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Fairfax CONNECTION



‘Faces of Grieving Parents Seared into my Memory’

NEWS, PAGE 3

VDOT Eyes Parkway Widening

NEWS, PAGE 4

Virginia Opera Presents ‘Street Scene’

ENTERTAINMENT, PAGE 16

Performing “Shine” at the Concert across America to End Gun Violence at Epicure in Fairfax are (from left) Kelly Diamond, Graham Drew, David Scott Weaver, Ron Goad and Bruce Leibovitz.

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BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/ Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before 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. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

VOTER REGISTRATION AND IDEVENTS

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 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 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

SEE BULLETIN, PAGE 19



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From left, Kelly Diamond and Jay, Mae and John Keating perform as Know1Else.



From left, Tim White, Jeff Smith and Bruce Leibovitz perform White's original song, "Newtown."

'Faces of Grieving Parents Seared into my Memory'

Epicure hosts Concert across America to End Gun Violence.

BY BONNIE HOBBS
THE CONNECTION

The Epicure Café in Fairfax has a well-earned reputation for bringing in top-notch, talented musicians and singers to entertain its customers. But on Sunday, Sept. 23, this restaurant/music venue along Lee Highway also drew a crowd because it hosted the Concert Across America to End Gun Violence.

Organized by Jean White and emceed by musician and former teacher Ron Goad, it was part of a coordinated effort throughout the U.S. to remember the victims of gun violence and to send a message to elected officials that "thoughts and prayers" aren't enough – they must take action to keep guns out of the hands of dangerous people.

"This effort is not anti-gun," said White, who belongs to two groups against gun violence and organizes monthly vigils outside NRA headquarters in Fairfax. "This is about turning down the hateful rhetoric often associated with the gun debate and using music to raise voices in a positive way to focus on change – because 35,000 gun deaths a year [in America] is just not acceptable."

CONCERTS were held throughout the country between Sept. 20-30, and this one was held two days before the National Day of Remembrance for Murder Victims. Sponsoring it were the Brady Campaign to Prevent Gun Violence, Northern Virginia Chapter; Virginia Gun Violence Prevention Coalition, Concerned Citizens against Gun Violence; and the Reston Herndon Alliance to End Gun Violence.

"We are here because gun violence is a horrible scourge on this country," said Martina Leinz, Northern Virginia president of the Brady Campaign. "The elections are coming up soon, and who you vote for matters."

Between each musical performance, guest speakers gave powerful messages, and among them was U.S. Rep. Gerry Connolly (D-11). Following Yasmin Williams on guitar, he said, "If only we could supplant gun violence in America with the beauty of Yasmin's music."

Because of gun violence, he said, "Every two years, we lose more people than we did in the entire Vietnam War [58,220]. Today, we're in the 263rd day of the year, and we've already had 262 multiple-gunshot events – and the day's not over, yet. When will Americans say, 'Enough?'"

"There's nothing sacred or unique about the Second Amendment," said Connolly. "Even Justice Antonin Scalia said reasonable measures to control guns and certain weapons aren't impossible. But this isn't what the NRA would have you believe. So what do they come up with? Arming teachers. But that's madness. I'm for gun safety and gun control."

Calling the school shooting in Parkland, Fla., a "turning point," he said public opinion started changing this year because of it. "I marched with the moms and kids from Parkland in Washington, D.C., had a town-hall meeting about gun safety and worked with groups like Moms Demand Action on Gun-Violence Protection," said Connolly. "We need an assault-weapons ban, universal background checks and closing of the gun-show loophole. Nobody should bypass the system."

"To me, this is about protecting our community and our kids," he explained. "The NRA's narrative is that it's everyone's unfettered right to have a gun – and we have to break that narrative."

Noting that he was chairman of the Fairfax County Board of Supervisors when the massacre at Virginia Tech happened,



Rep. Gerry Connolly asks, "When will Americans say, 'Enough?'"

Connolly said, "I saw firsthand the heartache and grief that dangerous guns in the wrong hands can cause. We buried six, young people from Fairfax [County], including the shooter. The faces of those grieving parents are seared into my memory."

"I saw how the ripple effects of that tragedy go on forever," he continued. "How do you comfort somebody who suffered that type of loss and answer why? But I'm committed to doing something about it, and I'll never give up as long as I have breath." Urging attendees to not give up, either, Connolly said, "I'm confident we'll eventually do the sensible and sane thing and get guns under control."

