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PHOTOS BY DELIA SULLIVAN PHOTOS

Participants in last year's Walk to Bust Cancer raised more than \$40,000 to help uninsured and underinsured women in the fight against breast cancer. This year's walk will take place Oct. 14 at Fort Hunt Park.

Walk to Bust Cancer

Event to raise funds for women in need.

BY JEANNE THEISMANN
GAZETTE PACKET

The third annual Walk to Bust Cancer will return to the region Oct. 14 to raise funds to help women in need gain access to screening and treatment for breast cancer.

Dr. David Weintritt, founder of the National Breast Center Foundation in Alexandria, joined with breast cancer survivors to organize the walk after the Vola Lawson Walk to Fight Breast Cancer was discontinued in 2014.

"Women and families in our community need our help," Weintritt said. "We all know someone — a family member, neighbor, co-worker or friend — who has been touched by breast cancer. This is a global problem and we are committed to make a difference starting right here in our own community."

Weintritt founded the National Breast Center Foundation to help provide screening, diagnosis, treatment and supportive services for under-

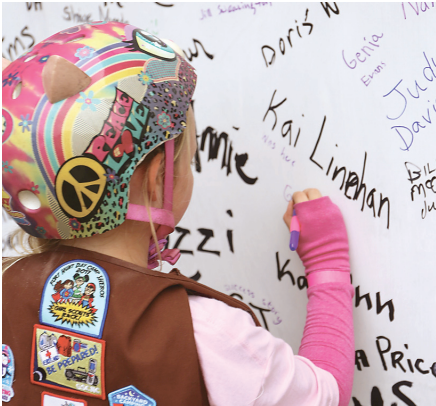
privileged and uninsured/underinsured women in the community. This year's walk will sponsor more than 50 participants from the Old Town-based Nueva Vida, a support network for Latinas with cancer and their families.

"Nueva Vida has been referring patients to the Foundation," said executive director Martha Carucci. "We are providing complimentary registration for the Nueva Vida participants, and more than half are breast cancer survivors or patients."

Last year's walk raised more than \$40,000 to provide breast cancer services and support to women in need.

"Women in our area have one of the highest rates of late stage breast cancer," Weintritt said. "Something has to happen to address this crisis. If we can provide high quality screening and treatment services in order to detect breast cancer at earlier stages, we will save more lives and, ultimately, reduce healthcare costs."

For more information or to register for the Walk to Bust Cancer, visit www.walktobustcancer.org.



A young Walk to Bust Cancer participant adds a name to the Angel Wall at last year's Walk to Bust Cancer.

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 GAZETTE

Elections 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 poli

SEE SENATE ELECTION, PAGE 4

Following Her Calling

Local pastor finds welcoming community.

BY ASHLEY CLAIRE SIMPSON
THE GAZETTE

What were your biggest preoccupations when you were in high school? Perhaps you dwelled on your grades. Or, maybe you spent a considerable amount of time with your friends, dissecting every move of an attractive boy or girl

SEE FIRST FEMALE, PAGE 3



Rev. Christina Hart-Perkins

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The Eyes Have It Young artist exhibits “Kiss the Dream and Smile.”

BY ASHLEY CLAIRE SIMPSON
THE GAZETTE

Eight-year-old artist Noura Barka loves to draw people's faces, and she particularly enjoys drawing eyes. “I like all kinds of art; I don't really have a favorite medium,” Barka, whose first art exhibit is currently on display at Arlington's Connection: Crystal City Satellite Library, said. “Right now, I draw a lot of faces, and my goal is to get really good at painting eyes.”

All you need is a pair of eyes to enjoy Barka's ongoing exhibit, which includes 10 pieces of varying mediums, available to the public for free through the end of November. All of Barka's works on display are in keeping with the theme, “Kiss the Dream and Smile.”

“That's what I named the show because I found some beads in a box and rearranged the words to say ‘Kiss the Dream and Smile,’” the young artist said. “Then I gave each painting a title related to it, like, ‘Fantasy,’ ‘Hope,’ ‘Imagination,’ ‘Moonlight,’ and ‘Rainbow Pollock.’”

Although Barka is only in the third grade, she can't remember life without art.

“I always saw my mom painting when I was little,” Barka said. “Then, when I was three, I wanted to start painting, so my mom taught me. ‘My mom started me with crayons, and then I started doing acrylics and tempera and, then this year I started watercolors. I kept practicing and practicing. The thing that I used to draw most was actually my mom, wearing a bun in her hair. Then, I branched out and I started drawing designs like my mom did — patterns and other more abstract things. I always wanted to paint just like my mom.’”

The apple doesn't fall far from the tree with Noura Barka and her mother, Sonia Campos.

“Her work actually does look a lot like mine,” Campos said. “I used to paint a lot, when I lived in Japan, before I met my husband or had kids — Noura and her brother,



Noura Barka's exhibit “Kiss the Dream and Smile” is at the Connection Crystal City Satellite Library at 2117 Crystal Plaza Arcade, Arlington.

my son, Sami. I would have art exhibits and shows, where I sold a lot of my art. It's hard to pursue art like that with kids, though.”

Despite not being able to paint to the degree she did in a previous life, Campos was determined to introduce creative endeavors to her children.

“I always wanted to expose my kids to art,” Campos said. “As soon as they were capable, we started doing little things together: making holiday greeting cards to send to friends and family, we'd make shadow boxes, and more. We've always been an artistically inclined family. My son and daughter would both paint with me, but, Noura was always the more curious and enthusiastic one with wanting to do arts and crafts.”

One day last summer, Campos saw an amateur artist's work on display at her local library, and she immediately thought of her ambitious, artistic daughter.

“I just so happened to walk in the library, and I asked if the artist's age mattered when

it came to the displays,” Campos said. “They said ‘no,’ and Noura was of course interested.

Throughout the summer, I had her paint on different canvases. She was so enthusiastic about doing it — it wasn't a chore to her. People think it's this amazing thing because of her age, but it was really so simple to put together. She had big ideas for each of the pieces and the title to give the collection as a whole.”

So, they submitted Barka's exhibit for consideration, and she soon became the youngest artist, at least in recent memory, to have her work showcased at the Connection Crystal City Satellite Library.

The opening reception for “Kiss the Dream and Smile,” took place on Sept. 8 and Barka kicked off this exhibit with a few words of her own.

“I was a little bit nervous,” Barka said, “but it was worth it. I want to do more art shows, too. We go back to the library to look at my exhibit several times a week.”



Noura Barka is a third grader at Stratford Landing Elementary School.

The exhibit launch was also an event that Campos will never forget.

“It was the first time there had been an opening reception,” Campos said. “Twenty-five people were there — teachers, family, friends.

Noura talked a lot about her art, and it may have been more exciting for me and my husband than it was for her. We are really proud of her.”

Already a renaissance woman, Barka is also a ballet dancer and a Girl Scout. As life gets busier for her the way it inevitably will, she said she'll always make time for art.

“I take a clipboard with me to recess a lot because my friends always want me to paint pictures of their faces,” Barka said. “I use my watercolor pencils, and I give them the option for having winking eyes, both eyes closed, or both eyes opened in the pictures. Once I can paint people's faces realistically, I want to publish a book. I'm auditioning for the Nutcracker ballet soon, but, I'll still be doing lots of art projects all the time.”

First Female Pastor at Washington Farm United Methodist

FROM PAGE 1
in your English class.

Christina Hart-Perkins, the current, and also first female, pastor of Alexandria's Washington Farm United Methodist Church, wasn't exactly a typical teenager. Long before she graduated from high school, she discovered her calling to the ministry.

“The summer after my freshman year, my church sent a group of youth to Fairbanks, Alaska on a mission trip,” Hart-Perkins said. “Our main project was to build a basement apartment in a local church for a visiting pastor. It was July, a month when, in Alaska, the sun doesn't set, so, I didn't get very much sleep. One night after everyone else was asleep, I started writing about what I was going to do after high school. I had assumed that I would go into medicine from the time I was very, very young ... I was

writing about this and I heard this voice very clearly say, ‘You will go into the ministry.’”

While she was originally caught off guard by this, she was making sense of it all by the end of this trip to Alaska.

“We were sleeping in this RV, and at first, I thought some of the other kids were messing with me,” Hart-Perkins said. “I said, ‘cut it out,’ and just went back to writing. Then I heard it again, loud and clear: ‘Christina, be at peace; you are going into the ministry.’ The next day, I was assigned to work with a volunteer plumber from Anchorage. I so clearly remember him putting glue on a tool, saying, ‘You're going to make a really good pastor one day.’”

Her pastor back home agreed.

“When we returned from Alaska, I told my pastor about these revelations,” Hart-

SEE FOLLOWING HER, PAGE 5



Rev. Christina Hart-Perkins and family

Senate Election Is Blast from the Past

FROM PAGE 1
tics by serving as mayor of Richmond and lieutenant governor before becoming governor and ultimately U.S. senator. Stewart is a chairman of the Prince William Board of Supervisors who became a lightning rod in the immigration debate after leading the charge to have officers in his county check the citizenship for everyone suspected of violating state or local law. Kaine was on the ticket in 2016 as Hillary Clinton's running mate. Stewart served as the chairman of Trump's campaign in Virginia until he was fired after leading a protest at the Republican National Committee.

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

Stewart has been trailing in the polls for months, and the latest poll from the University of Mary Washington has Kaine leading the race by 16 points. Kaine has a 15-to-1 fundraising advantage, in part

because a lot of the big-money Republican donors are staying away from Corey Stewart — people like the Koch brothers, for example, or the National Republican Senate Committee. And as the campaign stretches into the final few weeks heading into Election Day, Stewart is amping up the rhetoric and vowing to live up to the promise he made before securing the Republican nomination that he would run a "vicious" campaign against Kaine.

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

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

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

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

After the debate was over, both candidates took questions from

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

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

BEHIND THE RHETORIC and the insults, much of the campaign is a rather garden variety contest between red and blue. Kaine supports universal background checks for gun purchases while Stewart supports ditching gun-free zones. Kaine supports the ongoing inves-

tigation 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."

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

THURSDAY/OCT. 4

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.

SEE BULLETIN, PAGE 30

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Following Her Calling

FROM PAGE 3

Perkins said. "He said, 'I knew you had a calling and I was just waiting for you to hear it,'" Hart-Perkins said. "From that point on, he mentored me and helped me understand my calling. So, from the age of 14, that was it."

Now, decades later, Hart-Perkins is still on this path. In July of this year, the United Methodist Church of Virginia placed her at Alexandria's Washington Farm United Methodist Church.

"It is going really well," Hart-Perkins said. "It's been a very good start. I've done a lot of small group meetings with a lot of the congregation, which, in total, worships with around 80 people. We are pretty small, but, considering our size, we do a lot."

As the pastor of Washington Farm United Methodist Church, she does more than lead worship services and deliver provoking sermons.

"I see my role as helping to facilitate the faith community," Hart-Perkins said. "So, all parts of the church work together to form a community. I'm constantly evaluating whether or not the community is cohesive, if lives are being changed, and if we are achieving what God calls us to achieve. I am a big picture person, so I like to stand on the balcony and observe how all the pieces fit together so that we can be a welcoming, loving, committed community of faith that is making disciples of Jesus Christ and transforming the world."

Before taking on this role, Hart-Perkins served churches in Iowa and also in different parts of Virginia. From this experience, she knows that her new church home is remarkable.

