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**Inside**



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# Vision for Downtown McLean Unveiled

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Frank and Linda Cevasco of McLean consider different possibilities for open space designs for the McLean Community Business Center at open house held Thursday, Sept. 27, 2018.

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## 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 10<sup>TH</sup> 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

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

BY MICHAEL LEE POPE  
THE CONNECTION

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

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

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

"When Corey Stewart says 'Take Virginia Back,' Virginians don't want to go back," said Kaine during a recent debate in Northern Virginia. "There's nothing in the rearview mirror

that looks better to Virginia than what we can see in the windshield going forward."

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

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

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

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

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

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

SEE BLAST FROM THE PAST.  
PAGE 6

# Claude Moore Colonial Farm Fights to Remain Open

Closure date less than three months away.

BY CARLYN KRANKING  
THE CONNECTION

With a long stick, Philip Hosea prods the fire, ducking his head as he leans into the fireplace. He is dressed head to toe in clothes that poor tenant farmers would wear in the 18th century: a linen shirt, work smock and breeches, complete with buckle shoes and wool socks, despite the summer's heat. This scene, which looks like it's been taken straight out of 1771, is part of the living history experience at Claude Moore Colonial Farm in McLean, where Hosea works as a historical reenactor.

"I'm reading, researching, practically constantly," Hosea said. "It's quite a bit, but it's very much a labor of love."

The National Park Service has said Claude Moore will close Dec. 21, but the Farm is fighting to stay open. If the Farm closes in December, Hosea will lose his job and seek a similar type of employment elsewhere.

But this is a risk Hosea was aware of when in July, after years of volunteering at Claude Moore, he accepted the full-time job of being an 18th century farmer.

"Despite knowing there was this December deadline and there was a possibility of the Farm closing, I still wanted to work here," Hosea said. "So that's how much I believe in the Farm."

**THIS DECEMBER DEADLINE** was imposed by the National Park Service after fruitless negotiations to work out a new agreement for Claude Moore's operation. The Farm's original 30-year agreement expired seven years ago, and has since been extended on short-term agreements during negotiations.

Ultimately, the Park Service presented the Friends of Claude Moore Colonial Farm with its standard agreement, but the Friends felt they could not operate under its terms.

"We looked at it and we said, 'That will kill the park,'" said Virginia Norton, president of the Friends. "That will flat kill the farm."

Elliott Curzon, a member of the Farm's board of directors, said the proposed standard agreement would have reduced the Farm's ability to generate income and also prevented long-term planning, since it was only a 10-year agreement. In particular, the Farm wants to upgrade the bathrooms and install a sewer system.

"It's a substantial investment, which we're prepared to make, but we don't want to make it if we can't get



Philip Hosea, a historical reenactor at Claude Moore Colonial Farm.

PHOTOS BY CARLYN KRANKING/THE CONNECTION



Many chickens live at Claude Moore Colonial Farm.

SEE DEADLINE, PAGE 7

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## WEEK IN MCLEAN

### McLean 5k Run Welcomes Runners of All Abilities

Hosted by the McLean Community Center with the support of sponsors Century 21 New Millennium and the Greater McLean Chamber of Commerce, the 10<sup>th</sup> Annual McLean 5k Run will be held at 8 a.m. on Saturday, Oct. 6. Runners will meet at 6631 Old Dominion Dr. Registration is \$35 through Oct. 4; \$40 race day, and includes a commemorative technical race t-shirt (while supplies last). The proceeds from McLean 5k Run will benefit the McLean Community Foundation (MCF) 501(c)(3) charitable organization.

The race features a certified course through the heart of McLean and is designed to appeal to runners of all abilities. Competitive runners, casual runners, walkers, strollers and well-behaved pets are welcome and encouraged to participate. In addition, it will promote Public Safety Appreciation and serve as an opportunity for residents to express appreciation for the first responders of the McLean Volunteer Fire Department and McLean District Police Station.

The top male and female winners win a seven-day Wyndham Vacation anywhere in the world. A third vacation will go to a random bib number called at the awards ceremony.

For more information and to register, go to [www.mclean5k.com](http://www.mclean5k.com) or send an inquiry email to [mclean5k@mcleancenter.org](mailto:mclean5k@mcleancenter.org).

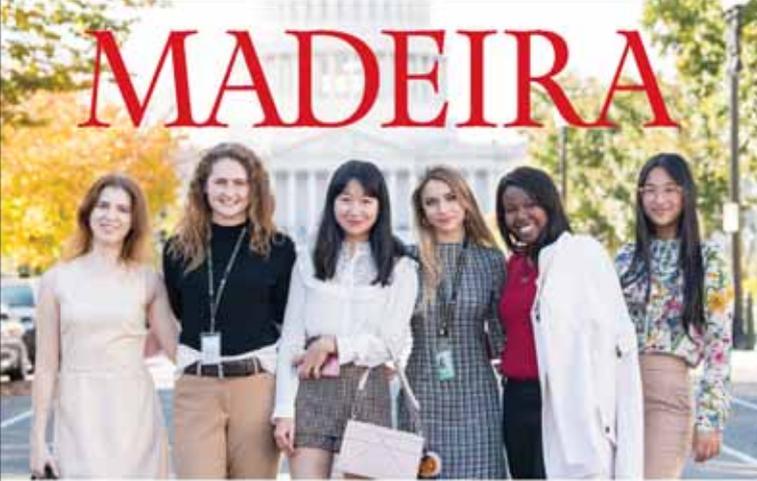
### Fundraiser Supporting Chesterbrook Elementary PTA

A fundraiser for Chesterbrook Elementary PTA has been announced by HBC Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, Oct. 9, from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support Chesterbrook Elementary PTA. Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go to the PTA as long as the diner brings the flyer for the event. Contact HBC Group at 703-734-0192 or visit [www.HBCGroupKW.com](http://www.HBCGroupKW.com) to receive a flyer.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Group of Keller Williams Realty, Marcus Simon with EKKO Title, Kevin Dougherty of Pillar to Post, Kathy and Justin Neal of The Neal Team/SunTrust Mortgage, Jim Harris of BOWA, The McLean Chamber of Commerce, and Moe Jebali with Pulcinella Italian Host.

Let us know about an upcoming event  
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## NEWS

# 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.”

### WEEK IN MCLEAN

## Eighth District Candidates Forum to Be Held on Oct. 17

The League of Women Voters of the Fairfax Area, the League of Women Voters of Arlington, the League of Women Voters of Falls Church, and their co-sponsors will hold an 8<sup>th</sup> District Congressional Candidates Forum on Wednesday, Oct. 17, 7-9 p.m. The location is the Grace Presbyterian Church, 7434 Bath Street, Springfield.