DURING THE EVENT, Tim White, Jeff Smith and Bruce Leibovitz sang "Newtown," written by White. It included the words, "From Newtown to my town, it's time to lay them all down ... Tell all who hear that change is comin' 'round."

Another group performed "Shine," written by the Marjory Stoneman Douglas students. Its message was: "You may have hurt us, but I promise we are stronger and we're not gonna let you win ... You may have brought the dark, but together we will shine the light."

Also speaking was the Brady Campaign's Kevin Bergen. He advised parents, "Before sending your child to someone else's home, call and ask the parent there if there are any unsecured firearms in the home. Asking saves kids' lives." He also brought T-shirts saying, "Ban Assault Weapons" and urged people to "Vote in November for commonsense, gun legislation."

Making a powerful point, as well, was Dr. Joseph Sakran, who was a shooting victim himself, while a student at Lake Braddock

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Crys Matthews sings "Signs of the Times" while playing guitar.

High. "No one plans on being shot," he said. "But a 38-caliber bullet ripped through my throat and lodged in my shoulder, and that inspired me to become a doctor and a trauma surgeon."

"I grew up with immigrant parents who worked hard to provide me with opportunities they never had," he explained. "And I'm committed to taking my parents' work ethic and making sure that public places aren't plagued with this [violence] crisis that we have today."

Sakran said he came to this event to end gun violence "for every family that feels powerless to change that situation – and for every parent who packed a child off to school, only to see them never return. I'm also here for every brown and black individual in our inner cities whose stories go untold."

"You can make a difference," he told the audience. "November is coming, and it's time we hold our elected officials responsible. And if they don't have the courage and moral fiber to do the right thing, then we need to replace them."

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News

VDOT Eyeing Parkway Widening

More lanes,
reconfigured
interchanges on
Fairfax County
Parkway under
consideration.

BY MIKE SALMON
THE CONNECTION

Anyone who has sat in the long line of traffic on the Fairfax County Parkway waiting for the light at the Popes Head Road intersection can tell there needs to be something done for this major thoroughfare. The Virginia Department of Transportation has a solution, and revealed several options at the recent public meetings that addresses a five-mile stretch of the parkway between Route 29 (Lee Highway) and Route 123 (Ox Road).

According to VDOT, the \$194 million project, which includes the Popes Head Road intersection, the future Shirley Gate Road Extension, and other intersections along the route "aims to relieve congestion and improve safety."

Larry Hoss, who lives off Popes Head Road, has seen one of the VDOT plans which incorporates three or four roundabouts and thinks it is too much. "The way this is designed is like a concrete jungle," he said, and refers to a drawing he's made that takes away the roundabout to Shirley Gate that would help a new park that's planned for that area. His map is labeled the "Preferred Interchange Design Option based on priorities/input of surrounding communities." He also wants to shelve any idea for the future park: "Let this be another project," he said.

Susie Ellis lives in Fairfax Station and was concerned about the traffic on Ox Road, and what it would be like after the two lanes turning onto Burke Centre Parkway were closed, which is one of the options.

"We already have problems getting in and out of our neighborhood," she said.

Another lane on both sides of the parkway will mean more traffic and more noise, which others are



VIRGINIA RAILWAY EXPRESS

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	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 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.

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NEWS

Parkway

FROM PAGE 4

concerned about, but at least the traffic would be moving and not stopped for several traffic light signal cycles, like it is now. Nick Roper, VDOT engineer, has heard the noise concerns. "There will be some new noise walls but there won't be noise walls everywhere," he said.

The homeowners along this stretch of the parkway have a few things to ponder, and the comment period is open but the project is a ways off yet, and the widening date "has not yet been established," said Roper. The Popes Head Road interchange is part of Phase I, and will be built first with some of the funding already in place for this part. Roper put the completion date for this interchange in 2022.

The project is being financed with federal, state and local funds, including Smart Scale and Northern Virginia Transportation Authority funding.

For those interested in submitting official comments, the comment period will be continued until Oct. 15.



PHOTOS BY MIKE SALMON/THE CONNECTION

Larry Hoss discusses the Popes Head Road interchange at the VDOT meeting.



At the four-way intersection of Popes Head Road, there's no shortage of traffic.