"No two churches or congregations are alike," she said. "Lifestyles, needs, and expectations are different, so it's been really interesting. The last church I came from was the same size but a rural congregation. There are a lot of positives to being in a rural community, but, people in a rural community tend to be there for their whole lives. Sometimes, that means they don't fully understand the concept of embracing new people."

As more of a transient congregation, composed of a large number of military families, the people of Washington Farm are far more accustomed to welcoming new people. "A large percentage of the congregation has some sort of military background, so there is a really interesting sort of dynamic,"

she said. "They are a small church who are committed in a big way to mission and service, both formally and informally. Three weeks before I came, I broke my foot. The day we moved into our new house in Alexandria, 14 people were in our house, unpacking the kitchen, setting up beds, doing whatever needed done. And the next day. Then they drove me around for weeks."

In turn, Hart-Perkins is hoping to develop more internal resources for her new church family.

"There is this pervasive idea of service and community, so my biggest focus is being present with them," she said. "They are also a congregation that has long history of an outward focus, consistently serving the outward community. My focus is to continue and strengthen what they are good at: building up some of the ministries that have kind of fallen down in the past just because of the ebbs and flows that can happen in a small congregation. We're rebuilding internal nurturing ministries like those for young adults, for spouses who have lost loved ones, and others."

In an era of megachurches in brand new buildings on sprawling campuses, Washington Farm United Methodist Church is steeped in Virginia history. Known as "the little green church on the corner," it sits on land that used to belong to President George Washington.

It became a site of worship for the Nazarene Christian Church in the late 1800s. Then, "the current sanctuary was built in 1905, and throughout the following years, other churches occupied the building and there were also changes of name," said Sy Berdux, longtime member of Washington Farm UMC. "The chapel has served a place of Nazarene worship, Wesleyan worship, and was a Fairfax County school in the 1930s. Now the Methodists call it home."

It was in the 1960s that this Methodist congregation purchased the church building and took on the name of Washington Farm United Methodist Church.

"We started with 17 families, and we were a mission congregation until 1971, when Washington

SEE FOLLOWING, PAGE 29

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OPINION

Demand Increasing, But Not Resources

Suicide prevention efforts need more funds, volunteers.

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

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

EDITORIAL 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 con-

tinue 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 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

Serving as a ‘Medical Home’

BY STEVE HUNT
NEIGHBORHOOD HEALTH

Neighborhood Health, the local community health center, offers health services to the entire family, but it is their pediatric services that particularly shine for the more than 7,900 children and adolescents it serves. Neighborhood Health is unlike a private practice, and it takes pride in being adept at treating the whole child and family.

COMMENTARY

Just walking through the halls on any given day is an education on what it means to serve as a “Medical Home.” Does your pediatrician ask about your daughter’s dental care? Does he or she apply fluoride during her well-child check-up? If your son had an anomaly in his mouth, would your pediatrician be able to walk

down the hall and ask the dentist to come take a look? If your toddler were having trouble sleeping, would your pediatrician be able to introduce you and your child to the on-site behavioral health therapist who is trained in dealing with childhood sleep concerns? What if your income was stretched thin and you didn’t have enough money for a winter coat for your child — would your pediatrician’s office help you with that?

Well, at Neighborhood Health, parents can just sign up with the Family Support Worker to receive a winter coat from a local charity. What if your baby needed a referral to a cardiologist, but you couldn’t find one who accepts your insurance? Neighborhood Health has Referral Coordinators who help parents navigate the tricky world of specialty care.

These are just some of the wrap-around supports that Neighborhood Health offers to its

pediatric patients, with more served every year due to the growth in demand.

Pediatric care begins before a newborn child even leaves the hospital. Neighborhood Health’s Medical Director and pediatrician Dr. Martha Welman notes that while a new mother is still in the hospital recovering after giving birth, an appointment is made for her baby with a Neighborhood Health pediatrician for a thorough evaluation within one or two days after discharge. From there, regular check-ups give the child an excellent early start — as well as same day visits when a child is sick or gets injured. Parents receive extensive education about appropriate nutrition and best parenting practices. Nurses are on-call after hours to answer questions from worried parents — and can call the pediatrician for more complex cases.

SEE SERVING, PAGE 29



Snapshot: Monday, Oct. 1

From horse and buggy to jet airplane, Presidential travel has come a long way. A replica of Air Force One passes by the Mount Vernon Estate on a barge headed to National Harbor where it will be on display.

PHOTO COURTESY H. JAY SPIEGEL/(C) 2018. USED WITH PERMISSION.

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OPINION



PHOTO CONTRIBUTED

The Mount Vernon Governmental Center is one example of the use of natural landscaping to improve county properties.

Progress on Natural Landscaping

BY DAN STORCK
MOUNT VERNON DISTRICT SUPERVISOR

One of my core goals as supervisor is to engage our community in being better stewards of our environment. I have spoken out several times in the past months on what the county can and should be doing to save people, places and property. From letters to the editor, to speaking at a recent Climate Crisis Forum and hosting my first Environment Expo, I believe strongly that the county can and should do more, including adopting a Community Climate Action Plan and a Resiliency Plan. I also believe we need to do more to educate the public about what each individual and business can do to help Mother Earth.

One area of particular interest to our constituents is natural landscaping. Natural landscaping can mean a variety of things from planting native plants in organized plantings, to allowing fields of wildflowers to grow instead of mowing grass. Natural landscaping practices and materials help to protect and enhance existing natural resources, including soil and water; mitigate climate change, improve and preserve air quality; and contribute to resource conservation. The Mount Vernon Governmental Center is one example of the use of natural landscaping to improve county properties. Led by volunteer and Tree Commissioner Cathy Ledec, the office grounds were re-envisioned this past summer to include native plant species that improve both the look and the sustainability of the site.

I recently requested a review and update of the county's natural landscaping plan. In 2007, the county adopted natural landscaping guidelines and an implementation plan for county-owned properties. While these guidelines and the plan were implemented throughout the county, we heard very little about what was being done. As a result of my April 2018 Board Matter, the Board of Supervisors directed the Park Authority, the Department of Public Works and Environmental Services, the Urban Forestry Division and the Facilities Management Department to come to a future Environmental Committee meeting to provide a progress report on the implementation of natural landscaping techniques on county and public school properties. Tuesday, we received that

briefing.

To date, the county has achieved some of its goals of the 2007 Implementation Plan:

- ❖ Updated the County Policy Plan to be supportive of natural landscaping.
- ❖ Piloted dozens of projects countywide to demonstrate natural landscaping techniques.
- ❖ Included natural landscaping principles as an integral part of design for new facilities and major renovations.
- ❖ Monitors sites and facilities to ensure proper construction and installation of natural landscaping practices and measures performance over time.

Based on Tuesday's review, we now know of the many sites that have been improved through natural landscaping efforts. Additional examples in the District include Grist Mill, Bucknell Manor and Laurel Hill Parks, Fort Hunt ES, Sandburg MS, West Potomac HS, and the Mount Vernon Health Center. Natural landscaping practices are also incorporated into new facilities projects and we can watch for them as construction begins on the Lorton Community Center and the South County Police Station and Animal Shelter.

However, the review also revealed that there are many elements of the plan that have only partially been implemented, or have not been implemented at all. Next steps include:

- ❖ A Comprehensive Plan Amendment to the Policy Plan.
- ❖ Budgetary support for cost-effective natural landscaping retrofit projects.
- ❖ Formation of a core team of professional staff to promote and review natural landscaping and related practices.

I see this as a positive step forward for county landscaping projects and encourage county staff to share their experiences and successes with the community as these plans are implemented. To read more about natural landscaping, visit: <https://www.fairfaxcounty.gov/publicworks/sites/publicworks/files/assets/documents/natural-landscaping-manual.pdf>.

Thank you to the many environmental activists in our District who strive to improve our community every day, especially, Glenda Booth, Cathy Ledec and Betsy Martin. Join us on Saturday, Nov. 10 from 8 a.m. – noon for the "Environment Expo: Saving the Earth One Person at a Time" to learn how you can engage and act now to be a good steward of the environment.

LETTERS

Value of Floodplains

To the Editor:

I got whiplash reading the Mount Vernon Gazette last week. On page 1, Supervisor Dan Storck commented, as a panelist at climate change forum, that he would "take immediate action" to protect "people, places, and property" in Mount Vernon from the effects of climate change. A few pages later, three letters to the editor opposed Mr. Storck's proposal to fill in several acres of the Dogue Creek floodplain for a new luxury townhouse development.

In Mr. Storck's panel statements he noted that Mount Vernon "contains many waterways and various industrial sites that combine to create unique risks and challenges," and have also been subject to flooding and other environmental damage.

Doesn't he realize that preserving adequate floodplains is one of the chief ways local officials can build resiliency to climate change?

Mount Vernon faces flooding risk not only from the Potomac River, but from increased rainfall and potential flooding in the many streams that run through it to the

Potomac. All of these streams have been degraded and sometimes funneled into concrete channels by the mistaken management of the 1950s and 1960s. Their floodplains have been reduced and flooding already occurs in neighborhoods and streets in heavy rains (which will only get worse as warmer air holds more moisture and creates more frequent storms).

Dogue Creek, on whose banks George Washington built his gristmill and which enters the Potomac at Mt. Vernon Estate, has been especially abused and degraded over the years. On the property at 8800 Richmond Highway, where the fill is proposed, some of the floodplain was filled in and the flow of the creek was diverted into a C shape, which is now undercutting the bed of Richmond Highway. County planners say the creek should be restored to its original creek bed and managed to ensure flood protection and wildlife connectivity from Huntley Meadows to the Potomac.

Mr. Storck is strongly backing a luxury townhouse proposal that the property owners and their

SEE LETTERS, PAGE 28

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Empty-Nesters Jerry and Arleigh wanted to change their lifestyle.



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Senior Living

FALL 2018

Mount Vernon Gazette

Run, Dixon, Run

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

BY MARY JANE DYE
GOLDEN GAZETTE

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

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

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

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

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

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

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

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

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



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

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

— Dixon Hemphill, 93, Champion runner

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

— Dixon Hemphill

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

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

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

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

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

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

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



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

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

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

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

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

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

“Why not?” he says.

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

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



USATF VIDEO SCREENSHOT, PHOTO



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



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Into the Pool

The 2018 Northern Virginia Senior Olympics held seven swimming events at the newly opened Dulles South Multipurpose Center in South Riding on Sept. 21. Competition started with the 100 yard breaststroke and ended with the 900 yard freestyle.



Jim Park from Alexandria won a silver medal in the 50 yard breaststroke in the 50-54 age group with a time of 44.94.



Swimmers dive into the pool in the first event of the day — the 100 yard breaststroke.



Geneva Park from Alexandria swims in the 50 yard backstroke. She placed second with a time of 50.65 in the 50-54 age group. It was Park's first Senior Olympics and her first time competing in an official swim meet.

SWIMMING PHOTOS BY
TOM MANNING/THE
CONNECTION

‘Senior Selfies’

Paul Spring residents help fight against Alzheimer's.

Residents at Paul Spring Retirement Community dressed to impress for “Senior Selfie” happy hour which helped support the fight against Alzheimer's Disease. For each selfie taken, Synergy Home Care donated \$5 to the Alzheimer's Association.

— JEANNE THEISMANN



Lynn D'Alessandra and Janet Barnett celebrate “Senior Selfies” at Paul Spring Retirement Committee. Synergy Home Care donated \$5 to the Alzheimer's Association for every photo taken.



