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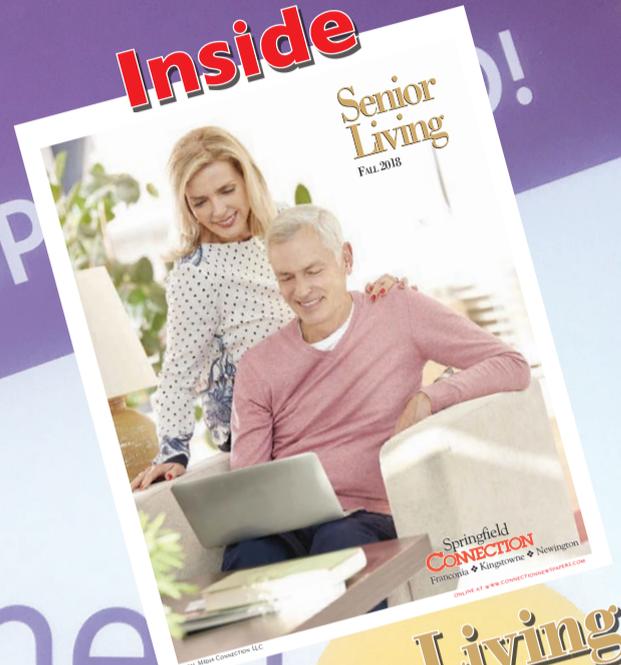
OPINION, PAGE 15 ♦ ENTERTAINMENT, PAGE 15 ♦ CLASSIFIEDS, PAGE 18

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Springfield CONNECTION

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Inside



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Mind, Matter And Meditation

NEWS, PAGE 16

Senate Election As Blast from the Past?

NEWS, PAGE 4

Walking To Prevent Suicide

NEWS, PAGE 3

OCTOBER 4-10, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

VDOT Eyeing Parkway Widening

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

BY MIKE SALMON
THE CONNECTION

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

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

Larry Hoss, who lives off Popes Head Road, has seen one of the VDOT plans which incorporates three or four roundabouts and

thinks it is too much. “The way this is designed is like a concrete jungle,” he said, and refers to a drawing he’s made that takes away the roundabout to Shirley Gate that would help a new park that’s planned for that area. His map is labeled the “Preferred Interchange Design Option based on priorities/input of surrounding communities.”

He also wants to shelve any idea for the future park: “Let this be another project,” he said.

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

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

Another lane on both sides of the parkway will mean more traffic and more noise, which others are concerned about, but at least the traffic would be moving and not

stopped for several traffic light signal cycles, like it is now. Nick Roper, VDOT engineer, has heard the noise concerns. “There will be some new noise walls but there won’t be noise walls everywhere,” he said.

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

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

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



PHOTOS BY MIKE SALMON/THE CONNECTION

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



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



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Fairfax Divorce Workshop.

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Date: Saturday, October 13, 2018
Saturday, November 10, 2018

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

Place: Duff & Kronfeld, P.C.
Fair Oaks Commerce Center 11320
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Fairfax, VA 22030



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Email: nancy@secondsaturdaynova.com
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PHOTO BY STEVE HIBBARD/THE CONNECTION

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



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

A Walk for Suicide Awareness

11th Annual Fairfax Out of the Darkness Walk draws 1,200 participants.

BY STEVE HIBBARD
THE CONNECTION

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

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

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

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



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

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

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

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

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

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

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

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

— Sharon Bulova, Chairman of the Board of Supervisors

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

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

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Lancaster Day Trip



Saturday November 17 • Cost: \$120 Per Person

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Saturday December 8

Cost: \$165.00 Per Person (Includes Show Tickets) • Bus Only: \$75

Price includes: Round Trip Bus Transportation to New York City and Admission to the Radio City Christmas Spectacular show at 11:30 AM (Seating in the 3rd Mezzanine) Bus departs from the Mount Vernon VA area at 5:00 AM and returns at 10:00 PM.

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VIRGINIA RAILWAY EXPRESS

NOTICE OF PUBLIC HEARINGS

The Virginia Railway Express (VRE) will hold a series of public hearings to solicit comments on a proposed fare increase that will average approximately 3% over current fares. The VRE Operations Board will act on the FY2020 Budget, which includes the proposed fare increase, on December 21, 2018. If adopted, the fare increase would take effect the first week of July 2019.

See locations below to attend a public hearing near you.

