climate Forum Highlights Sharp Differences

### Faith Alliance for Climate Solutions hosts public forum featuring Kaine and Stewart.

By Andrea Worker
The Connection

illed as a public forum to focus on the effects of climate change on Virginia and what actions Virginians can take to combat the situation, the Virginia Climate Crisis Forum played out more like a debate between the two candidates seeking to represent the Commonwealth in the United States Senate in the Nov. 6 elections. The contrast was clear, even though Democratic incumbent Tim Kaine and his Republican challenger, Corey Stewart, the chairman of the Prince William County Board of Supervisors, were never on stage at the same time.

The packed house in the auditorium on Sept. 18 at James Madison High School in Vienna, didn't seem to mind. Faith Alliance for Climate Solutions organized the event.

"We need to know where these two stand and what they plan to do about climate and environmental issues," was the opinion of two retirees who braved the traffic from Springfield to attend the event.

There was a three-person panel of experts bringing the perspectives of health, national security and local government to the discussion.

Samantha Ahdoot, MD, is a pediatrician and co-founder of Virginia Clinicians for Climate Action. Ahdoot shared statistics and personal experience about the effects of pollution, hotter summers, and worsening allergy seasons on her young patients, and on the elderly and more vulnerable.

"A bold vision for de-carbonization will ensure a healthy future for Virginia's children with clean air and a stable climate," said Ahdoot.

Major General Rick Devereaux, USAF (Ret.) opened a few eyes on how climate change effects national security and the preparedness of the American military to cope with those threats.

"Climate change threatens our national security in a number of ways," said Devereaux, noting that extreme changes in climate lead to economic and cultural instabilities. "More risk of conflict, more refugees fleeing environments growing more and more inhospitable." Devereaux sees that one effect as rocking an already shaky world stage, and "placing humanitarian demands on our overtaxed military forces."

Devereaux applauded the military's move toward biofuels and away from gasoline, saying that one of the most dangerous missions for military personnel is the movement of highly flammable fuels in combat zones.

Rising sea levels are direct, physical threats to military installations, Devereaux said. "There's some 1,700 [military installations] on coast lines, and many have already been subject to flooding" even without the influence of major storms like Hurricane Florence.



The Virginia Climate Crisis Forum drew a packed house in the auditorium of James Madison High School in Vienna.

Photos by Andrea Worker/The Connection



After finishing his section of the event, U.S. Sen, Tim Kaine stepped backstage and took a few questions, including one from Oakton High School Junior Wendy Gao, who attended the forum as a reporter for her school newspaper.

The third panel member, Fairfax County Supervisor Dan Storck (D-Mount Vernon) addressed the issues from a local government level. The area that Storck represents "contains many waterways and various industrial sites that combine to create unique risks and challenges," and has also been subject to flooding and other environmental damage.

Storck emphasized the need to "take immediate action" to protect "People, Places, and Property."

**THE PANELISTS** posed questions to the two senatorial candidates from their individual perspectives and areas of knowledge and concern, led by moderator Rev. Dr. Jean Wright, a co-founder of Faith Alliance for Climate Solutions.

Kaine wasted no time differentiating himself from his opponent and from the Trump Administration.

"Before we talk about solutions," said Kaine, "we have to all accept that man-made climate change is real," not the "hoax" that Kaine reminded the audience was the President's often-stated opinion on the issue. "Both [Trump and Stewart] have used that word."

Kaine supports the science of climate change and says that overall, so does Congress. He relates that he sees the effects of climate change every day.

"This is not a tomorrow issue in Virginia. It's an issue for today."

Stewart began his remarks by saying to the climate-conscious audience that "perhaps we won't agree on much, but all I am asking for is an open mind, and I will have an open mind, as well."

Stewart readily admits that the climate has changed significantly in recent years, but he does not see that as being primarily "caused by man," and that he does not believe "man can change that." His assertion brought shouts and boos from the crowd, and had moderator Wright calling for civility and respect.

The contrasts between the two men continued as they answered the questions of the moderator and the panelists.

On the subject of constructing additional pipelines in Virginia, Kaine thought that the process to permit such construction was flawed and needed to be addressed at the Federal level.

"I'm not saying I would never be in favor of a new pipeline," Kaine said, but that the question first needed to be asked if a pipeline was truly needed, and then to proceed with an investigatory process to assess impact and to allow for "real citizen input," rather than token outreach.

Reliance on green energy solutions would "increase the costs of power, cost jobs" and make the country less secure, while having little impact on the negatives associated with climate change, Stewart said.

Stewart's answers throughout the forum strongly defended the coal industry. Expressing his agreement with the President's decision to pull out of the Paris Climate Accord, Stewart said that shutting down the coal industry or imposing "burdensome" environmental regulations on businesses would just move the problem to countries like China and India where there would be less-regulation and more harmful effects.

"Again," he said, "losing jobs at home and not solving anything."

Major General Devereaux responded that by leaving the Paris Accord "what we ceded is moral leadership. É It diminishes our moral authority and national security." If there are problems with the pact – which Devereaux acknowledged there are several – then it was the role of leaders to stay at the table and work the problem, rather than be "absent."

**KAINE** said that he supports eliminating tax credits and subsidies for carbon energy producers and other industries.

"It's time for us to stop picking the winners and losers," he said, and invest that money more wisely. Kaine disagrees with Stewart that "green solutions" would cause devastating job losses, citing studies and examples where more, better-paying and more sustainable employment is associated with green energy industries, technology and research.

The Faith Alliance for Climate Solutions was founded in 2013 and has grown to represent more than 70 congregations in Northern Virginia. Visit www.faithforclimate.org for more information.



### **NOTICE OF PUBLIC HEARINGS**

The Virginia Railway Express (VRE) will hold a series of public hearings to solicit comments on a proposed fare increase that will average approximately 3% over current fares. The VRE Operations Board will act on the FY2020 Budget, which includes the proposed fare increase, on December 21, 2018. If adopted, the fare increase would take effect the first week of July 2019.

See locations below to attend a public hearing near you.

### **Date and Time**

Tuesday, October 30, 2018 12:00 to 1:00 p.m.

Tuesday, October 30, 2018 7:00 to 8:00 p.m.

Thursday, November 1, 2018 12:00 to 1:00 p.m.

Thursday, November 1, 2018 7:00 to 8:00 p.m.

Wednesday, November 7, 2018 7:00 to 8:00 p.m.

Thursday, November 8, 2018 12:00 to 1:00 p.m.

Thursday, November 8, 2018 7:00 to 8:00 p.m.

Tuesday, November 13, 2018 12:00 to 1:00 p.m.

Tuesday, November 13, 2018 7:00 to 8:00 p.m.

Thursday, November 15, 2018 7:00 to 8:00 p.m.

### Location

Crystal City Marriott Jefferson Room 1999 Jefferson Davis Hwy. Arlington, VA 22202

Burke Centre Conservancy The Commons CC 5701 Roberts Parkway Burke, VA 22015

Holiday Inn Capitol The House Room 550 C Street SW Washington, DC 20024

Stafford County Government Center Board Chambers 1300 Courthouse Road Stafford, VA 22554

Germanna Community College Fredericksburg Campus-Room 105A 10000 Germanna Point Drive Fredericksburg, VA 22408

Union Station Starlight Room – Near Gate D 50 Massachusetts Ave NE Washington, DC 20002

> Manassas City Hall City Council Chambers 9027 Center Street Manassas, VA 20110

VRE Headquarters Suite 202 1500 King Street Alexandria, VA 22314

PRTC Second Floor Board Room 14700 Potomac Mills Rd Woodbridge, VA 22192

Rappahannock Regional Library Room 2 1201 Caroline Street Fredericksburg, VA 22401

Visit vre.org/publiccomment for more information. Written comments will be accepted through **Friday, November 23, 2018**. Written comments can be mailed to: Public Comment, 1500 King Street, Suite 202, Alexandria, Virginia 22314. Comments may also be submitted via email to publiccomment@vre.org or via fax at (703) 684-1313. The public hearings are conducted in locations accessible to persons with disabilities. Individuals with disabilities who require special assistance or need to request a sign language interpreter, please contact Lucy Gaddis by e-mail at lgaddis@vre.org or call at (703) 838-5433 or TTY (703) 684-0551 at least ten business days prior to the public hearing you're planning to attend. For information about the VRE Operations Board visit vre.org/about/board.

# Learn About Advertising in the Connection and Digital Options!

Advertising in the Connection and upcoming special sections:

CONNECTIONNEWSPAPERS.COM/ADVERTISING

or call 703.778.9431

### News

### 'Fall for the Book' Festival Returns

Book festival connecting readers with national and local authors.

By David Siegel
The Connection

orthern Virginia's own "Fall for the Book" will be marking its 20<sup>th</sup> year with a stellar lineup of gifted national and local authors. The annual book festival has grown over its two decades; last year attracting about 20,000 patrons to its free events.

Nationally recognized literary figures include Tayari Jones, Elizabeth Strout, Elizabeth Kostova, Angie Thomas, and Congressman John Lewis. The 2018 festival also includes the inaugural award to be given to an immigrant writer.

Some Northern Virginia authors to be showcased include Sue Fliess, a frequent presenter at Fairfax county libraries and elementary schools.