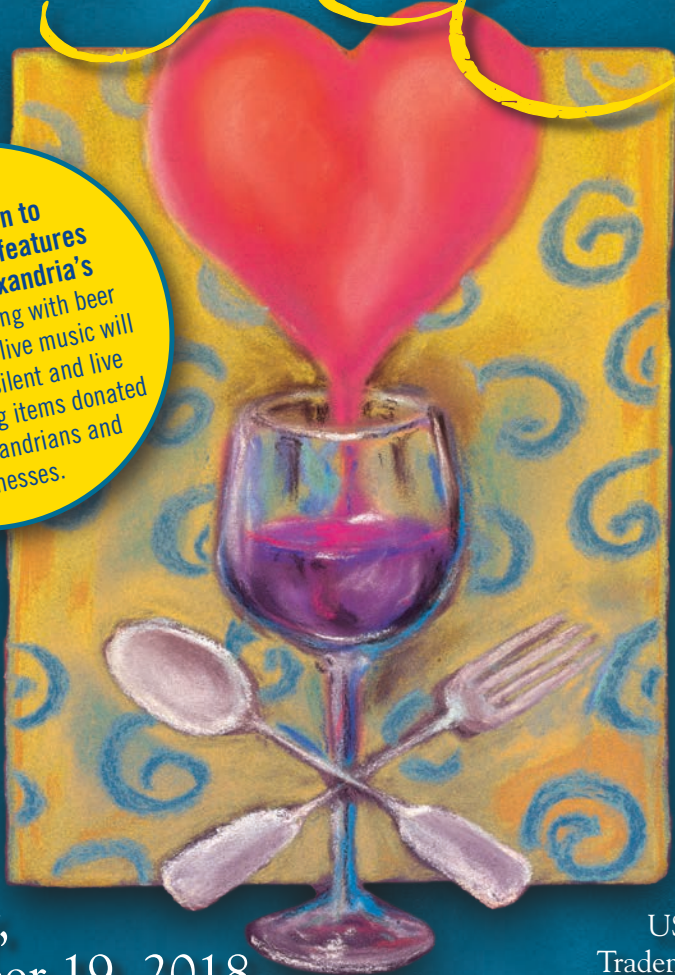
World War II veteran Joe Lucchi, seated at left, celebrates “Senior Selfie” day at Paul Spring Retirement Community with Janet Barnett and Mitch Opalski. Lucchi, who recently celebrated his 103rd birthday, participated in the Senior Selfie event sponsored by Synergy Home Care, which donated \$5 for every selfie to the Alzheimer's Association.

PHOTOS BY MICHAEL LANE

Taste for Giving

TO BENEFIT ALEXANDRIA CHARITIES

A festive evening open to the public that features the best of Alexandria's restaurants. Along with beer and wine tasting, live music will compliment a silent and live auction featuring items donated by local Alexandrians and businesses.



Friday,
October 19, 2018
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Taste for Giving 2018

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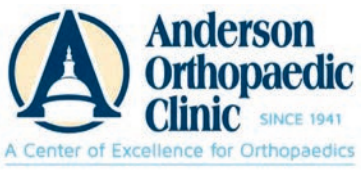
The Alexandria Rotary Foundation's 11th annual "Taste for Giving" will be held on Friday, October 19, 2018, at the US Patent & Trademark Office in Alexandria. This is a festive evening open to the public that features the best of Alexandria's restaurants. Along with beer and wine tasting, live music will compliment silent and live auctions featuring items donated by local Alexandrians and businesses. The "Taste for Giving" is a highlight of every Rotary year and is a wonderful way for the community to support many outstanding non-profits which help the underserved and disadvantaged citizens in our community. The evening exemplifies the Rotary mission of "Service above Self."

"100 percent of our funds from the Taste for Giving go to local charities and organizations with goals that include literacy, healthcare, housing, childcare and nutrition," says current President, Paul Anderson. "The Taste for Giving raises significant funds to support local charities and service organizations in the Alexandria Community."

Tickets for "Taste for Giving" must be purchased in advance.

For more information and tickets go to: rotaryclubofalexandria.net/taste-for-giving-2018

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Another [Alexandria Gazette Packet](#) [Mount Vernon Gazette](#) Community Partner

Throughout its existence, the **Rotary Club of Alexandria** has focused its interest on the welfare of the children of Alexandria. This past June, the Alexandria Rotary (Club) Foundation along with the “Alexandria Day Nursery & Children’s Home”, an affiliated Alexandria Rotary corporation, distributed over **\$135,000 to 54 local Alexandria nonprofits at our Annual Contributions Day**. Many of these local Alexandria nonprofits work to help the underserved and disadvantaged members of our local Alexandria community.

The money raised at the **Annual Taste For Giving** provides the Alexandria Rotary (Club) Foundation’s funding for Contributions Day.

In addition to Contributions Day, The Rotary Club of Alexandria has a long history of service and commitment to other local Alexandria community projects, and international service efforts.



“Whatever Rotary may mean to us, to the world it will be known by the results it achieves.”

— PAUL P. HARRIS, FOUNDER

2017-2018 Accomplishments

- Monthly Meals On Wheels, Alexandria Senior Services
- 2 College Vocation Career and Technical Scholarships totaling \$5,000
- Salvation Army Holiday Bell Ringing Campaign raising over \$9,400
- The Alexandria Rotary “Cliff Dochterman Good Scout Service Award” was presented to Rotarian Bill Vosbeck, raising \$12,500 for the Boy Scouts of America
- Monthly recognitions of local Alexandria high school students who demonstrate “Service above Self” in addition to their regular academic/athletic responsibilities
- Monthly service projects supporting ALIVE, the Campagna Center, the Neighborhood Health organization, and Rebuilding Together Alexandria
- The Rotary Club of Alexandria donated \$2,500 to Polio Plus to help eradicate polio worldwide
- The Rotary Club of Alexandria contributed funds for Texas and Florida Hurricane/Flood victims
- Bangladesh Water and Sanitation Project participation was approved in 2017
- Bangladesh Vision Project for a corneal slicing machine sponsored by the Alexandria Club in partnership with clubs in Bangladesh and Towsontowne, MD.
- Partnered with the Northern Virginia Strategic Water Alliance to provide funding for clean and accessible water sources in Zambia, Africa
- Past Rotary Club President, Dr. Tom Roberts, along with 6 other dentists from the U.S. and Finland and support staff, participated in a children’s Rotary dental mission project in South Africa. Supported and hosted by the Rotary Club of Knysna and the Rotary Club of Dundee, South Africa.
- The Rotary Club of Alexandria Gordon Peyton, Jr. Community Caring Award was presented to Lynnwood Campbell
- President Paul Anderson attended the International Rotary Convention in Toronto, Canada in June
- Alexandria Rotary Club was granted the International Fellowship of Scouting Rotarians Youth Service Award
- The Rotary Club of Alexandria inaugurated a new **Flags for Heroes** project for Independence Day placing 200 flags along Route 1 next to Simpson field in honor of Alexandria’s heroes
- The 10th Annual Taste for Giving (2017) raised over \$80,000. And along with the Alexandria Day Nursery donation, the Rotary Club of Alexandria was able to distribute over \$135,000 to 54 local Alexandria nonprofits at our Annual Contributions Day in June

updated 9/27/18



THE ROTARY CLUB OF ALEXANDRIA

“SERVICE ABOVE SELF”

For more information and tickets go to: rotaryclubofalexandria.net/taste-for-giving-2018



ROTARY CLUB OF ALEXANDRIA Contributes to the Community

The Alexandria Rotary (Club) Foundation together with its affiliate, the Alexandria Day Nursery & Children’s Home, Inc., continued its decade-long tradition of awarding grants to local Alexandria Nonprofit organizations at their Annual Contributions Day luncheon at Belle Haven Country Club this past June. On that occasion, checks were presented to 54 nonprofit organizations serving the Alexandria community for a total of \$135,000. The Rotary contributions proudly support programs such as the Alexandria Police Foundation which serves local law enforcement, Bridges to Independence which helps families secure affordable permanent Housing and Operation Warm, Inc. that provides winter coats to children in Alexandria.

In addition to honoring the contributions that these nonprofits make to the local community, the annual Rotary luncheon provides a time for the leadership of these organizations meet, talk and find opportunities to collaborate.



ROTARY CLUB OF ALEXANDRIA Alexandria Organizations Receiving Rotary Grants in 2018

- | | | |
|--|---------------------------------------|---|
| Alexandria Police Foundation | First Night Alexandria | SCAN (Stop Child Abuse Now) |
| Alexandria Seaport Foundation | FOCUS Alexandria | Senior Services of Alexandria |
| Alexandria Symphony Orchestra | Friends of Alexandria Mental Health | Space of Her Own |
| Alexandria Tutoring Consortium | Friends of Guest House | The Arc of Northern Virginia |
| ALIVE | Grace Episcopal Preschool | The Kathy Wilson Foundation |
| Arts on the Horizon | Habitat NOVA | The Reading Connection |
| Best Buddies Boys and Girls Clubs | Latino Economic Development Center | Together We Bake |
| Beverley Hills Church Preschool | Liberty’s Promise | Upcycle Creative Reuse Center |
| Bridges to Independence | Literacy Council of Northern Virginia | Urban Alliance |
| BRYCE Project | Meeting House Cooperative | Valley Drive Cooperative Preschool |
| The Butterfly House at the Virginia Theological Seminary | Neighborhood Health | Volunteer Alexandria |
| The Campagna Center | Next Step Pilates | Washington Street United Methodist Church Preschool |
| Carpenter’s Shelter | Northern Virginia Family Services | Westminster School |
| Casa Chirilagua | Nueva Vida Operation Warm | Westminster Weekday Preschool |
| Child & Family Network Center | Ratcliff Thomas Foundation | Wright to Read |
| Community Lodgings | Rebuilding Together Alexandria | |
| Emmanuel Episcopal Preschool | RunningBrooke Foundation | |
| Fairlington Preschool | Saint Clement Episcopal Church | |



For more information and tickets go to: rotaryclubofalexandria.net/taste-for-giving-2018

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Our organization started with the vision of one man – Paul P. Harris. The Chicago attorney formed one of the world's first service organizations, the Rotary Club of Chicago, on 23 February 1905 as a place where professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

ROTARY is a grass roots world-wide organization of more than 1.2 million business, professional and community leaders that volunteer time, talent and resources in order to remedy vital community needs. Our motto is Service Above Self.

Members of rotary clubs provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace throughout the world.

Belonging to a Rotary club provides members with an opportunity to make a difference, to give back to the community and to connect with likeminded leaders and friends. As signified by the motto Service Above Self, Rotary's main objective is service – in the community, in the workplace and throughout the world.

Come and Join Us

The Rotary Club of Alexandria welcomes new members. If you are community minded, live or work in the Alexandria area, and have a soft spot for fellowship, charity and enlightenment, why not contact us and ask about joining? We are happy to have you drop in on a few meetings to find out more about what we do. There are no secret handshakes – we don't need them. The secret is to give more than you receive. The secret is to participate. Rotary is an international network of influential, successful people. In this age of networking, what better place to call home than your local Rotary Club of Alexandria?