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Saturday, November 10, 2018

Time: 9:00-9:30a.m.-Registration
9:30-1:00 p.m.-Workshop

Place: Duff & Kronfeld, P.C.
Fair Oaks Commerce Center 11320
Random Hills Road/Suite 630
Fairfax, VA 22030

Please join us for coffee at our Second Saturday Divorce Workshop and get the information and support from professionals: a family law attorney, a financial advisor, a family therapist, a private investigator, an estate planning attorney and other professionals who will help guide you through the divorce process. Speakers vary for each workshop. Registration at the door; however, pre-registration is recommended as space is limited.

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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.

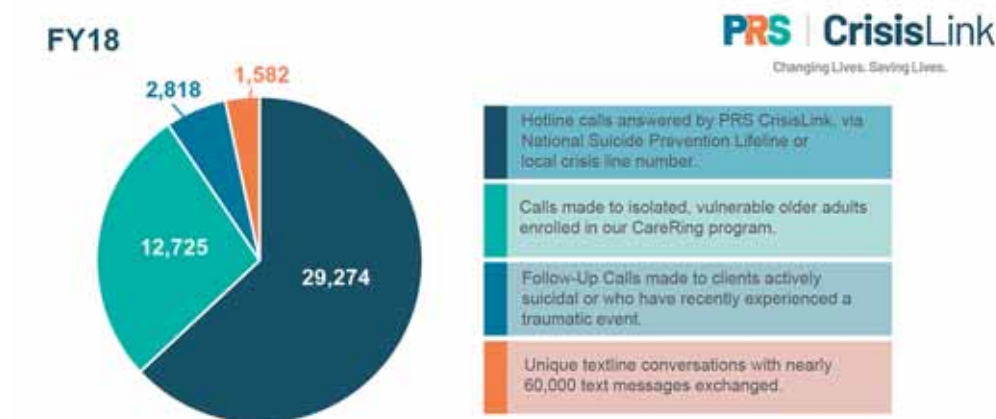
PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will continue to increase with successful outreach.

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
ACTIVE SUICIDE CALLS	Calls in which a client responds to “Are you currently thinking of suicide?” with “yes”	3,623	47%	5,342
ACTIVE RESCUES	Cases in which a caller was at imminent risk of death or injury without emergency resources	343	9%	373
CRISIS CALLS NON SUICIDE	Calls about domestic or sexual violence, child abuse, significant trauma, requiring follow-up	2,031	50%	3,046
TOTAL CRISIS CALLS	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 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.

Fairfax
CONNECTION

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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

“He 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. 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.



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SENIOR LIVING

Reflection of Fairfax County's 50+ Community Action Plan

Donna Lopez offers insight on what is available at all Fairfax County Senior Centers.

MERCIA HOBSON
THE CONNECTION

This week is the Connection Newspapers Senior Living Focus edition. The Connection invited open conversation on how seniors experience well-being on a personal level, how best to promote well-being later in life and what factors might be culprits for lower well-being.

The following were possible 'Conversation Starters given to Donna Lopez, Assistant Director at the Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services on Saturday, Sept. 29, 2018, as she worked with seniors at the center.

❖ Although you are as only as old as you feel, what age do you consider to be the senior-citizen threshold and why?

❖ What factors might be cul-

prits for lower well being, those that have the most substantial negative impact on a senior's well-being?

❖ How best in the local community, are factors such as physical, mental and spiritual needs, the more "subjective factors of a senior's well-being," met or not met? What about more objective needs, such as financial stability/ wellbeing

❖ On a scale of 1-10, how well do you think a senior's voice and opinions, talents and skills are solicited and respected in the community and ultimately incorporated?

Donna Lopez is Assistant Director at the Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services. The following reflects Fairfax County's 50+ Community Action Plan, as well as the broader



**Donna Lopez,
Assistant Director
at the Herndon
Senior Center**

variety of programs not only at the Herndon Senior Center but at all of the county's 14 senior centers including the Sully Senior Center, as presented by Lopez. Fairfax County's population of



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services is one of 14 county senior centers, all of which provide a welcoming and safe environment for older adults to socialize and engage.

adults aged 50 and older is estimated to reach around 452,000 by 2040 – that's about 33 percent of the total county population. With this trend in mind, Fairfax County has adopted the 50+ Community Action Plan to identify and address the needs and interests of older adults 50 and over, and to plan for their continued engagement in the community.