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

Visit vre.org/publiccomment for more information. Written comments will be accepted through **Friday, November 23, 2018**. Written comments can be mailed to: Public Comment, 1500 King Street, Suite 202, Alexandria, Virginia 22314. Comments may also be submitted via email to publiccomment@vre.org or via fax at (703) 684-1313. The public hearings are conducted in locations accessible to persons with disabilities. Individuals with disabilities who require special assistance or need to request a sign language interpreter, please contact Lucy Gaddis by e-mail at lgaddis@vre.org or call at (703) 838-5433 or TTY (703) 684-0551 at least ten business days prior to the public hearing you're planning to attend. For information about the VRE Operations Board visit vre.org/about/board.

NEWS

Senate Election Is Blast from the Past

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

BY MICHAEL LEE POPE
THE CONNECTION

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 politics by serving as mayor of Richmond and lieutenant governor before becoming governor and ultimately U.S. senator. Stewart is a chairman of the Prince William Board of Supervisors who became a lightning rod in the immigration debate after leading the charge to have officers in his county check the citizenship for everyone suspected of violating state or local law.

Kaine was on the ticket in 2016 as Hillary Clinton's running mate. Stewart served as the chairman of Trump's campaign in Virginia until he was fired after leading a protest at the Republican National Committee.

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

Stewart has been trailing in the polls for months, and the latest poll from the University of Mary Washington has Kaine leading the race by 16 points. Kaine has a 15-to-1 fundraising advantage, in part because a lot of the big-money Republican donors are staying away from Corey Stewart — people like the Koch

brothers, for example, or the National Republican Senate Committee.

And as the campaign stretches into the final few weeks heading into Election Day, Stewart is amping up the rhetoric and vowing to live up to the promise he made before securing the Republican nomination that he would run a "vicious" campaign against Kaine.

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

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

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

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

After the debate was over, both candidates took questions from the media at the Capitol One Center. Stewart was pressed for any evidence that anyone had ever filed any kind of complaint against Kaine. He was unable to present any, an indication that the final few weeks of the campaign might end up being a wild ride for Republicans.

Earlier this year, the party's chamber-of-commerce faction failed to gain any traction against the Trump wing of the party that Stewart has been leading since long before the New York developer and reality TV star announced for president.

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

"This is a president who's really dominating the narrative every news cycle. That creates a very difficult environment for candidates to be heard in their own voice, be they Democrats or Republicans this year."

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

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

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

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

"We've had enough," Stewart said. "And let the

SEE BLAST FROM THE PAST, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

Blast from the Past

FROM PAGE 4
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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Demand Increasing, But Not Resources

Suicide prevention efforts need more funds, volunteers.

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

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

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

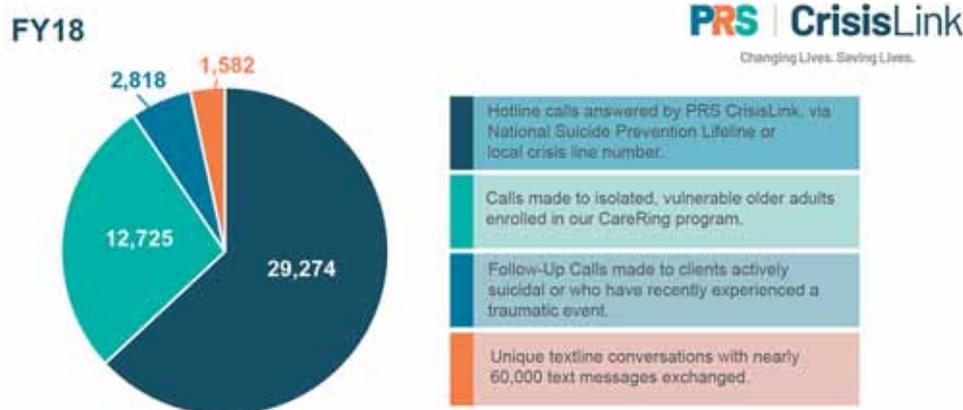
PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will continue to increase with successful outreach.

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

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

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

Centers like PRS CrisisLink are provided an



VOLUME CHANGES AT PRS CRISISLINK

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

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

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

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

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Who Are You?