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Rotary Membership Provides the Opportunity to:

- Become connected to your community
- Work with others in addressing community needs
- Interact with other professionals in your community
- Assist with Rotary International's global humanitarian service efforts
- Establish contacts with an international network of professionals
- Develop leadership skills
- Involve family in promoting service efforts

Come and join us. The Rotary Club of Alexandria meets every Tuesday at 12:15 pm at the Belle Haven Country Club on Fort Hunt Road. For more information, please visit our website at:

www.rotaryclubofalexandria.net

Or contact President Paul Anderson at paul@paulvanderson.com

THE FOUR-WAY TEST

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships. The test has been translated into more than 100 languages, and Rotarians recite it at club meetings:

OF THE THINGS WE THINK, SAY OR DO

- 1 Is it the TRUTH?
- 2 Is it FAIR to all concerned?
- 3 Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4 Will it be BENEFICIAL to all concerned?
- and 5 Is it FUN ?

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For more information and tickets go to: rotaryclubofalexandria.net/taste-for-giving-2018

SENIOR LIVING

Don't Get Flipped

Unless you know all the options.

BY PETER B. CROUCH

We have all seen the TV shows “Flip This House” or “Flipping Las Vegas.” Being an entrepreneur and flipping houses definitely has its appeal. Recently, however, a client gave me a few of the “flipper” solicitations he had received in the mail. These were from real estate investors or companies wanting to buy his house — all at a “fair price.” Some were from companies who also advertise on TV — with bylines such as “We Buy Your Home in 7 days!,” “Is Your Home Less Than Perfect?”

and others with a similar appeal to those who need money quickly or do not want to fix the house/remove the contents. Some of the mail items were even aggressive/intimidating, such as “How Much Longer Before I Hear From You!?!?” My client, who is an attorney, mostly chuckled as he ignored the solicitations. We wondered together, however, how many folks were susceptible to and/or succumbed to the appeal. Let's be clear: flippers want to buy your house inexpensively, do some work (maybe) and sell it for profit.

The related TV and radio ads are “Learn to Flip Houses at My Free Seminar.” Seminars that teach people how to become flippers. Well, I went to a couple of those to check them out. First and foremost, the seminars I went to teach that the ideal seller has high equity and is in some sort of urgency scenario. So, who has high equity and may have some sort of urgency (such as health difficulties or need for a change of housing)? The answer is seniors!

Second, these two seminars both taught that the ideal property was to be purchased for 40-50 percent of “ARV — After Renovation Value.” Plus that the work required to flip should not exceed 10 percent of that number. Do the math, and then ask if that is a “fair price.” Let's be clear: it is rarely a fair price.

So, if someone owns such a house or has such a need for speed, what are the alternatives? This is going to sound self-serving (yes, I am a real estate broker), but let's look at the numbers. A

recent client was offered \$450,000 for her house as-is. We looked at the house, and suggested that what it needed was to be emptied of contents, interior paint, hardwood floor refinishing, and a little landscaping. We arranged to donate most of the contents, paid a small amount to clear out the remaining items, and supervised those three vendors. Total cost to prepare for market: \$12,500. It then sold with multiple offers for \$628,000. Even after paying for costs, including real estate fees, the client made well over \$100,000 more than she would have with the flipper.




Similar story with another recent client in Old Town. And one in South Alexandria. Other Senior Real Estate Specialists (SRES — a designation from the National Association of Realtors) have similar tales.

All of these clients needed to move to smaller, one-level living. None were urgent, as they had liquid funds, other than their equity, to tide them over till the house sold. So what if there are not other funds and you need to move quickly? There are often ways to make this work as well — without giving a flipper your hard-earned equity. Some of our great vendors/partners will advance funds to help someone move — and do clean-out plus limited fix-up in preparation for market. They are paid at settlement, but the house obtains full market exposure and much, much closer to market value.

So, bottom line — know the options, and even if there comes a time of urgency, Don't get flipped! You earned the equity in your home — protect it!

Peter B. Crouch is Associate Broker, 50-and Better Moving Specialist, SRES, at McEneaney Associates, Inc. in Alexandria. He is an Advisory Council member, sponsor and volunteer for At Home in Alexandria (AHA) and sponsor and volunteer for Mount Vernon at Home, Senior Villages

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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 a trip can help prevent travel-related injuries.

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, try doing it on an unstable surface. As your confidence grows, so will the enjoyment of your vacation. Especially if your vacation involves being on a boat."

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

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

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

Life After Retirement

Staying engaged, connected and active.

BY MARILYN CAMPBELL

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

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

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

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

Fall's 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.

Adult and Community Education, Fairfax County Public Schools. The fall line-up features cooking classes (Mediterranean Diet, French Desserts, Japanese Soups), a series on Alzheimer's Disease, as well as classes on Social Security and Baby Boomer Retirement Planning. Check out their wide range of classes focusing on job training and personal enrichment offered throughout the county or online. 703-658-1201, <https://aceclasses.fcps.edu>

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

Fairfax County Public Library provides workshops on a variety of topics as well as author talks, wellness activities, reading programs, lectures, technology workshops and more. Call your local library or 703-324-3100 www.fairfaxcounty.gov/library

Fairfax County Senior Centers offer classes, trips and tours, health and wellness programs and opportunities to socialize with neighbors. 703-324-4600, www.fairfaxcounty.gov/ncs

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

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

Lifetime Learning Institute of Northern Virginia begins a new season of classes (from Understanding Opera to Remodeling for Retirement), lectures and tours this fall. Classes include health, art, science, Learning Opportunities personal development 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, <https://olli.gmu.edu>

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

Workhouse Arts Center offers courses in visual, performing and culinary arts, as well as art events and lectures. 703-584-2900, www.workhousearts.org

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Free Medicare 101 Workshops

Register now for the county's free Medicare 101 Workshops and learn how to get the most out of the 2019 Medicare coverage. Medicare's annual election season for changing health and prescription plans runs Oct. 15-Dec. 7. Registration required. Use the phone numbers below to register. For more information and dates, go to www.fairfaxcounty.gov/familyservices/older-adults and click Insurance Counseling-VICAP.

Thursday, Oct. 11, 7 - 8:30 p.m.
Chesterbrook Residences, Falls Church

Rita Evrony, 703-896-7910 or revrony@jssa.org

Friday, Oct. 12, 2 - 3:30 p.m.

Reston Community Center, Reston

Karen Brutsché, 703-390-6157

Thursday, Oct. 18, 9:30 - 11 a.m.

Unitarian Church, Oakton

Shep. Center, Oakton/Vienna, 703-281-0538

Tuesday, Oct. 23, 12:30-2:30 p.m.

McLean Community Center, McLean

Sydney Duberstein, 703-790-0123

Thursday, Nov. 8, 10:30 - Noon

Dar Al-Hijrah, Falls Church

Social Services Office, 703-531-2905

Leave a message.

Thursday, Nov. 15, 12:30 - 2 p.m.

Providence Community Center, Fairfax

Robert Webster, 703-865-0520

Friday, Nov. 16, 1 - 3 p.m.

Sherwood Regional Library, Alexandria

VICAP, 703-324-5851

Encore Chorale

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

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

Access Services Library

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

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

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



PHOTO CONTRIBUTED

Pickleball Winners

Northern Virginia Senior Olympics wound down Wednesday, Sept. 26 after 10 days of events ranging from horseshoes, swimming, track events, canasta and bunco to pickleball. Winners of the singles pickleball match include JJ Smith of Alexandria with gold, and Arlingtonians Horace Reyes (right) with silver and Chuck Toftoy (left) with bronze.



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2017 Year in Review



ACT for Alexandria (ACT) is Alexandria's community foundation. ACT improves the lives of Alexandrians by turning ideas into action and resources into results. In partnership with donors, nonprofits and civic leaders, we help community organizations do more good in Alexandria.

ACT Is a Resource Builder

\$2.4 million
in donations
to Alexandria
nonprofits

ACT Is a Grantmaker

\$116,900 in
capacity-building
grants to 14
Alexandria nonprofits

ACT Is a Catalyst for Local Giving

61% of grants from
donor advised funds
went to charitable
organizations
in Alexandria

ACT Is a Community Leader

Through Spring2ACTion,
9,000 people gave
\$1.5 million to 158
Alexandria nonprofits

“ACT makes a clear impact in Alexandria. ACT provides capacity-building grants, which are vital to nonprofit organizations. It takes capacity for nonprofits to grow, develop and innovate.”

– Tammy Mann, Ph.D., CEO, The Campagna Center

“ACT for Alexandria's donor-advised fund (DAF) program was the perfect solution for our family to help those who need help and leave a positive impact as part of our legacy.”

– Jane Hess Collins, public relations and communications consultant, founder of Heard, a nonprofit arts program serving underserved populations

Learn more about ACT's community impact at ACTforAlexandria.org

Another ^{Alexandria} Gazette Packet Mount Vernon Gazette Community Partner



Sale of these plates benefit the state's Family And Children's Trust Fund.

Responding to Domestic Violence

BY PAUL KRIZEK
STATE DELEGATE (D-44)

October is Domestic Violence Awareness Month here in Virginia. It was designated as such by the General Assembly in 1989. As we begin the month, it is important to recognize what domestic violence is and how the physical and mental abuse forever damages the lives of the victims and their children in our community.

Domestic violence is typically a pattern of coercive behaviors used by an individual to gain or maintain power and control over another individual in the context of an intimate, dating, or familial relationship. Forms of domestic violence may be criminal (e.g. physical assault or stalking) or not (e.g. verbal abuse or financial control).

COMMENTARY

In order to combat this crisis it is vital to promote awareness of domestic violence so victims know they are not alone and that there are local organizations that will protect their anonymity and ensure they receive the help they need.

As a first step, the General Assembly passed legislation in 1986 to create an organization dedicated to reducing domestic violence across the Commonwealth called the Family And Children's Trust Fund (FACT). I served for eight years as a trustee of FACT, appointed by Governors Warner and Kaine. FACT was created to serve as a partnership between the public and private sectors to raise funds for the prevention and treatment of a wide spectrum of family violence. Today, it is a successful charitable organization raising hundreds of thousands of dollars annually and working within local communities across the Commonwealth to create a holistic approach to deal with domestic violence.

Domestic violence is one of the leading causes of poverty for families, and 57 percent of cities list domestic violence as the top cause of homelessness.

This epidemic is especially prevalent among women. An astounding 92 percent of homeless women have experienced severe physical or sexual abuse at some point in their lives and 63 percent have been victims of intimate partner violence as adults. FACT provides financial assistance to support programs across the Commonwealth for the prevention, treatment, and awareness of domestic violence. Many local charities working here in the 44th district were awarded recipients of these grants over the past 30 years of FACT's existence using those funds to empower victims towards self-sufficiency, permanent housing and in planning for their future free of abuse.

In 2016 in Fairfax alone, 1,605 emergency Protective Orders were issued against family or household members for acts of family abuse involving violence, force or threat, and 258 children were provided with Emergency Shelter with their parent or guardian. Every month, in Fairfax County domestic violence hotlines receive over 240 calls with approximately a quarter of those victims requesting family abuse protective orders.

Many of us across the Commonwealth have seen the license plates featuring a child's handprint and the caption "KIDS FIRST" or a license with a simple heart. Sale of these plates are the most successful effort to provide the necessary funds for FACT to continue to help community-based efforts. I encourage residents to support this worthy cause, by purchasing a "KIDS FIRST" or any Family and Children's Trust Fund specialty license plate through the DMV, or participate in the tax write-off program or send tax deductible contributions to FACT's office in Richmond.

