

**Hadeed**  
ORIENTAL RUG CLEANING  
AND IN-HOME SERVICES

**FALL SAVINGS!**

IN-PLANT RUG CLEANING

**15% OFF!**

Valid on Our Signature Washing of Your  
Fine Rugs Or the Hadeed One Week  
Express Service for Rugs that Qualify! -  
A Trusted Resource Since 1929!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY!† Hurry Offer expires 10/7/18. Not valid w/any other offers. †Some restrictions apply.

FOLLOW ON TWITTER: @LFSCONNECTION

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 14 ♦ CLASSIFIEDS, PAGE 18

PHOTO BY MIKE SALMON/THE CONNECTION

# Fairfax Station **CONNECTION** Clifton & Lorton



Demons from 2017 "Madhaunter's Madhouse" at the Workhouse Arts Center in Lorton.

## 'Madhaunter's Madhouse' Returns to Workhouse

ENTERTAINMENT, PAGE 17

## Senate Election As Blast from the Past?

NEWS, PAGE 3

## Ford-Kavanaugh Hearing Exposes Sharp Divide

NEWS, PAGE 3

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL  
REQUESTED IN HOME 10-5-18

PERMIT #322  
EASTON, MD  
PAID  
U.S. POSTAGE  
PSRT STD

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

OCTOBER 4-10, 2018



Join us for our **Second Saturday Art Walk** from 6p-9p on the second Saturday of each month. It's the perfect time to meet nearly 100 Studio and Arches Gallery Artists who create art in their studios and exhibit in our galleries. Enjoy thrilling performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in unique classes in the art of mixology or cuisines from around the world. And explore art exhibitions featuring the region's finest sculpture, painting, glass, ceramics, and fiber art.

All this excitement and more is tucked away at the Workhouse Arts Center, a 55-acre visual and performing arts center in Lorton, VA, located on the historic grounds of the former DC Correctional Facility at Lorton.

### October Featured Artists

W5 - Julie Dzikiewicz    W8 - Pam Eisenmann  
W6 - Marilyn Harrington    W9 - Gene Moty  
W7 - Kathryn Lagassey    W10 - Group Show, Orange Is the New Black

**9518 Workhouse Way Lorton, VA 22079**  
**Wed-Sat 11a-6p, Sunday 12p-5p**



[WorkhouseArts.org](http://WorkhouseArts.org)



**Join us for coffee & conversation.**  
**Fairfax Divorce Workshop.**

**Support. Information. Hope.**

**Date:** Saturday, October 13, 2018  
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.  
Online Registration: [www.secondsaturdaynova.com](http://www.secondsaturdaynova.com)  
Email: [nancy@secondsaturdaynova.com](mailto:nancy@secondsaturdaynova.com)  
Phone: (703) 591-7475

You've come to the right place!



## Oktoberfest 2.0

Neighborhood Block Party

**Saturday, October 13, 2018, 12 Noon - 5:30pm**  
**8304 Old Keene Mill Rd. // 22152 // [www.pople.org](http://www.pople.org)**



**Free food**  
**Food for Purchase**  
**Beer Garden**  
**Live Music**  
**Bounce House**  
**Face Painting**  
**Door Prizes & More!!**

**Supervisor Herrity**  
**will be**  
**tapping the keg**  
**to kick off the event!!**



## Ford-Kavanaugh Hearing Exposes Sharp Divide in 10th District Race

BY VICTORIA ROSS  
THE CONNECTION NEWSPAPERS

**L**ike many Americans, State Sen. Jennifer Wexton (D-33) said she was riveted by Dr. Christine Blasey Ford's testimony before the Senate Judiciary Committee last Thursday accusing Supreme Court nominee Brett M. Kavanaugh of sexual assault.

"I believe Dr. Christine Blasey Ford," Wexton said, adding that she was impressed with Ford's "courage and grace" as Ford quietly detailed her allegations against Kavanaugh.

On Friday, Wexton declared it was "time for people of good conscience to take a stand," praising Ford for her historic testimony.

"Her courage in a situation designed to put her at a disadvantage, and her grace in the face of powerful men who refused to investigate her claims, allow interviews of key witnesses, or even speak to her were extraordinary," Wexton said.

U.S. Rep. Barbara Comstock (R-10) Comstock, who is friends with Kavanaugh and said he was "an excellent choice" when he was nominated for the high court in July, did not walk back that endorsement when she issued a statement a few hours after Wexton's statement on Friday.

"Both Judge Kavanaugh and Dr. Ford have been ill served by this process," Comstock said.

Comstock blasted Senate Democrats, accusing them of abusing the confirmation process and creating an "overall toxic partisan environment" by withholding Ford's sexual assault allegations "from both Republican committee members as well as the FBI," and then leaking the information to the press "against the explicit request of Dr. Ford...rather than allow for a confidential review.

"This partisan abuse of the process has been a travesty for all involved," Comstock said.

On Sunday night, Wexton responded to The Connection's request for a comment on Comstock's statement.

"Barbara Comstock purports to be a champion of the 'Me Too' movement and would have a real opportunity here to stand up for the victim and to stand up to members of her party and take a leadership role, but she's not doing that," Wexton said.

"Instead, she is holding her old friend, Judge Brett Kavanaugh, to a much lower standard than the one she set for members of the opposing party. Women who are the victims of alleged sexual violence, like Dr. Blasey Ford, deserve our support."

Political experts said the Ford-Kavanaugh hearings could have a profound effect on the Nov. 6 midterm elections, in which a record number of women – more than 200 – are running for house seats.

Virginia's 10th Congressional District has been held



**Both candidates had busy weekends, attending back-to-back events and greeting supporters throughout the sprawling 10th Congressional district.**

PHOTOS CONTRIBUTED



**"I believe Dr. Christine Blasey Ford."**

**—Jennifer Wexton**

**"Both Judge Kavanaugh and Dr. Ford have been ill served by this process."**

**—Barbara Comstock**

by a Republican for 38 years, but Democrats believe demographic shifts in the sprawling district - which include sections of Fairfax and Prince William counties and all of Loudoun County – and growing opposition to President Trump's politics, will lead to a Democratic victory on Nov. 6.