Fliess called "Fall for the Book" an opportunity "to connect with readers and families on a personal level, ... to promote reading, literacy and a love of the arts." She will be sharing her new book, "Mary Had a Little Lab," a fractured nursery rhyme based upon "Mary Had a Little Lamb." But, there is a twist since the updated Mary is a budding inventor and scientist in "a story of friendship, ingenuity, following your passion and staying true to who you are," said Fliess.

Joseph Esposito, adjunct associate professor at Northern Virginia Community College will be discussing his book, "Dinner in Camelot" about the Nobel Dinner hosted by President and Mrs. Kennedy at the White House in 1962. "It is a fascinating story—one which includes the leading American scientists, writers, and scholars of the day. The list of attendees is staggering," said Esposito.

For Alexandria's Marianne Kirby, Fall for the Book provides "the chance to make connections with readers and other authors. Writing can be a lonely business and community is what makes it sustainable for a lot of us. It's so important to make contact with readers because they're the ones I'm telling stories for. Kirby will be participating in a horror/speculative fiction reading with Northern



Author Marianne Kirby.



Author Sue Fleiss



Author Joseph Esposito



Author Ariel M. Goldenthal

### Where and When

"Fall for the Book" at George Mason University, 4400 University Drive, Fairfax, and locations around Northern Virginia. Events are Oct. 10-13, 2018. Events are free and do not require tickets. For details and full schedule visit www.fallforthebook.org or call 703-993-3986.

Virginia author Alma Katsu. Kirby will also moderate two panels; "Finding Love in a Hopeless Place" talking about LGBT Young Adult fiction and "Magic in the Ancient Lands" a discussion about fantasy novels.

For Ariel M. Goldenthal, assistant professor, George Mason University, the book festival provides the opportunity "for reading and writing to move to the forefront of our minds, which brings forth more creativity and passion in all of us."

She will be participating in the "Grace in Darkness: D.C.'s Women Writers" session. The session is "devoted to showcasing the pow-

erful women writers in the D.C. area."

Together with American University's Melissa Scholes Young, the session will provide "participants a chance to talk with writers in smaller groups about their work and processes, closing the gap between author and reader."

"Fall for the Book" at George Mason University, 4400 University Drive, Fairfax, and locations around Northern Virginia. Events are Oct. 10-13, 2018. Events are free and do not require tickets. For details and full schedule visit www.fallforthebook.org or call 703-993-3986.



Supervisor John Cook (R-Braddock District) gathered a team of top County leaders to participate in the Out of Darkness Walk to combat suicide, taking place in Fairfax City on Sept. 29. Pictured (from left): Fairfax County Fire Chief John Butler; Deputy County Executive Dave Rohrer; Department of Family Services Director Nannette Bowler; Deputy County Executive Tisha Deeghan; Sully Supervisor Kathy Smith; Fairfax County Board of Supervisors Chairman Sharon Bulova; Sheriff Stacey Kincaid; Out of Darkness Walk organizer Karrie Boswell; Braddock Supervisor & Team Captain, John Cook; Springfield Supervisor Pat Herrity; Deputy Fire Chief Richard Roatch; Juvenile & Domestic Relations District Court Director Bob Bermingham; Braddock District School Board Member Megan McLaughlin; Del. Eileen Filler-Corn, and Fairfax County Police Chief Ed Roessler. Not pictured: Police Captain Tonny Kim and Police Detective Laura Tiso.

# Walk To Prevent Suicide

### 11th Annual Fairfax Out of the Darkness Walk

ach year nearly 45,000 Americans die by suicide. On Saturday, Sept. 29, more than 1,500 people from throughout Fairfax County and Fairfax City are expected to come together for the 11th Annual Fairfax Out of the Darkness Community Walk to help raise awareness and funds that allow the American Foundation for Suicide Prevention to invest in new research, create educational programs, advocate for public policy and support survivors of suicide loss.

"Suicide is the 10th leading cause of death in the United States and a leading cause of death of first responders," notes Braddock District Supervisor John Cook, who is sponsoring a team for the walk. "For too long, stigma has prevented the efforts needed to push back on suicidal thoughts and tendencies. I am thrilled that a broad team of county leaders is join-

ing me as we fight back against the stigma of suicide and spread the message that we are here to help, not judge. "

The Fairfax Out of the Darkness Walk is one of more than 400 community walks taking place this year around the country. They are expected to unite more than 250,000 walkers and raise millions for suicide prevention efforts. The 2017 Fairfax Out of the Darkness Community Walk included more than 1,100 participants and raised over \$142,000.

Registration/check-in begins at 9 a.m. at the Veteran's Amphitheatre in the City of Fairfax, 10485 Armstrong St., Fairfax. The walk begins at 11 a.m.

Karrie Boswell, who retired from the Fairfax County Fire and Rescue Department in 2015 and organizes the Fairfax event, says the cause is one close to her heart as a former first responder. "More firefighters and police officers die annually by suicide than in the line of duty. It's an epidemic among first responders," Boswell says.

To register or for more information visit afsp.org/fairfax.



### **Park Authority to Hold Public Hearing on Proposed Property Exchange**

The Fairfax County Park Authority will hold a public hearing on Wednesday, October 24, 2018 to receive public comment on a proposed exchange of property in the Mason District.

The Park Authority proposes to exchange approximately 1,000 square feet of currently disturbed property in Holmes Run Stream Valley Park, that is identified on the Fairfax County Real Property Identification Map as Tax Map No. 61-4((34))C, for approximately 1,000 square feet of undisturbed property that is owned by Bruce E. and Patricia Kasold. In addition, Bruce E. and Patricia Kasold will grant a conservation easement, approximately 2,000 square feet in size, to the Park Authority for undisturbed natural open space. The property of Bruce E. and Patricia Kasold, 5914 Skyline Heights Court, Alexandria, Virginia, is identified on the Fairfax County Real Property Identification Map as Tax Map No. 61-4((34))72. With the exchange, the Park Authority will add approximately 0.07 acres of open space to the county's park system.

Park Policy 209, Disposal of Land or Facilities, requires a public hearing be held prior to the Park Authority's decision to dispose of land or facilities. The public hearing will be held at 7:30 p.m. in the Park Authority Board Room of the Herrity Building, at 12055 Government Center Parkway, Fairfax, Virginia. Those interested in this exchange are urged to attend the public hearing or send a representative to the hearing to present their views.

If you would like more information, please visit our website at https://www.fairfaxcounty.gov/parks/sites/parks/ files/assets/documents/board/archives/2018/091218cow-pkg.pdf. To speak, please call Judy Pedersen, Public Information Officer, at 703-324-8662, or send an email to parkmail@fairfaxcounty.gov. For persons with hearing impairments, sign language interpreter services are available upon request. Please call 703-324-3988 TTY at least ten days prior to the meeting.

Written comments from the public on the exchange of the Holmes Run Stream Valley Park property will be received by the Fairfax County Park Authority for a period of 30 days, closing on October 23, 2018. Written comments should be directed to Cindy McNeal of the Planning & Development Division, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 406, Fairfax, Virginia 22035. Email comments should be sent to: parkmail@fairfaxcounty.gov.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least ten working days in advance of the registration deadline or event. TTY (703) 803-3354 703-324-8700 • ONLINE www.fairfaxcounty.gov/parks · E-mail: parkmail@fairfaxcounty.gov

### Home of the \$6,850 Bathroom Remodel

### From Now to WOW in 5 Days Guarantee



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999

SEPA

**Free Estimates** 703-214-8384

Visit our website: www.twopoorteachers.com



# Discover Burgundy!

Come explore our one-of-a-kind learning environment for students age 4 through grade 8.

Open houses are October 5, November 12,

December 1, and January 13. Tours also available.

December 1, and January 13. Tours also available.

Register with Lori at 703.329.6968
or online at burgundyfarm.org/visit!

Fall Fair October 13!

featuring

- a diverse, nurturing community for more than 70 years
- a focus on both academic and social-emotional learning for a comprehensive education
- a new arts building, theater & outdoor spaces
- regular visits to our 500-acre West Virginia campus and more!



Burgundy Farm Country Day School • www.burgundyfarm.org 703.329.6968 • www.facebook.com/burgundyfarm



### News

Medalists in NVSO diving events. Carol Mackela of Springfield, top row, left, won first place in the opening day competition.

Photos by
Shirley Ruhe
The Connection



# Dive into the Senior Olympics

orthern Virginia Senior Olympics (NVSO) opened its eleven days of competitive events on Saturday, Sept. 15 with opening ceremonies at 9 a.m. followed by track, rowing and diving events. Six diving competitors faced off at Washington and Lee Aquatics Center in Arlington.

Carol Mackela, a resident of Springfield, competed in the opening day diving events at the Northern Virginia Senior Olympics (NVSO) on Saturday. She won the first place blue ribbon in the 65-69-year old women's category with a score of 203.60. McKenna says her back dive with the half flip is her favorite dive because it "has been my most consistent." McKenna also competes in USA Master's diving events and in international competition.

This year 857 participants signed up for NVSO with Doris Woodring the oldest competitor at 108 in Mexican train dominoes.

