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OCTOBER 4-10, 2018

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PHOTO BY STEVE HIBBARD/THE CONNECTION

There were 1,200 people registered for the 11<sup>th</sup> Annual Fairfax Out of the Darkness Walk on Saturday in Fairfax.



The booth for Shelane's Run — A 5K race and 1K fun run, to be held on Saturday, Oct. 13, in memory of Shelane Gaydos of Herndon who suffered from postpartum depression and committed suicide.

# A Walk for Suicide Awareness

11<sup>th</sup> Annual Fairfax Out of the Darkness Walk draws 1,200 participants.

BY STEVE HIBBARD  
THE CONNECTION

With sunny skies and beautiful weather, about 1,200 people participated in the 11<sup>th</sup> Annual Fairfax Out of the Darkness Walk last Saturday, Sept. 29, in Fairfax. Braddock District Supervisor John Cook organized a team of 22 County leaders to lead the walk, which started at the Veteran's Amphitheater in front of City Hall. The walk helped raise money and shed the light on suicide prevention and awareness; suicide is the third-leading cause of death in the U.S. for ages 15-24.

**HIGHLIGHTS** included a "flyover" by a Fairfax County Police helicopter during the singing of the National Anthem, as well as booth exhibitors relating to suicide prevention and awareness on the grounds before the event. There were 28 sponsors who helped raise \$145,000 online (with the goal of \$175,000). The team called "Together for Tyler" raised the most, at \$12,000. Proceeds from the walk benefit the American Foundation for Suicide Prevention (AFSP; website: <https://afsp.org/>), which seeks to reduce suicide rates 20 percent by 2025. This year's Fairfax walk is one of more than 400 Out of the Darkness Community Walks nationwide.

According to Cook: "It's great to be out here with the community today to have this Out of the Darkness Walk to speak to the community about the importance of suicide awareness — reducing stigma, that there are people who can help so if you have a friend or family member or neighbor in need. If you're in need, there are people to help; there is hope."

Added U.S. Rep. Gerry Connolly (D-11): "I'm really moved by the fact that so many people are coming out. The whole challenge



**Supervisor John Cook (Braddock) with his team of County leaders who participated in the 11th Annual Fairfax Out of the Darkness Walk held Saturday in Fairfax. Team Cook included Del. Eileen Filler-Corn, Board Chairman Sharon Bulova, Sheriff Stacey Kincaid, Supervisor Pat Herrity (Springfield), Supervisor Kathy Smith (Sully), Fairfax County Police Chief Ed Roessler, Fairfax County Fire Chief John Butler, Braddock School Board Member Megan McLaughlin, Deputy County Executive Dave Rohrer, Department of Family Services Director Nannette Bowler, Deputy County Executive Tisha Deeghan, Deputy Fire Chief Richard Roatch, Juvenile & Domestic Relations District Court Director Bob Bermingham, and Out of Darkness Walk organizer Karrie Leigh Boswell.**

about suicide in our society is bringing it out of the shadows, out of the darkness. So that we're talking about it and we're ending isolation that people feel or at least throwing out a lifeline. Suicide affects every age group, every socio-economic cohort in our society, and it's a very tragic event that happens in your family or with your friends or co-workers. We want to make a statement of hope and provide a lifeline to those who are feeling despair or contemplating suicide."

Sharon Bulova, Chairman of the Board of Supervisors, added: "This event, the Out

nected, anxious, and depressed. So, the challenge is as great as ever."

Liz Barnes of Nokesville who volunteers with the PRS CrisisLink, the 24-7 Crisis hotline in the area and works in the Defense Suicide Prevention Office for the Department of Defense, added: "I'm here because I truly be-

**"This event, the Out of Darkness Walk to prevent suicide, is a staple on my calendar every year."**

— Sharon Bulova, Chairman of the Board of Supervisors

lieve that suicide is preventable and that we're here for awareness. And know that anybody that is struggling, there is help and support 24-hours a day, seven days a week, 365 days a year, at 1-800-273-8255."

**TEAM COOK** included Del. Eileen Filler-Corn, Chairman Sharon Bulova, Sheriff Stacey Kincaid, Supervisor Pat Herrity (Springfield), Supervisor Kathy Smith (Sully), Fairfax County Police Chief Ed Roessler, Fairfax County Fire Chief John Butler, Braddock School Board Member Megan McLaughlin, Deputy County Executive Dave Rohrer, Department of Family Services Director Nannette Bowler, Deputy County Executive Tisha Deeghan, Deputy Fire Chief Richard Roatch, Juvenile & Domestic Relations District Court Director Bob Bermingham, and Out of Darkness Walk organizer Karrie Leigh Boswell. This is the first time a Fairfax County elected leader initiated a team of officials for the Fairfax Out of Darkness Walk.

of Darkness Walk to prevent suicide, is a staple on my calendar every year. It's important, its powerful and I applaud everyone who organizes this and makes it happen every year. I'm a believer in shedding light on difficult subjects; and shedding light on the subject of suicide is really important in order to prevent it and to let people know that there's help."

Added David Meyer, Mayor of the City of Fairfax: "It is ironic that in this age of social media, where we are more connected to each other than in any time in human history, that more and more people feel isolated, discon-



## NEWS

# 'Fall for the Book' Festival Returns

Book festival connecting readers with national and local authors.

By DAVID SIEGEL  
THE CONNECTION

Northern 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



PHOTOS COURTESY OF "FALL FOR THE BOOK"

Author Marianne Kirby.



Author Sue Fliess



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](http://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](http://www.fallforthebook.org) or call 703-993-3986.

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# NEWS

## Senate Election Is Blast from the Past

**Kaine and Stewart both played key roles in 2016, now they're at the top of the ballot this year.**

BY MICHAEL LEE POPE  
THE CONNECTION

**E**lections rarely get do-overs. Winners make victory speeches, and losers slink away to become consultants. But this year's election for U.S. Senate features two key players in the 2016 presidential election that upended American politics. For both sides, it's become a proxy of sorts. Democrats are eager to undo what they see as the damage that happened two years ago. And Republicans are aiming to improve on their lackluster performance in Virginia. And yet even though voters will be confronted by a ballot that includes Democrat Tim Kaine and Republican Corey Stewart, it's likely that voters will view this race squarely as a referendum on President Donald Trump.

"This is a president who's really dominating the narrative every news cycle," said Stephen Farnsworth, director of the Center for Leadership and Media Studies at the University of Mary Washington. "That creates a very difficult environment for candidates to be heard in their own voice, be they Democrats or Republicans this year."

Kaine, a former governor, worked his way up in Virginia politics by serving as mayor of Richmond and lieutenant governor before becoming governor and ultimately U.S. senator. Stewart is a chairman of the Prince William Board of Supervisors who became a lightning rod in the immigration debate after leading the charge to have officers in his county check the citizenship for everyone suspected of violating state or local law. Kaine was on the ticket in 2016 as Hillary Clinton's running mate. Stewart served as the chairman of Trump's campaign in Virginia until he was fired after leading a protest at the Republican National Committee.