In the 2016 election, Trump lost the district by ten percentage points while Virginia Gov. Ralph Northam, a Democrat, won the district by double digits in 2017.

### VA 10TH DISTRICT – BY THE NUMBERS

Total population: 827,279  
21% Foreign-born, 37% Virginia-born  
61% White non-Hispanic, 6.5% Black or African American,  
14% Hispanic, 18.3% Other (including Asian)  
54.3% BA or higher  
\$120,384 Median income,  
3.6% Poverty rate  
93% have health insurance  
\*Source: U.S. Census Bureau

## Senate Election Is Blast from the Past

**Kane 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 Kane 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.

SEE BLAST FROM THE PAST.  
PAGE 6

Keep your thermostat at 68° F when you're home this winter. Save even more by using a programmable thermostat and lowering the setting several degrees when you're away.



**For more ways to save energy and money, go to [NOVEC.com/Save](http://NOVEC.com/Save) today!**



PHOTOS BY MIKE SALMON/THE CONNECTION

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

## 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



MAP BY THE VIRGINIA DEPARTMENT OF TRANSPORTATION

SEE PARKWAY, PAGE 5

**This map shows the extent of the project.**



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

# NEWS

## Parkway

FROM PAGE 4  
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 Park-

**“We already have problems getting in and out of our neighborhood,”**

**—Susie Ellis**

way 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 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.

WWW.CONNECTIONNEWSPAPERS.COM

Past issues of  
**THE CONNECTION**  
NEWSPAPERS

back to 2008  
are available at  
<http://connectionarchives.com/PDF>

**Burke**  
GARDEN CENTRE  
703-323-1188

**Pumpkins, Corn Stalks, Cider,  
Jams & Jellies, Apples,  
Halloween Decorations**

**Huge Stock of Hardy Mums!**

**Plus Winter Pansies, Ornamental Cabbage & Kale!**

Presenting Our 24th Annual  
**FALL FESTIVAL & Pumpkin Playground**

**OCT. 1- OCT. 31**

*Pumpkins, Hayrides & Family Fun!*

Mon-Thu 9-8, Fri-Sat 9-9, Sun 9-8 (Weather Permitting)  
Admission \$10.00 M-F; \$14.00 SAT-SUN & OCT. 8  
WEEKDAY GROUP TOURS. SEASON PASSES AVAILABLE

- Excellent selection of trees and shrubs
- Annuals, Perennials, Herbs
- Landscape Services
- Mulches, Soils and Seed

**\$5<sup>00</sup> OFF**  
Purchase of \$50 or More

**\$10<sup>00</sup> OFF**  
Purchase of \$100 or More


One coupon per customer, per day. Not valid with any other offers.  
Not valid on sale items or landscape design services.  
Merchandise only, not valid with Fall Fest admissions Expires 10/31/18

**9401 Burke Road • Open Daily 8-7**  
**www.burkenursery.com**

**Gary Kramer, D.D.S.**  
**Sara Bunin, D.D.S.**  
DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY  
Dentistry for Children, Adolescents & Special Needs  
703-978-0051 [KBPediatricSmiles.com](http://KBPediatricSmiles.com)



SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA. • 22015  
MET LIFE, DELTA, BCBS/CAREFIRST, & UNITED CONCORDIA PROVIDER  
WEEKDAYS • SATURDAYS • EVENINGS  
**24 HOUR EMERGENCY CARE**

 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](http://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](mailto: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](mailto: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](http://vre.org/about/board).

## REMODELED HOME TOUR IN LAKE BARCROFT SATURDAY, OCTOBER 13<sup>TH</sup>, 2018

Come see how redesigning existing and adding space created better function, flow, and light in this home. Showcasing a two-story foyer addition, gourmet kitchen, powder room, outdoor pizza oven kitchen, access ramp, and more!

Location: 6321 Crosswoods Circle, Falls Church, VA 22044



Major Remodels • Additions • Kitchens + Baths • Basements • Exteriors  
703.425.5588 | SunDesignInc.com

SUN DESIGN 30<sup>TH</sup>

## PEOPLE

### Couple To Wed

**J**anet Lopez of Clifton is pleased to announce the engagement of her daughter Jennifer Lynn Lopez to Michael Eric Lopez, son of Steve and Paula Lopez of Lorton.

Jenny is a former graduate of Centreville High School ('06) and graduated from James Madison University. She is an elementary art teacher in McLean.

Mike is a former graduate of Hayfield Secondary ('06) and graduated from Christopher Newport University. He is a digital marketing manager for Churnzero in Arlington.

A June wedding ('19) is planned.



### Blast from the Past

FROM PAGE 3

"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."

**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 Robert 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."

## Find Your Children Safe & Sound KIDDIE COUNTRY DEVELOPMENTAL LEARNING CENTER

REGISTER NOW!

### OUTSTANDING SCHOOL YEAR AND SUMMER CAMP PROGRAMS

Designed to provide a complete, happy, safe learning environment in harmony with the needs of the child.

#### CHILDREN AGES 2-5

Full (6:30 a.m.-6:30 p.m.) and half day (9:00 a.m.-1:00 p.m.) programs

#### SPECIAL FEATURES

Developmental Curriculum • Degreed Teachers • Registered Nurse • Music Director • Nutritious Breakfast, Lunch and Snacks • Heated Swimming Pools • Spacious Shaded Playgrounds • Planned Orientations and Presentations for Parents • State Licensed

### BEFORE & AFTER SCHOOL PROGRAMS AGES FIVE-TWELVE YEARS

#### GRADES K-6

Transportation provided to Terra Centre, Fairview, White Oaks, Orange Hunt, Sangster, Hunt Valley and Cherry Run Elementary Schools. Emphasis on special events, sports, time for homework, and student's choice of activities.