The events are being held at 29 community and senior centers, parks and schools around Northern Virginia from Fairfax Senior Center, Walter Reed Community Center in Arlington, Occoquan Regional Park in Lorton, Lake Braddock Secondary School in Burke and Lincolnia Senior Center in Alexandria. Participants are required to be 50 years of age or older as of Dec. 31, 2018 and reside in the Cities of Fairfax, Alexandria or Falls Church or the counties of Arlington, Fairfax, Fauquier, Loudoun or Prince William

Events range from football and frisbee throw, swim-



Carol Mackela

ming and track, shot put, bowling, golf, orienteering, and cornhole as well as bridge and cribbage.

-SHIRLEY RUHE

# COMMUNITIES OF WORSHIP



Worship Gathering – Sunday 8:45 & 11 AM Sunday School 10:10 AM Sun. Evening – Realtime Worship & Youth 6 PM Family Night – Wednesday 7:15 PM Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups Visit our Website: jccag.org

4650 Shirley Gate Road, Fairfax Bill Frasnelli, Pastor 703-383-1170



To Advertise Your Community of Worship, Call 703-778-9418

### News

### Principal's Back-to-School Report

t the beginning of the new school year, The Connection has asked the area school principals to respond to three questions:

- 1 What are the most exciting developments in your school in the new school year?
- 2 What would be your, one-sentence, message to parents, community?
- 3 Any upcoming events, activities?

Aimee Holleb, Principal, Key Middle

- 1 Excited about our amazing staff and welcoming 400 new seventh graders! In October, author Alan Gratz will be visiting Key MS and talking about his amazing YA books and process as a writer. We will continue our amazing IBMYP instructional program which allows educators to design lessons that have real-world, global connections. Our afterschool program will continue to grow this year and we are adding new clubs and activities to further critical thinking, creativity, communication, and collaboration in our students!
  - 2 Key is the PLACE TO BE!
- 3 Upcoming events, activities include: September:
- 19 Digital Citizenship Day for Stu-



**Aimee Holleb** 

dents! Three-hour early release day. 25-28 — Meaningful Watershed Experience Field Trip (seventh graders)

October: 1—Afterschool Program Begins; 4 — Parent Coffee; 9 — PTA Meeting; 16 - Fall Music Showcase; 19 - Alan Gratz author visit and Key MS 11th Annual Reading Rally; 22-26 — SCA Red Ribbon Week

### Where Your Dental Needs **Come First!** Se habla

- Crowns, Bridges, Partials, Full Dentures and Implants
- Denture Relining, Dentures and Partials Repaired While You Wait
- Saturday and Evening Appointments Available
- Most Insurances Accepted
- Free Invisalign Consultation

yourdentalfirst.com

Español

Family Dentistry

NEW PATIENT

SPECIAL

(Regularly \$311)

Includes Exam,

Cleaning (in absence

of gum disease)

and X-rays

703-323-9394

**Dental First Associates, LLC** 

Raja Gupta, DDS

6116 Rolling Rd., Suite 312 Rolling Mill Professional Park (next to West Springfield H.S.)

Springfield, VA 22152

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

# Adopt Donate Volunteer

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.

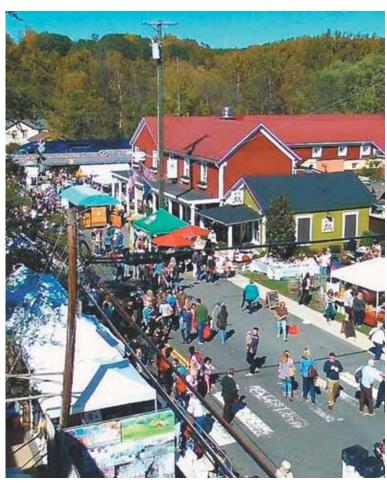


lostdogandcatrescue.org





# FALL FUN & ENTERTAINMENT



An Aerial View of the Clifton Day Festival

### Clifton Day 2018

This year's Clifton Day will feature an outdoor marketplace with 150 vendors as well as live music, train rides, crafts, children's activities and great food. Sunday, Oct. 7, 9 a.m.-5 p.m. in the Town of Clifton, 7144 Main St., Clifton. Admission is free. Parking starts at \$5 per car. The VRE will provide roundtrip train service to Clifton from all stops between Manassas and Rolling Road. The train ride to Clifton is free and the return trip costs \$5 per person (children under 2 ride free). Call 703-968-0740 or visit www.cliftonday.com for more.

### CALENDAR

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

### ONGOING

### The Sunday Farmers' Market.

Through Oct. 21, 10 a.m.-2 p.m. at 10500 Page Ave., Fairfax — one block from West and Main streets behind the Wells Fargo Bank and adjacent to the Historic Fairfax County Courthouse. Visit www.fairfaxsundaymarket.com.

Saturday Community Farmers

Market. Through Oct. 27, 8 a.m.-1 p.m. at 10500 Page Ave., Fairfax — one block from West and Main streets behind the Wells Fargo Bank and adjacent to the Historic Fairfax County Courthouse. Visit www.fairfaxsaturdaymarket.com.

Pop-Up Art show. Through Dec. 16 at Gallery 57, 11899 Grand Commons Ave., Fairfax. Emerging Artists Initiative and the Peterson Companies are partnering to bring an artistic and creative facet to the Fairfax community. A new pop-up art gallery at Fairfax Corner Center will be exhibiting paintings and sculptors by four resident artists in the vacant retail space. Free. Email director@eaiinc.org or visit eaiinc.org.

Farmers Market. Saturdays, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit www.facebook.com/SpringfieldFoodworks/.

Funday Monday 10:30 a.m., every

Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 www.fairfaxva.gov/culturalarts.

### FRIDAY/SEPT. 28

Rock the Block: JunkFood. 6:30-

9:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. Familyfriendly free concert series, which features live bands, beer garden, and city restaurant vendor booths. Bring your own lawn chairs or blankets to sit on. Free. Call 703-385-7858 or visit www.fairfaxva.gov/ rocktheblock.

Dessert on Broadway. 7-10 p.m. at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. "Dessert On Broadway" is an annual fundraiser for the Lake Braddock Chorus Department. The event will include desserts, performances and a silent auction. \$10 pre-sale, \$12 at the door. Email jbach5050@gmail.com or call 703-

470-0026. **B-I-N-G-O.** 7 p.m. at Fire Station 3,
4081 University Drive, Fairfax. Enjoy
free coffee, entertaining callers, a
friendly atmosphere, \$1,000
guaranteed jackpot, treasure chest
progressive raffles, and good food

# A Bucket List for Fall

# Activities that will add spice to the season.

BY MARILYN CAMPBELL

hen the leaves turn colors and the air is crisp, Caitlin Upton gathers her family and pulls out a whiteboard and a marker. She's careful to jot down all of the ideas, shouted in rapid-fire fashion from her three children.

"We always create a fall bucket list of things that we want to do as a family," said Upton, who is a mother of three children ranging in age from two to seven. "This year, the kids want to go on a hayride and pick pumpkins. It's not too original, but they love it and get really excited about it. It gives us something to look forward to during the week when we're so busy."

Creating a fall bucket list — a compilation of experiences or achievements that one wants to accomplish — is an important way to create lasting family traditions and memories, while enjoying all that the season has to offer. From hayrides to pumpkin-carving, fall ushers in enough family-friendly activities to create an overflowing list of activities that make the

most of the season's bounty.

"The start of a new season is a perfect time to create bucket list, and during fall there are so many fun things to do," said Upton, a marriage and family therapist in Burke. "So often, people have ideas of things that they want to do either with their kids, their friends or just personal things, but never get around to them. It's important to write them down and commit to doing them. I write our list on a white board in our kitchen, but I keep it

short and attainable so we don't get overwhelmed. Carving out quality time to spend with family is important,"

Foraging for vibrantly color fallen leaves in shades of orange and yellow is at the top of Bella Middleton's bucket list. Middleton, who is an art in Maryland is fantastic for a fall day trip."

instructor in Bethesda, gathers her two preschoolage children and collects leaves with the goal of turning nature into art. "Sometimes we do something as simple as taking branches with leaves that have turned orange and put them in vases that we display around the house. I mix pumpkins with leaves to create a centerpiece for the dining room table.

Making wreaths and collages is another project that Middleton does with her family. "This is really one of the most inexpensive and fun projects that you can do," she said. "My kids and I go to a park and gather fallen leaves. Then I get some construction paper and glue sticks or spray mount and let my kids attached the leaves to the paper in any way they want, then I display their works of art around the house. It's a great way to welcome the season."

Turning leaves into candle holders is another project that Middleton and her family enjoy. "You take leaves and glue them to the inside of mason jars and let them dry. You can attach the leaves with a craft glue called Modge Podge, which dries clear. Tie a pretty ribbon around the mouth of the jar and you have a beautiful decorative piece for fall."

Spending a day enjoying a scenic drive to Shenandoah, passing through the so-called Apple

> Trail, is must-do task for Arlington mother Camilla Kendrick and her family.

"It's a beautiful drive down. We stop and pick apples and then we come home and make apple doughnuts," said Kendrick, who works as a private chef. "They're messy, so the kids think they're fun to make. I also make apple cider doughnuts for some of my clients."