"When Corey Stewart says 'Take Virginia Back,' Virginians don't want to go back," said Kaine during a recent debate in Northern Virginia. "There's nothing in the rearview mirror that looks better to Virginia than what we can see in the windshield going forward."

Stewart has been trailing in the polls for months, and the latest poll from the University of Mary Washington has Kaine leading the race by 16 points. Kaine has a 15-to-1 fundraising advantage, in part because a lot of the big-money Republican donors are staying away from Corey Stewart — people like the Koch brothers, for example, or the National Republican Senate Committee. And as the campaign stretches into the final few weeks heading into Election Day, Stewart is amping up the rhetoric and vowing to live up to the promise he made before securing the Republican nomination that he would run a "vicious" campaign against Kaine.

"What about the \$17 million you paid in hush money to the 268 separate complaints, senator, against you and other members of the U.S. Congress?" Stewart asked Kaine during the Northern Virginia Chamber of Commerce debate in Tysons

Corner.

"You just tried to slip in that there were complaints against me," Kaine shot back. "And that is completely false."

"Well how do we know that?" replied Stewart.

"Oh, so you think you can just make it up without any facts," responded Kaine.

After the debate was over, both candidates took questions from the media at the Capitol One Center. Stewart was pressed for any evidence that anyone had ever filed any kind of complaint against Kaine. He was unable to present any, an indication that the final few weeks of the campaign might end up being a wild ride for Republicans. Earlier this year, the party's chamber-of-commerce faction failed to gain any traction against the Trump wing of the party that Stewart has been leading since long before the New York developer and reality TV star announced for president.

"You had the same battle with Oliver North. You had the same battle with Ken Cuccinelli," said Republican consultant Dan Scandling. "It's a long-standing, long-running arch-conservative versus the quote-unquote establishment conservative."

**BEHIND THE RHETORIC** and the insults, much of the campaign is a rather garden variety contest between red and blue. Kaine supports universal background checks for gun purchases while Stewart supports ditching gun-free zones. Kaine supports the ongoing investigation into Russia's role in influencing the 2016 election; Stewart invited a round of unintentional laughter during a debate earlier this year when he suggested Trump was "standing up to Russia." Perhaps one of the starkest policy distinctions is international trade, a topic where Stewart is on board with the president's tariffs.

"Go visit the Ikea plant in Danville," Kaine said to Stewart at one debate earlier this year. "Go visit other advanced manufacturing facilities in Danville that I worked on when I was governor. I know that you haven't."

In response to that moment on the campaign trail, Stewart scheduled a press conference in Danville. Standing in front of a shuttered factory, Stewart defended the president's protectionist policies.

"We've had enough," Stewart said. "And let the word go out there on behalf of the president of the United States and all those who are standing up for American workers: We've had enough, and we're bringing back manufacturing to Danville and in fact all of the United States of America."


It's that sense of urban versus rural that is at the heart of the campaign between Kaine and Stewart. Polling suggests that Kaine is doing well in the population centers, especially along the Interstate 95 corridor or east of it. These are places where Democrats have picked up popularity and support since 2016. Stewart, on the other hand, is doing well in Southwest Virginia. That's a part of the state that's actually experiencing somewhat of a "red wave." Last year's election returns showed this part of Virginia has actually become more Republican since Trump was elected.

"He's doing very well in places where there aren't as many people," said Farnsworth. "That's not a recipe for a statewide election victory."

**"He's doing very well in places where there aren't as many people."**

**— Stephen Farnsworth, director of the Center for Leadership and Media Studies at the University of Mary Washington**

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See locations below to attend a public hearing near you.

Date and Time	Location
Tuesday, October 30, 2018 12:00 to 1:00 p.m.	Crystal City Marriott Jefferson Room 1999 Jefferson Davis Hwy. Arlington, VA 22202
Tuesday, October 30, 2018 7:00 to 8:00 p.m.	Burke Centre Conservancy The Commons CC 5701 Roberts Parkway Burke, VA 22015
Thursday, November 1, 2018 12:00 to 1:00 p.m.	Holiday Inn Capitol The House Room 550 C Street SW Washington, DC 20024
Thursday, November 1, 2018 7:00 to 8:00 p.m.	Stafford County Government Center Board Chambers 1300 Courthouse Road Stafford, VA 22554
Wednesday, November 7, 2018 7:00 to 8:00 p.m.	Germanna Community College Fredericksburg Campus—Room 105A 10000 Germanna Point Drive Fredericksburg, VA 22408
Thursday, November 8, 2018 12:00 to 1:00 p.m.	Union Station Starlight Room — Near Gate D 50 Massachusetts Ave NE Washington, DC 20002
Thursday, November 8, 2018 7:00 to 8:00 p.m.	Manassas City Hall City Council Chambers 9027 Center Street Manassas, VA 20110
Tuesday, November 13, 2018 12:00 to 1:00 p.m.	VRE Headquarters Suite 202 1500 King Street Alexandria, VA 22314
Tuesday, November 13, 2018 7:00 to 8:00 p.m.	PRTC Second Floor Board Room 14700 Potomac Mills Rd Woodbridge, VA 22192
Thursday, November 15, 2018 7:00 to 8:00 p.m.	Rappahannock Regional Library Room 2 1201 Caroline Street Fredericksburg, VA 22401

Visit [vire.org/publiccomment](http://vire.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@vire.org](mailto:publiccomment@vire.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@vire.org](mailto:lgaddis@vire.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 [vire.org/about/board](http://vire.org/about/board).





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## PEOPLE

Kicking off the football game, Robinson Senior Jacob Haynie hopes to score as many points as he can to reach his goal of donations for Alex's Lemonade Stand, an organization for pediatric cancer.



PHOTO BY KHUYEN DINH/  
THE CONNECTION

## Kicking for a Cure

Robinson senior Jacob Haynie raises funds for pediatric cancer research.

BY KHUYEN DINH  
THE CONNECTION

Introduced to Alex's Lemonade Stand Foundation at a football camp this summer, Senior Jacob Haynie from Robinson Secondary School is inspired to start a campaign for himself.

"I am raising money this season to donate to pediatric cancer research," says Haynie. "I am raising money because no child should have to face the hardships of fighting cancer. Every dollar I can raise to benefit research efforts will help."

Haynie has been playing on the Robinson Football team since his freshman year.

"I think it is a great way to raise money for a fantastic foundation by doing what I

love to do," Haynie says.

Sharing his campaign on social media and asking the announcer to remind the crowd of his cause on Friday night lights, Haynie hopes to raise as much money as possible.

People donate to his campaign or can choose to pledge money for every point Jacob scores. For example, if someone chooses to pledge \$1 for every point and he scores 50 points, then they will proceed to donate \$50. Haynie has raised more than \$1,000 so far this season and hopes to reach a goal of \$5,000 at the end of the football season.

Haynie has set up a website on which one can donate to support the cause, which can be found on his social media as well as in the program at football games.