### KINDERGARTEN

#### Fall 2019/2020

Two Virginia certified teachers per classroom. Program emphasizes language arts, math, computer literacy, science, social studies, social development, art, music and physical development.

### FULL DAY SUMMER CAMP PROGRAM AGES SIX TO ELEVEN YEARS

Program is organized into weekly themes packed with FANTASTIC FIELD TRIPS, A SENSATIONAL OVERNIGHT CAMP OUT, DAILY SWIMMING, SPORTS, DANCING, MUSIC, AND AN END OF THE SUMMER "SMASH" MUSICAL PRODUCTION BY OUR CAMPERS FOR THEIR FAMILIES.

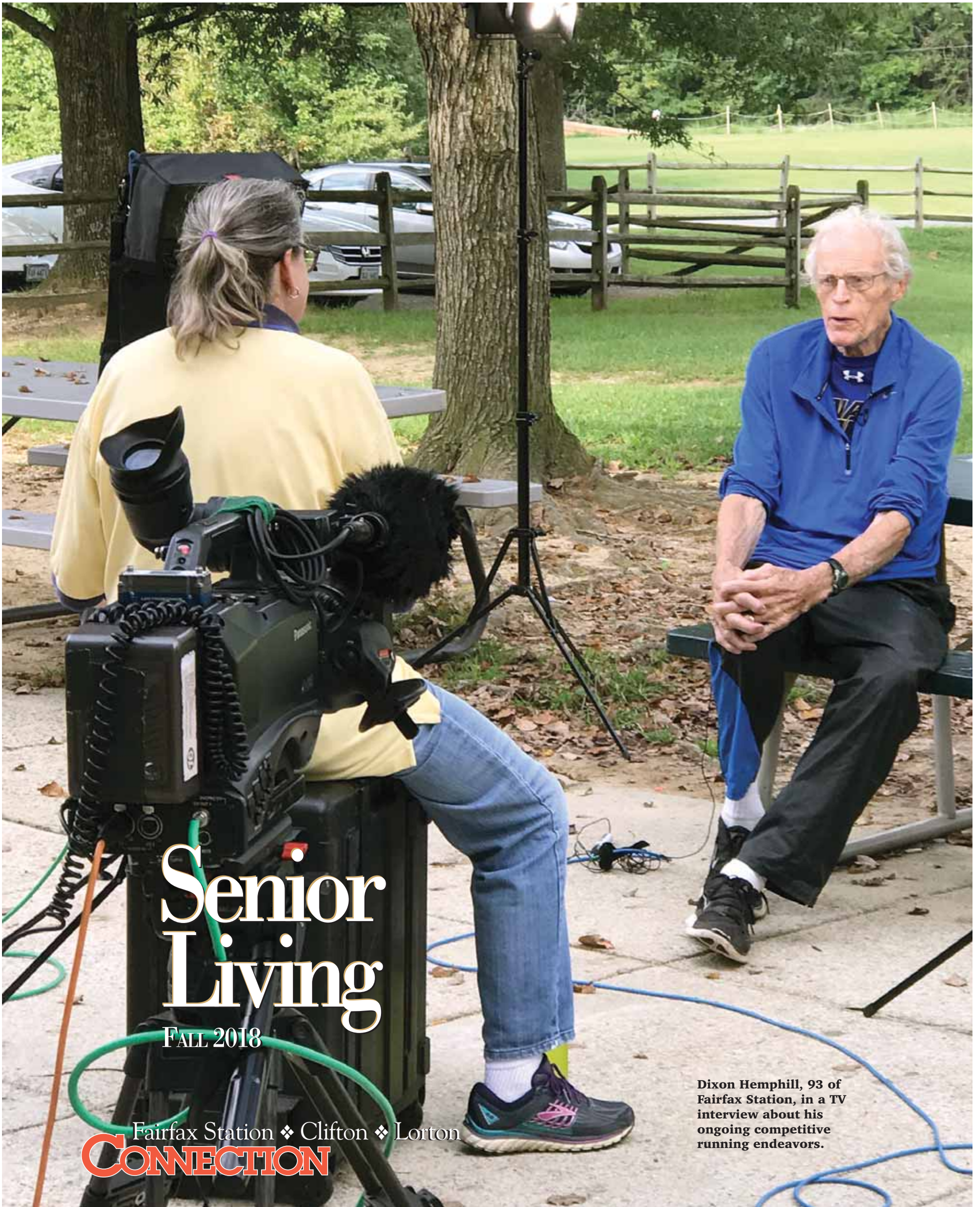
### KIDDIE COUNTRY

9601 Old Keene Mill Rd.  
Burke, Virginia 22015  
703-644-0066

Come See Our  
Award-Winning Facility!  
Winner of American Institute  
of Architects Award

Burke, Springfield,  
Fairfax, Lorton  
Fairfax Station

[www.kiddiecountry.com](http://www.kiddiecountry.com)



# Senior Living

FALL 2018

Fairfax Station ♦ Clifton ♦ Lorton  
**CONNECTION**

Dixon Hemphill, 93 of Fairfax Station, in a TV interview about his ongoing competitive running endeavors.

# 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



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 before can enable 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

SEE TRAVELING, PAGE 11

## Living well is in our nature.

**Assisted Living Residences and Respite Services now available!**

It's what life is all about. Westminster at Lake Ridge is nestled in a quiet wooded enclave next to the historic town of Occoquan with its eclectic mix of restaurants, shops, and cafés along the river. Our beautiful location is within easy access to enjoy all that DC Metro area has to offer.

The residents of Westminster at Lake Ridge have the best of all worlds: a serene, village-like setting, yet easy access to Washington DC's best amenities—all while providing a deep connection with the natural world.

The retirement lifestyle you deserve is shared with active and engaged friends and neighbors who make our community home, all with peace of mind that comes with the security of a full continuum of care.