Taking a local fall foliage drive with her four children is something that Lauren Bickle puts on her bucket list each fall. "It's certainly not as breathtaking as the fo-

liage in some place like New England, but this area has a lot to offer," she said. "There's Great Falls of course, and then Mount Vernon and Arlington National Cemetery have some great colors. If you're up for a longer drive, Harper's Ferry in Maryland is fantastic for a fall day trip."

### Apple Doughnut Recipe

Ingredients

2 cups flour

1/4 cup sugar

1 teaspoon baking powder

1 teaspoon cinnamon 1/2 teaspoon nutmeg

1/2 teaspoon salt

1 egg 3 tablespoons buttermilk

1/3 cup whole milk

5 Granny Smith apples, cored and sliced vertically into three pieces to create doughnut shapes.

**Directions**: Stir together flour, sugar, baking powder,

cinnamon, nutmeg, and salt to create the batter. Gradu-

2 cups olive oil for frying

1/2 cup powdered sugar, for coating

ally stir-in buttermilk, whole milk and egg. Coat each apple ring with batter. Heat the oil in a deep frying pan. Place the doughnut rings in the pan and fry on each side for three minutes or until golden brown. Drain doughnuts on a paper towel and allow to cool. Sprinkle with powdered sugar.

available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

### SATURDAY/SEPT. 29

Kayak the Marsh at Lake Accotink

7:30-9:30 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. "Kayak Tour-Wildlife of the Potomac" is designed for participants age 13 to adult. Glide past bad eagle nests to get an early morning view of wildlife. No previous experience is required. A single-seat

kayak and life preserver are provided. \$31 per person. Boaters younger than 16 must be accompanied by an adult registered in the program. This program will be canceled in the event of rain or unfavorable water levels. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lakeaccotink.

Fall Art Lessons for Youth. 9:15-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin teaches drawing and watercolor for children 8 and older. Visit www.czartlessons.com or call 703-250-6930.

Pohick Church Country Fair. 10
a.m.-3 p.m. at Pohick Church, 9301
Richmond Highway, Lorton. The
73rd Annual Pohick Church Country
Fair offers a day of outdoor fun and
learning with historic colonial church
tours, organ concerts, booths, free
children's games, pumpkin painting,
smoked pork barbecue, funnel cakes,
homemade apple butter, live music,
and more. Call the church office at
703-339-6572 or visit
www.pohick.org.

### FALL FUN & ENTERTAINMENT

### Fall Art Workshop for Teens/

Adults. 10:30-12:30 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin explores drawing, watercolor, Chinese Brush and portfolio development. Visit www.czartlessons.com or call 703-250-6930.

**Azalea Auction and Sale.** 1-4 p.m. at Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. The Northern Virginia Chapter of the Azalea Society of America (ASA) will be holding its 11th Annual Public Azalea Sale and Auction. The Silent Auction starts at 1 p.m. followed by the live auction at 2:30. The plant sale will run 1-4. Contact Lars Larsen 703-505-5733 or Carolyn Beck 703-860-5676.

Taste of the Vine. 6:30-9:30 p.m. at the Blenheim Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. Historic Fairfax City Inc. (HFCI) will hold it's 10th annual fundraiser, "Taste of the Vine." Visit www.historicfairfax.org/.

### SEPT. 29-OCT. 28

**The Rocky Horror Show.** Friday-Saturday, 8 p.m. (standard and VIP ticketing); Sunday, 5 p.m. (standard tickets only) at the Lorton Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Rocky Horror Show is an unusual interactive theatrical experience, during which audience members may (voluntarily) sing-along with the cast and sometimes shout out jokes and/ or use props during the performance. Some audience members wear costumes inspired by the production, too. Workhouse will provide props for attendees at no cost. No outside props are allowed. VIP tickets include access to a pre-show VIP lobby and preferred seats. Standard tickets, \$25-\$35; VIP tickets, \$50-\$60. Visit workhousearts.org for tickets.

### SUNDAY/SEPT. 30

### Civil War Book and Memorabilia

**Sale.** 11 a.m-6 p.m. at the Arlington-Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Come out and meet the authors and vendors at the innaugural Civil War Book and Memorabilia Sale. Additional vendors wanted, Admission \$5, Email mayo5304@cox.net or call 703-389-

**50+ Expo.** Noon-4 p.m. at Springfield Town Center, 6500 Springfield Mall, Springfiled. This annual expo is designed for older adults and their families, featuring the winning works of the Beacon's Celebration of the Arts contest, as well as free health screenings (glaucoma, blood pressure, bone density and balance), fitness classes, flu and pneumonia vaccines, door prizes and entertainment for older adults and their families. Dozens of informative exhibitors — including government agencies, nonprofits and local businesses — will provide giveaways and helpful information. Free. Visit www.thebeaconnewspapers.com.

Reading Circle Activities. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. "The Caboose That Got Loose" book will be featured. The Reading Circle will be held in two 45 minute sessions - one at 1:15, one at 2:30. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225

**Burke Historical Society General Meeting.** 3:30-5 p.m. at 6540 Sydenstricker Road, Burke. Mary Lipsey, Fairfax County History Commissioner, speaks about Fairfax County men who served and died in the Great War, and about how the

war was commemorated here and www.ConnectionNewspapers.com



Photo courtesy of The Fairfax Station Railroad Museum

### LEGO Train Show and Craft Fair

The Washington, D,C. Metropolitan Area LEGO Train Club will hold a special two-day display at the Fairfax Station Railroad Museum. In addition volunteers will hold science, technology, engineering and mathematic activities about railroads. Recommended for ages 8 and older. Local crafters will also be on the Museum grounds selling crafts. Please bring any unwanted LEGO pieces or sets to help support the LEGO Train Club's educational activities. Saturday-Sunday, Oct. 6-7, 10 a.m.-5 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$5. Call 703-425-9225 or visit www.fairfax-station.org.

nationally. Free. Email slawski brian@yahoo.com or visit www.burkehistoricalsociety.org.

### WEDNESDAY/OCT. 3

**Annual Golf Outing.** 11 a.m.-8 p.m. at Old Hickory Golf Club, 11921 Chanceford Drive, Woodbridge. Join Good Shepherd Housing for their annual Golf Outing. The championship layout at Old Hickory was designed by the architect for Gary Player, who also designed Raspberry Falls. \$625/foursome; \$160 individual. Visit goodhousing.org/golf to register.

### WEDNESDAY-SUNDAY/OCT. 3-7

Mickey's Search Party. Times vary, at Eagle Bank Arena, 4500 Patriot Circle, Fairfax. Disney On Ice presents Mickey's Search Party, bringing the magic closer to fans than ever before on the ice, in the air and in the seats. Tickets start at \$15, opening night; \$20, all other shows Order tickets at 800-745-3000 or www.ticketmaster.com. To discover more about Disney On Ice, go to www.disneyonice.com.

### THURSDAY/OCT. 4

Hitchcocktober: Rear Window

(1954). 7 p.m. at Angelika Film enter – Mosaic, 2911 District Ave Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmcenter.com.

FRIDAY/OCT. 5

Cocktails by Candlelight. 6-9 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. Kick-off the weekend at Cocktails by Candlelight event an after-hours event where visitors learn to make and sip on period cocktails in Gunston Hall's hearth kitchen. Converse and be merry around the fire with friends and loved ones, and enjoy a candlelit tour. Tickets are sold online (bit.ly/2NhKLDk) or at the door for \$35, \$25 for Friends of Gunston Hall. All attendees must be 21 or older.

### FRIDAY-SATURDAY/OCT. 5-6

Madhaunter's Madhouse. 7-11 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Madhaunter's Madhouse haunted trail of terror returns to the Workhouse for a third year of scares. In 2018, screams will echo across the 55-acre historic Workhouse campus, built on the grounds of the onceabandoned and notorious DC Department of Corrections Lorton Reformatory. More information, tickets (\$20), and volunteer opportunities are available at workhousearts.org/madhaunter.

### SATURDAY/OCT. 6

Fall Fun with the Vienna-Falls

Chorus. 3-5 p.m. at Ame Legion Post #177, 3939 Oak St., Fairfax. Join for a musical afternoon as the chorus sings their newest repertoire and a few longtime favorite songs. There will also have concessions, raffles, cash bar and silent auction, \$10. Email. show@viennafalls.org or visit www.viennafalls.org for tickets.



# buffa's dance studio

- Pre-School Dance Movement Ages 3 and 4
- Hip Hop
   Lyrical/Contemporary
   Ballet
   Tap
- Jazz Pointe Modern Acro Musical Theater
- Aerial Silks
   Performing Companies Grades K-12
- Beginner to Advanced
   Professional Instructors



# Come Join the fun!

12,000 sq. ft. of performing space with professional sprung floors

### CALL 703-425-5599

QUALITY INSTRUCTION IN A QUALITY ENVIRONMENT

9570-H BURKE RD. **BURKE VILLAGE CENTER II** 

www.buffas.com • buffadance@msn.com





# Symphony No. 7









September 29, 2018 @ 8pm September 30, 2018 @ 3pm

> James Ross, Music Director Alexander Kerr, Violin

Also featuring music by Torke, Dvořák and Saint-Saëns

ADULT: \$20-\$80 • STUDENT: \$10 • YOUTH: \$5

(703) 548-0885 • www.alexsym.org





### SENIOR LIVING

This special focus will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well- being. Target the neighborhoods of the top suburban communities with the highest home values, incomes and spending power with many mature adults exploring their many opportunities. Showcase your products and services in this special focus section with the award-winning Connection Newspapers print and digital media.