## Logan Spear Becomes an Eagle Scout

Logan Spear passed his Eagle Scout Board of Review to become an Eagle Scout in Troop 1525 at St. Matthew United Methodist Church in Annandale, where his family are members. Logan is the son of Christy and Jeffrey Spear of Annandale. He is a junior at W.T. Woodson High School and is active in cross-country, model UN, and hand bell choir. Pictured, from left: Michael Vassalotti (SM), Jeff Lindley, Grace Hilbert, Logan Spear (Eagle Scout), Steve Sliwa, and Andrew Miller.



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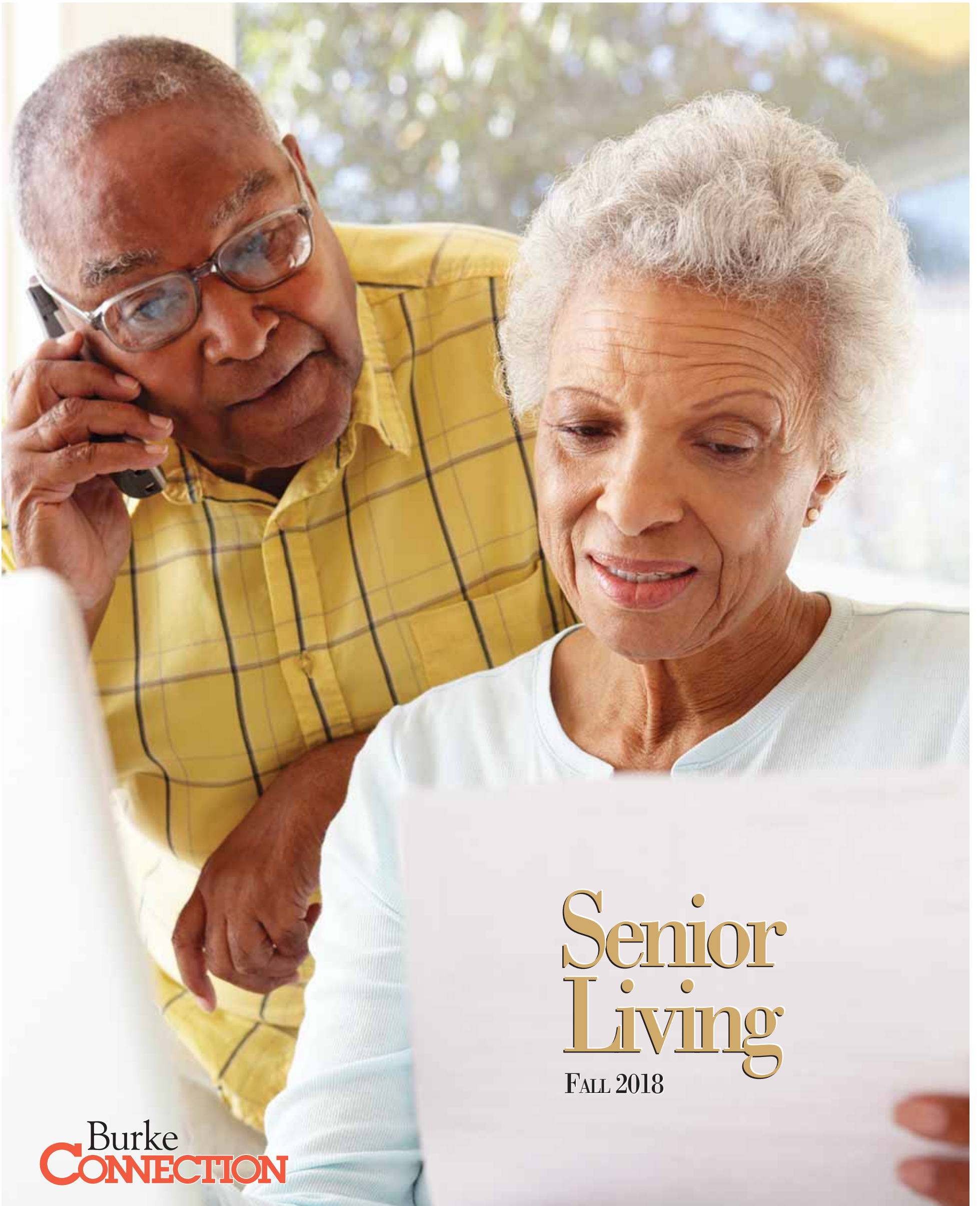


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# Run, Dixon, Run

Since age 50, Dixon Hemphill, now 93, has competed in more than 60 triathlons.

BY MARY JANE DYE  
GOLDEN GAZETTE

**“H**e leaned and I didn’t,” says 93-year-old Dixon Hemphill, appraising last year’s upset loss in the 60-meter dash.

The race took place at the 2017 USA National Masters Indoor Track and Field Championship in New Mexico. Hemphill was facing just one competitor, Orville Rogers.

He had already beaten Orville in four other events. A YouTube video, which went viral, continues to tell the story of the 60-meter dash. At the shotgun start, Hemphill blazes ahead, confident and steady. Suddenly, 99-year-old Rogers kicks it up a bit, and ... they are neck and neck. As they near the finish line, Hemphill clearly remembers thinking he’d still win.

But then, Orville stretches his upper body forward, just a bit, and edges him out by a fraction of a second. The winning time for Orville was 18.00 seconds to Dixon’s 18.05.

Runner’s World wrote about the race and rivalry, posting the video under the headline, “99-Year-Old Upsets 92-Year-Old in Thrilling Sprint.”

**HEMPHILL SAYS THAT**, despite the loss, he was impressed that a man seven years his senior could beat him. Nevertheless, losing by a mere fraction of a second immediately nagged at him. Dixon wanted a rematch. “I was not going to let Orville beat me ever again.”

So, he began to strategize for the next race. “It’s just the way I am. I knew that I could improve.” Hence, the sport’s newest and oldest rivalry would continue in Landover, Md. at the 2018 National Masters Indoor Track and Field Championships.

According to Dixon, the two World War II Navy veterans enjoy an adversarial relationship, but genuinely like each other.

When possible, they go out to dinner. They discuss future races via email. “He



Dixon Hemphill with Laurie Strickland, fitness director at South Run Rec Center in Springfield.

**“You you can get a lot done from age 50 to 90.”**

— Dixon Hemphill, 93, Champion runner

**“I was not going to let Orville beat me ever again.”**

— Dixon Hemphill

bought my dinner after I lost the race in Albuquerque. He’s a good guy. We care about each other.”

Originally from Connecticut, Dixon is practically a native to Fairfax arriving in 1965. He spent many years owning and operating two running centers—one in Fairfax and one in Alexandria, while also raising four children with his wife. After selling his businesses, he went into race management.

Since age 50, he has competed in more than 60 triathlons and won many championships. Before that, he played a little golf and tennis, however in his youth, he was a college athlete.

At 74, he was hit by a car while training on his bike for a triathlon. He spent more than a month in the hospital, but that did not deflate his enthusiasm for running.

“I was seriously injured, but knew I’d compete again.

“You know, you can get a lot done from age 50 to 90,” he laughs.