Both of the certified candidates have been invited and are listed here as their names appear on the ballot: Thomas S. Oh (R) and Donald S. Beyer Jr. (D) (incumbent).

The questions for the candidates will be written on cards by the audience and sent to the moderator. This event is free and open to the public. If you have any questions, contact Sidney Johnson, Voter Service Coordinator at [voterserviceslwvfa@gmail.com](mailto:voterserviceslwvfa@gmail.com)



PHOTOS BY CARLYN KRANKING/THE CONNECTION

**Mr. Little Kitty, affectionately named by a group of schoolchildren, likes to relax in the BookShop at Claude Moore Colonial Farm.**

## Deadline Approaches for Colonial Farm

FROM PAGE 4

a long-term agreement,” Curzon said. “It just makes no sense from a capital investment standpoint to invest the hundreds of thousands of dollars the sewer system would cost if it’s likely to be taken away from us in less than 10 years.”

When the Friends refused to sign the agreement, the Park Service communicated that the Farm would be closed on Dec. 21. At that time, the entire site is to be vacated, leaving only the empty buildings.

When Norton was nominated to be president of the Friends last fall, she told the Friends that she would accept the nomination under one condition.

“And that is that we use every avenue available to us – legislative, administrative, private, public – whatever it takes to keep this farm open,” Norton said.

Since she became president, that is exactly what the Friends have done. They are speaking to community groups, including local Rotary Club and DAR chapters, posting on social media and talking to the press. About 7,800 people have signed a [change.org](http://change.org) petition to Secretary of the Interior Ryan Zinke called “Save the Claude Moore Colonial Farm.”

Legislation introduced by U.S. Rep. Barbara Comstock (R-10) would allow the Farm to continue operating past the end of the year.

Norton said the Friends hope that the bill will be passed by October.

Curzon believes the Farm is important because of the way it differs from other history museums in the area, such as Mount Vernon, which show how the wealthy minority lived.

“It is a well-loved, award-winning, living

history museum that depicts the life of a low-income colonial family,” Curzon said. “And it’s unique in that aspect because most other living history museums of that type usually depict wealthy families.”

Local schools take advantage of this learning opportunity each year as students go to the Farm for field trips.

“On any weekday that the Farm is open during school season, you will see a school bus parked here with schoolchildren and their chaperones, touring,” Norton said. “This is our big educational *raison d’etre*: we educate the schoolchildren.”

**THE FARM** offers a learning experience for more than just young children. According to Dean Howarth, former McLean High School teacher, Claude Moore served as a “learning laboratory” for his living history students, who went to the Farm to learn techniques for historical reenactment.

“I always just thought it was a noble enterprise, even though it was a small-scale operation, to keep that historical aspect of Northern Virginia alive at a time when everywhere you look, neighborhoods are changing and skyscrapers are popping up,” Howarth said.

Before the Farm was there, that land was used as a federal dumping ground.

Thirty-seven years later, the site has been cleaned up and is now home to chickens, turkeys, cats and pigs. Three times a year, the Farm draws crowds for its market fair, where visitors can experience what a market would have been like in the 18th century.

“We’ve already come so far,” said Phillip Hanson, book shop manager at the Farm. “We’ve been here almost 40 years. Think of the things we can do with another 40.”



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## 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 volunteers and staff to answer the “hotline” in Northern Virginia.

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

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

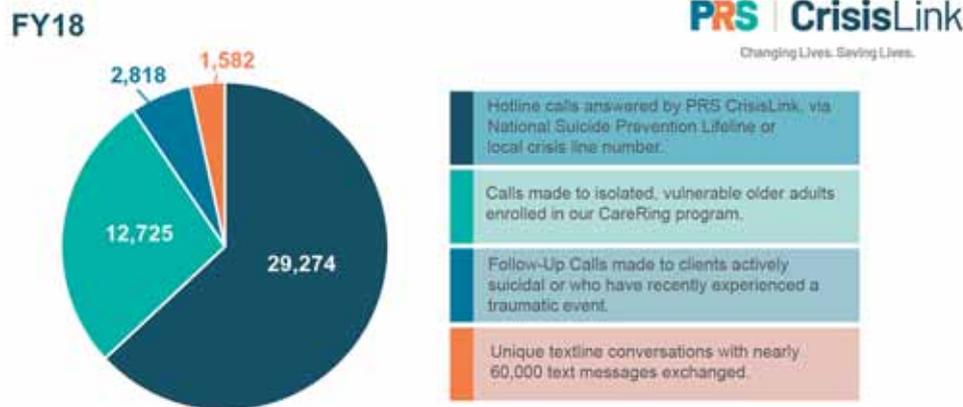
PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will continue to increase with successful outreach.

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

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

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

Centers like PRS CrisisLink are provided an



### VOLUME CHANGES AT PRS CRISISLINK

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

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

### LETTERS TO THE EDITOR

#### Candidate in Tune with Voters’ Views

To the Editor:

In the upcoming race for the U.S. House of Representatives in Virginia’s 10<sup>th</sup> Congressional District, by far the best candidate for the seat is Jennifer Wexton. The reasons are many, not the least of which is the fact that U.S. Rep. Barbara Comstock (R-10) has been working hand in glove with President Trump in support of much of his agenda.

Beyond voting nearly 98 percent of the time in support of Trump’s position, Rep. Comstock has supported the rollback of important consumer and worker protections as well as laws protecting women. Rep. Comstock has advocated for the removal of state transportation officials whom she found to be too sympathetic to workers’ interests; has voted more than once to

defund Planned Parenthood; and supports overturning Roe v. Wade. As a state delegate, she voted for a Virginia law that was considered one of the most restrictive in the nation for first trimester abortions.

Her opponent – Jennifer Wexton – is not only a strong supporter of Federal employees (35,500 live in the 10<sup>th</sup> Congressional District), she is also a strong supporter of the Affordable Care Act and a woman’s right to choose. And, as someone who has demonstrated her commitment to a clean and healthy environment, Wexton, unlike her opponent, would fight Trump’s EPA efforts to slash and undercut laws and rules protecting our clean air and water.

In short, voters have an opportunity to elect someone far more in tune with their views on worker protections, the environment and the rights of women.

**Ed and Susy Rothschild**  
McLean

#### Comstock’s Tax Cut 2.0

To the Editor:

Donald Trump’s major tax cut for the uber-wealthy and big corporations isn’t even a year old yet but the Trump Administration decided Sept. 28 was the right time to vote on a second tax cut bill in the House.

This is the same Administration which has done nothing to shore up our failing infrastructure and has looked the other way as 72,000 Americans died last year of opioid addiction.