In the September 2017 report of the 50+ Community Action Plan, several of the common challenges facing older adults in Fairfax County include health-related issues, isolation and loneliness, mobility and transportation, limited financial resources and being the target of criminal activity.

Fairfax County's 14 senior centers provide a welcoming and safe environment for older adults to socialize and engage.

Programs, activities and events – each tailored to the specific interests and needs of the center's surrounding community – afford older adults opportunities to pursue hobbies, set and achieve health and fitness goals, learn new skills, and cultivate friendships with others in the community.

All centers offer inclusion services, which provide assistance to participants with minor cognitive and physical disabilities to participate in day-to-day activities as well as offer guidance and referrals to additional programs and services that meet evolving needs. We provide participants with options for transportation and meals as well.

Each senior centers has a participant-led advisory council, which offers insight into the needs and interests of each community. Together with our advisory councils, our center staff plan activities, guest speakers and workshops to address a myriad of topics such as learning about how to use a smartphone or email, understanding Medicare, or even learning to protect themselves from potential scammers.

Speaking for Fairfax County's senior centers, we certainly value our participants' talents and welcome their suggestions and engagement. The opportunities we provide are the result of constant collaboration and partnership with the communities we serve, and we make every effort to ensure that our spaces afford everyone, regardless of age, background or ability, the chance to share their talents, cultivate new ones and enjoy being part of a community of fellowship.

We welcome any and all suggestions and questions, just contact your local senior center to learn more.

You can find us online at www.fairfaxcounty.gov, just use the search tool and look for senior centers.

For more information on services, recreational activities and volunteer opportunities, go to www.fairfaxcounty.gov/OlderAdults. You will also find a subscription link to the free monthly Golden Gazette.

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SENIOR LIVING



PHOTO COURTESY OF TRUE WHOLE HUMAN

Getting in shape before travel can reduce the risk of injury, particularly for seniors says Christian Elliot of TRUE Whole Human.

Traveling in the Golden Years

Getting in shape, even a little, before can enable travelers to have a more enjoyable trip.

BY MARILYN CAMPBELL

Last summer Jim and Debbie Patera traveled to Greece with their adult children and two grandchildren. While sharing the splendor of the Acropolis with their offspring was one of the most rewarding experiences of their lives, the couple, both 75, had considered canceling their long-planned trip because they felt the stair-climbing and suitcase lugging that goes with international travel would be overwhelming.

"We started working with a personal trainer about four months before our trip," said Debbie Patera. "We worked on improving our balance and stamina, and that made a huge difference for us. We still got tired at times, but not to a point where it ruined the trip for our grandchildren."

From walking down cobblestone streets to lifting luggage into an overhead bin, the physical demands of international travel can come with a risk of injury for those who are not in shape. While those travelers over the age of 65 might run a higher risk, fitness preparation before a trip is a key to prevention, says personal trainer Christian Elliot of TRUE Whole Human.

Building stamina can make travel more enjoyable and running out of energy can put a damper on a trip, particularly for those who, like the Pateras, take multi-generational trips.

"The more lead time they have the better, but even a period of two weeks is enough to see some positive changes in ability," said Elliot. "The simplest activity anyone can engage in with the most far-reaching benefits is walking everyday. Depending on ability level, increase the time spent walking by 5-15 minutes each week until walking for an hour without a break is no problem."

Paying attention to your feet and ankles

can help prevent unpleasant injuries that can ruin a trip, advises Margaret Hennessy, who leads international Christian missions trips. "Make sure that you have good, supportive shoes if your trip will include a significant amount of walking," she said. "Don't skimp on shoes, buy the best that you can afford and wear them to break them in before your trip so that you don't get blisters. Also make sure that your ankles are in good shape."

Take time to improve balance, advises Elliot. "Do some one-legged exercises," he said. "Hold on to something for balance until you don't need to use it. For an extra challenge, trying doing it on an unstable surface. As your confidence grows, so will the enjoyment of your vacation. Especially if your vacation involves being on a boat."

Planning each part of a vacation and familiarizing oneself with the activities that each will entail can avoid unpleasant surprises.

"Don't assume that because you're active in your everyday life, that you'll be fine when you travel," said Joan Foley, a personal trainer in Fairfax, Va. "Walking around your neighborhood for exercise is different from climbing narrow stairs or walking on rocky terrain at a high altitude. Take the time to do research to determine the physical elements of the trip and train for those conditions."