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

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

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

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

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



COMMENTARY

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

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

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

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

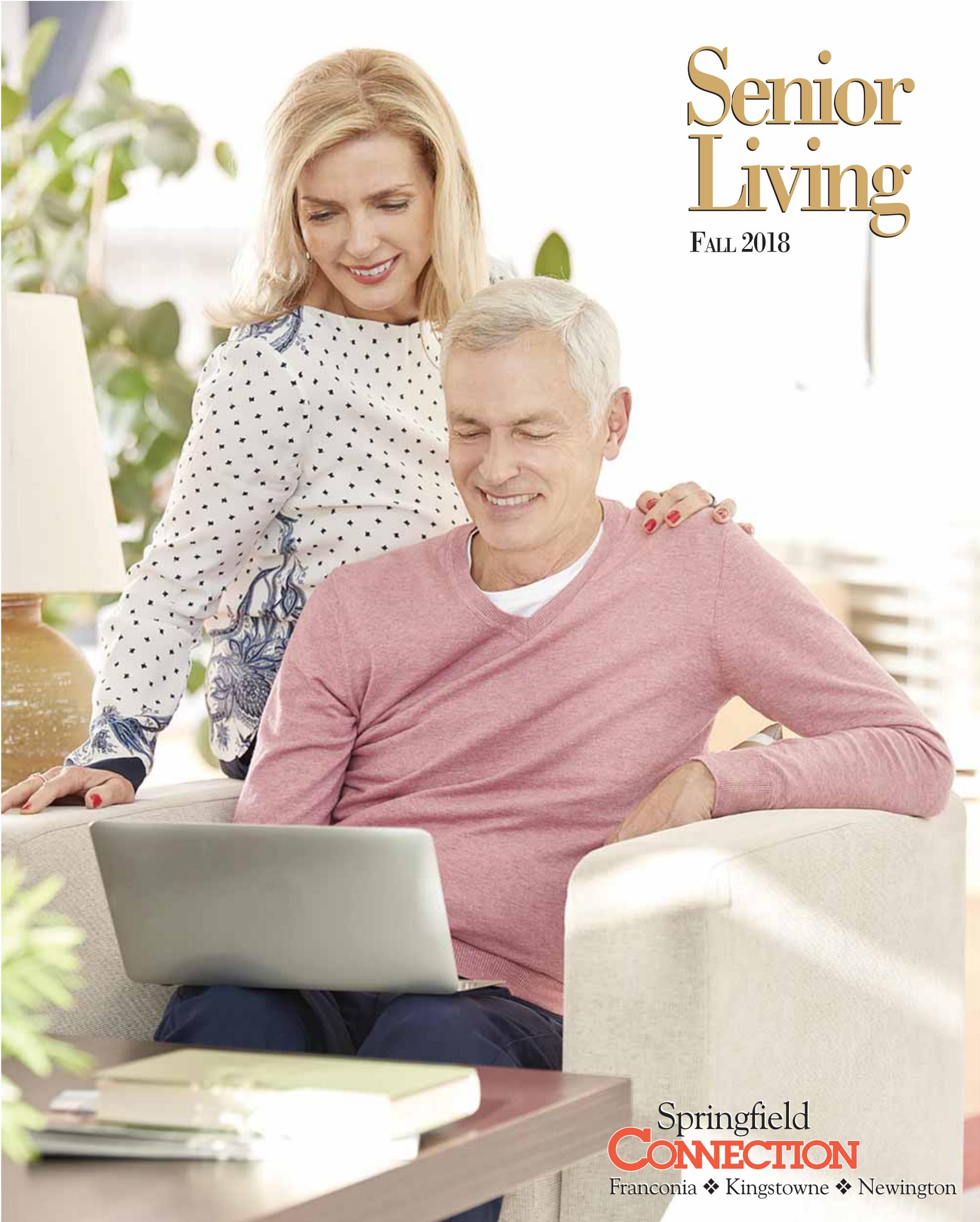
Important news for those who do not drive and hence do not have a driver’s license: You can get a REAL ID through the same process just described to use for entering federal facilities, boarding commercial flights and voting.

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



Senior Living

FALL 2018



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Run, Dixon, Run

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

BY MARY JANE DYE
GOLDEN GAZETTE

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

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

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

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

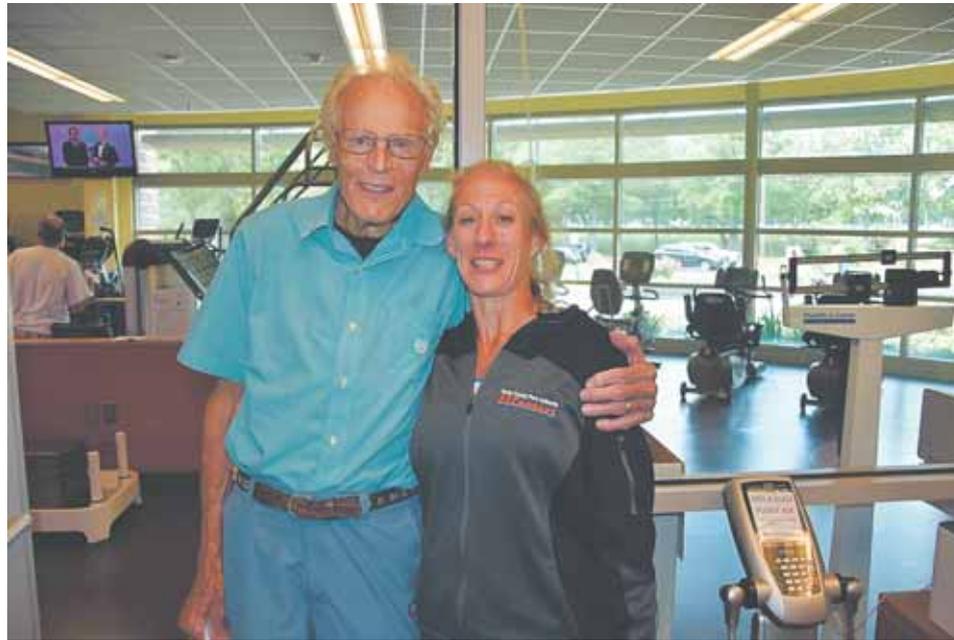
Runner’s World wrote about the race and rivalry, posting the video under the headline, “99-Year-Old Upsets 92-Year-Old in Thrilling Sprint.”