Publishes:

October 3, 2018 Advertising Closes: September 27, 2018

Your ads in Connection Newspapers' 15 demographically segmented markets appear in print and digital editions on our Web sites, reaching affluent viewers and readers.



email: sales@connectionnewspapers.com

### Perfect Marketing Opportunity for:

Retirement Homes | Assisted Living | Real Estate | Home Remodeling I Home Cleaning & Staging I Home Health Care I Doctors | Dentists | Cosmetic Surgery | Vision Services | Counselors | Physical Therapy | Spas | Hearing Aids | Medical Equipment | Travel | Education | Second Career Planning | Trusts

# what you thin

### **Community Band Concert** \$10 senior, students free. Call 571-336-CFBA (2322) or visit fairfaxband.org. CALENDAR SATURDAY-SUNDAY/OCT. 6-7 LEGO Train Show and Craft Fair. 10 a.m.-5 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, D,C. Metropolitan Area LEGO Train Club will hold a special two-day display at the Fairfax Station Railroad Museum. In addition volunteers will hold science, technology, engineering and mathematic activities about railroads, Recommended for ages 8 and older. Local crafters will also be on the Museum grounds selling crafts. Please bring any unwanted LEGO pieces or sets to help support the LEGO Train Club's educational activities. Museum members and ages 4 and under, free: ages 5-15, \$2; ages 16 and older, \$5. Call 703-425-9225 or visit www.fairfax-station.org.

### SUNDAY/OCT. 7

Clifton Day Festival. 9 a.m.-5 p.m. in the Town of Clifton, 7144 Main St., Clifton. Clifton Day 2018 will feature an outdoor marketplace with 150 vendors. Live music, train rides, crafts, children's activities and great food will add to the fun. Admission is free. Parking starts at \$5 per car. The VRE will provide roundtrip train service to Clifton from all stops between Manassas and Rolling Road. The train ride to Clifton is free and the return trip costs \$5 per person (children under 2 ride free). Call 703-968-0740 or visit www.cliftonday.com.

**Paws for a Cause.** Noon-3 p.m. at Weber's Pet Supermarket, 11021 Lee Highway, Fairfax. 3K walk through the shady streets of Fairfax. Human and canine treats provided along the way. Paws for a Cause benefits Fairfax Pets On Wheels, Inc., an all-volunteer organization dedicated to providing pet visitation to residents of long term care facilities. \$20 before Sept. 20; \$25 after. Visit www.fpow.org.

### MONDAY/OCT. 8

Columbus Day Boat Race. 1-2:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Reenact the historic sea-faring journey by building a mini-cardboard boat to float down the Pohick Stream. Supplies provided. Then head to the creek for a race complete with prizes for the winner and best decorated, \$10. Email casey.riley@fairfaxcounty.gov or call 703-451-

### TUESDAY/OCT. 9

Burke Historical Society Lecture. 7-8 p.m. at Burke Centre Library, 5935 Freds Oak Road, how it can be used to aid research. Visit www.burkehistoricalsociety.org.

### WEDNESDAY/OCT. 10

Paint & Sip. 10 a.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Visit lortonseniorcenter.org or call 703-550-7195.

### FALL FUN & ENTERTAINMENT



City of **Fairfax Band** at last spring's **National Community Band** Concert.

Photo courtesy of Iris Media, LLC

WETA Host Richard Kleindfeldt and the City of Fairfax Band kicks off its 49th season with special guest Steven Hendrickson of the NSO on trumpet. Music by Holst, Sousa, John Williams and Julie Giroux. Saturday, Oct. 20, 7:30-9 p.m. at Fairfax High School Auditorium, 3501 Rebel Run, Fairfax. \$15 adults,

### Film Screening: "In the Last Days of the

City." 7:30 p.m. at GMU's Johnson Center Cinema, George Mason University, 4400 University Drive, Fairfax. In downtown Cairo in 2009, Khalid (Khalid Abdalla), a 35-year-old filmmaker struggles to make a film that captures the soul of his city while facing loss in his own life. With the help of his friends who send him footage from their lives in Beirut, Baghdad and Berlin, he finds the strength to keep going through the difficulty and beauty of living in Cairo. Free. Visit fams.gmu.edu.

### THURSDAY/OCT. 11

### Hitchcocktober: Shadow of a Doubt (1943).

7 p.m. at Angelika Film Center - Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmcenter.com.

### FRIDAY-SATURDAY/OCT. 12-13

Madhaunter's Madhouse. 7-11 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Madhaunter's Madhouse haunted trail of terror returns to the Workhouse for a third year of scares. In 2018, screams will echo across the 55-acre historic Workhouse campus, built on the grounds of the once-abandoned and notorious DC Department of Corrections Lorton Reformatory. More information, tickets (\$20), and volunteer opportunities are available at workhousearts.org/madhaunter.

### SATURDAY/OCT. 13

### Fairfax Lions Club Octoberfest Food Sales.

10 a.m.-6 p.m. at Fairfax City Festival Food Court, University Drive and Sager Avenue, Fairfax. Fairfax Lions Club, of Lions Club International – "the world's largest service organization," welcomes all to their fundraiser at the Fairfax Fall Festival. All proceeds go to Lions Club charitable activities. Have fun; help those in need. Rain or shine. Free admission Visit www.fairfaxlions.org/

Community Band Concert. 1-2 p.m. at Old Town Square, 10415 North St., Fairfax. Main Street Community Band presents a fun and sometimes rollicking program of seasonal music suitable for the entire family. Featuring "Music for a Darkened Theater" and Eric Whitacre's "October." Free. Call 571-336-CFBA (2322) or visit fairfaxband.org.

Second Saturday Art Walk. 6-9 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. Meet nearly 100 Resident and Associate in the 12 campus galleries. Enjoy performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in classes in the art of mixology or cuisines from around the globe. Experience art exhibitions in nine galleries of the region's finest sculpture, painting, glass, ceramics, and fiber arts. Call 703-584-2900 or visit workhousearts.org.

### FALL FUN & ENTERTAINMENT



Mariachi Los Amigos performing at the 2017 Arts Awards.

### 2018 Arts Awards

The Arts Awards bring together the arts community, business community, civic and elected leaders to celebrate the extraordinary contributions of artists, arts organizations, and the private sector for supporting the arts in Fairfax County, the City of Fairfax, and the City of Falls Church. Friday, Oct. 26, noon-2 p.m. at Falls Church Marriott Fairview Park, 3111 Fairview Park Drive, Falls Church. \$250. Email bmacroberts@artsfairfax.org or call 571-395-4619.

### Calendar

### THURSDAY/OCT. 18

Hitchcocktober: Strangers on a Train (1951). 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmcenter.com.

### FRIDAY-SUNDAY/OCT. 19-21

Madhaunter's Madhouse. Friday-Saturday, 7-11 p.m.; Sunday, 7-10 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Madhaunter's Madhouse haunted trail of terror returns to the Workhouse for a third year of scares. In 2018, screams will echo across the 55-acre historic Workhouse campus, built on the grounds of the onceabandoned and notorious DC Department of Corrections Lorton Reformatory. More information, tickets (\$20), and volunteer opportunities are available at workhousearts.org/madhaunter.

### SATURDAY/OCT. 20

Trunk or Treat. 5-7 p.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Get a jump start on Halloween by joining Franconia United Methodist Church for a family-friendly Trunk or Treat in the church parking lot. Wear s costume and enjoy fun and games for children from preschool to middle school. Free. Call 703 971-5171 or visit www.franconiaumc.org/contact.

### THURSDAY/OCT. 25

Hitchcocktober: 39 Steps (1935). 7

p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmcenter.com.

### THURSDAY-SUNDAY/OCT. 25-28

The Adventures of Huckleberry

Finn. 8 p.m. at George Mason University Center for the Arts-Concert Hall, 4373 Mason Pond Drive, Fairfax. Mark Twain's timeless classic sweeps us down the mighty Mississippi in this musical adaptation of Huck Finn. Our irrepressible hero helps his friend Jim escape to freedom while sharing hilarious, suspenseful and heartwarming adventures, all told with unforgettable, classically American music. Professional Artist in Residence, Thomas W. Jones II helms this journey. \$15 for students and seniors, \$30 for adults. Call 703-901-5941 or visit cfa.calendar.gmu.edu/ big-river-the-adventures-ofhuckleberry-finn.

### FRIDAY/OCT. 26

**Lorton Workhouse Ceramics** 

**Workshop.** 10:30 a.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Travel to the Lorton Workhouse Arts Center Visit lortonseniorcenter.org or call 703-550-7195

2018 Arts Awards. Noon-2 p.m. at Falls Church Marriott Fairview Park, 3111 Fairview Park Drive, Falls Church. The Arts Awards bring together the arts community, business community, civic and elected leaders to celebrate the extraordinary contributions of artists, arts organizations, and the private sector for supporting the arts in Fairfax County, the City of Fairfax, and the City of Falls Church. \$250. Email bmacroberts@artsfairfax.org or call 571-395-4619.