Practice getting up and down off the floor 10 times from a seated or lying position, advises Elliot. "As we age we tend to neglect this simple motion and its use or lose it," he said.

"Even better, try the classic cross-legged, stand test," said Elliot. "If you can't do that from the floor, and most people can't, sit on a surface where you can do it, and as it gets easier with time, slowly use a lower and lower starting surface until doing it from the floor is possible."

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— Vincent Van Gogh —



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More Learning Opportunities

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

Lifetime Learning Institute of Northern Virginia begins a new season of classes, lectures and tours this fall. Classes include health, art, science, Learning Opportunities personal development and more. 703-503-0600, 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, <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

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 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

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

SEE BRIEFS, PAGE 13




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THE CONNECTION
 NEWSPAPERS

SENIOR LIVING BRIEFS

FROM PAGE 12

Encore Chorale

Registration is open for the fall session of Encore Chorale and Encore ROCKS in the county. Singers age 55+ are invited to join without an audition. Weekly rehearsals began the first week of September and continue for 15 weeks. The session ends with free community concerts in December. The fee is \$175 and includes rehearsals, sheet music, a practice CD and performing in community concerts in December. Register in person at the first rehearsal or online at www.EncoreCreativity.org.

For further information including locations, email info@EncoreCreativity.org or call 301-261-5747.


Access Services Library

The Access Services branch removes barriers to library services for people with disabilities. Our many services include: providing opportunities to learn about assistive technology and equipment, providing books in alternative formats to people with vision impairments and delivering books to readers who cannot visit a local library. We welcome invitations to present informational programs and participate in community events.

If you or someone you know cannot read standard printed materials or cannot get to a library, the county's Access Services Library can help. Located in the Fairfax County Government Center at 12000 Government Center Parkway, Suite 123, Fairfax, its mission is to remove barriers for library services for people with permanent and temporary disabilities.


For details go to www.fairfaxcounty.gov/library/branches/access-services.

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



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SENIOR LIVING

Life After Retirement Staying engaged, connected and active.

BY MARILYN CAMPBELL

Oliver 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 interactions

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

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

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

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 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

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

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

ENTERTAINMENT

Providence Players Present 'Lovers and Executioners'

Swashbuckling comedy
filled with romance
and revenge.

BY DAVID SIEGEL
THE CONNECTION

With a cozy 212 seats theater venue to perform before local audiences, the Providence Players are bringing award-winning D.C. area playwright John Strand to its stage. Strand is in residence at DC's Arena Stage with its New Play Institute. The Providence Players will be presenting Strand's "Lovers and Executioners," a blend of classic swashbuckling entertainment with a contemporary flair as a woman takes revenge on men for their lack of decency to her.

"Lover and Executioners" begins as a husband thinks he has discovered evidence that his wife has been unfaithful. He abandons her on a desert isle, expecting her to die. But she escapes and returns three years later disguised as a man. She manages to have herself appointed judge and promptly brings her husband to trial for the murder of his wife. The play focuses on the very serious questions of justice and revenge.

John Strand's "Lovers and Executioners" received the prestigious D.C. area Helen Hayes Charles MacArthur Award for Outstanding New Play.

Asked about producing "Lovers and Executioners" veteran Providence Players director Beth Hughes-Brown praised the script for "its accessibility, relevancy and the style – written with rhyming couplets. It is funny, beautifully-written and relevant. How could we go wrong?"

"This show is sassy, saucy, and even sometimes serious," added Hughes-Brown. "It touches on truth and loyalty, love between spouses, betrayal, and (maybe) murder."

Director Hughes-Brown indicated that the audience will "find themselves laughing out loud sometimes, and truly caring about real humans in extraordinary circumstances in the next moment. It will be surprisingly emotionally cathartic."

"Without giving away any plot twist, I'd love it if they debate 'what happens next' over drinks, after



PHOTO BY CHIP GERTZOG/COURTESY PROVIDENCE PLAYERS

Cast of the Providence Players production of John Strand's comedy "Lovers and Executioners." From left: Jaclyn Robertson, Joshua McCreary, Emily-Grace Rowson, Chuck O'Toole, Chris Persil, Kirstin K. Apker and Scotty Stofko.