**Call 703-791-1100 today to schedule your personal tour!**

*Westminster at Lake Ridge is a CARF accredited, not-for-profit, continuing care retirement community.*

**WESTMINSTER AT LAKE RIDGE**  
ENGAGED LIVING  
[www.wlrva.org](http://www.wlrva.org)  
12191 Clipper Drive | Lake Ridge, VA

## Welcome Home

Whether you enjoy the order of a well-organized day, complete with a vibrant social calendar or living at your own tempo, you'll always feel at home.

**Ranked "Highest in Customer Satisfaction Among Senior Living Communities" by J.D. Power.**

Visit [RetireFairfax.com/Connections](http://RetireFairfax.com/Connections) or call **703-799-1200** to learn more about our current promotional pricing.

**The Fairfax**  
A SUNRISE SENIOR LIVING COMMUNITY  
Developed for the AARP Retirement Residence Foundation Program

Sunrise Senior Living received the highest numerical score at the J.D. Power 2018 Senior Living Satisfaction Study based on 2,500 total responses among 7 senior living communities measuring experiences and perceptions of residents/family members/friends, surveyed October-December 2017. Your experience may vary. Award applicable to United States only. Visit [jdpower.com](http://jdpower.com)

© 2018 Sunrise Senior Living

## 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 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](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.*

## SENIOR LIVING

# Traveling

FROM PAGE 9

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 it or lose it,” he said. “Even better, try the classic cross-legged, stand test. 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.”

## SENIOR LIVING BRIEFS

# Learning Opportunities

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.

**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 (from Understanding Opera to Remodeling for Retirement), lectures and tours this fall. Classes include health, art, science, Learning Opportunities personal development and more. 703-503-0600, [lli.nova.org](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, <https://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.

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# HADEED

SINCE 1935

Oriental Rug Cleaning & In-Home Services

**FREE PICKUP & DELIVERY!**

Includes: Furniture Moving & Rolling & Laying the Rugs! †

**NOW OFFERING A NEW MENU OF SERVICES FOR ALL TYPES OF RUGS!**

<b>That Are Faster!</b>	<b>Will Save You Money!</b>	<b>Same Quality!</b>	<b>Same VIP Treatment!</b>
-------------------------	-----------------------------	----------------------	----------------------------

The Same Deep Down Professional Clean you Expect from Joe Hadeed

**NEW EXPRESS SERVICE\***

Handmade Tufted Rugs	Machine Made Synthetic Rugs	Machine Made Wool Rugs
----------------------	-----------------------------	------------------------

\*FOR RUGS THAT QUALIFY.

**HADEED SIGNATURE SERVICE!**

Handmade Wool Rugs

**In-Plant Rug Cleaning**

Express or Signature Services. Expires 10/7/18. Not valid w/any other offers.

**15% off\***

**FALL SAVINGS!**

**In-Plant Rug Restoration**

Expires 10/7/18. Not valid w/any other offers.

**10% off\***

**Wall-to-Wall Carpet Steam Cleaning or Hardwood Floor Cleaning & Polishing**

Expires 10/7/18. Not valid w/any other offers.

**20% off\***

535 W. Maple Avenue  
Vienna, VA

4918 Wisconsin Ave.  
DC/MD

3206 Duke Street  
Alexandria, VA

6628 Electronic Dr.  
Springfield VA

3116 W. Moore Street  
Richmond VA

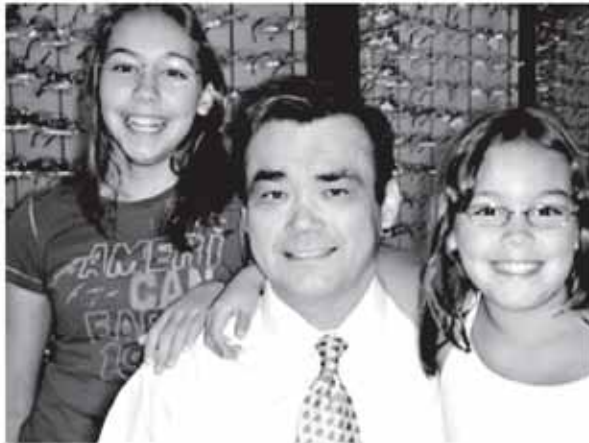
**703-836-1111 | JoeHadeed.com**

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

**DR. GENE SWEETNAM**

**DR. GRACE CHANG**

**O P T O M E T R I S T S**



- Family & Pediatric Vision Care
- Comprehensive Eye Exams • Treatment of Eye Diseases
- 21 years Naval Service, 6 years Active Duty
- Laser Vision Consultants • Over a thousand frames in stock
- We carry all major brands of contact lenses • In-house lab

**Most Insurances Accepted:**

Anthem Blue Cross/Blue Shield, Care First, Medicare, Tricare In-network Doctor, Cigna, DavisVision, Vision One Discount, Avesis, Aetna HMO/PPO/POS, PHCS, VSP® Network Doctor, EyeMed Vision Care, United Healthcare, VA Medicaid

**WE WELCOME YOUR DOCTOR'S PRESCRIPTION**

5206A Rolling Rd.  
Burke Professional Center  
Burke, VA 22015

**703-425-2000**

[www.drsweetnam.com](http://www.drsweetnam.com) • [www.sightforvision.com](http://www.sightforvision.com)


**Your “Nicely Done” Kitchen or Bath is Right Around the Corner!**  
*A “One-Stop Shop” That Goes Above and Beyond Your Imagination*



Find us on Houzz,  
Facebook, & Angie’s List!


**NICELY DONE**  
 Kitchens and Baths

Kings’s Park Shopping Center  
 8934 Burke Lake Road, Springfield VA 22151  
 703-764-3748 [www.nicelydonekitchens.com](http://www.nicelydonekitchens.com)



## 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

**T**his 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 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 center 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](http://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](http://www.fairfaxcounty.gov/OlderAdults). You will also find a subscription link to the free monthly Golden Gazette.