Laurie Strickland, fitness director at South Run Rec Center, says Dixon has a shuffle when he runs; common for older runners. To address this, she said, “I helped him to increase the length of his stride by improving flexibility.” Strickland chides Dixon for being a good student but “not practicing.” Hemphill admits it’s true.



Dixon Hemphill, 93, was a pole vaulter in college.

“I am disciplined with the running, just not the stretching exercises.”

But obviously he did something right. Because when the rematch took place last March— with double the number of entrants—he beat Rogers handily.

“I knew he had slowed down,” he said. “After all, he is 100 now.”

With no longevity in his genes, Dixon attributes his full and long life to always having a goal along with a positive attitude. “I really see the glass as half full.” Hemphill likes to talk with groups about exercise, diet, hobbies and the importance of attitude.

“You are never too old to start something new.” In fact, at 94, he turned his hobby of converting wind-up clocks into electric ones has turned into a business.

“Why not?” he says.

Watch for Dixon and Orville when they compete in the 2019 National Masters Championship, March 1-3, in Winston-Salem, North Carolina.

*A version of this story first appeared in the Fairfax County “Golden Gazette.” For information on services, recreational activities and volunteer opportunities, go to [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults). You will also find a subscription link to the free monthly Golden Gazette.*



USATF VIDEO SCREENSHOT. PHOTO



Runners Dixon Hemphill, top right, and Orville Rogers, left, at the 2017 USA National Masters Indoor Track and Field Championship in New Mexico.



## SENIOR LIVING BRIEFS

### Keep Learning, More Options

**Osher Lifelong Learning Institute at George Mason University** offers diverse intellectual, social and cultural experiences with daytime courses and special events. After Aug., 24, registration is still available but selection may be limited. 703-503-3384, <https://olli.gmu.edu>

**Shepherd's Centers** of Fairfax/Burke, Oakton/ Vienna and Annandale/Springfield offer the popular Adventures in Learning programs and Lunch n' Life lectures. Topics cover the gamut of art, travel computer skills, financial security issues and more.

**Workhouse Arts Center** offers courses in visual, performing and culinary arts, as well as art events and lectures. 703-584-2900, [www.workhousearts.org](http://www.workhousearts.org)

### Free Medicare 101 Workshops

Register now for the county's free Medicare 101 Workshops and learn how to get the most out of the 2019 Medicare coverage. Medicare's annual election season for changing health and prescription plans runs Oct. 15-Dec. 7. Registration required. Use the phone numbers below to register. For

more information and dates, go to [www.fairfaxcounty.gov/familyservices/older-adults](http://www.fairfaxcounty.gov/familyservices/older-adults) and click Insurance Counseling-VICAP.

**Thursday, Oct. 11, 7 – 8:30 p.m.**  
Chesterbrook Residences, Falls Church  
Rita Evrony, 703-896-7910 or  
[revrony@jssa.org](mailto:revrony@jssa.org)

**Friday, Oct. 12, 2 – 3:30 p.m.**  
Reston Community Center, Reston  
Karen Brutsché, 703-390-6157

**Thursday, Oct. 18, 9:30 – 11 a.m.**  
Unitarian Church, Oakton  
Shep. Center, Oakton/Vienna, 703-281-0538

**Tuesday, Oct. 23, 12:30 – 2:30 p.m.**  
McLean Community Center, McLean  
Sydney Duberstein, 703-790-0123

**Thursday, Nov. 8, 10:30 a.m. – Noon**  
Dar Al-Hijrah, Falls Church  
Social Services Office, 703-531-2905  
Leave a message.

**Thursday, Nov. 15, 12:30 – 2 p.m.**  
Providence Community Center, Fairfax  
Robert Webster, 703-865-0520

**Friday, Nov. 16, 1 – 3 p.m.**  
Sherwood Regional Library, Alexandria  
VICAP, 703-324-5851



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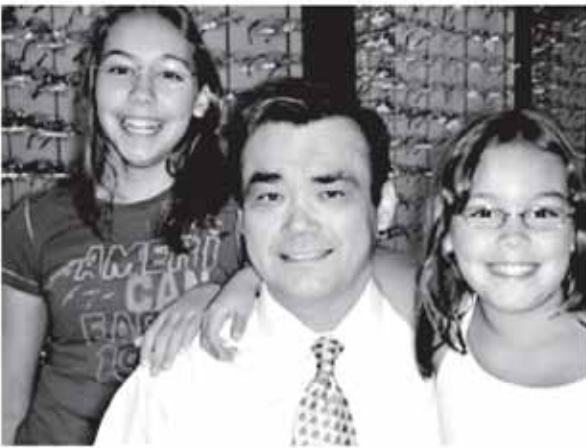
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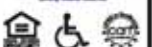
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## SENIOR LIVING

# Life After Retirement Staying engaged, connected and active.

BY MARILYN CAMPBELL

**O**liver Moore couldn't decide between code breaking during the Civil War, the music of 20th century French composers or instruction on transforming his own ideas into poetry. He weighed his options while perusing the class listings at centers at two local colleges and finally decided in favor of pursuing his literary predilections and chose a poetry class at The Osher Lifelong Learning Institute (OLLI) at George Mason University.

"I spent 40 years practicing law and when I stopped working, suddenly there was this void that my work and my colleagues used to fill," said Moore, a 72-year old who lives in Fairfax. "My daughter reminded me that I'd always had all these ideas of things I thought were interesting and wanted to learn about but never had time. I enjoy the cultural and social activities and meeting people whose backgrounds and interests are similar to mine."

A recent study by the American Academy of Neurology confirms Moore's observations. Researchers found that staying socially active and engaged reduced the risk of dementia, depression and other mental and physical illnesses among seniors. Moore's quest to fill his days with engagements that mirrored the energy and mental rigor of those offered by his law career could actually boost his brain health, according to a report by the National Institute of Mental Health, which found cognitive decline was 70 percent lower in seniors who maintained social connections.

However, due to factors like retirement, physical limitations, and the death of a spouse or close friends,

**"For working adults, the place of employment provides an outlet for social interaction. Those in retirement have to be intentional in building and maintaining social networks"**

**— Natasha Sacks, Lifelong Learning Institute, Montgomery College.**



PHOTO COURTESY OF MONTGOMERY COLLEGE

**Centers like the Lifelong Learning Institute, Montgomery College offers seniors opportunities for invaluable social connections, says program director Natasha Sacks.**

staying connected is fraught with complications.

"For working adults, the place of employment provides an outlet for social interaction. Those in retirement have to be intentional in building and maintaining social networks," said Natasha Sacks, a mental health therapist and, Program Director for Lifelong Learning Institute, at Montgomery College. "The research shows that social interac-

tions are invaluable for emotional well-being, brain plasticity, and support in cri-

sis or everyday living."

"Opportunities for social interactions are especially important to seniors, who are at risk of becoming isolated as they age," said Sue Fitzgerald, Ph.D, a geriatrics counselor in Arlington. "It takes extra effort to stay connected, but doing so is so very critical. It's easy to get depressed and fall into a downward spiral of loneliness and isolation. Sometimes you have to be creative in finding opportunities to engage with others, and it might even feel contrived at first, but the benefits are well worth the effort."