The first tax cut law had no hearings and no benefit of expert testimony. The same was true for last Friday’s vote in the House. A mere 18 days after the bill was introduced, it passed the House.

Barbara Comstock voted for it. Her vote is not touted on her con-

gressional website, her twitter account, or her campaign site. There is no press release applauding the bill’s advantages. No surprise there.

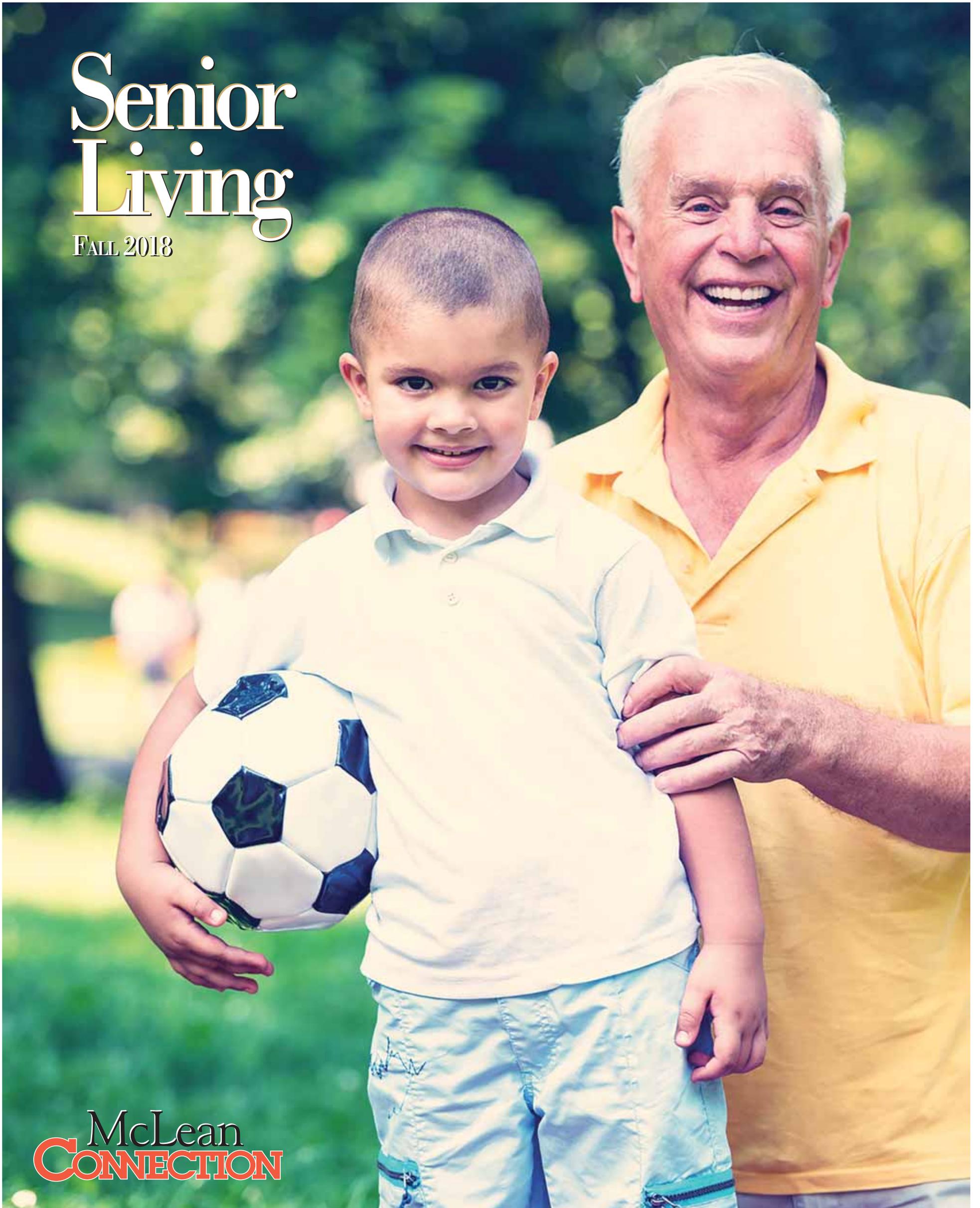
Comstock talks a good line about supporting hard-working families in VA-10. When push comes to shove, however, she is silent about adding an additional \$3 trillion in national debt to the first law’s \$2.3 trillion debt. She doesn’t explain to constituents why she voted to make permanent the \$10,000 cap on their individual state and local tax deductions. Rich people got their tax cuts. Good people are left to fend for themselves about rising health care premiums and the likelihood of deeply compromised Social Security and Medicare payments in the future.

**Roxaneh Chamlou**  
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# Senior Living

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## SENIOR LIVING



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

# Run, Dixon, Run

BY MARY JANE DYE  
GOLDEN GAZETTE

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

The race took place at the 2017 USA National Masters Indoor Track and Field Championship in New Mexico. Hemphill was facing just one competitor, Orville Rogers. Hemphill 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 Hemphill, the two World War II Navy veterans genuinely like each other. When possible, they go out to dinner. They discuss future races via email. “He 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.”

Obviously he did something right. Because when the rematch took place last March 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.

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*.

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## SENIOR LIVING

# Life After Retirement Staying engaged, connected and active.

BY MARILYN CAMPBELL

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

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

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

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

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

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



PHOTO COURTESY OF MONTGOMERY COLLEGE

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

staying connected is fraught with complications.

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

"The research shows that social 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.

### SENIOR LIVING BRIEFS

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.*

# NEWS

## Food for Trees Drive to Benefit Share

Share and the McLean Rotary Club are once again collaborating to offer Christmas trees and wreaths at cost, in exchange for a food donation to the Share food pantry. Not only do you get a lovely, fresh cut Fraser fir tree and/or wreath, but you also participate in the spirit of Christmas by helping needy individuals and families living in the area.

The information on the tree and wreath sizes and order form can be found at [www.foodfortrees.org](http://www.foodfortrees.org). You can order online using PayPal. Or, you can mail your order form with a check payable to McLean Rotary Club, to McLean Rotary Club, P.O. Box 561, McLean, VA 22101.

The deadline for ordering is Tuesday, Nov. 13.

Tree pickup will be held Saturday, Dec. 1, from noon to 3 p.m. in the McLean Baptist Church parking lot, 1367 Chain Bridge Road. Bring \$35 worth of groceries, grocery gift cards, or a donation in cash or check (checks payable to McLean Rotary Club).

Share this information with your friends. Last year the Food for Trees Drive raised \$2,242 in cash, \$350 in grocery gift cards and \$1,000 worth of groceries.