## Thinking of Planning Ahead?

**We already plan for:**

- > Our Wedding
- > Our First Home
- > Our Children's Education
- > Our retirement

## SHOULD YOUR FUNERAL BE ANY DIFFERENT?

**Fairfax Memorial Funeral Home**  
with two on-site crematories  
9902 Braddock Road • Fairfax, VA 22032  
703-425-9702  
[www.fmfh.com](http://www.fmfh.com)

**Fairfax Memorial Park**  
Full Service Cemetery  
9900 Braddock Road, Fairfax, VA 22032 703-323-5202  
[www.fmpark.com](http://www.fmpark.com)

**Family Owned. Family Operated. Family Focused.**

**F**or a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions?  
E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)



**THE CONNECTION**  
NEWSPAPERS



During her remarks to the crowd, emcee of the 2018 Walk to End Alzheimer's Disease, Northern Virginia Erin Hawksworth, Morning Anchor/Reporter and Sports Anchor/Reporter WJLA-TV (ABC7), says, "This cause is personal for me."



As the route opened, families and friends take the first steps to a world without Alzheimer's.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

## Walk to End Alzheimer's Returns to Reston

Families and friends take the first step to a world without Alzheimer's.

BY MERCIA HOBSON  
THE CONNECTION

**L**et's get this energy going," called Emcee Erin Hawksworth of WJLA-TV (ABC7) to the crowd before the ceremonial start of the Alzheimer's Association National Capital Area Chapter Walk to End Alzheimer's - Northern Virginia.

On Sunday, Sept. 23, a reported 843 participants and 184 teams assembled under the Reston Town Center Pavilion for a walk like no other. They were there to help raise funds to further the care, support and research efforts of the Alzheimer's Association. Hawksworth told how in Virginia, 140,000 people are living with Alzheimer's. In the United States, more than 5 million people are living with the disease, and 16

million individuals serve as their unpaid caregivers. Hawksworth spoke from her heart as she told that everyone there under the Reston Town Center Pavilion had a reason for coming. "This cause is personal for me," Hawksworth said. She recalled how her grandmother had Alzheimer's and told her uncle is currently battling the disease. "I truly believe that together we can end Alzheimer's. And I can tell by looking out into this sea of purple that I'm not in this alone," said Hawksworth.

Ilissa Belanger, the 2018 Northern Virginia Event Chair came to microphone. "I have been touched by Alzheimer's. I am very passionate about this cause. Both my mother and mother-in-law had Alzheimer's," said Belanger. She thanked and congratulated top fundraisers. Meredith Hannan raised \$5,400. Sharing

the honors as the top fundraiser this year: Sherry Gryder and Anita Irvin who each raised \$26,781. Belanger pointed out the pair was the number 18 and 19 top fundraising individuals in the nation.

The top three fundraising teams as Friday morning were in Number 3, Sunrise at Reston with \$7,010; Tall Oaks Number 2 at \$7,219; and Arden Courts, Fair Oaks Number 1 at \$62,294. Belanger said Arden Court was the Number 12 team in the nation.

"Alzheimer's is not going to back down, neither should we," said Hawksworth as purple, yellow, and blue flowers waved in the hands of the participants. Hawksworth explained to the crowd that the orange flowers represented people those who support the cause and the Association's vision of a world without Alzheimer's disease. The purple flower represented people who have

lost someone to Alzheimer's. The yellow flower represented people who support or care for someone with Alzheimer's.

"The blue flower, Hawksworth said, "represents people like Tim Frank. Tim is here today with the Sterling Area Alzheimer's Support Group and represents individuals living with Alzheimer's."

Hawksworth paused. "I am confident," she said, "that one day we will add a flower to this garden. A white flower that represents the first survivor of Alzheimer's. ... Until that beautiful day happens, we must not back down. We must continue to lead the way. Because together we can end Alzheimer's." In a Monday afternoon phone interview, Irvin reported both she and Gryder had increased their combined donations to \$63,000, now number 11 in the nation. For more, see [www.alz.org/nca](http://www.alz.org/nca)



When Ilissa Belanger, the 2018 Northern Virginia Event Chair, thanked all the walkers and teams and applauded them for their hard work, Diann Bullock of Falls Church waved her yellow flowers. "My mom died this May. I've been doing this for five years," said Bullock.



Cindy Maguire, on-air staff WINC FM 92.5 born and raised in Northern Virginia tearfully raises the white flower which will, hopefully one day soon, represent the first survivor of Alzheimer's.



"Who's ready to lead the way to the end of Alzheimer's? 10...9...8...7...6...5...4...3...2...1... The route is now open. Let's Walk to End Alzheimer's," beckoned Emcee Erin Hawksworth at the 2018 Walk to End Alzheimer's Disease-Northern Virginia in Reston Town Center, Sunday, Sept. 23, 2018.

# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S  
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3  
TIRES  
AND  
GET  
THE  
4TH FOR**



**\$1**

See Service  
Advisor for details.

**GOT TIRES?**  
INCLUDES ROAD HAZARD PROTECTION, TIRE  
WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL  
ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA  
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND  
SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

**CHECK ENGINE  
LIGHT DIAGNOSIS  
NO  
CHARGE**  
INITIAL DIAGNOSIS

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



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA  
VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP  
SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

*Jack Taylor's*  
**ALEXANDRIA  
TOYOTA**

3750 Jefferson Davis Hwy • Alexandria, VA 22305



## SERVICE & PARTS DEPT HOURS:

Monday - Friday, 7:00am to 7:00pm  
Saturday, 8:00am to 5:00pm

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

**ToyotaCare**  
Customers

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

**Now Available** Mile Services  
Call your ASM for details

**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

## OIL & FILTER CHANGE

**\$29<sup>95</sup>**

NON-SYNTHETIC

**\$44<sup>95</sup>**

SYNTHETIC

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF  
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

## BRAKE SPECIAL

**\$79<sup>95</sup>**

**Includes:** Install Genuine Toyota front brake pads,  
inspect front & rear rotors & drums, check tire  
condition and inspect all hardware. Pads only.  
**MACHINE ROTORS ADDITIONAL**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON  
MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA  
TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

## SIGHT LINE WIPER BLADES

**\$10 OFF**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON  
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA  
TOYOTA. PARTS CENTER ONLY. 3000 THIRD. 10/31/18.