Rock the Block: Supervixen. 6:30-9:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. Familyfriendly free concert series, which features live bands, beer garden, and city restaurant vendor booths. Bring your own lawn chairs or blankets to sit on. Free. Call 703-385-7858 or visit www.fairfaxva.gov/

### FRIDAY-SUNDAY/OCT. 26-28

Madhaunter's Madhouse. Friday-Saturday, 7-11 p.m.; Sunday, 7-10 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Screams will echo across the 55-acre historic Workhouse campus, built on the grounds of the once-abandoned and notorious DC Department of Corrections Lorton Reformatory. More information, tickets (\$20), and volunteer opportunities are available at workhousearts.org/madhaunter.

### SATURDAY/OCT. 27

Transforming Lives Gala. 6:30-11 p.m. at The Westin Alexandria, 400 Courthouse Square, Alexandria. Since 1974, Good Shepherd Housing & Family Services has been reducing homelessness and enabling self-sufficiency by providing permanent affordable housing, emergency financial services, budget counseling and case management to working households in Fairfax County. \$175-\$250. Visit goodhousing.org/gala.

### WEDNESDAY/OCT. 31

Halloween Costume Contest. 11

a.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Visit lortonseniorcenter.org or call 703-550-7195.

Hitchcocktober: Psycho (1954). 7

p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmcenter.com.

Madhaunter's Madhouse. 7-11 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Screams will echo across the 55-acre historic Workhouse campus, built on the grounds of the once-abandoned and notorious DC Department of Corrections Lorton Reformatory. Tickets (\$20) are available at workhousearts.org/madhaunter.



Purchase of \$50 or More Purchase of \$100 or More



# **OPINION**

# How We Can Bring Criminal Fine Reform to Fairfax County

BY SUPERVISOR JOHN C. Соок (R-Braddock)

riminal justice reform is about making sure that the criminal justice system achieves its goals and works equally for everyone. One issue being examined is whether assessing traffic and

court fines and costs, regardless of ability to pay, and then punishing those who do not pay, is achieving any desired goal. Court fines and fees can be assessed for criminal or traffic offenses, such as speeding or parking violations. When someone receives a ticket or is ordered to pay a fine for an infraction, they also have to pay court and processing fees. This system is in place to deter people from committing these crimes, and also as a way to reimburse the cost of expenses associated with processing the cases and pay back to society for the cost of any damage caused by their actions.

For some, paying fines is not a problem. For others who are struggling to get by, it may be difficult or impossible to pay. The penalties for failing to pay fines and fees end up having a much greater impact on those in poverty than the rest of the population. If someone cannot pay their fine or traffic ticket, penalties for non-payment increase the amounts they could not pay in the first place. Overdue fines often go to collection agencies and the mountain of debt grows even higher, since a 17 percent collection fee can be added on to



Almost one million Virginians have had their licenses suspended due to unpaid court fines and other charges.

the existing balance.

Compounding the issue is that if someone fails to pay their fines, the state can take their driver's license away. The Legal Aid Justice Center found in January that almost one million (974,349) Vir-

ginians had their licenses suspended due to unpaid fines and other charges. Two-thirds of that group (638,003) had their licenses suspended solely because of unpaid fines. When the courts suspend driver's licenses for unpaid fines, those individuals are not able to legally drive to work. Many people choose to drive illegally on their suspended licenses so they do not lose their income. If they are caught, then even more legal fees are added to their debt and some have to serve jail time. This vicious cycle makes it impossible for the courts to ever collect their fines and for those who owe to meet their obligations. It also means that people are pushed out of jobs and potentially into applying for government benefits.

Fortunately, in Fairfax County there are several programs to help individuals avoid these escalating penalties. Defendants can enter into a monthly payment plan with a down payment due at the time of their conviction. If a monthly payment is missed, then the defendant will go into default, which could result in additional fines and/or jail time. Another option is to

defer the entire payment until a later date. Defendants may also be eligible for the Fines Option Program, which allows defendants to perform community service in lieu of paying fines and fees. Those who sign up for this option go to the Magistrate's office on a Saturday morning, sign in, and take a bus to the George Mason University campus to perform

their fines, many people still fall through the cracks. We need to implement a new system to help determine a person's ability to pay before they go to trial. The judge and clerk's office need the ability to set fines that can actually be paid. We need further opportunities for the alternative of assigning community service with more flexible schedules for those who cannot make the Saturday morning sessions.

Fine reform cannot truly take place without significant changes by the General Assembly. However, the County can help in the process by assisting the courts in bolstering their programs and making them more effective. We defeat the purpose of fines if we cause people to lose their jobs and the ability to support their families. Alternatives are important to a more

### tasks such as picking up litter, landscaping, or painting. Work hours are credited at the rate of \$15 an hour toward payment of fines. While we have some remarkable programs to assist those who cannot afford to pay off

For advertising information e-mail:

sales@connectionnewspapers.com 703-778-9431

**Steve Hogan** Display Advertising, 703-778-9418

Debbie Funk

National Sales 703-778-9444

**David Griffin** 

Marketing Assistant 703-778-9431

Advertising

Mary Kimm mkimm@connectionnewspapers.com

**Executive Vice President** 

Jerry Vernon 703-549-0004 jvernon@connectionnewspapers.com

Steven Mauren

**Managing Editor** Kemal Kurspahic Art/Design:

Laurence Foong, John Heinly, Ali Khaligh

Geovani Flores

CIRCULATION

Ann Oliver



# Saving People, Places and Property; The Time is Now

By Supervisor Dan Storck (D-Mt. Vernon)

limate change is happening and it has real impacts. I recently participated with U.S. Sen. Tim Kaine and Prince William County Chairman Corey Stewart in the Climate Crisis Forum sponsored by the Faith Alliance for Climate Solutions. With more than 400 attendees, the forum looked at climate change from the perspective of impacts on our communities, shorelines, health, national security and government action. As I have stated previously, climate change is affecting us all and while the County has put some policies and plans in place, we need to do more to lead the way. This is about saving people, places and property now.

A few examples of climate change impact we are already seeing are:

- ❖ Sea level rise has increased 10 inches over the last 80 years.
- \* This year, we experienced 44 days where temperatures reached or exceeded 90 degrees F. That's one more than last year's total and 8 more than the average we typically see each year.
- ❖ More extreme weather events from for many reasons. Here are a few:



Pictured at the Climate Crisis Forum, from left: Dr. Samantha Ahdoot, MD, FAAP, Chair and Co-founder, Virginia Clinicians for Climate Action: Rev. Dr. Jean Wright; Major General Rick Devereaux, USAF (Ret.), Former **Director of Operational Planning,** Policy, & Strategy, U.S. Air Force **Advisory Board, Center for Climate** and National Security; Supervisor Dan Storck (D-Mt. Vernon).

snowmaggedon to recent and regular torrential rains.

These impacts are important to us in the Mount Vernon District, and Virginia in general,

❖ While 29 percent of Virginia land is coastal, 60 percent of population lives on coast.

- ❖ A recent study showed more than 9,000 Virginia homes are at risk of tidal flooding by 2045 due to sea level rise.
- Low lying areas, like New Alexandria and Belle View, will increasingly be at risk of flooding just from high tides and onshore winds.
- \* Extreme heat is the leading weather-related cause of death in the United States and it puts strain on our energy grid.
- \* Heavy downpours in our area have increased 30 percent over the last 50 years.
- \* Experts have determined that a category 3 hurricane through our area would submerge the Belle Haven Marina through Belle Haven Shopping Center with three-plus feet of stand-

While the County has taken steps to be good environmental stewards, like signing the Cool Counties Climate Stabilization Declaration, adopting a Countywide Energy Policy, Environmental Vision and Operational Energy Strategy, it is not proportional to the challenge we face. I did not support the recently adopted Operational Energy Strategy because the plan

SEE STORCK, PAGE 15

www.ConnectionNewspapers.com @SprConnect

\_Springfield

### 1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

### NEWS DEPARTMENT: south@connectionnewspapers.com

### **Kemal Kurspahic**

Editor \* 703-778-9414 kemal@connectionnewspapers.com

### Andrea Worker

Contributing Writer aworker@connectionnewspapers.com

### Jean Card

Production Editor jcard @connection newspapers.com

### ADVERTISING:

shogan@connectionnewspapers.com

debfunk@connectionnewspapers.com

dgriffin@connectionnewspapers.com

**Classified & Employment** 

### 703-778-9431

### **Editor & Publisher**

@MaryKimm

### **Editor in Chief**

**Production Manager:** 

### Circulation Manager:

circulation@connectionnewspapers.com



# E-Day on the Horizon County readies for Nov. 6 elections.

By Andrea Worker The Connection

n Tuesday, Nov. 6, voters will go to the polls to choose a United States Senator, representatives for Congress, Town officials in Herndon, and vote on several referendums.

The Fairfax County Electoral Board held a Media Briefing session on Sept,17 to provide important information regarding the election process and voting in Fairfax County. With "E-Day" on the horizon, they want to help voters avoid any confusions or pitfalls that could cause unnecessary inconvenience or even the denial of their vote.