For information, contact Jan Auerbach (Rotary), [jauerbach@cox.net](mailto:jauerbach@cox.net), and

Irv Auerbach (Share), [iauerbach@cox.net](mailto:iauerbach@cox.net), Co-Chairs: FoodforTrees; 703-893-6953.



PHOTO CONTRIBUTED

**Last year the Food for Trees Drive raised \$2,242 in cash, \$350 in grocery gift cards and \$1,000 worth of groceries.**



PHOTO CONTRIBUTED

**Joshua Leong**

## McLean Film Production Student Wins Scholarship

BigRentz, an equipment rental network, announced the winners of its inaugural scholarship program for students pursuing higher education in engineering and film studies. Lauren Brabson, a senior majoring in Mechanical Engineering at Texas A&M, and Joshua Leong, of McLean, a freshman majoring in Film Production at New York University, Tisch School of Arts, were each awarded a \$5,000 scholarship to offset educational expenses.

"Joshua's essay was extremely detailed and exhibited a thorough understanding of cinematography. His submission was one of few that truly made the reader experience all cinematic elements of his chosen film, Whiplash," said Scott Cannon, Chief Executive Officer at BigRentz.

BigRentz received more than 350 essays and selected the winning essays based on their understanding and vision for their fields.



**Neighborhood Health**

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## Virginia House of Delegates

<p>Honorable Jennifer B. Boysko Honorable David L. Bulova Honorable Karrie K. Delaney Honorable Eileen Filler-Corn Honorable Charniele L. Herring Honorable Patrick A. Hope Honorable Mark L. Keam Honorable Kaye Kory Honorable Paul E. Krizek</p>	<p>Honorable Mark H. Levine Honorable Alfonso H. Lopez Honorable Kathleen J. Murphy Honorable Kenneth R. Plum Honorable Mark D. Sickles Honorable Richard C. Sullivan, Jr. Honorable Kathy Tran Honorable Vivian E. Watts</p>
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“Some ideas may be possible and doable; some may not,” says Zachary Krohmal, Fairfax County Department of Transportation, to McLean residents Carol Dinion and Erin Thiebert.



During the Open House PowerPoint display, Colin Green, Director of Planning at Streetsense explains to the crowd that the initial draft of the vision plan came from what Streetsense heard earlier this spring.

PHOTOS BY MERCIA HOBSON/  
THE CONNECTION

# Vision Plan Draft for Downtown McLean Unveiled

Plan reflects community input; next meeting on Nov. 8.

BY MERCIA HOBSON  
THE CONNECTION

Frank and Linda Cevasco stood at the McLean High School Cafeteria along with roughly 75 other community members and Dranesville District Supervisor John W. Foust. Earlier this summer, the Cevascos participated in three workshops by the Fairfax County Department of Planning and Zoning led by Streetsense, a Washington design and strategy firm. The county hired Streetsense as a consultant to help consider different vision goals for the future of the McLean Community Business Center (CBC).

“The last session was a workshop and we provided our views about what would make sense for the McLean Business Downtown in the next two decades,” said Linda Cevasco. “We’re here to see what was distilled out of it.”

Streetsense presented the Framework Plan Open House for the CBC Thursday evening, Sept. 27. Before the presentation, Zachary Krohmal, Transportation Planner for Fairfax County Department of Transportation looked at the Framework Plan display panels with the public. “Some ideas may be possible and doable; some may not,” Krohmal told Carol Dinion and Erin Thiebert of McLean.

**DURING THE OPEN HOUSE,** Colin Green, Director of Planning at Streetsense, explained to the crowd that the initial draft of the vision plan came from what Streetsense heard earlier this spring were the issues and what the community wanted.



Dranesville District Supervisor, John W. Foust talks with a McLean resident at the first of two open houses where the community had the opportunity to view a draft vision plan.

Green initiated the presentation with an overview of Market Demand in the CBC, as related to retail, residential, office and hotel. Green said that market demand underscored that in the next ten years, retail could benefit from a total of 120,000 square feet, a majority of which would replace, as Green said, “existing substandard space.” Residential could benefit from an additional 960 units, with the most robust demand being for apartments, and office space would benefit from a total of 100,000 square feet.

Green added that a small hotel of 100-150 rooms could be feasible in ten years.

The existing area of the CBC, Green told could be divided into three zones beginning with the Center Zone where the most evolution and intensification would be appropriate. Green defined the current Center Zone as low-density, low-rise and auto-oriented. Community input and workshop exercises indicated a preference in the future for 5-story buildings, with mostly residen-

tial over retail and some office over retail. Units constructed close to the street with wide sidewalks encouraging public engagement while protecting pedestrians from vehicular traffic appeared most popular, as were street trees and bicycle infrastructure. Parking types preferred indicated both structured and on street. As for public spaces, while community input leaned toward green space, given the potential density, plaza and square space and streetscapes appeared more compatible, Green said. He cautioned the images on the display panels did not precisely represent what might be delivered.

According to Green, the second zone, the proposed General Zone would be composed of moderately mixed, single-use and mostly neighborhood-scale commercial buildings. They would be close to the street with sidewalks to accommodate retail and public engagement, with a mix of auto, bike and pedestrian movement and passages to get



Frank and Linda Cevasco of McLean consider different possibilities for open space designs for the McLean Community Business Center at Open House #1 held Thursday, Sept. 27, 2018.

between blocks. Here there would be the possibility of larger, open public spaces.

The third area of the CBC would be the Edge Zone, essentially the residences, with very low density and access to the General and Center Zones by walking. Parking would be on the street and no commercial activity. These areas are generally in need of managed transition to adjacent zones, states the Framework Plan.

Streetsense estimated approximately 6 acres of public spaces in the CBC of varying sizes that should go somewhere in the three zones in conjunction with other development.

Pedestrian and bike improvements with access and mobility improvement played a vital part of the vision plan, according to community input provided by Streetsense.

“We heard very loudly people want to ride bikes to the Metro,” said Green. Commu-

SEE COMMUNITY, PAGE 15

WWW.CONNECTIONNEWSPAPERS.COM

# Community Shapes Downtown Plan

FROM PAGE 14

nity feedback also drew attention to intersection improvements such as Old Dominion near McLean Central Park and Old Chain Bridge Road. According to a map in the Framework Plan: “The type of improvement can take a variety of form, depending on what the community decides, ranging from such things as signalization enhancement to crosswalk upgrades to bike infrastructure addition.”

During comments during the Open House, one person cautioned that the walking path going through the elementary school grounds was a concern. Another said there was a need to achieve symmetry of the streetscape and density on several streets in the CBC such as on Ingleside Avenue, Old Dominion and the south side of Route 123 to produce a lower density in the transition zones.

Joyce Harris asked, “When will we talk about the natural environment?”