## FREE

### BATTERY CHECK-UP

Check cold cranking amps and visual inspection of  
battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

## TRUESTART™ BATTERIES

**SPECIAL  
OFFER**

**\$99<sup>95</sup>**

INCLUDES BATTERY INSTALLATION

**Includes:** 84 month warranty, 24 month free replacement,  
24 month free roadside assistance.  
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME  
OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

## ALIGNMENT SPECIAL

**\$69<sup>95</sup>**

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON  
MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.  
TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

*Jack Taylor's*

**ALEXANDRIA TOYOTA**

Check your windshield. Does your sticker say **9/18**,  
or **10/18**? If so, your VA Safety Inspection is now due  
**VIRGINIA STATE INSPECTION**  
**FREE**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF  
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

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

# 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.

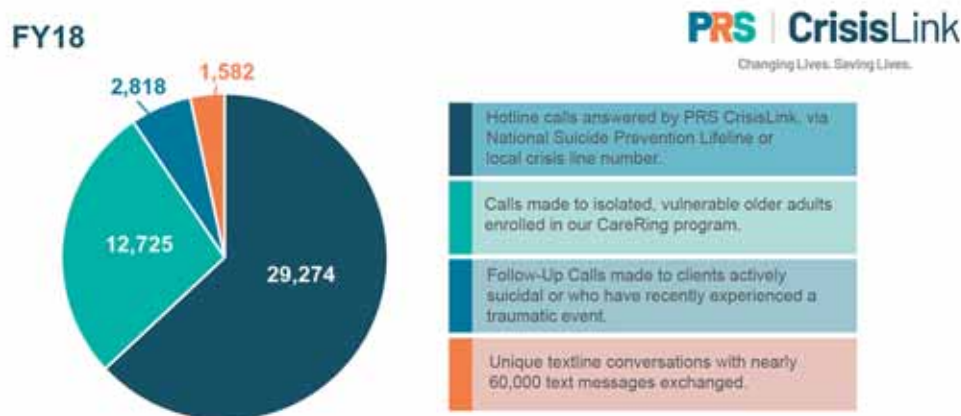
PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will continue to increase with successful outreach.

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](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 Station,  
Lorton & Clifton  
**CONNECTION**

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

@LFSCConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

NEWS DEPARTMENT:  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Andrea Worker**  
Contributing Writer  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

**Jean Card**  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

ADVERTISING:  
For advertising information  
e-mail:  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Steve Hogan**  
Display Advertising, 703-778-9418  
[shogan@connectionnewspapers.com](mailto:shogan@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunc@connectionnewspapers.com](mailto:debfunc@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Classified & Employment Advertising**  
703-778-9431

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**CIRCULATION**  
**Circulation Manager:**  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



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).

## 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](http://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](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/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](mailto:show@viennafalls.org) or visit [www.viennafalls.org](http://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](http://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.

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

**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](http://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](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.

## WEDNESDAY/OCT. 10

**Paint & Sip.** 10 a.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Visit [lortonseniorcenter.org](http://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-



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](http://www.cfa.gmu.edu) or call: 888-945-2468.*

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).

## 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](http://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](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/](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 [www.fairfaxlions.org/](http://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](http://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](http://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](http://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](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. 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](http://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.

## ENTERTAINMENT

# 'Madhaunter's Madhouse' Returns to Workhouse

BY DAVID SIEGEL  
THE CONNECTION

**I**t's back. Ready to provide chills and fun scares to the brave and not so brave alike. It's all for Halloween good fun. It is the Workhouse's "Madhaunter's Madhouse Haunted Trail"

"The Madhaunter's Madhouse Haunted Trail" has been achieving popular and critical success since it first appeared in 2016. It is now a well-regarded Halloween season caper with thousands of passionate fans expected to voluntarily become part of the fright-night romp, said Ava Spece, CEO and President, Workhouse Arts Center.

"We are thrilled to present our third annual 'Madhaunter's Madhouse Haunted Trail,'" said Spece. "Our haunt has become one of the most highly anticipated seasonal events in Northern Virginia. We're so happy to be able to offer this safe, fun experience to the community."

"The Workhouse and its staff

create the trail each year to take advantage of our unique and eerie location on the grounds of the former Lorton Prison," noted Spece. The Workhouse hears from thousands of fans who love the event and want to be sure it returns each year.

For those not familiar with "The Madhaunter's Madhouse," it takes place across the 55-acre historic Workhouse Arts Center campus. As some recall, the Workhouse Arts Center is built on the grounds of an abandoned prison facility and reformatory.

For 2018, The Workhouse's "frightmasters" will debut redesigned trails, spookier scenes, creepier characters, and more spectacular special effects, all designed to bring their guests' darkest fears and nightmares to life. The popular, zombie-themed Madhaunter Escape Room will be on-site during the haunt, too.

The Workhouse staff listened closely to patron feedback about long lines. "This year, instead of waiting in a long line, our guests

## Where and When

"Madhaunter's Madhouse Haunted Trail" at the Workhouse Arts Center, 9601 Ox Road, Lorton. Dates and times for the event: Oct. 5, 6, 12, 13, 19, 20, 26, 27, and 31, 2018 from 7 to 11 p.m. and Oct. 21 and 28, 2018, from 7 to 10 p.m. Tickets: \$20. Information online at <http://workhousearts.org/madhaunter> or call 703-584-2900. **Note:** Not intended for young children. Recommended for 13 years and older. May be considered too intense for some guests.

can enjoy spooky double-feature movies on our ballfield, along with an escape room, lawn games, food trucks, and other treats while they await their turn to be scared on the haunted trail," said Spece.