In-person absentee voting for the midterm elections began on Friday, Sept. 21, at the Fairfax County Government Center at 12000 Government Center Parkway in Fairfax and the first mailing of absentee ballots is scheduled to go out on the same date. The Office of Elections is ready, even as they continue preparations for actual election day action.

"Thank goodness we just got the ballots in," said Electoral Board Secretary Kate Hanley. "They came from New Bern, North Carolina!" a town particularly devastated by Hurricane Florence.

Election officials want to be sure that voters are ready to exercise their right to vote.

To that end, a voter information notice including a sample ballot, precinct locations and other pertinent information is being mailed to both active and inactive registered voters - but that won't do you much good if you haven't yet registered to vote.

Hanley reminds that the deadline to register to vote is Oct. 15. To be eligible to register, you must be a citizen of the United States, a resident of Virginia, and at least 18 years of age by the next general election. Voters will need to provide a valid photo ID to vote in person.

New registrants can obtain the voter application form from a myriad of places, including the Elections Office in Government Center, DMV offices, and public libraries. The registration application must then be mailed as instructed to the Office of Elections. Registrants can also apply online at www.vote.elections.virginia.gov. The County reports that 95 percent of voter registrations are now done electronically.

**VOTING** can be done in person on Election Day, by in-person absentee voting or via a mail-in absentee ballot. There are 20 valid reasons accepted to vote absentee in Virginia and several different time ranges that apply, depending on a person's circumstances. All of these requirements are clearly outlined on the www.elections.virginia.gov



From left: Fairfax County General Registrar Gary Scott, Kate Hanley, Secretary of the Fairfax County Electoral Board, Board Chairman Stephen Hunt, and Vice-Chairman Bettina Lawton host members of the media at a meeting on Sept, 17.

website. If voters determine they meet the absentee voting criteria, the application for the absentee ballot can be downloaded from the site and there is even a video on the site showing how to fill out the application.

"It's important to realize that the ballot itself is still mailed to you," noted Electoral Board Chairman Stephen Hunt. "Some people just keep hitting the 'Apply' button, waiting for the ballot to download. It doesn't work that way."

Hunt wants voters to plan for that and give themselves ample time to receive the absentee ballot, complete it, and send it back. As of Sept.17, the County reports having received almost 8,000 mail-in ballot applications. The deadline to apply for a mail-in absentee voting ballot is Oct. 30 at 5 p.m., but that doesn't leave much time for your ballot to be received by Election Day. Mailed-in absentee ballots are counted on election night in the Central Absentee

Regardless of how you plan to cast your vote, the first port of call should be that www.vote.elections.virginia.gov website to check your voter status and to update your information if need be.

Hunt said that there have been instances where address changes or other incorrect information have caused problems for the voter. "Check everything in advance."

In addition to the Government Center location, registered voters can vote in-person absentee before Election Day at 9 other satellite locations: The Lorton Library; The Providence Community Center; the Governmental Centers of: Franconia, Mason,

McLean, Mount Vernon, North County (Reston), Sully, West Springfield

The Government Center Offices will be closed on Oct. 8 for Columbus Day. All locations are closed on Sundays and the hours for each are posted on the County website at www.fairfaxcounty.gov.elections/absentee

Other than the deadlines, voting requirements, and where to find the necessary information, the Electoral Board members had a few other cautionary notes and reminders.

Some of those reminders were aimed at college students, possibly living away from home on Election Day.

Using George Mason University as an example, Hunt and Hanley said that even though there is a voting poll on campus, students cannot vote there if they are registered elsewhere in the Commonwealth.

"Several hundred denials have resulted from voters attempting to vote at a precinct different from where they are registered," said Hunt.

The chances of being able to race from the wrong polling place to the correct one in time are fairly slim. Mail-in ballots *can* be sent to any address, but in-person voting must take place where the voter is registered – still another good reason to check your information on the Virginia voter's website.

Also, said Fairfax County Information Officer Lisa Connors, "remind students to bring stamps!" Lack of access to stamps or a post office was reported as a problem when the County held a college intern brainstorming session this summer.

Hunt also took time to assure residents that while there have been incidents of missassigned voters, every effort is made to avoid those mistakes, including close collaboration with the Department of Motor Vehicles, the County departments involved in geographic information systems, and "a lot of manual checking and double-checking." Hunt said that even one voter denied their voting rights because of clerical error "is one too many."

**THE BALLOTS** are printed with instructions and information in Spanish, Korean and Vietnamese. There are also translators on phone "standby" that can assist voters at the polls.

Also on hand at the meeting was Travis Potter, Acting IT Manager, and a handout was available on "Voting System Security." The Electoral Board assures voters that the County's voting systems have been "rigorously tested...and certified by the U.S. Assistance Commission and Virginia Department of Elections." No part of the certified system is

connected to the internet – no modems, no Wi-Fi capabilities to allow hacking. Elections results are never transmitted but instead, are called into the office.

It's also important to note that election night results are not considered "official" until County election officers review the machine tapes for every ballot scanner and compare that information with the results reported.

Before the briefing concluded, Secretary Hanley updated the media on the Board's position to move the June primaries to the third Tuesday in the month. The Board officially adopted this position in July, and sent a letter of recommendation to the Board of Supervisors, the Fairfax County School Board, and the members of the Fairfax Delegation to the General Assembly in August.

Hanley said, "165 of the County's 243 precincts are located in schools." Numerous reasons, not the least being the call for increased security at schools in recent times, have convinced the Electoral Board that for the June primaries, it is in the best interests of students and voters to move the date to when most schools have already finished the academic year.

"I think the recommendation is gaining traction," reported Hanley.

There's a lot of information involved in the act of casting your vote.

The Elections Office of Fairfax County is there to help on the web, by email at voting@fairfaxcounty.gov, in person, or by calling their offices at 703-222-0776.



\* Brows

Eyeliner

\* Lip Liner & Colo

Microshading

Tooth Bling

\* Tatto Remova

### Announcements

### We pay top \$ for STERLING,

MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.

Schefer Antiques 703-241-0790 theschefers@cox.net

### Find us on Facebook and become a fan!

www.Facebook.com/ connectionnewspapers



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

For Sale

Permanent Makeup Boutique

BE a ways BEAUTIFUL

703-491-0469

www.BeAlwaysBeautiful.com

**Employment** 

### **Employment**

### VINSON HALL RETIREMENT COMMUNITY HIRING MAINTENANCE TECH!

Looking for a full-time Maintenance Tech to perform various maintenance and repair services for the residents, staff, and grounds of our community to include HVAC, electrical, and plumbing orders.

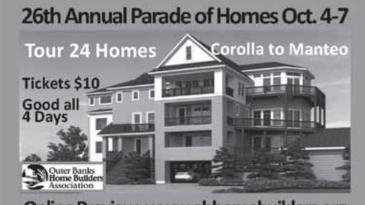
- Minimum of 3-5 years experience in the building and construction fields
- · Strong HVAC and plumbing experience preferred.
- Plumbing and electrical license required when performing such tasks.

Competitive Salary and Benefits including health, dental, and 401(k)

For more information or other job opportunities, visit www.vinsonhall.org Email: humanresources@vinsonhall.org

**Announcements** 

### Announcements



Online Preview: www.obhomebuilders.org

### Find us on Facebook and become a fan!

www.Facebook.com/ connectionnewspapers



The Connection to Your Community

www.connectionnewspapers.com

### **SPORTS**

**Elena Delle Donne** splits two Storm defenders and lays the ball up. Delle Donne scored a team high 23 points.



### Mystics at Home in Fairfax

The Washington Mystics hosted the Seattle Storm in game 3 of their first ever WNBA Finals on Sept. 12, 2018, at EagleBank Arena in Fairfax. Down 0-2 in the series, the Mystics were in desperate need of a win to avoid being swept. The Storm were too much for the Mystics and won 98-92 to claim their third WNBA title since 2004.



Three-year-old Lena and her dad Doug Danosos from Burke are thrilled to be at the WNBA Finals.



Natasha Cloud #9 of the Mystics drives third quarter.



Tracy Tran from Fairfax competes in the \$10,000 Half Court Challenge. Although he did not make the basket, Tran was happy to be at the game to show his support for the Mystics.



The Mystics' mascot, Pax the Panda, throws a t-shirt to a young fan.

# BULLETIN BOARD

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

### **VOTER REGISTRATION AND ID EVENTS**

### The Fairfax County Office of Elections

(12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

- The following event will also provide opportunity to register to vote and/or get a photo Virginia
- ♦ Thursday/Oct. 4, 10 a.m.-1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale.

### THURSDAY/SEPT. 27

Alzheimer's Educational Conference. 9 a.m.-2 p.m. at Waterford at Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. The Alzheimer's Foundation of America (AFA)'s national Educating America National Tour, featuring AFA's free Concepts in Care educational conference, free memory screenings. and much more, comes to Fairfax. Program is open to families affected by Alzheimer's disease, caregivers, and anyone interested in learning more about Alzheimer's disease. Free. Visit alzfdn.org/event/afa-educating-america-tourfair-oaks/ or call 866-232-8484.