To report a crime, call the Fairfax County Police Department at 703-691-2131 or, for emergencies, please call 911. If you or someone you know is experiencing any form of domestic violence, and you want to talk about options and resources available, call the 24-hour Domestic & Sexual Violence Hotline at 703-360-7273.

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PUBLIC NOTICE

Please be advised that a brief fireworks display will take place as part of a private event at George Washington's Mount Vernon on the following date:

Tuesday, October 9
between 7:30p.m. and 7:45p.m. (5 minutes)

The Mount Vernon Ladies' Association thanks you for your tolerance and apologizes for any disruption. To receive Mount Vernon fireworks notifications via e-mail, write to Events@MountVernon.org

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

www.ConnectionNewspapers.com/PDFs

ENTERTAINMENT

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

ONGOING

Exhibit: 'Natural Reaction.'

Through Oct. 7, gallery hours at The Art League Gallery, 105 North Union St., Studio 21, Torpedo Factory, Alexandria. Sculptor and printmaker Brian Kirk courts chemical reactions to create ephemeral, phantom-like prints from rusting metal. A marriage of art and science, Kirk's rust prints bloom in hues of lush amber, ochre, and apricot. Born of rigid metal, from saw blades to steel wool, the prints that emerge are organic, almost cellular. Visit www.theartleague.org or 703-683-1780.

Photography Exhibition: Michael Borek.

Through Oct. 14, gallery hours at Multiple Exposures Gallery, 105 N. Union St., Alexandria. "Aimless Walk Reprise" presents 22 photographs taken by Michael Borek in his native Czech Republic. Over the last 10 years, Borek continued to return to photograph an old blue-collar neighborhood in Prague, where he grew up. Visit www.multipleexposuresgallery.com.

Exhibition: 'Juxtaposed.'

Through Oct. 21, at Target Gallery at The Torpedo Factory, 105 N. Union St., Alexandria. New exhibition explores the Art of Contradiction and investigates opposing or conflicting themes through art. The exhibition features 25 artworks by 12 artists from all over the country. Juxtaposed was juried by Megan Rook-Koepsel, a D.C.-based independent curator.

Art Exhibit: Makers in the Mansion.

Through Oct. 22 at Woodlawn & Pope-Leighey House Historic Site, 9000 Richmond Highway. Six installations of work by local African American makers hosted in an 1805 mansion owned by Nelly Parke Custis and Lawrence Lewis, once a prominent plantation home. Stories of a transformed African American community through the artisan eye. RSVP to Woodlawnevents@savingplaces.org.

WFUMC Farmers Market.

Tuesdays through Oct. 23, 4-7 p.m. at Washington Farm United Methodist Church, 3921 Old Mill Road. Orchard Country Produce, from Gardners, Pa., will operate a Farmer's Market from the west parking lot of WFUMC. They also operate from the St. Luke's parking lot on Fort Hunt Road on Saturday mornings. They have a very wide offering ranging from fresh vegetables to meat and desserts. Admission is free. Visit www.washingtonfarmumc.org or call 703-780-4696.

Beginnings & Endings.

Through Oct. 28, at Scope Gallery, 105 North Union St., Studio 19 of the Torpedo Factory, Alexandria. A Ceramic Guild Show offering a timeless tale of clay art focused on starters and sweets. Enter a fairyland of treasures as frosted cupcakes transform into shaker and creamer sugar sets and tapas trays bring hand painted dragons and fantastic flora and fauna to life. Call Scope Gallery at 703-548-6288, visit www.scopegallery.org, www.torpedofactory.org/galleries/scope.

Exhibit: 'Autumn Gold.'

Through Oct. 29, featuring Nina Tisara's intricate mosaic art at Coldwell Banker Residential Brokerage, 310 King St., Alexandria. RSVP to ninat@ninatisara.com.

Pumpkin Patch.

Through Oct. 31, Monday-Friday, 11 a.m.-7:30 p.m.; Saturday-Sunday, 9 a.m.-8 p.m. at Immanuel Church-on-the-Hill, 3606 Seminary Road. All net profits support the church's outreach activities at the community, regional



The 23rd annual Art On the Avenue returns to Del Ray Oct. 6.

FILE PHOTO BY
JEANNE THEISMANN

Artrageous! Art On the Avenue returns to Del Ray.

BY JEANNE THEISMANN
THE GAZETTE

For 23 years, Art On the Avenue has been one of the city's signature events. The festival returns Oct. 6 and is expected to draw 50,000 visitors to the Del Ray community but for founder Pat Miller, it was nearly a one-time event.

"After the first year I was ready to close the door because it was so hard," Miller said. "Two weeks out we only had 13 vendors. We rallied and ended up with 76 and now this year we will have more than 350 artist vendors."

Joining the artist vendors will be 25 different food vendors ranging from fudge to full course meals.

"The new Charlie's On the Avenue will be part of the food court and Eric Reid will have the Snack Bar featuring seafood," Miller added.

More than 200 volunteers will join Miller, who begins festival set-up at 5 a.m.

"I have such amazing committee chairs," Miller said. "Everybody does their thing and it all comes together. My hat is off to my chairmen."

This year's festival will highlight breast cancer awareness month. DASH will once again have a



PHOTO CONTRIBUTED

Pat Miller founded Art On the Avenue 23 years ago.

Miller Neighborhood Square will officially welcome new businesses to the Del Ray community.

"Two trolleys from the Old Town Trolley Com-

pany in DC will be running every half hour from 9:30 a.m. to 6:30 p.m. between Braddock Road Metro and the festival on Mount Vernon Avenue," said Miller, who encouraged attendees to take Metro to the

event. Art On the Avenue will take place Oct. 6 from 10 a.m. to 6 p.m. on Mount Vernon Avenue between Bellefonte and Hume avenues in Del Ray. Visit www.artontheavenue.org.

bus on site for children to paint with their hands. "One side will be for the kids but the other will be for adults to leave handprints in pink in honor or memory of someone who has battled breast cancer," Miller said.

Five different stages will feature live entertainment and a 2 p.m. ceremony at the Pat

Miller Neighborhood Square will officially welcome new businesses to the Del Ray community.

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pany in DC will be running every half hour from 9:30 a.m. to 6:30 p.m. between Braddock Road Metro and the festival on Mount Vernon Avenue," said Miller, who encouraged attendees to take Metro to the

event.

Art On the Avenue will take place Oct. 6 from 10 a.m. to 6 p.m. on Mount Vernon Avenue between Bellefonte and Hume avenues in Del Ray. Visit www.artontheavenue.org.

Mount Vernon Farmers Market.

Wednesdays, 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, Alexandria. Every Wednesday (through Dec. 19), 15 local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; honey, jams and jellies; dairy products and eggs; herbs; and more. Visit www.fairfaxcounty.gov/parks/farmersmarkets.

Dollhouse Exhibit. Through December, Tuesdays-Saturdays, 10

a.m.-4 p.m. at Alexandria Black History Museum, 902 Wythe St. Alexandria. Exhibit "Our Alexandria" Dollhouse Collection. The exhibit captures some of the forgotten businesses, people, and institutions that made African American families strong - church, school, and family. Other exhibits are also on site. Suggested admission \$3 per person. Visit www.alexandriava.gov/museums or call 703-746-4356.

Open for Tours.

Through December. At 9000 Richmond Hwy., Alexandria. Woodlawn and Frank Lloyd Wright's Pope-Leighey House is open for tours Friday through Monday, from 11 a.m. until 4 p.m. (last tour at 3 p.m.) Not open to the public Tuesday, Wednesday or Thursday. To learn more about National Trust Sites, visit savingplaces.org/historic-sites.

Still Life Alive.

Through April 2, 2019, 9-5 p.m. at River Farm, 7931 East Boulevard Drive, Alexandria. Patricia Uchello One Woman Art Show, featuring 100 original oil paintings of flowers, fruit, landscapes and seascapes. Uchello's work has been collected by IBM, the International Monetary Fund and more. Email pmuchello@aol.com or visit www.patriciauchello.com.

THURSDAY/OCT. 4

Yacht Haven Garden Club Meeting.

10 a.m.-noon at Mount Vernon Yacht Club, 4817 Tarpon Lane, Alexandria. The Yacht Haven Garden Club meeting will be Plants and Tricks for the Garden. Speaker will be Dan Scott from American Horticulture Society. New members welcome. Email: Pmuchello@aol.com or call 703-304-0156.

BHNV Fundraising Gala.

6-9 p.m. at Crowne Plaza Old Town Alexandria, 901 North Fairfax St., Alexandria. Bethany House of Northern Virginia is hosting its 7th Annual Garden of Light Gala. A night of cuisine, live entertainment, and live auction prizes donated by local and national businesses. Hear powerful stories, from a former Bethany House client and others, of how contributions to Bethany House help women and children escape from the darkness of abuse and into the light of safety, freedom, and independence. \$100 per person or \$900 for a table of 10. Email ojohnson@bhmv.org or call 703-658-9500. Visit www.bhmv.org/garden-of-light.

Pass the Plate Potluck.

6-9 p.m. at Woodlawn & Frank Lloyd Wright's Pope-Leighey House, 9000 Richmond Highway, Alexandria. Featuring culinary foodways historian and cookbook author, Michael Twitty, as well as the artisans of the current art exhibit, Makers In The Mansion. Each guest, or group of guests, as part of their participation will be asked to bring a dish which highlights their own family story. Email woodlawnevents@savingplaces.org. Visit eventbrite.com, search "Pass the Plate."

Fashion Show.

7-9 p.m. at Springfield Town Center, 6500 Springfield Mall, Springfield. Join the Association of Alexandria Radiologists for the Fourth Annual Couture for a Cure Breast Cancer Awareness Fashion Show, dedicated to the battle against breast cancer. It contributes 100 percent of all sponsorships and donations to the Vola Lawson Breast Cancer Memorial Fund, a memorial fund established to raise money for uninsured and underinsured Alexandria women to receive free mammograms and other diagnostic screenings. To donate, visit alexandriaradiology.com.

FRIDAY/OCT. 5

First Friday: Family Art Night.

ENTERTAINMENT



Cocktails by Candlelight

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. Friday, Oct. 5, 6-9 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. Tickets are sold online (bit.ly/2NhKLDk) or at the door for \$35, \$25 for Friends of Gunston Hall. All attendees must be 21 or older.

CALENDAR

p.m. at the Durant Arts Center 1605 Cameron St., Alexandria. A "meet and greet" begins at 6 p.m. Pizza, soda and water will be on hand, complements of the Office of the Arts. Art activities begin at 6:30 p.m. No experience necessary. \$9 per person. Children under 5 years old are free. Children must be accompanied by one adult. Reservation includes one art experience, art supplies, pizza and soda. Three art experiences to choose from: 1) Create Mosaics with Maria Illingworth; 2) Paint with Teresa Brunson; or 3) Create a clay sculpture with Patrick Kirwin. To register and pay online, visit www.alexandriava.gov/webtrac.

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

Opening Reception: "Symmetry – Balance in an Asymmetrical World." 7-9 p.m. at Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Exhibit showcases the artists' visions of symmetry. The camera, used as a tool, reveals the artist's vision and produces a personal – typically evocative or atmospheric, yet balanced – statement. The photography exhibit runs Oct. 5-28, 2018. Visit www.DelRayArtisans.org/event/symmetry.