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

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

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

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



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

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

— Dixon Hemphill, 93, Champion runner

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

— Dixon Hemphill

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

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

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

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

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

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

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



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

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

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

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

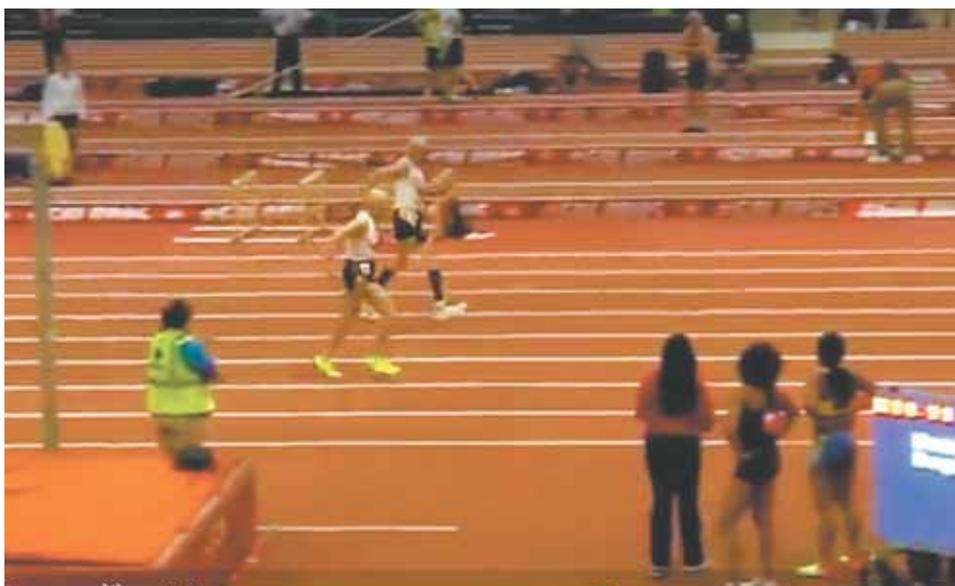
With no longevity in his genes, Dixon attributes his full and long life to always having a goal along with a positive attitude. “I really see the glass as half full.” Hemphill likes to talk with groups about exercise, diet, hobbies and the importance of attitude.

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

“Why not?” he says.

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

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



USATF VIDEO SCREENSHOT. PHOTO



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

SENIOR LIVING

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

"We started working with a personal trainer about four months before our trip," said Debbie Patera.

"We worked on improving our balance and stamina, and that made a huge difference for us. We still got tired at times, but not to a point where it ruined the trip for our grandchildren."

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

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

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

Paying attention to your feet and ankles can help prevent unpleasant injuries that can ruin a trip, advises Margaret Hennessy, who leads international Christian missions trips.

"Make sure that you have good, supportive shoes if your trip will include a significant amount of walking," she said. "Don't skimp on shoes, buy the best that you can afford and wear them to break them in before your trip so that you don't get blisters. Also make sure that your ankles are in good shape."

Take time to improve balance, advises Elliot. "Do some one-legged exercises," he said. "Hold on to something for balance until you don't need to use it. For an extra challenge, trying doing it on an unstable surface."

As your confidence grows, so will the enjoyment of your vacation. Especially if your vacation involves being on a boat."

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

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

Practice getting up and down off the floor 10 times from a seated or lying position, advises Elliot.

"As we age we tend to neglect this simple motion and its use 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."

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Life After Retirement Staying engaged, connected and active.

BY MARILYN CAMPBELL

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

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

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

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

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

— Natasha Sacks, Lifelong Learning Institute, Montgomery College.



PHOTO COURTESY OF MONTGOMERY COLLEGE

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

staying connected is fraught with complications.