Like Moore, one of the ways that seniors stay active and socially connected is through educational institutes established for older adult like OLLI and the Lifelong Learning Institute, Montgomery College.

"I enjoy learning just for the sake of learning and exploring something new," said Alma White, a retired nurse who lives in Bethesda and has taken classes with the

Lifelong Learning Institute, Montgomery College.

**VOLUNTEER WORK** offers a chance for social engagement that also offers one a sense of purpose, says Carmen LaGrange, LCSW, a therapist who works almost exclusively with older patients. "Having a feeling that you're contributing to something greater than yourself can help people feel like their life has meaning and that they're here for a reason," she said. "Helping other people is a great way to create a sense of purpose and develop gratitude and fend off self-pity and depression."

LaGrange recommends Senior Corps, a government organization that matches seniors with organizations in need of volunteers.

"Many of our students serve on committees and volunteer to give back to the community and in the process build meaningful social connections," added Saks.

Spirituality can also offer a source of companionship while simultaneously boosting one's well being, advises Fitzgerald. "A sense of community is a central to most faith groups," she said. "Relationships are found, made and strengthened through activities like a choir, religious study or prayer groups, where people can spend time with others who are like minded and share some of their beliefs."

For those who had a strong identity attached to work and enjoyed the resulting social connections that it brought, they might consider part-time work.

"Some people have a hard time dealing with a lack of structure and a place to go everyday where others are depending on them," said LaGrange. "In those cases seniors might consider a part-time job that doesn't have the commitment of full-time, high-pressure employment, but does come with mental stimulation, a social benefit of colleagues and other counting on you to be at a certain place at a certain time."

"For those still in the workforce, I would say be methodical about maintaining and growing social connections so that it will come more naturally when you retire," Fitzgerald said.

### ENGAGE, CONNECT

Some of the best adult learning opportunities in the country are available this fall in Fairfax County. Contact these programs early for best choice of courses, clubs, lectures and tours.

#### Adult and Community Education, Fairfax County Public Schools

The fall line-up features cooking classes, a series on Alzheimer's Disease, as well as classes on Social Security and Baby Boomer Retirement Planning. Check out their classes focusing on job training and personal enrichment some offered online.

703-658-1201,  
<https://aceclasses.fcps.edu>

**Fairfax County Park Authority** offers a wide array of classes including genealogy, golf, gardening, dance, sewing, fitness and more. Classes are held throughout the county. Check out the popular fall tours including one to the Shenandoah Skyline. 703-222-4664

[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)

**Fairfax County Public Libraries** provides workshops on a variety of topics as well as author talks, wellness activities, reading programs, lectures, technology workshops and more. 703-324-3100, [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library)

**Fairfax County Senior Centers** offer classes, trips and tours, health and wellness

programs and opportunities to socialize with neighbors. 703-324-4600, [www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

**Green Spring Gardens** offers programs in arts and crafts, gardening, yoga, historical workshops, tastings and teas, social programs, trips and more. Classes are held throughout the year. [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) 703-642-5173

**Jewish Community Center** of Northern Virginia's Adult Learning Institute offers social and self-development programs and activities for adults of all backgrounds and ages. 703-323-0880, [www.jccnv.org](http://www.jccnv.org)

**Lifetime Learning Institute of Northern Virginia** begins a new season of classes, lectures and tours this fall. Classes include health, art, science, personal development and more.

703-503-0600, <http://lli.nova.org>

**Osher Lifelong Learning Institute at George Mason University** offers diverse intellectual, social and cultural experiences with daytime courses and special events. After Aug., 24, registration is still available but selection may be limited. 703-503-3384, [olli.gmu.edu](http://olli.gmu.edu)

*For information on services, recreational activities and volunteer opportunities, go to [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults). You will also find a subscription link to the free monthly Golden Gazette.*



# Blast from the Past

FROM PAGE 5

**KAINE AND STEWART** are not the only names on the ballot. Libertarian Matt Waters is also on the ballot, but he's struggling to raise money and gain attention. The University of Mary Washington poll has Waters at 6 percent, and campaign finance records show he's raised about \$30,000. Election returns from recent statewide elections show Libertarians ending up with anywhere from 7 percent to 1 percent of the vote. Back in 2014 Libertarian Rob-

ert Sarvis received 2.4 percent during his bid for U.S. Senate. On the campaign trail, Waters has advocated doing away with restrictions on guns and abolishing the federal income tax.

"I want to give American workers a seven to 10 percent pay raise by ending the federal income tax and replacing it with nothing," said Waters in his campaign announcement. "Which is more important, being forced to pay for the Department of Education and Agriculture, or keeping more of our hard-earned money? Our paychecks do not belong to Washington. They belong to us. It is our money, our property."

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# OPINION

## Demand Increasing, But Not Resources

Suicide prevention efforts need more funds, volunteers.

September was Suicide Prevention Month, and the Connection sponsored outreach efforts of PRS, the local nonprofit that provides CrisisLink service and trained staff to answer the “hotline” in Northern Virginia.

It’s clear that demand is increasing for crisis call services, but resources are not.

When Kate Spade died of suicide on June 5 this year, and Anthony Bourdain died of suicide June 8, crisis calls spiked around the country. High profile deaths locally and of celebrities will always trigger more calls and more people seeking help.

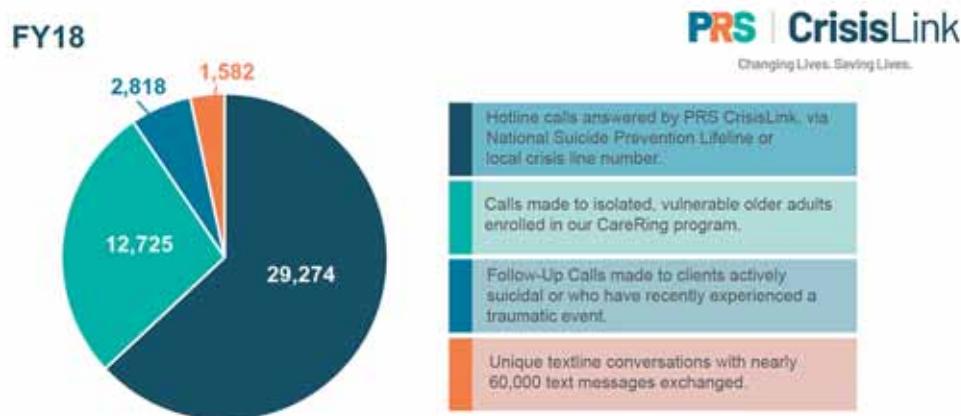
PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will continue to increase with successful outreach.

PRS provides a variety of mental health services. Crisis calls and texts are answered mostly by volunteers who can respond with the empathy and understanding that someone in crisis needs right then. Answering local calls means these volunteers can connect those in need of crisis help to local resources for care. “Most of these voices are volunteers from our community — neighbors and friends — who share the gift of listening to those who hope to be heard,” Gradison said.