**AFTER THE PRESENTATION,** Kimberly Briggs who bought a home two years ago on Ingleside, located on the edge of the CBC, spoke about her interests for a more comprehensive buffer to residential units, a transition to height and density. “I’m concerned ... we bought two years ago. I’m disappointed. I thought my property values would be going up. Now, we could potentially have development in front of us.”

Asked what concerns she had, Pat Kimm said, “Traffic and parking are the overwhelming short-term issues.”

“They must be considered,” warned her husband, Vic Kimm.

Streetsense is accepting suggestions for land use changes until Nov. 15, 2018. The entire process for the new Comprehensive Plan for the McLean CBC is expected to take until late 2019/early 2020 Streetsense reported.

“I really appreciate the community’s participation as we methodically step through the process of developing a Vision Plan for downtown McLean,” wrote Supervisor John W. Foust in a statement. “Community input is critically important because that vision will serve as the foundation for revising the Comprehensive Plan that will guide revitalization in downtown McLean for many years to come.”



PHOTO BY MERCIA HOBSON/THE CONNECTION

**Pat and Vic Kimm attend the McLean CBC Planning Study to create a vision for downtown McLean held Thursday, Sept. 26, 2018. Traffic and parking are the overwhelming short-term issues that must be considered, they said.**

The next community meeting is Nov. 8 at 7 p.m. at McLean High School. The consultant will present a draft version of the Vision Plan based on the input already received.

Foust encourages anyone with interest to come to this meeting. “It is important that we continue to have significant community input on what the consultant presents.”

Questions or comments can be emailed or directed to Katrina Newton at (703) 324-1233.

To receive periodic announcements about the Study, subscribe to the McLean CBC Study news and information email list. ([www.fairfaxcounty.gov/email/lists/](http://www.fairfaxcounty.gov/email/lists/) Under the Land Use & Development topic area, select McLean CBC study news and information)

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# ENTERTAINMENT

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

## ONGOING

**McLean Farmers Market.** Fridays through Nov. 16, 8 a.m.-noon at 1659 Chain Bridge Road, McLean. Visit [www.fairfaxcounty.gov/parks/farmersmarkets/mclean](http://www.fairfaxcounty.gov/parks/farmersmarkets/mclean).

**Free Tai Chi.** Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit [www.FreeTaiChi.org](http://www.FreeTaiChi.org) for more.

## WEDNESDAY/OCT. 3

**McLean Newcomers and Neighbors: Coffee.** 11 a.m.-12:30 p.m. in the Tysons-Pimmit Regional Library, 7584 Leesburg Pike (Route 7), Falls Church. The McLean Newcomers and Neighbors will host a coffee for members and for non-members who might be interested in joining. Visit [www.McLeanNewcomers.org](http://www.McLeanNewcomers.org) or email [McLeanNewcomers@yahoo.com](mailto:McLeanNewcomers@yahoo.com).

**Movie Screening: "Shock and Awe."** 7-9 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Movie screening and discussion with Lewinsville's own John Walcott in Fellowship Hall. "Shock and Awe" is the story of a team of four Knight Ridder reporters who dared to ask the questions their colleagues did not regarding the reasons behind the Bush Administration's 2003 invasion of Iraq. Director Rob Reiner brings the real life drama to the big screen in "Shock and Awe." Popcorn and movie treats provided. Rated R (Language); 90 min. running time. Free. RSVP at [www.lewinsville.org/event-items/special-movie-presentation/](http://www.lewinsville.org/event-items/special-movie-presentation/). Call 703-237-0358 or visit [www.lewinsville.org](http://www.lewinsville.org) for more.

## FRIDAY/OCT. 5

**Raise Region Gala.** 6:30-10 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Join 600 business, philanthropic, and community leaders to celebrate the Community Foundation for Northern Virginia's 40th Anniversary at the annual Raise the Region Gala event recognizing the growth of philanthropy in the area and its potential to help shape the future of the region. \$300. Call 703-879-7636 or visit [www.cfnova.org/gala](http://www.cfnova.org/gala).

## SATURDAY/OCT. 6

**The McLean 5K.** 7 a.m. at 6631 Old Dominion Drive, McLean, Va. 22101- (McLean Square Shopping Center). The race features a certified course through the heart of McLean and is designed to appeal to runners of all abilities. The event will also promote Public Safety Appreciation and serve as a celebration of the first responders from McLean Volunteer Fire Department and McLean District Police Station. Visit [www.McLean5K.com](http://www.McLean5K.com) or email [McLean5k@mcleancenter.org](mailto:McLean5k@mcleancenter.org).

**2018 DC-Metro Modern Home Tour.** 11 a.m.-5 p.m. The 9 homes on this year's tour are located in the following towns and neighborhoods: Takoma Park, Bethesda, Chevy Chase, Pinehurst Parkway Park, Arlington, and McLean. Modern Home Tours give people a chance to explore and view examples of modern architecture via a self-guided tour. 12 and older. \$40. Visit [www.dcmetromodernhometour.com](http://www.dcmetromodernhometour.com)

for more.  
**Oktoberfest.** 6-9 p.m. at Claude Moore Colonial Farm, The Pavilions of Turkey Run, 6310 Georgetown Pike, McLean. Enjoy a Bavarian-themed festive event with all proceeds benefitting the local living history museum and working 18<sup>th</sup> century farm. DJ, music and dancing. Cider and beer tasting. Catered meal and cash bar. Silent auction. Adults, \$35; farm volunteers, \$25; children 6-12, \$12; children under 6, free. Purchase tickets in advance at [1771.org/events-item/oktoberfest/](http://1771.org/events-item/oktoberfest/) or e-mail Catherine Anderson at [canderson@1771.org](mailto:canderson@1771.org).

## SATURDAY-SUNDAY/OCT. 6-7

**"A Tuna Christmas."** Friday, 8 p.m.; Saturday, 2 p.m. at Vinson Hall Community Building Ballroom, 1735 Kirby Road, McLean. The McLean Community Players will present "A Tuna Christmas" by Jaston Williams, Joe Sears, and Ed Howard. "A Tuna Christmas" is the second in a series of comedic plays set in the fictional town of Tuna, the third-smallest town in Texas. MCP's cast of seven will play 22 roles. \$18-\$20 at 1-800-838-3006, [www.McLeanPlayers.org](http://www.McLeanPlayers.org) or at the door.

## SUNDAY/OCT. 7

**MPAartfest 2018.** 10 a.m.-5 p.m. in McLean Central Park, 1468 Dolley Madison Blvd., McLean. During the one-day juried fine art show and sale, McLean Central Park is transformed into a landscape of mini art galleries showcasing and offering for sale the work of over 35 artists from the Mid-Atlantic region and beyond. MPAartfest offers food from local restaurants and a variety of arts and STEAM (STEM+Art) activities to engage creative minds and captivate art-lovers of all ages. Free admission. Visit [www.mpaart.org/](http://www.mpaart.org/) or call 703-790-1953.