FRIDAY-SUNDAY/OCT. 5-7

Mount Vernon's Fall Wine Festival & Sunset Tour. 6-9 p.m. at Mount Vernon Estate. Celebrate the history of wine in Virginia with exclusive evening tours of the Mansion and cellar, appearances by "George and Martha Washington," and live blues on the east lawn overlooking the scenic Potomac River. Visitors can bring a blanket and relax on the lawn as they sample wines from 20

Virginia wineries. Tickets are Friday, Oct. 6: \$42. Saturday, Oct. 7: \$48. Sunday, Oct. 8: \$38. Private reserved tables, which can seat up to 12 guests and include a fruit and cheese platter, three bottles of house wine and VIP table service are available starting at \$1,100. Tickets and tables are available at MountVernon.org.

OCT. 5-28

Art Exhibit: "Symmetry – Balance in an Asymmetrical World." At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Exhibit showcases the artists' visions of symmetry. The camera, used as a tool, reveals the artist's vision and produces a personal – typically evocative or atmospheric, yet balanced – statement. Visit www.DelRayArtisans.org/event/symmetry.

SATURDAY/OCT. 6

Family Dig Day. At Shuter's Hill, grounds of George Washington Masonic National Memorial. Reservations are \$10 per person. If a session is filled, contact the museum at 703-746-4399 or archaeology@alexandriava.gov to be added to a waitlist. Advance registration is required for all programs; space is limited. The programs are family friendly, but children under 16 must be accompanied by a participating adult. Visit alexandriaarchaeology.org.

Gratitude Walk Live. 8:30-10:30 a.m. at West Potomac High School Track, 6500 Quander Road, Alexandria. Mission is to challenge individuals to walk a mile or a lap in honor of someone they are grateful for or in memory of (parents, etc....). No cost and they will give 30 free tickets to individuals for lunch at the local buffet at 11 a.m.

Sneak Peek: "Sailing on a String." 10 and 11:30 a.m. at the Lab at Convergence, 1819 N. Quaker Lane, Alexandria. Sneak peeks showcase a work-in-progress and allow families to contribute to the creative process. Audiences are invited to join in after each performance to provide feedback about their experience. This will help develop a fantastic show and a dynamic audience experience

when the full production opens in May 2019. Tickets \$4. Purchase tickets at www.artsonthehorizon.org/sailing-on-string.html.

Civil War Artillery Day. 10 a.m.-4 p.m. at Fort Ward Museum, 4301 W. Braddock Road, Alexandria. The program features reenactors from the 1st Connecticut Heavy Artillery, a Union regiment that was stationed at Fort Ward during the Civil War. The unit will interpret the duties and soldier life of typical artillerymen assigned to forts in the Washington area. Activities will include cannon firing demonstrations in the restored Northwest bastion of the fort, artillery equipment displays, and camp life scenarios. Visitors can also view the Museum exhibit, "The Art of the Artillerymen in the Defenses of Washington," which features a variety of original equipment and personal items related to this branch of the military service. Call 703-746-4848.

Story Time for Little Historians. 11 a.m. at the Alexandria Black History Museum, 902 Wythe St. "Why the Sun & Moon Live in the Sky," retold and illustrated by Niki Daly. Enjoy cultural stories and creative craft activities that introduce world history and folklore. Afterwards, explore the museum exhibits to learn about local Black history. All ages welcome, but most suitable for children 4 and older. Admission is \$3 per person. All children must be accompanied by an adult. Call 703-746-4356.

Slave Memorial Wreath Laying Ceremony. 11 a.m. at George Washington Mount Vernon, 3200 Mount Vernon Memorial Highway, Alexandria. The Black Women United for Action (BWUFA) and the Mount Vernon Ladies' Association invite visitors to the 28th Annual Slave Memorial Wreath Laying Ceremony and "The Lives Bound Together" final exhibit depicting slave life at George Washington's Mount Vernon. The ceremony is open to the public without cost, rain or shine. Donations, checks, payable to: Black Women United for Action, 6551 Loisdale Court, Suite 400, Springfield, VA 22150. Visit blackwomenunitedforaction.org and use PayPal button.

Victorian Pharmacy Workshop. 1-3 p.m. at Lloyd House, 220 N.

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ENTERTAINMENT

Washington St., Alexandria. Learn about Victorian apothecaries and make an herbal remedy with The Schod Family Apothecary historic interpreters Kent and Melissa Schod. Admission includes a ticket to visit the Stabler-Leadbeater Apothecary Museum at a later time. Workshop will include a lecture about late 19th century pharmaceutical practices and an in-depth herbalism craft, led by herbalist Melissa Schod. Recommended for ages 12 and older. \$15 per person; advance purchase of tickets required at shop.alexandriava.gov.

St. Aidan's Oktoberfest. 3-7 p.m. at 8531 Riverside Road, Alexandria. Live music from the Mount Vernon German Band, specialty sausages and beer, homemade treats, and silent auction. Kinderfest from 3-5 p.m. includes games, cakewalk, face painting, and more. Rain or shine. Call 703-360-4220 or visit www.staidansepiscopal.com.

Opening Reception: Seeing the Light. 4-7 p.m. at Broadway Gallery, 5641-B General Washington Drive, Alexandria. "Seeing the Light: Virginia Landscapes and Beyond," is a solo exhibition by Bradley Stevens. His style is contemporary realism—rooted in classical training, yet boldly depicting the modern world with his penetrating eye. Reception is open to the public, and light refreshments will be served. Visit www.broadwaygalleries.net.

New Astronomical Things. 6:15-8:15 p.m. at Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Join park naturalists as they take you on a boardwalk tour to gaze at constellations, comets and other happenings in the heavens above. \$9 per person. This event will be canceled in the event of rain or other severe weather. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

Old Dominion Bocce Tournament. At Belle Haven Country Club, Alexandria. Old Dominion Bocce team invites the community for a day of bocce, great food, beverages (courtesy of Stone Brewing Co.) and music. The event is open to teams of all skill levels. Visit www.preventcancer.org.

OCT. 6-NOV. 6

Art Exhibit: Seeing the Light. Gallery hours at Broadway Gallery, 5641-B General Washington Drive, Alexandria. "Seeing the Light: Virginia Landscapes and Beyond," is a solo exhibition by Bradley Stevens. His style is contemporary realism—rooted in classical training, yet boldly depicting the modern world with his penetrating eye.

SUNDAY/OCT. 7

Robert Siegel Moderating. 10 a.m.-noon at Beth El Hebrew Congregation, 3830 Seminary Road Alexandria. Siegel, a member of the congregation and retired senior host of NPR's evening newsmagazine All Things Considered, will moderate a forum, "Politics and the Media in the Trump Era." Forum panelists are Dante Chinni, author, Wall street Journal and NBC News journalist and director of the American Communities Project at George Washington University's School of Media and Public Affairs; U.S. Rep. Tom Davis who represented Northern Virginia's 11th Congressional District for seven terms, and U.S. Rep. Martin Frost who was elected the first Jewish U.S. Congressman from Texas in 1978 and was reelected 12 times. RSVP to Ron Sturman at rgsturman@msn.com.

Bagels and Bach. 11 a.m.-1 p.m. at the Durant Arts Center, 1605 Cameron St., Alexandria. Concert will showcase the String Ensemble



St. Aidan's Oktoberfest

Live music from the Mount Vernon German Band, specialty sausages and beer, homemade treats, and silent auction. Kinderfest from 3-5 p.m. includes games, cake walk, face painting, and more. Rain or shine. Saturday, Oct. 6, 3-7 p.m. at 8531 Riverside Road, Alexandria. Call 703-360-4220 or visit www.staidansepiscopal.com.



Dan Hawkins, left, and Richard Merritt, right, present a check for \$7,500 to Dr. Basim Khan, the Executive Director of Neighborhood Health, in support of the Free Health Fair for Alexandria's Uninsured.

Health Fair

For Alexandria's uninsured, the fair is sponsored by Neighborhood Health, a community health center serving the health care needs of more than 20,000 low-income, uninsured individuals in the City of Alexandria, Arlington County and Fairfax County. The fair will be staffed by more than 50 medical and non-medical volunteers. Free. Saturday, Oct. 13, 10 a.m.-2 p.m. at Leonard "Chick" Armstrong Rec Center, 25 West Reed Ave., corner of Commonwealth Ave. Contact Eduardo Mantilla-Torres at emantilla@neighborhoodhealthva.org. Volunteers are needed to help set up the fair on Friday evening, and to run the fair on Saturday. Contact Volunteer Alexandria at bit.ly/NHhealthfair2018.

from the Symphony Orchestra of Northern Virginia (SONOVA) performing a classical favorites from composers such as Mozart, Handel, Mouret, and Brahms. Additionally, they will perform the Northern Virginia premier of Michael Ream's Parish Suite No. 5. Tickets are \$9 per person. Children under 5 years old are free. Make reservations at www.alexandriava.gov/Arts click on Durant Arts Center.

MONDAY/OCT. 8

Kayak Cleanups at Four Mile Run. 9 a.m.-noon The event starts out at The Conservatory Center at Four Mile Run Park, 4109 Mt. Vernon Ave., Alexandria. Parking details will be provided to those who RSVP. The Four Mile Run Conservatory Foundation will continue to deploy its fleet of kayaks to collect litter along the streambank of Four Mile Run this fall. Visit www.fourmilerun.org.

Sneak Peek: "Sailing on a String." 10 and 11:30 a.m. at the Lab at Convergence, 1819 N. Quaker Lane, Alexandria. Sneak peeks showcase a work-in-progress and allow families

to contribute to the creative process. Audiences are invited to join in after each performance to provide feedback about their experience. This will help develop a fantastic show and a dynamic audience experience when the full production opens in May 2019. Tickets \$4. Purchase tickets at www.artsonthehorizon.org/sailing-on-string.html.

<Oct. 10-Nov. 4

Pink Hat Protest Paintings. On exhibit at The Art League Gallery, 105 North Union St., Studio 21, in the Torpedo Factory, Alexandria. Through encaustic wax paintings, Julia Dzikiewicz expresses her perception of rising racism, misogyny, and violence in the United States. Dzikiewicz creates her immense, evocative paintings with encaustic wax, an ancient and archival medium, by fusing layers of beeswax, pigment, gesso, and resin. Visit www.theartleague.org or 703-683-1780.

THURSDAY/OCT. 11

Fashion Show and Luncheon. 10 a.m. at the Mount Vernon Country

Club, 5111 Old Mill Road. The Yacht Haven Garden Club presents its 35th annual Fashion Show and Luncheon "Autumn Glory." Fashions for women of all sizes will be provided by Details of Occoquan. Yacht Haven Garden Club works to further education in horticulture, floral design and conservation among its members and the surrounding community. Tickets are \$40. Email Ichter@verizon.net.

Opening Reception. 6:30-8 p.m. at The Art League Gallery, 105 North Union St., Studio 21, in the Torpedo Factory, Alexandria. For Julia Dzikiewicz's exhibit on "Pink Hat Protest Paintings." Through encaustic wax paintings, Dzikiewicz expresses her perception of rising racism, misogyny, and violence in the United States. Visit www.theartleague.org or 703-683-1780.

OCT. 11-NOV. 11

Rooms: a Rock Romance. Thursdays and Fridays at 8, Saturdays at 3 and 8, Sundays at 3 and 7 p.m. at MetroStage in Alexandria. The play is set in Glasgow in the 1970s. Monica, an ambitious singer-songwriter meets Ian, a reclusive rocker. They quickly become entangled creatively and romantically with their music and their quest for stardom taking them from Glasgow to London and ultimately New York City. A gritty rock musical exploring the universal desire to escape and create, to love and explore. Tickets are \$55. Call the theatre at 703-548-9044 or visit www.metrostage.org.