Where and When

Providence Players present "Lovers and Executioners" at James Lee Community Center Theater, 2855 Annandale Road Falls Church. Performances: Oct. 5 to 20, 2018. Thursday, Friday and Saturday at 7:30 p.m. with Sunday matinees, Oct. 7 and 14, 2018 at 2 p.m. Tickets \$20 Adults, \$17 Students/Seniors. All Seating is reserved. Call 703-425-6782 or go to www.providenceplayers.org/tickets/

the show, or at home over coffee the next morning," said Hughes-Brown. "It will lift you up, and knock you back down—then lift you up again. Swords and off-center jokes—what could possibly go wrong?"

The seven member cast includes Kirstin K. Apker in her Providence Players debut as Julie, the deserted wife. She portrays not only Julie, but Frederic, when she disguises herself as a man. The character of Julie's husband Bernard is played by Chris Persil. The cast includes Jaclyn Robertson, Joshua McCreary, Emily-Grace Rowson, Chuck O'Toole and Scotty Stofko.

"Lovers and Executioners" is chock full of plot twists and word play and whipped up energy. It is also thoughtful and asks some delicious questions about justice.

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Submit entertainment announcements at 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. 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 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/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.

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.

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.

SATURDAY/OCT. 6

Fall Fun with the Vienna-Falls Chorus. 3-5 p.m. at American 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.

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.

LEGO Train Show and Craft Fair. 10 a.m.-5 p.m. at The Fairfax Station

Virginia Opera: 'Street Scene'

Performances Oct. 6 and 7 at Center for the Arts.

BY DAVID SIEGEL
THE CONNECTION

Opening its season at the Center for the Arts, Virginia Opera is presenting "Street Scene," an American opera with music by Kurt Weill, lyrics by Langston Hughes and book by Elmer Rice. The opera, sung in English, takes place in and around a New York City apartment building one evening in June 1946. Tempers are boiling over among the diverse neighbors living in the same building in the stifling summer heat in days before air conditioning.

Adam Turner, Virginia Opera artistic adviser, said that the company selected "Street Scene" to open its season as an "ongoing commitment to its 'First of Firsts Series.'" The series aims at providing audiences with productions never before seen on Virginia Opera's stages.

"Street Scene" has "a musical palette of nearly every style; it's an immensely engaging and luxurious score, rich with color and character," said Turner. "The opera tackles serious themes of bigotry and xenophobia, of timely relevance, particularly given the civic unrest and political shifts occurring throughout the world today."

The characters in "Street Scene" include Anna, an unhappily married woman and her short-tempered working-class husband Frank. There is also Sam Kaplan, who is in love with Rose, Anna and Frank's daughter. Rose and Sam dream of escaping the confines of their tight-knit New York City neighborhood to find a better life.

In "Street Scene" things become knotty. There is gossip about Anna having an affair. Rose has to contend with unwanted advances from her boss. Then there is the rage of Frank when he finds his wife Anna with another man, in their apartment. Violence follows, leading Rose to make crucial decisions.



PHOTO BY BEN SCHILL PHOTOGRAPHY

Jill Gardner-plays Anne (Rose's mother) and Maureen McKay plays Rose in Virginia Opera's "Street Scene."

Principal performers are Maureen McKay as Rose and Zachary James as Frank in their Virginia Opera mainstage debuts. Former Virginia Opera Emerging Artist David Blalock has the role of Sam Kaplan; Jill Gardner is Anna. Veteran Virginia Opera stage director Dorothy Danner helms the production.

The Virginia Opera production includes Broadway dancers, a 24-voice adult chorus, a children's chorus including members of the Governor's School for the Arts Vocal Music Program. There is even a dog.

"Street Scene" was winner of the first Tony Award for Best Original Score in 1947.

With a rewarding musical score, "this is a work of modern-day relevance, with themes that resonate in the current global climate. 'Street Scene' is a unique work of great American theater," said Turner.

Virginia Opera presents "Street Scene" at Center for the Arts, George Mason University, 4400 University Ave, Fairfax. Performances: Oct. 6 at 8 p.m. & Oct. 7 at 2 p.m. Pre-performance discussion starts 45 minutes before curtain. Tickets: \$54, \$90, \$110. Visit www.cfa.gmu.edu or call: 888-945-2468.

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.