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

"The research shows that social interactions are invaluable for emotional well-being, brain plasticity, and support in cri-

sis or everyday living."

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

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

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

Lifelong Learning Institute, Montgomery College.

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

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

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

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

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

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

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

ENGAGE, CONNECT

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

Adult and Community Education, Fairfax County Public Schools

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

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

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

www.fairfaxcounty.gov/parks/parktakes

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

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

programs and opportunities to socialize with neighbors. 703-324-4600, www.fairfaxcounty.gov/ncs

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

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

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

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

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

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

SENIOR LIVING BRIEFS

Encore Chorale

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

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

Access Services Library

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

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

For details go to

www.fairfaxcounty.gov/library/branches/access-services.

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



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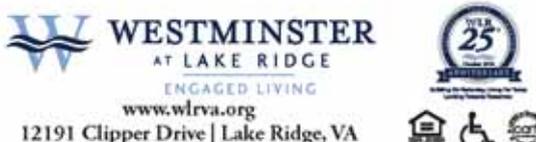
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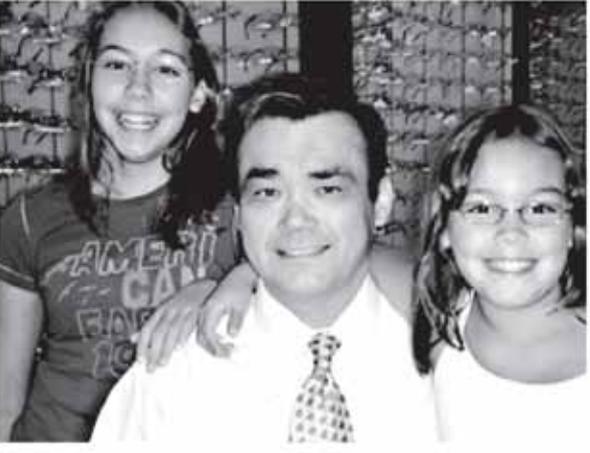
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During her remarks to the crowd, emcee of the 2018 Walk to End Alzheimer's Disease, Northern Virginia Erin Hawksworth, Morning Anchor/Reporter and Sports Anchor/Reporter WJLA-TV (ABC7), says, "This cause is personal for me."



PHOTOS BY MERCIA HOBSON/THE CONNECTION

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

Walk to End Alzheimer's Returns to Reston

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

BY MERCIA HOBSON
THE CONNECTION

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

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

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

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

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

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

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

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

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

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



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



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



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

ENTERTAINMENT

Providence Players Present 'Lovers and Executioners'

Swashbuckling comedy filled with romance and revenge.

BY DAVID SIEGEL
THE CONNECTION

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

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

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

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

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

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

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



PHOTOS BY CHIP GERTZOG/COURTESY PROVIDENCE PLAYERS

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

Where and When

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

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

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

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

Performances: Oct. 5 to 20, 2018. Thursday, Friday and Saturday at 7:30 p.m. with Sunday matinees, Oct. 7 and 14, 2018 at 2 p.m. Tickets \$20 Adults, \$17 Students/Seniors. All Seating is reserved. Call 703-425-6782 or go to www.providenceplayers.org/tickets/



Emily-Grace Rowson makes her Providence Players debut with Players veteran Chuck O'Toole in the comedy "Lovers and Executioners" on stage at the James Lee Community Center Theater.

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ENTERTAINMENT

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WEDNESDAY-SUNDAY/OCT. 3-7

Mickey's Search Party. Times vary, at Eagle Bank Arena, 4500 Patriot Circle, Fairfax. Disney On Ice presents Mickey's Search Party, bringing the magic closer to fans than ever before on the ice, in the air and in the seats. Tickets start at \$15, opening night; \$20, all other shows. Order tickets at 800-745-3000 or www.ticketmaster.com. To discover more about Disney On Ice, go to www.disneyonice.com.

THURSDAY/OCT. 4

Hitchcocktober: Rear Window (1954). 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmcenter.com.

FRIDAY/OCT. 5

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

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

FRIDAY-SATURDAY/OCT. 5-6

Madhaunter's Madhouse. 7-11 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Screams will echo across the 55-acre historic Workhouse campus, built on the grounds of the once-abandoned and notorious DC Department of Corrections Lorton Reformatory. More information, tickets (\$20), and volunteer opportunities are available at workhousearts.org/madhaunter.

SATURDAY/OCT. 6

Fall Fun with the Vienna-Falls Chorus. 3-5 p.m. at American Legion Post #177, 3939 Oak St., Fairfax. Join for a musical afternoon as the chorus sings their newest repertoire and a few longtime favorite songs. There will also have concessions, raffles, cash bar and silent auction. \$10. Email show@viennafalls.org or visit www.viennafalls.org for tickets.