FRIDAY/OCT. 12

Fall Firepit Friday. 6-8 p.m. at Fairlington United Methodist Church, 3900 King St., Alexandria. There will be two firepits on the playground with baby pumpkins to decorate, a gourmet s'mores bar, and hot dogs to roast along with chips and drinks to enjoy. Free. Email office@fairlingtonumc.org or visit www.fairlingtonumc.org.

Alexandria After Work Concert Series. 6-8 p.m. at the Murray-Dick-Fawcett House, 517 Prince St. The Folklore Society of Greater Washington and The Office of Historic Alexandria sponsor a concert on the second Friday of the month with locations rotating between the Murray-Dick-Fawcett House, Lloyd House, and The Lyceum, Alexandria's History Museum. Concert features The Natterjacks – English, Celtic, maritime, and middle eastern traditions played on guitar, violin, hammered dulcimer, concertina, flute, and percussion. \$15 suggested donation for the musicians, light refreshments available, and a cash bar. Visit www.fsgw.org.

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.

Female Stranger Beer Dinner. 7-11 p.m. at Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Join Port City Brewery and Gadsby's Tavern Museum to honor the anniversary of the Female Stranger's death with her specialty beer. Enjoy a four-course meal alongside four Port City beers including the Long Black Veil. This special craft beer was inspired by the famous tale of the Female Stranger, who died at the tavern on Oct. 14, 1816. Tickets are \$85 inclusive per person and reservations are required. A vegetarian entrée option is available with advance notice. Call 703-746-4242 or visit

www.gadsbystavern.org.

FRIDAY-SUNDAY/OCT. 12-14

Portside Festival. At Old Town Waterfront at the foot of King Street, Alexandria. Festival-goers will enjoy free tours of the tall ship Godspeed, a waterfront beer garden from Port City Brewing Company, a pop-up Pizzeria Paradiso, plus live music. Also includes LED light performance artists presented by The Athenaeum, a pop-up exotic car exhibit to preview next year's Alexandria Festival of Speed and Style, a free kids' pizza-making demo by Pizzeria Paradiso, a free kids decorative craft project from AR Workshop, a free outdoor group fitness class from Sand & Steel Fitness and more. The tall ship Godspeed will be accompanied by special exhibits highlighting Jamestown's history as well as Virginia's 1619 American Evolution commemoration. The festival includes a preview of ongoing Portside in Old Town programming including Portside History from the Office of Historic Alexandria, Portside Arts from the Torpedo Factory Art Center and the Mobile Art Lab, Portside Fitness from local fitness studios, and Portside Kids activities for families. Visit www.PortsideInOldTown.com.

FRIDAY-TUESDAY/OCT. 12-16

Arrival of the Godspeed and Portside History. At the City of Alexandria Marina near the Torpedo Factory Art Center, Alexandria. Jamestown Settlement's Godspeed, a re-creation of one of the three ships that brought America's first permanent English colonists to Virginia in 1607 will be docked from Oct. 12-16. The ship will be open for public tours as part of the Portside in Old Town Festival on Friday, 3-6 p.m.; Saturday, 1-6 p.m.; and Sunday, noon-5 p.m. Guests will be able to board the ship for free. Visit alexandriava.gov/Historic.

SATURDAY/OCT. 13

Extend the Season in an Edible Garden. 10-11:30 a.m. at Green Springs Gardens, 4603 Green Spring Road, Alexandria. Smithsonian Garden horticulturalist Matt Burch is offering a hands-on workshop to show gardeners how to stretch their edible garden's growing season. Burch will recommend cool-season edibles that grow well in this area and demonstrate how to provide them with winter protection. Participants will work directly in the gardens with Burch, planting and constructing various supports and covers that can be duplicated at home. \$22 per person. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

Free Health Fair. 10 a.m.-2 p.m. at Leonard "Chick" Armstrong Rec Center, 25 West Reed Ave., corner of Commonwealth Avenue. The fair is sponsored by Neighborhood Health, a community health center serving the health care needs of more than 20,000 low-income, uninsured individuals in the City of Alexandria, Arlington County and Fairfax County. The fair will be staffed by more than 50 medical and non-medical volunteers. Contact Eduardo Mantilla-Torres at emantilla@neighborhoodhealthva.org. Volunteers are needed to help set up the fair on Friday evening, and to run the fair on Saturday. Contact Volunteer Alexandria at bit.ly/NHhealthfair2018.

Water Discovery Day. 10 a.m.-2 p.m. at AlexRenew's Environmental Center, 1800 Limerick St., Alexandria. The free, indoor/outdoor event will include food, music, and family-friendly activities to help

www.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT



PHOTO BY SWAGCOUT PHOTOS

Founder of Black Roots of Alexandria Roberta Elliott Speight interviewing feature author Joe Braxton.

Black Author's Expo

Showcasing more than 24 adult and children's authors and vendors. Music, food, giveaways, interviews, and panel discussion. Saturday, Oct. 13, 11 a.m.-5 p.m. at Alexandria Boys & Girls Club, 401 North Payne St., Alexandria. Free. Visit www.blackrootsofalexandria.org for more.

CALENDAR

attendees deepen their understanding of their role in Alexandria's water system. Some of the events will include: Build a Rain Barrel Workshop - 10 a.m.; Walking Tour of AlexRenew - 10:30 a.m. and 12:30 p.m.; and Water Discovery Lab - 11 a.m. Visit waterdiscoveryday2018.eventbrite.com.

Build a Rain Barrel Workshop. 10 a.m.-noon at Alexandria Renew Environmental Center, 1800 Limerick St., Alexandria. Interested in living green and protecting the Chesapeake Bay? Rain barrels collect rain water and reduce erosion from downspouts and help save money on water bills. Attach a hose to a rain barrel and use it to water plants and flower beds. The City of Alexandria's Department of Transportation and Environmental Services (T&ES), Stormwater Management Division invites residents to learn about water quality issues and build a rain barrel to take home after the workshop. Visit www.alexandriava.gov/tes/oeq/info/default.aspx?id=24014.

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.

Black Author's Expo. 11 a.m.-5 p.m. at Alexandria Boys & Girls Club, 401 North Payne St., Alexandria. Showcasing more than 24 adult and children's authors and vendors. Music, food, giveaways, interviews, and panel discussion. Free. Visit www.blackrootsofalexandria.org.

Teen Fall Poetry Project. 11:30 a.m.-12:30 p.m. at Duncan Library, 2501 Commonwealth Ave., Alexandria. Young poets are invited to fall into the art and craft of poetry in a fun, creative and supportive environment. Wendi Kaplan, Poet Laureate, City of Alexandria will facilitate the workshops; all teens are welcome. Workshop attendees will be entered in a random drawing for small prizes. Must be present to win.

Call 703-746-5565 or visit www.alexandriava.gov/Arts.

Civil War Firefighting Walking Tour. 11 a.m.-1 p.m. at Friendship Firehouse Museum, 107 South Alfred St., Alexandria. Explore Alexandria's Civil War firefighting history on the "We've Been Burned: Alexandria Firefighters During the Civil War" tour. The walking tour explores firefighting during the occupation. \$6 for adults; \$4 ages 10-17. Reservations are required, as space is limited. Purchase tickets at the online shop at www.shop.alexandriava.gov or by calling 703-746-4994.

Art Safari. 12-4 p.m. at Torpedo Factory Art Center, 105 N. Union St., Alexandria. Hundreds of children and their families are expected to visit the Art Safari, an Alexandria family tradition for 23 years. Visitors can get their hand dirty with a bevy of interactive activities and crafts. Resident and visiting artists lead young visitors in more than a dozen creative projects across a variety of media, including papier-mâché, printmaking, and painting. Children should wear clothing that can get dirty. Visit torpedofactory.org/artsafari, or call 703-746-4570.

Fish Fry Fundraiser. 1-5 p.m. at Gum Springs Community Center, 8100 Fordson Road, Alexandria. Join the Fairfax NAACP as it hosts its 2nd Annual Fish Fry Fundraiser. Enjoy fish sandwiches, platters, hot dogs, delicious desserts and more. Get tickets at www.eventbrite.com, search "Fish Fry Fundraiser."

Family Fun: Chips and Salsa. 1:30-2:30 p.m. at Green Springs Gardens, 4603 Green Spring Road, Alexandria. Participants will gather tomatoes, tomatillos, peppers, onions, and cilantro from the Salsa Garden at Green Spring and then use the fresh ingredients to make salsa. While enjoying the salsa with crispy corn chips, gardeners will learn about the history of corn in Virginia and around the world. \$8 per person. Visit www.fairfaxcounty.gov/parks/green-spring or call 703-642-5173.

SUNDAY/OCT. 14

Walk to Bust Cancer. 9-11 a.m. at Fort Hunt Park, 8999 Fort Hunt Ave.,

Alexandria. Help support the National Breast Center Foundation's third annual Walk to Bust Cancer to increase awareness and celebrate survivorship. Entertainment and activities before and after walk. \$35. Visit www.walktobustcancer.org.

AWARE! 1:30-3:30 p.m. at the Athenaeum, 201 Prince St., Alexandria. Facilitator, Poet, and Author, KaNikki Jakarta, in partnership with the Northern Virginia Fine Arts Association, presents: "AWARE!" an event that brings family and friends together in recognition of October Awareness Month. There will be 11 poets/spoken word artists who will bring awareness through poetry and storytelling focusing on Breast Cancer, Depression, LGBT History, Muslim Heritage, Bullying Prevention and Domestic Violence. RSVP by email to greatpublishing@yahoo.com.

MONDAY/OCT. 15

Poetry Workshop. 6:30-8 p.m. at Durant Arts Center, 1605 Cameron St., Alexandria. "Building Cultural Bridges" with Wendi R Kaplan, Poet Laureate. Read and write poetry. The workshops are free; to register, RSVP at poet@alexandriava.gov or visit www.alexandriava.gov/Arts.

TUESDAY/OCT 16

DNA Test Comparison. 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Genealogist Shannon Combs-Bennett will speak about the various DNA tests on the market, who sells them, and how you can use the results in your genealogy research. Free, open to public. Visit www.mvgenealogy.org

Putting a Garden to Bed. 7-8:30 p.m. at Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Learn easy tips from Extension Master Gardeners for onsite composting, providing winter habitat and food for wildlife, and end-of-season care of tools and equipment. Free. Advance registration requested at mgnv.org/category/public-education-events.

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LETTERS

FROM PAGE 9

agents pushed through the Mt. Vernon Council of Civic Associations. This project does not have the support of the whole community. Just this week a downstream civic association passed a resolution against the townhouse development and the Planning Commission now has more letters against the plan than for it.

It is time to stop this 1950s style of floodplain development. Now that we are beginning to see the

effects of climate change, we need to adhere to even stricter codes of development around streams to protect residents from loss. The best way to prevent flooding is to engage natural buffers to absorb the water.

Mr. Storck could get support from the Audubon Naturalist Society, the Smarter Growth Coalition, the Chesapeake Bay Foundation, the Friends of Little Hunting Creek and Accotink Creek — as well as the Fairfax County planning department staff — all of

whom oppose filling the floodplain for townhouse development.

If Mr. Storck really wants to protect the people, places, and property of Mount Vernon, he will drop his support for building townhouses in a floodplain and promote restoration of our creeks so that floodwaters can be absorbed naturally by buffering wetlands.