Call or text to the crisis hotline or textline: (800) 273-TALK [8255] or text “CONNECT” to 85511.

PRS is the northern Virginia call center to respond to the National Suicide Prevention line when calls come in to 1-800-273-TALK from local area codes.

Centers like PRS CrisisLink are provided an



### VOLUME CHANGES AT PRS CRISISLINK

		FY15		FY18
<b>ACTIVE SUICIDE CALLS</b>	Calls in which a client responds to “Are you currently thinking of suicide?” with “yes”	3,623	↑47%	5,342
<b>ACTIVE RESCUES</b>	Cases in which a caller was at imminent risk of death or injury without emergency resources	343	↑9%	373
<b>CRISIS CALLS NON SUICIDE</b>	Calls about domestic or sexual violence, child abuse, significant trauma, requiring follow-up	2,031	↑50%	3,046
<b>TOTAL CRISIS CALLS</b>	Total suicide and crisis calls combined; all of these calls are eligible for follow-up care.	5,654	↑48%	8,388

annual stipend to provide the Lifeline and rely heavily on local government, donations and a volunteer workforce to offset the financial challenges centers face to participate in the Lifeline. If centers like PRS CrisisLink are unable to answer the calls distributed to the center from the Lifeline, a caller will wait longer and longer each time the call is queued or sent to another center, usually outside the state. When

sent out of state, callers are not necessarily connected with local resources.

And the efforts to provide help in a crisis save lives. For every death, more than 275 people who attempt suicide or have thoughts of suicide survive and recover.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Who Are You?

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

Beginning on Oct. 1, Virginians will be able to obtain through the local offices of the Department of Motor Vehicles a REAL ID that complies with federal regulations to prove their identity. While having state-issued, federally-approved identification to prove who you are is offensive to many, the practical use of the REAL ID will result in most if not all complying with its requirements.

The REAL ID came about from recommendations of the 9/11 Commission studying ways to improve security to prevent other horrible terrorist acts from happening. Half of the Sept. 11 hijackers had received driver’s licenses in Virginia. Congress passed an act to help prevent terrorist attacks

and to reduce the number of licenses issued to undocumented residents. It established the requirements for states to follow in issuing driver’s licenses, and the program is implemented by the Department of Homeland Security. Under the congressionally passed law, states are required to issue licenses only to applicants who provide in-person proof of their identity and legal U.S. residency. The new cards must use the latest counterfeit-resistant security features.

Half the states are now in compliance with the new federal law, and others like Virginia have been working hard to put the new system into place. Beginning in the fall of 2020, persons who want to board a commercial flight must present a REAL ID or an alterna-



### COMMENTARY

tive form of acceptable identification. Likewise, persons entering federal facilities must present a REAL ID. The DMV-issued credential will meet the requirement of REAL ID and will allow holders to access federal buildings, including military installations, and board commercial flights.

Obtaining a REAL ID when you renew your driver’s license is voluntary. That is what I intend to do. I do not want to have to remember to make a special trip to the DMV in the future to prove my identity for a REAL ID when I can do it as part of renewing my driver’s license.

To get a REAL ID you must apply in person and provide DMV with physical documentation of identity, such as an unexpired U.S. passport or a U.S. birth certificate and provide your legal presence through the same documentation.

And yes, there is an additional one-time fee of \$10 to help pay for the new cards. Hopefully you can visit a DMV office when they are not too busy. But you do need to go in person and take the time to meet the requirements.

Important news for those who do not drive and hence do not have a driver’s license: You can get a REAL ID through the same process just described to use for entering federal facilities, boarding commercial flights and voting.

Need more information? The DMV website is filled with full details, [https://www.dmv.virginia.gov/drivers/#real\\_id.asp](https://www.dmv.virginia.gov/drivers/#real_id.asp) Check my interview with Commissioner Rick Holcomb of the DMV on You Tube after Oct. 10 or watch it on Reston Comcast Channel 28 for public service programming or Verizon Channel 1981 at 7:30 p.m. on Tuesday, Oct. 23 or at 10:30 p.m. on Wednesday, Oct. 24.

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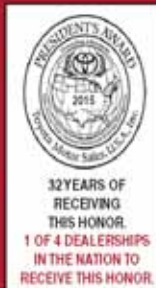
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Submit entertainment announcements  
at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/).  
The deadline is noon on Friday.

### 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](http://www.ticketmaster.com). To discover more about Disney On Ice, go to [www.disneyonice.com](http://www.disneyonice.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. Tickets are sold online ([bit.ly/2NhKLDk](http://bit.ly/2NhKLDk)) or at the door for \$35, \$25 for Friends of Gunston Hall. All attendees must be 21 or older.

**Campfire at Lake Accotink.** 7-8:30 p.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Come to Lake Accotink Park to explore different topics and different areas of the park. Then, warm up by the glow of the campfire with s'mores. For participants age 3-adult. \$8 per person. Call 703-569-3464 or visit [www.fairfaxcounty.gov/parks/lake-accotink](http://www.fairfaxcounty.gov/parks/lake-accotink).

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

**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. More information, tickets (\$20), and volunteer opportunities are available at [workhousearts.org/madhaunter](http://workhousearts.org/madhaunter).

### SATURDAY-SUNDAY/OCT. 6-7

**Fall Fun Days.** 10 a.m.-4 p.m. at Whitehall Farms, 6080 Colchester Road, Fairfax. Fourth annual Fall Fun Days, featuring a pumpkin patch, corn maze, nature trails, inflatable bounce houses, lawn games, wagon rides, and more. Meet farm animals (like Henry the cow) and learn more about sustainable farming. A farm-to-table lunch option will be available. \$12 for adults and children over 3. Visit [www.whitehall.farm](http://www.whitehall.farm).

**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 two-day display. 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. 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](http://www.fairfax-station.org).

### SUNDAY/OCT. 7

**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



## 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](http://www.cliftonday.com) for more.

of long term care facilities. \$25. Visit [www.fpow.org](http://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](mailto:casey.riley@fairfaxcounty.gov) or call 703-451-9588.

### TUESDAY/OCT. 9

**Burke Historical Society Lecture.** 7-8 p.m. at Burke Centre Library, 5935 Freds Oak Road, Burke. Learn the basics of Ancestry DNA and how it can be used to aid research. Visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org).

### WEDNESDAY/OCT. 10

**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. Free. Visit [fams.gmu.edu](http://fams.gmu.edu).

### FRIDAY/OCT. 12

**Rising Hope's Jeans and Jewels Jubilee.** 6:30-10:30 p.m. at The Waterford at Springfield, 6715 Commerce St., Springfield. The Waterford at Springfield is transformed into a comfortable country evening with barbecue, music, and line dancing. Live, silent auctions. Visit [risinghopeumc.org/shop/jeans-and-jewels](http://risinghopeumc.org/shop/jeans-and-jewels).

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

**Madhaunter's Madhouse.** 7-11 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. See Oct. 5-6 listing. Visit [workhousearts.org/madhaunter](http://workhousearts.org/madhaunter).