## SUNDAY-MONDAY/OCT. 7-8

**First Time Campers Program.** Sunday, 8 a.m. through Monday, 4 p.m. at Wolf Trap National Park (Filenes Center), 1551 Trap Road, Vienna. The Wolf Trap NPS First Time Campers Program offers an opportunity for students in 5<sup>th</sup> and 6<sup>th</sup> grade to gain confidence in camping, nature and great outdoors. This program is designed for novice campers with an emphasis on the development of their outdoor skills and confidence. Scholarships are available for underserved youth. Participant registration at [fall2018-ftcp-campers.bpt.me](http://fall2018-ftcp-campers.bpt.me). Learn more at [www.fowt.info](http://www.fowt.info) or contact the Camp Director at [firsttimecampers@gmail.com](mailto:firsttimecampers@gmail.com).

## MONDAY/OCT. 8

**School Break Trip: iPlay America.** 8 a.m.-7 p.m., meet at The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. The fun is heating up at iPlay America, New Jersey's premier indoor theme park. With tons of arcade games, rides, attractions, laser tag and go karts, there will never be a dull moment. Admission and lunch are included in the fee. Bring additional money for snacks, souvenirs and extra game credits as desired. \$80; \$70 MCC district residents. Call 703-790-0123 or visit [www.mcleancenter.org](http://www.mcleancenter.org) for more.

## MONDAY-SUNDAY/OCT. 8-14

**Vienna Wireless Society Celebrates.** This year marks the 55th anniversary of the Vienna Wireless Society (VWS), the premier Amateur Radio Club in Northern Virginia. The club will commemorate



## Author Event

Immaculée Ilibagiza will speak at Oakcrest School about finding God in the midst of the horrors of the Rwandan genocide. Ilibagiza will share her odyssey of hope and healing in the wake of tragedy, and explain how she found the strength to forgive those who took everything away from her. This event is free and open to the public. There will be a book signing after the program. Wednesday, Oct. 10, 7-9:30 p.m. at Oakcrest School. Seating is limited, pre-registration at [bit.ly/oakcrestimmaculee](http://bit.ly/oakcrestimmaculee) is required. Learn more at [Oakcrest.org](http://Oakcrest.org).



## Toy Train Show

Annual Toy Train Show at Vienna Firehouse; all gauges for sale; new and used; trains appraised and repaired; train parts available and running train layout; door prizes. Saturday, Oct. 6, 9 a.m.-2 p.m. at Vienna Firehouse, 400 Center St. S., Vienna. \$5 per adult; free for children under 12. Call 571-445-3662 or visit [www.wba-tca-eastern.org](http://www.wba-tca-eastern.org) for more.

its "birthday" with "on the air" radio contacts, a dinner for members and guests, and other events. Using the special call sign, W4V (V for Vienna), issued by the Federal Communications Commission specifically for the event period, the club will publicize its anniversary and strong affiliation with the Town of Vienna with various operating events from Oct. 8-14. Learn more about amateur radio or VWS at [viennawireless.net](http://viennawireless.net).

## WEDNESDAY/OCT. 10

**Author Event: Immaculée Ilibagiza.** 7-9:30 p.m. at Oakcrest School. Immaculée Ilibagiza will speak at Oakcrest School about finding God in the midst of the horrors of the Rwandan genocide. Ilibagiza will share her odyssey of hope and healing in the wake of tragedy, and explain how she found the strength to forgive those who took everything away from her. This event is free and open to the public. There will be a book signing after the program. Seating is limited, pre-registration at [bit.ly/oakcrestimmaculee](http://bit.ly/oakcrestimmaculee) is required.

**McLean Historical Society Meeting.** 7:30 p.m. in the temporary office of McLean Community Center, McLean Square Shopping Center, 6641 Old Dominion Drive, McLean. The McLean Historical Society meeting will feature Anna Eberly, the Managing Director of the Claude Moore Colonial Farm, who will discuss "The History and Future of Claude Moore Colonial Farm." Everyone is invited. Contact Carole Herrick at 703-356-8223.

**Great Falls Historical Society Program.** 7 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Speaker Carole Herrick is author of "Ambitious Failure: The First Bridge Across the Potomac River." Free and open to the public.

Visit [gfhs.org](http://gfhs.org) for more.

## FRIDAY/OCT. 12

**Riverbend Bird Walks.** 8-10 a.m. at Riverbend Park - Visitor Center, 8700 Potomac Hills St., Great Falls. Riverbend Park is offering free birding walks in October. Participants should be prepared to walk about two miles in comfortable, closed-toed shoes. There likely will be gentle uphill and downhill stretches on slightly uneven terrain. Bring binoculars. Rain or shine. Call 703-759-9018, or stop by the Visitors' Center front desk to register.

**Movie: "Jurassic Park" (1993).** 7 p.m. at The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Revisit (or discover) the Spielberg movie that spawned a whole army of sequels. Then, join The Alden on Saturday, Nov. 17, for "Hold on to Your Butts," the ingenious and hilarious live, two-person-plus-Foley-artist, scene-for-scene recreation of the movie. \$4; \$2 MCC district residents. Call 703-790-0123 or visit [www.mcleancenter.org](http://www.mcleancenter.org) for more.

## 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).

**Improv Master Class for Teens.** 11 a.m.-12:30 p.m. at MCC Class Programs/Registration Office, 6645 Old Dominion Drive, McLean. Participants will learn several games they can play just about anywhere, learn how to develop scenes, create

characters within seconds and learn exercises to help create "group mind" to better work and act together. Designed for 9<sup>th</sup>-12<sup>th</sup> graders who are on an improv team, who are involved in theater or are interested in improvisation. \$8, \$5 MCC district residents. Call 703-790-0123 or visit [www.mcleancenter.org](http://www.mcleancenter.org) for more.

**Model Railroaders Open House.** 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit [www.nvmr.org](http://www.nvmr.org).

**Indie Author Day Celebration.** 3-5 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Northern Virginia is fertile ground for writers. Drop in and meet some of them. Find new books and authors. Learn about the experiences of independent writers in developing their craft and getting their work published. Featured authors include: Russell Ginns (Children's Fiction), Joyce C. Grand (Fiction); Aimee Hix (MYS), Margaret Placentia Johnston (Religion); Donna Migliaccio (Fantasy), and Martin Wilsey (SciFi). All ages. Call 703-938-0405 or visit [librarycalendar.fairfaxcounty.gov/event/4402316](http://librarycalendar.fairfaxcounty.gov/event/4402316) for more.