Mary Paden
Bucknell Manor

Dangerous Precedent

To the Editor:

The Fairfax County Planning Commission and the Board of Supervisors must decide whether to approve a development proposal that would violate policies that the Board of Supervisors created and presumably supports. Developers are proposing to bring in 41,000 cubic feet of fill and build 43 townhouses on top of it in an area

next to Dogue Creek and Pole Road Park at 8800 Richmond Highway. Many are asking, why would they approve a developer's project that is inconsistent with at least three of their own stated environmental protection policies?

❖ **Avoid Floodplains:** Fairfax County's comprehensive plan supports avoiding building in floodplains because floods can harm humans, structures and the natural environment, as we have recently, poignantly witnessed in North and South Carolina. The developers want to put these homes in the 100-year floodplain of Dogue Creek, a high-risk Special Flood Hazard Area, as designated by the Federal Emergency Management Agency. Floodplains have a necessary ecological purpose, to absorb floodwaters. The application has no substitute, if there is one, for the role of the current floodplain.

❖ **Avoid Resource Protection Areas (RPAs):** In 1993, the Board of Supervisors enacted the Chesapeake Bay Preservation ordinance, under which the county has identified RPAs, and in general, prohibited most types of development in RPAs. The board's intentions in creating RPAs were to improve water quality, curtail pollutants, reduce stormwater runoff and prevent erosion. This development would be 100 percent within the resource protection area.

❖ **Avoid EQCs:** In 1975, the Board of Supervisors adopted the Environmental Quality Corridors policy to protect environmentally-sensitive lands and to prevent development in EQCs unless "extraordinary circumstances and only where mitigation/compensation measures are provided that will result in a clear and substantial net environmental benefit." This application does not demonstrate "extraordinary circumstances" to justify this development. This project would be almost entirely within the Environmental Quality Corridor.

For decision makers to establish policies and then approve applications contrary to those policies undermines the integrity of those policies, making them effectively meaningless. Furthermore, approving this application raises questions about county officials' willingness to stand behind the very laws they pass. Approving this application would set a dangerous precedent for the entire county and give residents little confidence in their elected and appointed officials' willingness to stand up to developers and protect the natural resources of Fairfax County.

Michael Sieracki
Alexandria

SEE LETTERS, PAGE 30

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Neighborhood Health

Health Equity Award

Presented to twenty-six members of the Virginia General Assembly representing Alexandria, Arlington and Fairfax County in gratitude for helping pass Medicaid Expansion which will provide health care coverage to thousands of low-income people in Northern Virginia and the Commonwealth

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Serving as a 'Medical Home'

FROM PAGE 6

Neighborhood Health's seven Board Certified pediatricians and three nurse practitioners have many years of experience offering a full range of services following the American Academy of Pediatrics' recommendations. That includes a strong focus on preventive care — and Neighborhood Health is a leader in Virginia in making sure that its pediatric patients receive all their vaccines. In fact, Neighborhood Health vaccinates 96 percent of its patients by age three years — substantially better than the average of 49 percent for Virginia. Neighborhood Health uses a "no-missed" opportunity approach to vaccinating children, which means fewer illnesses are roaming the halls of local day care facilities and preschools. That's a benefit to the entire community.

On a recent visit to their health center, Dr. Welman explained that in addition to preventive care, Neighborhood Health pediatricians also perform screenings on children for possible developmental delays — such as autism spectrum or problems with motor skills — at every well child visit. When problems are detected, children are referred to early intervention services that provide the best possible outcomes.

Dr. Welman has been treating children at Neighborhood Health since 2000 when she became first pediatrician at the Arlandria Health Center as the exponential demand for services was just getting started. She has initiated programs to address the needs of their patient population: an asthma treatment initiative, an early literacy program, an insurance enrollment project, and an obesity prevention program, to name a few.

Neighborhood Health's team of pediatricians take pride in the trusting relationships they develop with parents — and how they are able to encourage them to be active participants in their child's development. Pediatricians give advice that is helpful to any new parent: "Your baby needs to look at your face, to listen to you, to learn to build trust in this first and most important relationship," says Dr. Welman. She strongly recommends talking and listening to babies at an early age and maintaining strong eye contact. Mothers are also supported in breast feeding for the child's first year of life, and are also provided with nutrition information to help their children get off to the best start.

Catching seemingly "little" things can make a big difference in the long-term health of a child. Such was the case for "Samuel" who shortly after his birth was diagnosed with a heart murmur at a routine screening.

Following a referral to a cardiologist, Samuel was identified as having a ventricular septal defect, com-

monly known as a hole in the heart, a relatively common heart defect that's present at birth and occurs when the wall that separates the heart's chambers allows blood to pass from the left to the right side of the heart. Of course, this was disturbing news for his young parents who initially were reluctant to authorize open heart surgery on their son who showed no symptoms of experiencing a heart problem.

Throughout the next couple of years, Dr. Welman would gently remind the parents when they brought Samuel in for his regularly scheduled visits that it would be in his long-term best interest for him to undergo the fairly routine surgery to repair his heart, recognizing that no surgery is routine for any parent placed in such a difficult position.

"We built up a trusting relationship with them and we didn't push," she said. Dr. Welman just continued to give Samuel high-quality care until the parents eventually came to the same conclusion and agreed to have the surgery performed. Samuel had the surgery about a year ago, and now is a happy, healthy 4-year-old with an excellent prognosis for a long, full life. And his parents who no longer have the worry if they were doing what was best for their young son. They remain thankful for Dr. Welman's advice and guidance on such a momentous decision. "He's doing great," commented Dr. Welman, who continues to see Samuel at regular intervals.

There are many reasons Dr. Welman has spent most of her career at Neighborhood Health. In addition to treating children and the gratification in seeing them thrive, is the sense of mission that she and all her colleagues share in providing high-quality wrap-around care for thousands of children who might otherwise fall through the cracks. "It's a wonderful team," she says. "We're all mission driven, and we're very proud of that."

Neighborhood Health is hosting its annual fundraising gala and charity auction on Friday, Nov. 9 at the Ritz Carlton in Pentagon City. Festivities begin at 6:30 p.m., and they are delighted that Honorary Chairs U.S. Rep. Don Beyer and Megan Beyer will be on-hand to celebrate and to help hand out a special Health Equity Award to 26 Virginia delegates and state senators who represent Alexandria, Arlington County and Fairfax County. This award recognizes their hard work towards Medicaid expansion this past General Assembly session.

Pediatric services are available at four Neighborhood Health clinics, all located with convenient access to public transit: 2 E. Glebe Road and 1200 N. Howard St. in the City of Alexandria, 6677 Richmond Highway and at 2616 Sherwood Hall Lane in the Mount Vernon section of Fairfax County. Appointments may be scheduled by phoning 703-535-5568.

Following Her Calling

FROM PAGE 5

Farm began to increasingly commit to new forms of mission and ministry," Berdux said. "We have continued to serve our community though involvement in a number of local programs. We also take on more and more national and worldwide mission projects."

The Bishop of the Virginia United Methodist Conference places every church leader. Hart-Perkins and her family are happy with the assignment.

"This is the fourth school district for my oldest children," she said. "My husband and I have five girls who range from 8 to 16 years old. Even after the first day of school, they came home excited by what they saw, learned, and experienced. My husband and I believe this will be a very good place for them to

grow up. We'll be here for as long as Washington Farm needs my gifts, which I hope is for a long time."

Finding the right church isn't always so simple, but, Hart-Perkins is confident there is a spiritual home for everyone.

"Visit a church at least three times before making up your mind," Hart-Perkins said. "But, before you go, look at the website, find the Facebook page, and see if you know anyone there. Find out what the people at that church are about. Do your research. Talk to the pastor. I know I am more than happy to talk to anyone who wants to know more about the church before coming. Church today is not about fulfilling an obligation. It is about growing in relationship with God and one another."

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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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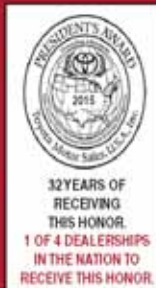
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4307 Robertson Blvd

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Best value priced Colonial in Mount Vernon area! 5 Bedrooms and 3.5 Baths on 3 finished levels! Special features include: hardwoods on main and upper level, finished basement with bedroom, full bath, fireplace, and walk out, 2 car garage, and huge back yard. Long list of updates and improvements available. This one won't last long!



9411 Mount Vernon Cir

Open Sunday 1-4PM | \$959,900

Incredible new price on one of Mount Vernon on the Potomac's most stately homes! Home has it all! 3 finished levels, high ceilings, estate room sizes, approx 6,500 sq ft of luxury at unheard of price. Community marina and brand new docks provide vacation vibe in convenient, close in location.



8900 Camden St

Open Sunday 2-4PM | \$639,950

6 Bedroom/3 Bath home with stately columned front portico! Expansive bright open floor plan enhanced with family room/sunroom addition with cathedral light oak ceiling. Deck off sunroom addition overlooks expansive back yard. Paved driveway leads to oversize two car garage with work area. Great value!



4204 Mt. Vernon Mem Hwy

\$600,000

Classic Southwood Colonial in one of area's premier communities. Home is in fabulous condition and has many substantial upgrades including: roof, windows, kitchen, stainless steel appliances, granite countertops and gorgeous hardwood floors. Other features include two car garage and expansive exterior deck. Home Warranty! Great value!

JUST SOLD!



3601 Drews Ct.

\$700,000

Expansive classic Colonial in pristine condition. 4 Bed/3.5 Bath home includes dramatic entry foyer, excellent flow through main level, Kitchen opens to family room, master suite with spa like bath & spacious walk in closet. Finished basement includes rec room, bedroom, full bath and tons of storage. Not a better deal to be found for a home of this caliber in the Mt Vernon area!

JUST SOLD!



4519 Dolphin Ln

\$545,000

Fabulous large rambler with huge potential. Gorgeous half acre lot just steps from Mt. Vernon Yacht Club. Features include large room sizes, open floor plan, replacement windows, finished lower level with direct outside access, sun room and over sized carport. Excellent value in Yacht Haven!

JUST SOLD!



8816 Black Alder Dr.

\$640,000

Sold off the market! 4 Bedroom, 2.5 Baths. Special features include: new roof, updated kitchen and baths, kitchen overlooking family room with fireplace, large fenced rear yard, oversize two car garage, attractive classic colonial front elevation enhanced by front portico with two story pillars. This house has it all!

JUST SOLD!



3801 Densmore Ct.

\$665,000

Exceptional Value! Spacious home on gorgeous large lot on quiet cul-de-sac in Westgate! Features include: stately front portico, huge master suite with sitting room, hardwood floors, 4 Bedrooms, 2.5 Baths, 2 Fireplaces, updated Kitchen with gas cooking, incredible screen porch overlooking private fenced rear grounds, & 2 car garage. Unique opportunity!

JUST SOLD!



9500 Ferry Harbour Ln

\$800,000

Extensively updated 4 Bed/2Full/2Half Bath home in prominent Mt. Vernon location. Major updates include: Kitchen, windows, doors, roof, exterior painted, many more! 4 fireplaces including one in master sitting room enhanced by jaw dropping bath and walk in closet. Expansive rear grounds with hardscaping, pergola, and large lawn with shed. Don't miss this opportunity!

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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



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OPEN HOUSE

SATURDAY, October 13th, 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!