### SATURDAY/OCT. 13

**LOOK. LISTEN. LEARN.** 10 a.m.-4 p.m. at all Fairfax County Fire

Stations. In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House. Stop by a local station that day to meet firefighters, see the fire trucks, join in the activities and learn about fire safety. Find a local Fairfax County Fire & Rescue Department Fire Station at [bit.ly/2ReXaHk](http://bit.ly/2ReXaHk).

### 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 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 [fairfaxlions.org](http://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. Free. Call 571-336-CFBA (2322) or visit [fairfaxband.org](http://fairfaxband.org).

### SATURDAY-SUNDAY/OCT. 13-14

**Fall Fun Days.** 10 a.m.-4 p.m. at Whitehall Farms, 6080 Colchester Road, Fairfax. See Oct. 6-7 listing. Visit [www.whitehall.farm](http://www.whitehall.farm).

### SUNDAY/OCT. 14

**Mind the Memory Golf Classic & Bazaar.** 8:30 a.m. at Virginia Golf Center, 5801 Clifton Road, Clifton. The inaugural event will feature a family-friendly 9-hole, par 3, golf tournament and bazaar. \$65 per person. Register at [facebook.com/mindthememory](http://facebook.com/mindthememory).

**"Fairfax's Asian Pacific American Story."** 2 p.m. at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Roundtable discussion with local Asian Americans discussing their immigrant experiences and paths to becoming Americans. Free. Call 703-385-8414.

**Burke Historical Society General Meeting.** 3:30-5 at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Debbie Robison, a Fairfax County History Commissioner, will discuss early local settlement, including the formation of roads, the Colonial economy, and land grants for the future Burke area. Free. Email [slawski\\_brian@yahoo.com](mailto:slawski_brian@yahoo.com) or visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org).



# BULLETIN

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

## SOBER-RIDE FOR HALLOWEEN

**Free Sober Rides.** Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on [www.SoberRide.com](http://www.SoberRide.com). The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

## 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 special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

❖ Thursday/Oct. 4, 10 a.m.-1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale.

## THURSDAY/OCT. 4

**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. No registration required. It is recommended that participants dress comfortably and bring a yoga mat, towel(s), and water. Visit [www.sentara.com](http://www.sentara.com) for more.

**Enjoy Your Strong-Willed Child.** 7-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. In this workshop with Celebrate Calm's Kirk Martin, learn specific strategies to: understand a strong-willed child; motivate without power struggles; stop yelling, lecturing, and nagging; enjoy a strong-willed child. For parents of children ages 2-22. Visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) to register.

## FRIDAY/OCT. 5

**Enjoy Your Strong-Willed Child.** 10 a.m.-noon See above

**Archives Fair.** 1-3:30 p.m. at Fenwick Library-GMU, 4400 University Drive MSN 2FL, Fairfax. In celebration of Virginia Archives Month, Special Collections Research Center will be hosting its first Archives Fair on George Mason University's Fairfax Campus. This is an opportunity to see what local Virginia archival repositories have to offer, speak to archivists, learn more about archives and archival services. Visit [vault217.gmu.edu](http://vault217.gmu.edu) for more.

## SATURDAY/OCT. 6

**Alzheimer's Disease and Dementia Care Seminar.** 9 a.m.-5 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. This is the required seminar for those pursuing CDP certification, to qualify through the National Council of Certified Dementia Practitioners. To see if you qualify, visit the NCCDP website at [www.nccdp.org](http://www.nccdp.org). You are also welcome to just come for the education. \$200. Register online at [insightmcc.org](http://insightmcc.org), or contact Christi Clark at 703-204-4664 or [christi.clark@insightmcc.org](mailto:christi.clark@insightmcc.org).

**Unity of Fairfax Labyrinth Opening.** 2-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax is happy to announce the official opening of their outdoor Breamore labyrinth plaza. Community members and labyrinth enthusiasts are welcome to attend the celebration. Plan to walk the labyrinth and stay for refreshments and a tour of the church. The canvas labyrinth will also be on display in the Sanctuary. Free (donations appreciated). Call 703-239-2471 or visit [unityoffairfax.org](http://unityoffairfax.org)

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<b>Find us on Facebook and become a fan!</b> <b><a href="http://www.Facebook.com/connectionnewspapers">www.Facebook.com/connectionnewspapers</a></b> <b>THE CONNECTION</b> Newspapers & Online The Connection to Your Community <a href="http://www.connectionnewspapers.com">www.connectionnewspapers.com</a>		An expert is someone who knows some of the worst mis- takes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>		

# No News is No News



By KENNETH B. LOURIE

Having checked my email inbox fairly regularly (that's an understatement if there ever was one) since my Wednesday morning CT scan with no word yet as to its finding; and given the fact that it's Saturday morning and my column is requested to be in-house on Friday mornings, I am compelled nonetheless to submit one despite its incompleteness.

I would expect that by the time the newspapers go to press (Tuesday) and you regulars read this column (sometime after), to invoke Mark Twain – the results of my scan will not have been exaggerated. They will have been made known via email, with the radiologist's report likely attached, for my review (at least that's what happened the last time, in July).

Not that this method of communication and/or these daze of waiting is atypical of the process. It's not. It is the process.

And not that I'm unable to function/maintain my focus/keep my sense of humor, I am.

It's more that when the stakes are higher than they've been in a few years, this one's ability to embrace life with unbridled joy is difficult. It's almost as if there's an emotional-governor embedded in my brain to control my speed, so to speak. I just can't break out in uncontrollable laughter. Somehow, I'm refrained/disinclined from doing so.

I imagine my subconscious is involved but I'd need Dr. Freud to confirm it. Unfortunately, I don't believe he's seeing patients any more.

Still, in the midst of this information void, I feel duty bound to put pen to paper – literally – and try to write some "thoughtful commentary and insightful humor" as my columns have been characterized by great friend and fellow writer, E.A. Faine rather than writing "Everything in general about nothing in particular," as I once described them.

Considering the slew of cancer-specific columns I've published since June 2009, they've rarely been about "nothing in particular." Nor have they been about "everything in general." They've been about one thing in particular: cancer, and very specifically at that.

And while I've re-mentioned cancer, I've just taken another moment to check my inbox again to see if there's any Saturday-morning news, but unfortunately there's not. I'm still in the dark, sort of, even though the lights are on in the room where I'm writing.

However, all is not lost. "Chino," the brother of "Biscuit," the other of the buff-colored brothers we rescued back in May 2007, is cuddled up against my left forearm as I block his desire to roll on top of my writing tablet. And in his desire to be with me at this stressful time, I am able to draw some comfort as her purrs himself to sleep.

Now let me ask you all a few questions:

How many times/how often should I check my inbox for results? Do I presume my oncologist appreciates the significance of this moment for me? Is he even aware, given how many patients he cares for, of the time-sensitivity of me wanting to know my results before the weekend? Not knowing the answer to any of these questions, is it possible for me to stop wondering about the answers and get on with my life and let the chips fall where they inevitably will?