**Opening Concert: Tysons McLean Orchestra.** 7:30 p.m. at The Falls Church Episcopal auditorium, 115 E. Fairfax St., Falls Church. Opening concert of Tysons McLean Orchestra's 49<sup>th</sup> season. European Travelogue featuring Miriam Burns, Music Director and Conductor with soloist Sean Lee, violinist performing Rossini L'italiana in Alferi; Wieniawski Violin Concerto Number 2 in D. minor. Adults \$40, seniors \$30, youth/educators \$15. Call 703-893-8646 or visit [tysonsmcleanorchestra.org](http://tysonsmcleanorchestra.org).

## SATURDAY-SUNDAY/OCT. 13-14

**Make a Scarecrow.** Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Make a "friend" for the garden or lawn. Bring pants and a shirt to outfit a scarecrow, plus an old pair of panty hose for the head and body. The folks at Colvin Run will supply the stuffing and know-how. No reservations required. \$6 per scarecrow. Panty hose can be purchased on site for an additional \$1. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

**"A Tuna Christmas."** Friday, 8 p.m.; Saturday, 2 p.m. at Vinson Hall Community Building Ballroom, 1735 Kirby Road, McLean. The McLean Community Players will present "A Tuna Christmas" by Jaston Williams, Joe Sears, and Ed Howard. "A Tuna Christmas" is the second in a series of comedic plays set in the fictional town of Tuna, the third-smallest town in Texas. MCP's cast of seven will play 22 roles. \$18-\$20 at 1-800-838-3006, [www.McLeanPlayers.org](http://www.McLeanPlayers.org) or at the door.

## SUNDAY/OCT. 14

**Reston Chorale Concert.** 4 p.m. at Saint Luke's Catholic Church, 7001 Georgetown Pike, McLean. Reston Chorale "Out of the Shadows" concert highlights 900 years of music composed by women. Guest artists are Ysaye Barnwell, composer and former member of Sweet Honey in the Rock and P. Lucy McVeigh, soprano. Tickets are \$20-\$25 on line; \$25-\$30 at door. Active military and youth under 17 free. Visit [www.RestonChorale.org](http://www.RestonChorale.org).

**Live Music: Bobby Long.** 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. British singer-songwriter Bobby Long ([musicbobbylong.com](http://musicbobbylong.com)) Visit [www.jamminjava.com](http://www.jamminjava.com) for more.

## McLean Woman's Club Holds Wine-and-Cheese Event To Preview December Homes Tour

On Sept. 20 the Woman's Club of McLean held a festive wine and cheese reception to preview its annual Holiday Homes Tour on Dec. 6. The gathering at McLean's historic Pleasant Grove Church included principals involved in the tour, club members and leaders, local officials, tour house homeowners, advertisers and sponsors and special guest Virginia State Sen. Barbara A. Favola (D-31), honorary 2018 Homes Tour host.

This year's tour will be the 52<sup>nd</sup> mounted by the McLean Woman's Club, with all proceeds benefiting numerous local charities and nonprofits, such as Share, Inc; Second Story, the McLean Project for the Arts, Claude Moore Colonial Farm and Fisher House, as well as funding scholarships and education.

The four houses to be on December's tour are located in Langley Forest, River Oaks, McLean Hamlet and Odrick's Corner (off Lewinsville Road). Each home will be decorated with the holidays in mind and will highlight family life in McLean. In addition, one or two homes will host a boutique and an auction of chances on a variety of merchandise and services.

Woman's Club members have been working on the tour since February, when they solicited ads for the tour brochure. During the summer, they selected the homes, prepared the brochure and began publicity.

Tour tickets will become available to the public in early October at Mesmeralda's Gifts of McLean, Karin's Florist of Vienna and Great Dogs of Great Falls, or may be obtained on tour day at the featured homes.

Website: [www.mcleanwomensclub.org](http://www.mcleanwomensclub.org)

—LAURA SHERIDAN



PHOTO BY LAURA SHERIDAN/WOMAN'S CLUB

**Virginia State Sen. Barbara A. Favola (D-31) pictured with McLean Woman's Club president and event organizers. From left: Co-Chairman Kay Van Hoven, Senator Favola, Woman's Club President Kathryn Mackensen and Chairman Carol Scott.**

**McLEAN COMMUNITY PLAYERS**  
Presents

**BY JASTON WILLIAMS JOE SEARS ED HOWARD**

Originally produced by  
Charles H. Duggan

Directed by Jerry Bonnes  
Produced by Bunny Bonnes and Claire L. Tse

**OCTOBER 6 & 7 AND 13 & 14, 2018**

**SATURDAYS AT 8:00 P.M. ; SUNDAYS AT 2:00 P.M.**

Performances at Vinson Hall Community Building  
1735 Kirby Road, McLean, VA 22101

**TICKETS: BROWN PAPER TICKETS 1-800-838-3006 OR  
WWW.MCLEANPLAYERS.ORG**

The McLean Community Players, Inc. is funded  
in part by the Arts Council of Fairfax County.

A Tuna Christmas is presented by special arrangement with Samuel French, Inc..  
CONNECT WITH MCP: FACEBOOK.COM/MCLEANPLAYERS

## Here's What's Happening at MCC!

### Sign Up Now!



**McLean 5k, 8 a.m.**  
MCC Admin Offices  
6631 Old Dominion Dr.  
\$35 through October 5,  
\$40 day of race



### Old Firehouse Teacher Work Day Trip



**iPlay America, 8 a.m.-7 p.m.**  
The Old Firehouse  
1440 Chain Bridge Rd.  
\$80/\$70 MCC district residents

### Sponsored by The Alden



**"Jurassic Park" Movie, 7 p.m.**  
The Old Firehouse  
1440 Chain Bridge Rd.  
\$4/\$2 MCC district residents

### Sponsored by The Alden



**Improv Master Class for Teens**  
featuring Chris Ulrich  
11 a.m.-12:30 p.m.  
MCC Class Programs Office  
6645 Old Dominion Dr.  
\$8/\$5 MCC district residents

### McLean Traveler Day Trip



**Fall in the Amish Farmlands**  
7 a.m.-7 p.m.  
\$155/150 MCC district residents

### 5th & 6th Grader Party



**7 p.m.**  
The Old Firehouse  
1440 Chain Bridge Rd.  
\$35/\$25 MCC district residents



The McLean  
Community Center  
[www.mcleancenter.org](http://www.mcleancenter.org)  
Home of the Alden Theatre  
[www.aldentheatre.org](http://www.aldentheatre.org)  
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## REAL ESTATE