Based on guest feedback, the "Madhaunter's Madhouse" event will be bringing back fan-favorite experiences at the Ghost Bar Cinema, including local food trucks, themed bar, and scary movies.

So get ready for a blast of done-in-good fun and joyful "terror," if you dare. Ramble through back alleys, old buildings and who knows what else. Get geared up



PHOTOS COURTESY OF WORKHOUSE ARTS CENTER

**Demons from 2017 "Madhaunter's Madhouse" at the Workhouse Arts Center in Lorton.**

as the nights are getting longer and Halloween is approaching. After all, what is Halloween without encountering some demons, scary clowns, unexpected prisoners, along with ghosts and ghouls of all shapes and sizes.

"Madhaunter's Madhouse Haunted Trail" at the Workhouse Arts Center, 9601 Ox Road, Lorton. Dates and times for the event: Oct. 5, 6, 12, 13, 19, 20, 26, 27, and 31, 2018 from 7 to 11 p.m. and Oct. 21 and 28, 2018, from 7 to 10 p.m. Tickets: \$20. Information online at <http://workhousearts.org/madhaunter> or call 703-584-2900. **Note:** Not intended for young children. Recommended for 13 years and older. May be considered too intense for some guests.



## Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

10% down  
nothing until the job  
is complete for the  
past 17 years

### TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



**Free Estimates**  
**703-214-8384**



Select your  
products from  
our Mobile  
Showroom  
and Design  
Center

Fully Insured &  
Class A Licensed  
Since 1999



Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

## COMMUNITIES OF WORSHIP



Worship Gathering - Sunday 8:45 & 11 AM  
Sunday School 10:10 AM  
Sun. Evening - Realtime Worship & Youth 6 PM  
Family Night - Wednesday 7:15 PM  
Home Life Groups, College/Young Adult  
Ministries, and Living Free Support Groups  
Visit our Website: [jccag.org](http://jccag.org)  
4650 Shirley Gate Road, Fairfax  
Bill Frasnelli, PASTOR 703-383-1170



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

## Adoptions From The Heart®

Adoption is **BOO**-tiful



**Fairfax, VA**

Monday, October 15th at 7:00 pm  
Join us for a **FREE** info meeting  
Discover Infant Adoption

**Call or Visit Us Online to Register**  
**[www.afth.org](http://www.afth.org) ♥ 757.447.4046**

# CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM  
TO ADVERTISE IN THIS PAPER. CALL BY MONDAY 11:00 AM 703-778-9411

## Announcements

**We pay top \$ for STERLING,**  
MEN'S WATCHES,  
JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.

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

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

[www.Facebook.com/  
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

**THE CONNECTION**  
Newspapers & Online  
The Connection to Your Community  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

## For Sale

### Permanent Makeup Boutique

- Brows
- Eyeliner
- Lip Liner & Color
- Microshading
- Tooth Bling
- Tatoo Removal

**BE always BEAUTIFUL**  
PERMANENT MAKEUP BOUTIQUE

703-491-0469  
[www.BeAlwaysBeautiful.com](http://www.BeAlwaysBeautiful.com)

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

You can read any of this week's  
15 papers digital editions here:

[www.ConnectionNewspapers.com/PDFs](http://www.ConnectionNewspapers.com/PDFs)



## ATTENTION ADVERTISERS:

expand your  
audience beyond  
our weekly print  
edition with

**THE CONNECTION**  
DIGITAL

- Email Marketing
- Social Media
- Sponsored Content

FOR MORE INFORMATION  
CALL 703.778.9431

OR VISIT  
[CONNECTIONNEWSPAPERS.COM/ADVERTISING](http://CONNECTIONNEWSPAPERS.COM/ADVERTISING)

**LOCAL MEDIA**  
**CONNECTION**  
Newspapers & Online  
703-778-9431  
[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- Loudoun Connection
- Mount Vernon Gazette
- Oak Hill/Henderson Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Galesburg Connection

## NEWS



Cody Jesus from Arizona displays good form as he rides Mud Duck in the championship round.

## Bull Riders Come to Town

**U.S. Border Invitational  
held at EagleBank Arena  
in Fairfax.**

The Professional Bull Riders held the U.S. Border Invitational at EagleBank Arena in Fairfax on Sept. 22 and 23. The event was part of the 25<sup>th</sup> PBR: Unleash the Beast premier tour featuring the top 35 bull riders in the world against the best bulls in the business. Bull riders competed in two rounds over the two-day event culminating with the top 15 riders competing in the championship. Kaique Pacheco from Brazil won the event to solidify his ranking as the number one bull rider in the world. Cody Jesus from Ari-

zona finished second, followed by Valdiron de Oliveira from Brazil in third.

Some interesting facts:

- ♦ 750 tons of dirt is brought in each weekend for a PBR event
- ♦ More than 50 bucking bulls are brought to the event.
- ♦ It takes 7 semi-trucks to load in all the supplies for the event.
- ♦ It takes a crew of 30 guys set up for 36 hours for the show to take place.
- ♦ An average PBR bucking bull weighs 1700-2000 lbs.
- ♦ An average bull rider weighs 140 lbs.



Kaique Pacheco from Brazil during his winning ride on Springer Mountain in the championship round on Sept. 23.



The gate is swung open for Fraser Babbington from New Zealand as he tries to ride Jail-breaker.