If you can't answer any of these questions either then you know how I feel.

I've been down this road before though. It's sort of like mental gymnastics. Trying to contort myself emotionally into positions/moods from which there's no rational escape. Occasionally I will get blue and feel the weight of the worry, but mostly, I'm able to put one foot in front of the other and try not to take two steps forward while taking one step backward.

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





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**Clifton - 12821**  
**Chestnut St.**

Welcome to Acorn Ridge! This circa 1935 home with additions and fabulous updates provides that old world nostalgia outfitted for today's lifestyles. Sited on 1.6 private acres with in ground pool, 3 car detached garage, barn, "she shed" and fabulous front porch. Open Saturday, Oct. 6, 1-3 PM.



**JUDY SEMLER**  
703-503-1885  
judys@lfn.com



**Fairfax Station \$789,900**

Private retreat on 5+ acres of natural surroundings perfect for entertaining or casual living \* 5 bedrooms & 3 baths \* Updated kitchen, baths, roof plus much more \* Wood floors \* Fireplace in family rm \* Master bedroom with private balcony \* Multi-level decking & hot tub \* Walk to Burke Lake Park \* visit [www.KillkennyLane.com](http://www.KillkennyLane.com) for photos.



**Jim Fox**  
703.503.1800  
jim.fox@LNF.com  
Washingtonian Magazine's "Top Team" 2015  
NVAR Lifetime Top Producer



**Fairfax**  
**\$403,900**

Can't beat price & location! Adorable, secluded 2-lvl end-unit on quiet cul-de-sac surrounded by trees & green space. Long list of upgrades incl windows, HVAC, flooring, SS appls, fresh paint & more. Light & bright w/windows galore. Spacious LR w/frpl, sep DR w/SGD to fenced patio. Eat-in KT w/sep laundry/storage rm. Assigned parking. 1yr war. 1.5m to Vienna Metro. Mins to Mosaic.



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**Burke**  
**For RENT**  
**\$2,090**  
**Move In**  
**READY**

Fresh Paint and New Carpet in this 5 LVL TH across the street from Lake Braddock HS. 3 BR, 2 Full, 2 Half Baths, 21X12 LR, Separate DR, 21X11 Family Room with FP. Great Location near Metrobus Stop, Schools, Amenities. What a find!! Call Kay Hart for appointment 703-217-8444



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**FEATURED LISTING IN CLIFTON!**



Clifton • Little Rocky Run • \$719,900 • Main Level In-Law Suite

*If you are thinking of buying or selling this fall, now is the time to give us a call!*

**BEST**  
WASHINGTONIAN  
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**TOP**  
REALTOR  
**2017**



Burke Centre • \$625,000

**UNDER CONTRACT IN 2 DAYS!**



Manassas • \$899,900

Sacre lot with Water Views



Clifton • \$409,500

**UNDER CONTRACT IN 7 DAYS!**



Fairfax Station • \$830,000

**SOLD IN 1 DAY!**

For more information, go to [www.JAHomes4u.com](http://www.JAHomes4u.com) or [John.Astorino@LNF.com](mailto:John.Astorino@LNF.com)

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**Newly-Built Beazer® Home in Willowsford**  
5-BR | 4½-BA | Gorgeous Open Floor Plan



**SOLD**

24524 Lavendar Grove, Aldie Sold for \$749,900  
**LONG & FOSTER** **CHRISTIE'S**

Gourmet kitchen, family room w/ fireplace, office, master suite w/ huge master bath, hardwoods, and 3-car garage. **Fabulous Amenities:** 2 clubhouses, 2 pools, boat house w/ canoe & kayak rentals, farm stand, plus camping & picnic sites for homeowners!



**Sheila Adams**  
703-503-1895  
Life Member, NVAR Multi Million Dollar  
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**Fairfax**  
**Station**  
**\$799,900**

Architecturally design Contemporary nestled on richly wooded 5.75 lot. Award winning landscaped yard enhances beauty of serene surroundings. 4 Bedrooms, 3 full Baths plus 2 Half Baths. Gorgeous wall to wall windows in every room offers spectacular views. Looking for something different, here it is.

**FREE CAREER SEMINAR**

**Learn About:**  
Virginia Licensing Requirements  
How to Launch a Successful  
Real Estate Business  
Training & Coaching  
Unlimited Earning Potential

**Wednesday, Oct. 10, 6:00 PM**  
6045 Burke Centre Parkway, Burke, VA  
You can register for the Career Seminar at:  
[www.varealestateclasses.com](http://www.varealestateclasses.com)

For more information contact: **Paul DiCicco**  
703-503-1899 or [PaulD@LNF.com](mailto:PaulD@LNF.com)



**ELLIE WESTER**  
703-503-1880  
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Lifetime NVAR Top Producer  
Life Member, NVAR Million Dollar  
Sales Club  
[ellie.wester@longandfooster.com](mailto:ellie.wester@longandfooster.com)



**Fairfax**  
**\$699,900**

New Listing in The Ridges of Glendilough Classic center hall colonial on a lovely street in Glendilough. Four bedrooms, hardwood floors, updated kitchen. Walkout lower level is ideal for entertaining and there is a spacious deck you can enjoy this fall as the leaf colors change in your backyard.



**Visit us at the Burke Centre Festival – September 8 & 9**







# FREE Remodeling Seminar

*From this....*



*To this!!*



Saturday, October 13th 2018 - 10:00am - 12:00pm

## KITCHEN AND BATH REMODELING Overcoming the Challenges

Have you been dreaming about a remodeling project? If so, please join us for a seminar where we'll discuss concepts, inspiration, and industry insight! Our talented design consultants will provide you with fun and educational information to help you understand the trends, terminology, and materials to get you started. We'll also discuss the common kitchen and bath challenges that we, as designers, have encountered. See how we have overcome them using our design expertise and industry resources.

### Presenters



Kayla Shoff  
Design Consultant



Rachel Mignogna  
Design Consultant



Foster Remodeling Solutions, Inc. | 7211-H Telegraph Square Drive | Lorton, VA 22079  
703-672-2249 | [FosterRemodeling.com](http://FosterRemodeling.com)





# OPEN HOUSE

SATURDAY, October 13<sup>th</sup>, 2018

12:00pm - 4:00pm



*Come Join us in West Springfield!!*

## Come and See the Transformation!

This dazzling first floor remodel includes the kitchen, dining room, hall bath and living room with fireplace! This remodel touches every room on the first floor and the results are simply gorgeous! Meet the Foster design team, the homeowners and see our work firsthand. Whether you are in the preliminary stages or simply looking to stay in the loop of the latest trends, we guarantee you will walk away with a wealth of knowledge, sure to ease you into your next remodeling project. Refreshments will be served. Please RSVP to (703) 550.1371 for address.

## Meet the Designer!



Chris Arnold  
Design Consultant

- Get a tour of the newly remodeled first floor
  - Meet the Foster Design Team
  - Meet our client and learn about their experience
  - Food and Drinks will be served
- and much more!