Gentle Yoga. 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. This yoga protocol is facilitated by Pat Fitzsimmons RN, C-IAYT, E-RYT 500, an instructor specifically trained to work with cancer patients who will adapt traditional yoga practices to meet the physiological and psychological needs of cancer patients. Visit www.sentara.com

Public Information Meeting. 6:30-8:30 p.m. at Fairview Elementary School, 5815 Ox Road, Fairfax Station. The Virginia Department of Transportation is holding a public information meeting on plans to widen and make other improvements to about five miles of the Fairfax County Parkway (Route 286) between Route 29 (Lee Highway) and Route 123 (Ox Road). There will be a presentation at 7 p.m. VDOT staff will be available to answer questions. View www.virginiadot.org/projects/northernvirginia/ ffx\_co\_pkwy\_widening.asp for more.

From Page 12

as presented does not go far enough to ensure the County's role as a regional leader or to advance cost savings, real climate change initiatives or resiliency planning. I strongly believe the County needs to move forward quickly to adopt a Community Climate Action Plan and a Resiliency Plan. As a County, we can do far more, and adopting more aggressive goals will result in significant cost savings and a faster return on our investment for both our environment and our bud-

If you would like to learn how you, your family, neighbors and community can help our environment, join us on Saturday, Nov. 10 for the District's first ever Environment Expo: Saving the Earth One Person at a Time. For more information, visit our website: https:/ /www.fairfaxcounty.gov/



CALL 703-549-0004 FOR ADVERTISING INFORMATION

### LANDSCAPING

A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling.

Good is not good, where better is expected.

-Thomas Fuller

703-863-7465 ELECTRICAL

ELECTRICAL

### K&D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated

Small Repairs • Gutter Guards

PINNACLE SERVICES

tic/ins 703-802-0483 free est. 3

email jamle@lawnsandgutters.com web: lawnsandgutters.com

Friendly Service with a Friendly Price!

Recessed Lighting

Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades

GUTTER

Hot Tubs, etc.

Mobile 703-499-0522

Licensed/Bonded/Insured Office 703-335-0654

lektrkman28@gmail.com

GUTTER

IMPROVEMENTS

10%

Power Washing

Go from green to clean, do you have

mold on your siding rotten wood that's a hoa voilation? We do houses, decks,

fences, side walks, etc. Deck and fence repair, deck staining and sealing.

Licensed & Insured • Free Estimate

703-987-5096 Senior/Military Discou

...........

A&S Landscaping

703-863-7465

LICENSED

Serving All of N. Virginia

RN. CONTRACTORS, INC

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827

E-mail: rncontractorsinc@gmail.com

**All Concrete work** 

**Grading Solutions** 

**Retaining Walls • Patios** 

French Drains . Sump Pumps

Decks • Porches (incl.

screened) . Erosion &

: • Driveway Asphalt Sealing

LANDSCAPING LANDSCAPING

### Patios & Drainage

Your neighborhood company since 1987 703-772-0500

### J.E.S. Services

### Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
   Concrete Driveways, Replacement or New
   Patios and Walks Masonry Work or Dry Laid
   Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

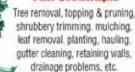
All work Guaranteed

### TILE / MARBLE TILE / MARBLE

### **Quality Tree Service** & Landscaping

Reasonable prices. Licensed & insured.

### Fall Cleanup...



25 years of experience - Free estimates 703-868-5358

24 Hour Emergency **Tree Service** 

### PAVING PAVING

### **GOLDY BRICK** CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded

703-250-6231

### MASONRY

### Alfredo's Construction Company, Inc.



 Concrete Driveways Patios •Sidewalks Stone • Brick Phone:

VA: (703) 698-0060 • MD: (301) 316-1603

www.alfredosconstructioncompany.com

# of this week's

You can read any 15 papers digital editions here:

www.ConnectionNewspapers.com/PDFs

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

-Werner Heisenberg

### Woe I'll Never Be



### By KENNETH B. LOURIE

Not on hold with the Oncology department today. Not elbowing Twinkle or Biscuit off my writing tablet as I sit and write this week's column. And not going hungry from the previous Friday's infusion (a week plus has passed so the worst side effect of the treatment has passed).

In general, aside from waiting for my upcoming CT scan on Sept. 26, I am glad that soon I can get on with my life.

You'll note I didn't say fate. That word has too negative a connotation. And my nature, as you regular readers know, is as a positive/glass half full kind of person. So, as I approach this next milestone, I view it not so much as a millstone but more so as just another rock that hopefully leaves me not in a very hard place.

The pre-existing cancer diagnosis is already hard enough. But after living with it for so long and enduring as many rounds of chemotherapy, side effects, lab work, diagnostic scans, 24-hour urine collection and all the associated anxiety surrounding a "terminal" diagnosis as I have, one, at least this one, has learned to live with the miscellaneous

It's not to imply that doing so is easy, but not doing so is so much more difficult. To that end, which ultimately won't be my end, assimilating the good, bad and the incredibly worrisome into some sort of mental spreadsheet seems the only logical pursuit.

Either you learn to take it in stride or you'll die not trying.

And since dying, so far as we know anyhow, is so much less appealing than living, I'm striving to balance my equilibrium and never get too high or too low no matter the news. (Yes. I'm a Libra so balance is very much a part of my process.)

That's not to say that there aren't incredible pressures and challenges that us cancer patients have to manage, it's more that to say that laughing in the face of death is not a sign of weakness but more so a sign of enlightened strength.

Part of that strength is respecting the process with which cancer patients are all too familiar and moreover, and most importantly, understanding and respecting what we don't have control over. There's an element of letting go which enhances one's quality of life and minimizes obstacles as well.

Doing what you can and not fretting about what you can't, in addition to keeping an open mind, combines to smooth out the rough edges and to focus on the path ahead. The 'path ahead' being the goal.

I remember that exact philosophy being expressed by my oncologist at the original Team Lourie meeting back in late February 2009. When it was suggested that my mother's smoking of Chesterfield King cigarettes in my youth or my dalliances in college in the '70s might be relevant/have had an impact on my lung cancer diagnosis, my oncologist would have none of it.

Retrieving fragments of history and/or assigning blame for less-than-ideal behavior was irrelevant to him. His concern was not the past, it was the present/future. We were to be looking/planning ahead and treating forward.

And so here I sit, very much having been treated forward.

At present, I am my oncologist's prize cow, a stage IV, non-small cell lung cancer survivor, alive and reasonably well nine years and nearly seven months into an initial "13 month to two year" prognosis. After hearing that grim prognosis, I never would have imagined that in August 2018, I'd still be alive.

But here I am. Not a victim of my own circumstances.

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

### Storck

mountvernon.

BBB

www.Facebook.com/ connectionnewspapers CONNECTION

Newspapers & United The Connection to Your Community

www.connectionnewspapers.com





PERSONALIZED CAR CARE EXPERIENCE

BRAKE SPECIAL

Includes: Install Genuine Toyota front brake pads,

inspect front & rear rotors & drums, check tire

condition and inspect all hardware. Pads only.

MACHINE ROTORS ADDITIONAL



INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION

### **CHECK ENGINE** LIGHT DIAGNOSIS

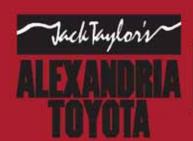
### NO

### CHARGE

INITIAL DIAGNOSIS

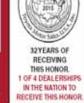
WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.





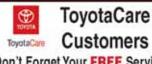






**SERVICE & PARTS DEPT HOURS:** Monday - Friday, 7:00am to 7:00pm Saturday, 8:00am to 5:00pm

YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!



Don't Forget Your FREE Service. 5,000 • 10,000 • 15,000 • 20,000 • 25,000

Mile Services all your ASM for details

ToyotaCare Plus \$32900 Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

3750 Jefferson Davis Hwy • Alexandria, VA 22305

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

# VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99 \$30.00 OFF when you spend \$200.00 - \$299.99 \$45.00 OFF when you spend \$300.00 - \$399.99

\$50.00 OFF when you spend \$400.00 or more

SIGHT LINE WIPER BLADES BATTERY CHECK-UP

Sight Line only

# TRUESTART™ BATTERIES

SPECIAL OFFER

Check cold cranking amps and visual inspection of

battery condition. Includes battery condition print out.

INCLUDES BATTERY INSTALLATION Includes: 84 month warranty, 24 month free replacement,

24 month free roadside assistance. Does not apply to hybrid batteries.

Check your windshield. Does your sticker say 8/18, 9/18, or 10/18? If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION

NOT WE DEWITH ANY OTHER OFFER OR COUPEN TOYOTA VEHICLES ONLY COUPON MIST BE PRESENTED AT THE OF WRITE-UP INJUDICALLY AT ALEXIMITRIA TOYOTA, NAV. MICHIGH SUPPLIES ADDITIONAL, OFFER EXPRES MISSIN

### ALIGNMENT SPECIAL

Your car's alignment suffers, and can cause uneven tire wear and steering problems. INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON TOYOTA VEHICLES ONLY COUPON MUST BE PRESENTED AT TIME OF WRITE-UP WILD ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES ADDITIONAL OFFER EXPIRES MOVIE

# Jack Taylor's

ALEXANDRIA TOYOTA

CALL FOR AN APPOINTMENT AT 703-684-0710 OR SCHEDULE ONLINE AT ALEXANDRIATOYOTA.COM