### McLean & Great Falls Quarterly Market Analysis of Home Sales (Based on Final Closed Price):

1 <sup>st</sup> to 3 <sup>rd</sup> 2018 compared to 1 <sup>st</sup> to 3 <sup>rd</sup> 2017 and 2008						
2018 1 <sup>st</sup> to 3 <sup>rd</sup> Total Sales: 861						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	18	34	102	51	127	44
22102	7	9	31	26	41	192
22066	0	4	49	36	64	26
<b>Total:</b>	<b>25</b>	<b>47</b>	<b>182</b>	<b>113</b>	<b>232</b>	<b>262</b>
<b>Combined Total Upper Brackets: 254</b>			<b>Combined Total Lower Brackets: 607</b>			
2017 1 <sup>st</sup> to 3 <sup>rd</sup> Total Sales: 938						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	15	30	110	73	139	59
22102	8	11	31	22	35	217
22066	4	9	40	43	75	17
<b>Total:</b>	<b>27</b>	<b>50</b>	<b>181</b>	<b>138</b>	<b>249</b>	<b>293</b>
<b>Combined Total Upper Brackets: 258</b>			<b>Combined Total Lower Brackets: 680</b>			
2008 1 <sup>st</sup> to 3 <sup>rd</sup> Total Sales: 590						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	8	16	47	25	55	113
22102	8	15	20	5	22	128
22066	4	9	37	23	36	19
<b>Total:</b>	<b>20</b>	<b>40</b>	<b>104</b>	<b>53</b>	<b>113</b>	<b>260</b>
<b>Combined Total Upper Brackets: 164</b>			<b>Combined Total Lower Brackets: 426</b>			

## Three Quarters Softer Than Last Year

### McLean and Great Falls real estate market first through third quarter comparison 2018 to 2017 to 2008.

BY KAREN BRISCOE



The number of real estate transactions in McLean and Great Falls closed out the first three quarters 2018 softer than in the same time period in 2017, with 861 transactions compared to 938 the previous year.

To provide perspective to the 2008 market a decade ago, 2018 is up over 45 percent. The market shift has likely occurred for several reasons.

First, inventory levels in many segments are low relative to demand. Buyers do not have as many choices available, particularly in the lower price points. In those market dynamics, buyers are faced with several options. Either they raise their price point, make concessions, or put their move on hold until more choices became available. Many are still sitting on the sidelines waiting for prices to be in line with the market and/or for more inventories to become available.

Second, interest rates are up over the historic lows. Buyer's purchasing power is affected as interest rates rise. In some cases interest rates increasing can have a positive market effect as buyers have urgency to purchase and lock in the rate.

Note that in comparison to the 2008 market a decade ago, all brackets have improved considerably.

Inside the beltway McLean zip code of 22101 continues to remain the strongest due to the most housing type options and proximity to DC metro center. Outside the beltway McLean zip code of 22102 offers both condos in the Tysons market as well as estate style houses on large lots. That area is a bit down year over year. Great Falls zip code 22066 remains generally flat year to date 2018 over 2017.

As we move into the final quarter of 2018, there are strong indications that homes priced well and in good condition will sell for solid prices. Should demand continue to remain strong relative to supply, some market segments may experience price appreciation.

The final quarter 2018 is poised for strong activity. Home buyers in the area can still purchase with the confidence that purchasing in an up market cycle frequently proves advantageous over time. Now is the time to work with professional agent to be in your new home before 2019!

*Karen Briscoe with HBC Group at Keller Williams is an active and experienced Realtor® in the Northern Virginia marketplace. Karen, alongside her partner Lizzy Conroy and team, works with sellers, buyers, investors and builders in all price ranges. [www.HBCGroupKW.com](http://www.HBCGroupKW.com), 703-734-0192, [Homes@HBCGroupKW.com](mailto:Homes@HBCGroupKW.com).*

## BULLETIN BOARD

### 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

*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.*

[www.SoberRide.com](http://www.SoberRide.com). The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

### VOTER 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

SEE BULLETIN, PAGE 19

## BULLETIN BOARD

FROM PAGE 18

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.

- ❖ Tuesday/Oct. 9, 10 a.m.-2 p.m., Arleigh Burke Pavilion at Vinson Hall Retirement Community, 1739 Kirby Road, McLean.

### MONDAY-FRIDAY/OCT. 1-5

**Road Closures.** 8 a.m.-6 p.m. Valley Wood Road/37th Street North between North Kensington Street and Vermont Avenue will be closed to through traffic (weather permitting) each day for culvert replacement, according to the Virginia Department of Transportation. Residents within the closure area, emergency vehicles and school buses will have access to the closed portion of Valley Wood Road/37th Street North; however, they will not be able to go beyond the point of culvert replacement in either direction.

### WEDNESDAY/OCT 3

**CarFit.** 9 a.m.-1 p.m. at Vienna Volunteer Fire Department (parking lot), 400 Center St. S., Vienna. Program offers older adults the opportunity to check how well their personal vehicles "fit" them. CarFit is an individualized, personal instruction to educate drivers on how to best position themselves (by adjusting the car's safety features) to maximize their safe driving experience. Schedule an appointment at 703-255-7801. Learn more about the program at [www.car-fit.org](http://www.car-fit.org).

### THURSDAY/OCT. 4

**Caregivers Support Group.** 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, [scov.org](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838 or [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**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 details above

### SATURDAY/OCT. 6

**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)

### SUNDAY/OCT. 7

**Alzheimer's Info Session.** 4:30-5:30 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Toni Reinhart, CDP, PAC Certified Trainer and an expert on the subject will speak on Alzheimer's and other dementias, including: signs and symptoms, how to interact with those afflicted and resources to help make the care-giving easier. Free. All are invited to a potluck supper afterward at 6 p.m. which will include a presentation on Habitat for Humanity. Call 703-759-3509 or visit [www.AndrewChapelUMC.org](http://www.AndrewChapelUMC.org).

**Lox and Lecture.** 11:45 a.m.-1:15 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Women of Temple Rodef Shalom present Everything You Need to Know About Mid-Term Elections. Panelists include Jody Rabhan, National Council of Jewish Women (NCJW) and Darcy Hirsh, Jewish Community Relations Council, (JCRC) to discuss local and national issues important to our Jewish community. Lox and bagel brunch precedes the program. Enrollment is limited. \$7 WoTRS members; \$10 non-members, guests. Walk-ins \$12 (if space permits). RSVP at [loxandlecturemidterms.eventbrite.com](http://loxandlecturemidterms.eventbrite.com) by Oct 3.

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## No News is No News



By KENNETH B. LOURIE

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

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

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

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

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

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

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

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

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

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

Now let me ask you all a few questions:

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

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

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

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



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