SATURDAY-SUNDAY/OCT. 6-7

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

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

Virginia Opera: 'Street Scene'

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

BY DAVID SIEGEL
THE CONNECTION

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

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

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

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

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



PHOTO BY BEN SCHILL PHOTOGRAPHY

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

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

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

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

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

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

Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, D.C. Metropolitan Area LEGO Train Club will hold a two-day display. Volunteers will hold science, technology, engineering and mathematic activities about railroads. Recommended for ages 8 and older. Local crafters will also be on the Museum grounds selling crafts. Bring any unwanted LEGO pieces or sets to help support the LEGO Train Club's educational activities. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$5. Call 703-425-9225 or visit www.fairfax-station.org.

SUNDAY/OCT. 7

Clifton Day Festival. 9 a.m.-5 p.m. in the Town of Clifton, 7144 Main St., Clifton. Clifton Day 2018 will feature an outdoor marketplace with 150 vendors. Live music, train rides, crafts, children's activities and great food will add to the fun. Admission is free. Parking starts at \$5 per car. The VRE will provide roundtrip train service to Clifton from all stops between Manassas and Rolling Road. The train ride to Clifton is free and the return trip costs \$5 per person (children under 2 ride free). Call 703-968-0740 or visit cliftonday.com.

Paws for a Cause. Noon-3 p.m. at Weber's Pet Supermarket, 11021 Lee

Highway, Fairfax. 3K walk through the shady streets of Fairfax. Human and canine treats provided along the way. Paws for a Cause benefits Fairfax Pets On Wheels, Inc., an all-volunteer organization dedicated to providing pet visitation to residents of long term care facilities. \$25. Visit www.fpow.org.

MONDAY/OCT. 8

Columbus Day Boat Race. 1-2:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Reenact the historic sea-faring journey by building a mini-cardboard boat to float down the Pohick Stream. Supplies provided. Then head to the creek for a race complete with prizes for the winner and best decorated. \$10. Email casey.riley@fairfaxcounty.gov or call 703-451-9588.

WEDNESDAY/OCT. 10

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

Film Screening: "In the Last Days of the City." 7:30 p.m. at GMU's Johnson Center Cinema, George Mason University, 4400 University Drive, Fairfax. In downtown Cairo in 2009, Khalid (Khalid Abdalla), a 35-

year-old filmmaker struggles to make a film that captures the soul of his city while facing loss in his own life. Free. Visit fams.gmu.edu.

THURSDAY/OCT. 11

Hitchcocktober: Shadow of a Doubt (1943). 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmcenter.com.

FRIDAY/OCT. 12

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

FRIDAY-SATURDAY/OCT. 12-13

Madhaunter's Madhouse. 7-11 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. See Oct. 5-6 listing. Visit workhousearts.org/

madhaunter.

SATURDAY/OCT. 13

LOOK. LISTEN. LEARN. 10 a.m.-4 p.m. at all Fairfax County Fire Stations. In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House. Stop by a local station that day to meet firefighters, see the fire trucks, join in the activities and learn about fire safety. Find a local Fairfax County Fire & Rescue Department Fire Station at bit.ly/2ReXaHk.

Fairfax Lions Club Octoberfest

Food Sales. 10 a.m.-6 p.m. at Fairfax City Festival Food Court, University Drive and Sager Avenue, Fairfax. Fairfax Lions Club welcomes all to their fundraiser at the Fairfax Fall Festival. All proceeds go to Lions Club charitable activities. Have fun; help those in need. Rain or shine. Free admission. Visit www.fairfaxlions.org/.

Community Band Concert.

1-2 p.m. at Old Town Square, 10415 North St., Fairfax. Main Street Community Band presents a fun and sometimes rollicking program of seasonal music suitable for the entire family. Featuring "Music for a Darkened Theater" and Eric Whitacre's "October." Free. Call 571-336-CFBA (2322) or visit fairfaxband.org.

Second Saturday Art Walk.

6-9 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. Meet nearly 100 Resident and Associate Artists, creating art in the studios or exhibiting in the 12 campus galleries. Enjoy performances of dance, cabaret, comedy, big band, jazz, and theater. Experience art exhibitions in nine galleries of the region's finest sculpture, painting, glass, ceramics, and fiber arts. Call 703-584-2900 or visit workhousearts.org.

Artist Reception: "Less is More."

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

SATURDAY-SUNDAY/OCT. 13-14

Fall Fun Days. 10 a.m.-4 p.m. at Whitehall Farms, 6080 Colchester Road, Fairfax. See Oct. 6-7 listing. Visit www.whitehall.farm.