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 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. \$25. 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 703-451-9588.

WEDNESDAY/OCT. 10

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

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.

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/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 and silent auctions. Tickets and information at 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.

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.

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 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 Artists, creating art in the studios or exhibiting in the 12 campus galleries. Enjoy performances of dance, cabaret, comedy, big band, jazz, and theater. 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.

Artist Reception: "Less is More." 6-9 p.m. in Gallery 9 of the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Arches Gallery at the Workhouse Arts Center of Lorton Virginia features "Less is More: A New Language Of Abstract Minimalism" by Gene Moty through Nov. 3. Visit www.genemoty.com.

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.

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. All proceeds from the event support Insight Memory Care Center and Johns Hopkins University School of Medicine – Alzheimer's Disease Research Center. Golfers of all ages and skill-sets welcome. \$65 per person. Register at facebook.com/mindthememory.

Soil for Roses. 2-4 p.m. at Merrifield Garden Center, 12101 Lee Highway, Fairfax. Arlington Rose Foundation hosts soil management expert Daniel Schwartz. Dig near roots and bring 1/2 gallon bag of rose soil for evaluation. Free. Call 703-371-9351.

"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. After, attendees are invited to join the panelists for a tour of the exhibition, "I Want the Wide American Earth: An Asian Pacific American Story," and refreshments at Fairfax Museum and Visitor Center, 10209 Main St.

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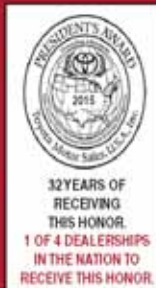
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NEWS

'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 20th 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 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 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.

WWW.CONNECTIONNEWSPAPERS.COM

BULLETIN

FROM PAGE 2

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. \$200. Register online at insightmcc.org, or contact Christi Clark at 703-204-4664 or 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

SUNDAY/OCT. 7

Blessing of the Animals. 3:30 p.m. at King of Kings Lutheran Church, parking lot, located at 4025 Kings Way, Fairfax. All pets must be on a leash or in a cage/carrier, be current in their vaccinations, and hopefully on their best behavior. There will be a box for donations for the Fairfax County Humane Society. Requested items include: cat toys without feathers; Kong type dog toys and balls; large plastic or metal bowls; treats for cats, dogs, horses or rabbits; litter for small animals; dry and canned food for kittens and puppies; baby food (turkey or chicken); and/or rubber gloves. Do not donate rawhide chews, open bags of food, or any type of choke collar. Visit www.kokf.org for more.

TUESDAY/OCT. 9

NARFE Fairfax 737 Luncheon Meeting. 11:30 a.m.-1:30 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. Meetings are held on the second Tuesday of each month from September through June, and opened to all active and retired Federal employees, spouses and guests. Register for luncheon (\$11) by Friday before meeting at 703-280-2356.

Public Information Meeting. 7 p.m. at Navy Elementary School, 3500 West Ox Road, Fairfax. The Fairfax County Department of Transportation (FCDOT) will hold a public information meeting on the Fairfax County & Franconia-Springfield Parkways Alternatives Analysis and Long Term Planning Study. Presentation at 7 p.m., followed by a question and answer period at 7:30 p.m., and time for public input activities at 8 p.m. Visit the study page at www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway.

WEDNESDAY/OCT. 10

Walk to School. Fairfax County Public Schools (FCPS) will participate in International Walk to School Day in an effort to promote physical activity and reduce traffic congestion and pollution near schools. Students and employees are encouraged to bike or walk to school and work. Parents are encouraged to accompany their children to school, and to work with their school and PTA or PTO to assemble bike trains or walking groups for the event. FCPS has compiled information on walking and biking to school, including information on applying for grants and safety tips at www.fcps.edu/resources/safety-and-transportation/transportation-services/safe-routes-school-srts. Motorists are urged to be vigilant of bikers and pedestrians on Bike to School Day.

What You Need to Know About Transportation. 7:30-10 a.m. at Waterford at Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. This year's program will provide a state and regional focus on important projects, trends, and insights into the future of transportation in Northern Virginia. The panelists will give both the public and private sector perspectives. Breakfast included. \$40 for Alliance members; \$60 for non-members at www.eventbrite.com/e/2018-what-you-need-to-know-about-transportation-tickets-48387604628. Email info@nvta.org or call 703-883-1830 for more.

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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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