# 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)

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>		Good is not good, where better is expected. <b>-Thomas Fuller</b>	<b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b>	
<b>ELECTRICAL</b> <b>K &amp; D ELECTRIC</b> <b>COMMERCIAL / RESIDENTIAL SERVICE</b> Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc.... <b>Licensed/Bonded/Insured</b> Office 703-335-0654 Mobile 703-499-0522 <a href="mailto:lektrkman28@gmail.com">lektrkman28@gmail.com</a>		<b>ELECTRICAL</b> <b>J.E.S. Services</b> <b>Free Estimates • Fully Licensed &amp; Insured</b> <ul style="list-style-type: none"> <li>Planting &amp; Landscaping Design</li> <li>Drainage &amp; Water Problems</li> <li>Concrete Driveways, Replacement or New</li> <li>Patios and Walks • Masonry Work or Dry Laid</li> <li>Paver, Flagstone, Brick, any style you choose</li> <li>Retaining walls of all types</li> </ul> <b>All work Guaranteed</b>		
<b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> lic/ins 703-802-0483 free est. email <a href="mailto:jamil@lawnsandgutters.com">jamil@lawnsandgutters.com</a> web: <a href="http://lawnsandgutters.com">lawnsandgutters.com</a> Friendly Service with a Friendly Price!		<b>TILE / MARBLE</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Fall Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>		
<b>IMPROVEMENTS</b> <b>Power Washing</b> Go from green to clean, do you have mold on your siding rotten wood that's a hoia violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. <b>Licensed &amp; Insured • Free Estimates</b> email: <a href="mailto:jnave@comcast.net">jnave@comcast.net</a> <b>10%</b> <b>703-987-5096</b> Senior/Military Discount		<b>PAVING</b> <b>GOLDY BRICK CONSTRUCTION</b> Walkways, Patios, Driveways, Flagstone, Concrete <b>FREE ESTIMATES</b> Licensed, Insured, Bonded <b>703-250-6231</b>		
<b>A&amp;S Landscaping</b> <ul style="list-style-type: none"> <li>All Concrete work</li> <li>Retaining Walls • Patios</li> <li>Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>French Drains • Sump Pumps</li> <li>Driveway Asphalt Sealing</li> </ul> <b>703-863-7465</b> LICENSED Serving All of N. Virginia		<b>MASONRY</b> <b>Alfredo's Construction Company, Inc.</b> <ul style="list-style-type: none"> <li>Concrete Driveways</li> <li>Patios • Sidewalks</li> <li>Stone • Brick</li> </ul> <b>Phone:</b> <b>VA: (703) 698-0060 • MD: (301) 316-1603</b> <b><a href="http://www.alfredosconstructioncompany.com">www.alfredosconstructioncompany.com</a></b>		
<b>RN. CONTRACTORS, INC.</b> Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting <b>We Accept All Major Credit Cards</b> Licensed, Insured, Bonded • Free Estimates • Class A Lic <b>Phone: 703-887-3827</b> <b>E-mail: <a href="mailto:rncontractorsinc@gmail.com">rncontractorsinc@gmail.com</a></b> <b><a href="http://www.rncontractors.com">www.rncontractors.com</a></b>		<b>YOU CAN READ ANY OF THIS WEEK'S 15 PAPERS DIGITAL EDITIONS HERE:</b> <b><a href="http://www.ConnectionNewspapers.com/PDFs">www.ConnectionNewspapers.com/PDFs</a></b>		
<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.



**BEST**  
WASHINGTONIAN  
**2017**

**Hermendorfer Associates**  
Top 1% of Agents Nationally



**Fairfax - \$869,000**

Stately brick colonial, vibrant landscaping, multi-tiered deck, fenced backyard on quiet cul-de-sac. Open floor plan, hardwood floors, an abundance of natural light throughout!

Find More Information at: [www.Hermendorfer.com](http://www.Hermendorfer.com) • 703-503-1812



**Fairfax - \$699,000**

Nestled on quiet cul-de-sac in sought-after Colchester Hunt community! This home offers a private residential setting on 3+ acres, backing to parkland! Meticulously Maintained Delightful Home!



**KIM McCLARY**  
703-929-8425  
kimm@lfn.com  
Life Member NVAR Top Producers



**Alexandria \$504,900**  
**PRICE IMPROVED**  
**TO SELL TODAY!**

Don't miss this beauty-backing onto a wooded wonderland! Offering 3 bdrms, 2 full/2 half baths, gleaming hardwoods on the entire main, MBR & stairs! Tremendous country kitchen w/ bay window, gorgeous deck leading to fenced yard w/ gracious patio! One of No. Va's most sought-after communities. Kingstowne offers amenities galore & a dream location-hop to 2 Metros, Ft. Belvoir, 495/95—it's all here!



**MARSHA WOLBER**  
Lifetime Member NVAR, Top Producers  
Top 5% of Agents Nationally  
[www.marshawolber.com](http://www.marshawolber.com)  
Cell: 703-618-4397



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

Welcome to Acom 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.KillennyLane.com](http://www.KillennyLane.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.



Come to the HEART of Real Estate, Since 1980  
Proudly Serving Northern VA  
**KAY HART, CRS, GRI**  
Associated Broker  
Life Member NVAR Top Producer  
kay.hart@longandfooster.com  
703.503.1860



**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



**JOHN ASTORINO**  
Realtor®  
703.898.5148  
NVAR Multi-Million  
Dollar Sales Club  
Residential Top Producer

**JA**  
**JOHN ASTORINO**  
& associates

**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  
**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)

*Cheryl Pryor*  
REALTOR® | Certified Negotiation Expert  
Accredited Staging Professional  
703-801-9985 | [ckpryor@msn.com](mailto:ckpryor@msn.com)

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



**SOLD**  
24524 Lavendar Grove, Aldie  
**LONG & FOSTER®**  
REAL ESTATE

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!

**Sold for \$749,900**  
**CHRISTIE'S**  
INTERNATIONAL REAL ESTATE



**Sheila Adams**  
703-503-1895  
Life Member, NVAR Multi Million Dollar  
Sales Club  
Life Member, NVAR Top Producers



**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**



**ELLIE WESTER**  
703-503-1880  
L&F Founder's Club  
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!