SUNDAY/OCT. 14

Mind the Memory Golf Classic & Bazaar. 8:30 a.m. at Virginia Golf Center, 5801 Clifton Road, Clifton. The inaugural event will feature a family-friendly 9-hole, par 3, golf tournament and bazaar. All proceeds from the event support Insight Memory Care Center and Johns Hopkins University School of Medicine – Alzheimer's Disease Research Center. Golfers of all ages and skill-sets welcome. \$65 per person. Register at facebook.com/mindthememory.

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

"Fairfax's Asian Pacific American Story." 2 p.m. at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Roundtable discussion with local Asian Americans discussing their immigrant experiences and paths to becoming Americans. Free. Call 703-385-8414. After, attendees are invited to join the panelists for a tour of the exhibition, "I Want the Wide American Earth: An Asian Pacific American Story," and refreshments at Fairfax Museum and Visitor Center, 10209 Main St.

Fairfax Resolves Remembered on 244th Anniversary

On Saturday, July 28, 2018, the Fairfax Resolves Chapter, Virginia Society, Sons of the American Revolution (VASSAR), hosted the 244th Anniversary of the signing of the Fairfax Resolves. The celebration took place in the historic Fairfax Courthouse in Fairfax. The Colonel William Grayson Chapter was represented by four members who participated in the ceremony, the color guard and the presentation of wreaths. Those Compatriots present were Mike Weyler, Leamon Duncan, Jacob Duncan and Don McAndrews.

The Fairfax Resolves was a set of resolutions adopted by a committee chaired by George Washington in Fairfax County in the colony of Virginia on July 18, 1774, in the early stages of the American Revolution. The resolutions, written primarily by George Mason, rejected the British Parliament's claim of supreme authority over the American colonies. More than thirty counties in Virginia passed similar resolutions in 1774, but the Fairfax Resolves were felt by many to be the most detailed, the most influential, and the most radical.

The main focus of the program was the reading of a number of the resolutions by interpretive readers, most of whom were in period dress, speaking as various members of the original committee, including a couple of readings and interpretations by George Mason, portrayed by Don McAndrews.

A highlight for the Colonel William Grayson Chapter was the chance to conduct a Sons of the American Revolution induction ceremony immediately following the celebration of the Resolves. Leamon Duncan's grandson, Jacob Michael Duncan, who lives in Omaha, Neb., was approved as a Junior Member



PHOTO CONTRIBUTED

Don McAndrews as George Mason, principal author of the Fairfax Resolves, reading from one of the resolutions.

in 2017 but had never been formally inducted into the SAR. Since Jacob was visiting Leamon for the week, the Fairfax Resolves Chapter granted the privilege of inducting him into the SAR as an adjunct to the Fairfax Resolves Ceremony.



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Mind, Matter and Meditation

New Honest Soul Yoga opens in Springfield.

BY MIKE SALMON
THE CONNECTION

Honest Soul Yoga is opening a new location in Old Keene Mill Shopping Center this month, offering yoga classes of all levels with the energy and spirit that has made their original location in the Kingstowne area such a hit. The classes are full, and the upbeat attitude is apparent on the smiling faces at Honest Soul.

Their slogan is “Yoga In Real Life,” and this is in touch with the busy schedules that plague the area. Suzie Mills, the Honest Soul founder and CEO thinks the clientele in Springfield is ready for their level of yoga. “The people that typically enjoy Honest Soul Yoga are those that are looking for yoga on and off the mat. They are looking for community, a place to plug in, a place that holds them accountable to be kind and thoughtful humans, and of course a place that offers a physical practice that shifts their energy so that the rest of the day feels lighter and brighter,” Mills said.

THE NEW STUDIO is in the corner right next to the Whole Foods in West Springfield. The lobby will have a check-in desk and yoga-wear for sale, as well as crystals, mats, bolsters and blocks – all things yoga. The main studio occupies the rear of the space, along with dressing rooms. Both men and women take classes at Honest Soul.

One special feature at the Springfield studio will be a custom mural painted by local mural artist Jean Marie Thalhammer. “It’s magical with an outer space



Honest Soul Yoga owner Suzie Mills and her junior yogi children Jack and Everlee in the Kingstowne studio.

theme,” said Julia Lopez, Honest Soul co-owner with Mills. “It’s nice to be working with a local artist,” she said. Thalhammer was behind a notable mural called “LOVE,” and her works use symbolism, color and shape to explore interconnectivity, raise consciousness and communicate uplifting messages, which is right in line with the feeling at Honest Soul.

Bailey Knesley will manage the new studio, and she got hooked by Honest Soul after giving birth to her daughter and suffering from postpartum anxiety. She didn’t want to take medicine for it, so she looked to yoga and it “definitely helped.” Next thing she knew, she was taking more classes at Honest Soul, and then their teacher-training program and got certified to teach. Knesley has seen others start off like that, and eventually being regulars at Honest Soul. “It’s special that way,” she said, “it’s so genuine, it lets the authentic ‘self’ come out.”

Knesley grew up in the Chicago area and earned a degree in health

studies from Eastern Illinois University, and then her masters in child psychology. She’s seen the benefit she got from yoga and hopes to convey that spirit to others at her new place. “Honest Soul Yoga recognizes that the mind, body and spirit need a combination of challenge and rest throughout the week, and at HSY you can find a class that meets your energetic need - from low key to high energy - any day of the week,” she said.

AT HONEST SOUL, the “Honest” classes are the most popular, and this combines traditional poses such as the downward facing dog, warriors I, II and III, the plank, the lizard, goddess, and more. For resting, there’s always the child pose, which the instructors encourage for those needing a rest. Other classes include “Gentle,” “Restore,” and “Yin.”

In Springfield, “we are launching this studio with a very special program called ‘Mindful Moving Kids’ which is a yoga series for elementary school age kiddos who learn better in smaller group settings,” said Knesley. It is led by a Yoga Teacher and School Psychologist, Beth Hardy, and another program is a weekly Family Yoga led by a Yoga Teacher and Early Childhood Education School Teacher, Karen Hamilton. “Those two women are just amazing,” Knesley said.

The weekend of Oct. 20-21 will be the grand opening, with free classes all week. Another Honest Soul location is opening in the Tysons Corner-Falls Church area on Nov. 17. “For me personally, this seems like the perfect time to open not just one, but two more locations,” Mills said.

Honest Soul Yoga Springfield is located at 8404 Old Keene Mill Road, West Springfield, 571-969-6421.



The Springfield studio will be managed by Bailey Knesley who is fully versed in the poses and feeling at Honest Soul.

PEOPLE



PHOTOS CONTRIBUTED

Couple To Wed

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

Jenny is a former graduate of Centreville High School (’06) and graduated from James Madison University.

She is an elementary art teacher in McLean.

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

A June wedding (’19) is planned.

Kicking for a Cure

Robinson senior Jacob Haynie raises funds for pediatric cancer research.

BY KHUYEN DINH
THE CONNECTION

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

“I am raising money this season to donate to pediatric cancer research,” says Haynie. “I am raising money because no child should have to face the hardships of fighting cancer. Every dollar I can raise to benefit research efforts will help.” Haynie has been playing on the Robinson Football team since his freshman year.

“I think it is a great way to raise money for a fantastic foundation by doing what I love to do,” Haynie says.

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

People donate to his campaign or can choose to pledge money for



PHOTO BY KHUYEN DINH
THE CONNECTION

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

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

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

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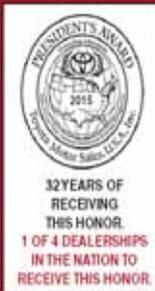
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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Employment



PHOTOS BY TOM MANNING/THE CONNECTION

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

Bull Riders Come to Town

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

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

zona finished second, followed by Valdiron de Oliveira from Brazil in third. Some interesting facts:
❖ 750 tons of dirt is brought in each weekend for a PBR event
❖ More than 50 bucking bulls are brought to the event.
❖ It takes 7 semi-trucks to load in all the supplies for the event.
❖ It takes a crew of 30 guys set up for 36 hours for the show to take place.
❖ An average PBR bucking bull weighs 1700-2000 lbs.
❖ An average bull rider weighs 140 lbs.



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



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

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

www.ConnectionNewspapers.com/PDFs



BULLETIN

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

SOBER-RIDE FOR HALLOWEEN

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

VOTER REGISTRATION AND ID EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.
 ♦ Thursday/Oct. 4, 10 a.m.-1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale.

THURSDAY/OCT. 4

Gentle Yoga. 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. This yoga protocol is facilitated by Pat Fitzsimmons RN, C-IAYT, E-RYT 500, an instructor specifically trained to work with cancer patients who will adapt traditional yoga practices to meet the physiological and psychological needs of cancer patients. No registration required. It is recommended that participants dress comfortably and bring a yoga mat, towel(s), and water. Visit www.sentara.com for more.

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

FRIDAY/OCT. 5

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

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

SATURDAY/OCT. 6

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

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

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No News is No News



By KENNETH B. LOURIE

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

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

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

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

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

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

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

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

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

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

Now let me ask you all a few questions:

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

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

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

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



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Presenters



Kayla Shoff
Design Consultant



Rachel Mignogna
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