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Springfield

CONNECTION

Franconia ♦ Kingstowne ♦ New

HomeLifeStyle

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Del. Eileen Filler-Corn (D-41) has sponsored bills dealing with campus sexual assault and getting the Commonwealth's Attorney involved to be sure each case is investigated thoroughly.

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Interstate Celebrates 750,000 Moves

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AREA ROUNDUPS

A Wine Social in Support of Children's Programs

Assistance League of Northern Virginia is hosting a fall fundraising event — A Wine Social — on Sunday, Nov. 4, 2018 from 1 to 4 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. The area residents are invited to join the event and experience a piece of history in this family-run winery. Cost per ticket \$25, includes two glasses of wine and hors d'oeuvres. Basket raffle tickets also available for purchase. Tickets available at the door. Proceeds benefit the nonprofit's children's programs. For more information or to purchase tickets in advance contact Karen Amster by email: ResourceDevelopment@alnv.org

Springfield Town Center to Celebrate Superhero Saturday

In recognition of everyday Superheroes, Springfield Town Center has announced its partnership with Fairfax County's Police and Fire Departments. This event will be a celebration of the men and women who protect the community every day. Superhero Saturday will kick off in Springfield Town Center's Grand Court on Oct. 20, from 12-3 p.m. During the event, kids will be able to test their superpowers at a Superhero Training Station, make their own superhero masks, play games, and meet a few of their favorite superheroes in person. Superhero Saturday is designed to recognize and honor all the heroes who walk — or fly — among

us. All citizens are encouraged to join in supporting and acknowledging the dedication and contributions superheroes make every day. "Who doesn't daydream about having X-ray vision, being able to fly or tapping into super-human strength?" said Laura Feinschil, Marketing Director. "We're dedicating an entire day to exploring what it means to be a superhero."

The event is free and open to the public.

Help Free the Trees at South Run Park

Working on Alan Brown's Eagle Scout and Hornaday Project - boy scouts, friends and community volunteers will be removing

invasive vines and plants from an area of the South Run Park on Saturday, Oct. 13, 8 a.m.-3 p.m. and Sunday, Oct. 14, 9 a.m.-3 p.m. These vines are choking native trees and plants. Please wear long pants and long-sleeves, work gloves and sturdy work boots.

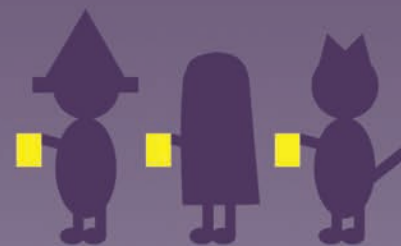
Directions to the work site at South Run Park: Turn into the park from the Fairfax County Parkway; take the second left into the parking lot and park close to the porta johns. Hike back on the gravel road towards the baseball fields. The work headquarters is on the third base side of the far ball field.

For more information or if you want to help, contact Alan Brown at cgbrown08@verizon.net

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On Domestic Violence: 'Make the Call'

"Stop domestic violence and sexual assault for your friend, your neighbor, yourself."

BY MERCIA HOBSON
THE CONNECTION

Del. Kathleen Murphy (D-34) shared her personal story: "It's taken me a long time to stand here and say that I am a survivor. I was a victim of sexual assault in college, so I understand what Dr. Blasey has been saying. This is the first time in public I've ever said this. You are the first people I've ever admitted this to. I know what it's like to hide. I know what it's like to know that people probably won't believe you if you tell them."

She was speaking at the Fairfax County presentation "Make the Call" in recognition of Domestic Violence Awareness Month 2018. The Thursday, Oct. 4 presentation offered personal perspectives from five Fairfax County leaders at the hour-long event.

Presenters addressed domestic violence in their own way, either as moderate Tom Goodwin said, "by telling a story because it is in the interest of advancing understanding of the dangers and challenges posed by domestic violence, or whether it is to advance public policy."

The county's 2017 campaign "Look Again" helped the public recognize that domestic violence occurs between people of all ages, races, ethnicities, creeds and status, Goodwin said.

The 2018 campaign, "Make the Call" was a "logical continuation which would feature not only the 24-hour hotline number 703-360-7273 but also information on how victims react and who has become sufficiently engaged and involved."

The presentation was planned by the county's Domestic and Sexual Violence Services and Domestic Violence Prevention, Policy & Coordinating Council.

BRADDOCK DISTRICT Supervisor John Cook emphasized domestic violence is not someone else's issue. It impacts a significant portion of the population.

One in four women and one in seven men are victims of abuse, and "then there are the children," he said. Whenever there is a victim of domestic violence, Cook noted, there is also a perpetrator. A quarter of the population is impacted by domestic violence.

"Children, even if they're not directly the recipient of violence, by being in a home where there is violence, by observing violence, because they are young, even infants have been proven to have lifelong impacts," said Cook. "If we don't help early and now, we will see them again in the criminal justice system; we'll see them in the human services system."

This month the county launched an initiative to help children recover from domestic violence. Cook said if children involved



PHOTOS BY MERCIA HOBSON/THE CONNECTION

"I encourage everyone here to make the call," said Fairfax County Sheriff Stacey A. Kincaid during the Fairfax County panel presentation in recognition of Domestic Violence Awareness Month 2018. "I was a witness; I was a victim; I am a survivor. It happened to me, it could happen to you."



"Domestic Violence affects people from all walks of life," said Supervisor John C. Cook (R-Braddock) after the panel presentation. "I admire the courage of these elected officials who shared their very personal experiences in an effort to help others through awareness and reducing stigma."

are not supported, the economy is impacted. Later in life, Cook said, "They're not able to be a full participant in our society, our neighborhoods, in our community." If such a large portion of our population is so negatively impacted, then all of us are feeling



Del. Kathleen Murphy (D-34), shared, for the first time, that she is a survivor of sexual assault. "I want you to know in this Sexual Assault and Domestic Abuse Awareness Month, there are a lot of stories out there that have never been told. That doesn't mean they didn't happen."

that impact whether we know it or not."

DEL. EILEEN FILLER-CORN (D-41) sponsored bills dealing with campus sexual assault, and even though earlier versions did not pass, the last bill became a driving

force in the passage of a Memorandum of Understanding between campus law officials and law enforcement agencies.

Filler-Corn said she helped sponsor HB 1343 dealing with campus sexual assaults and requiring reporting to the local Commonwealth Attorney. According to Filler-Corn, although that bill and the language were rolled into another bill, "the entire language was actually incorporated and signed into law."

Bill HB 659, which Filler-Corn sponsored did not focus on punishment but rather prevention through Family Life Education. The curriculum incorporated age-appropriate, evidence-based learning centered on domestic violence, healthy relationships, sexual assault, and the meaning of the word "consent." Although Bill HB 659 passed, Filler-Corn said the words "meaning of consent" were stripped out. However, in 2017 she introduced a bill, one of the first in the county to pass which actually codified teaching the meaning of consent in a family life education.

MURPHY SAID, before sharing her personal story, that much of her focus in the legislature had been on guns and getting guns out of the hands of domestic abusers: "Statistics are too clear that guns in their hands mean victims can be killed."

Murphy sponsored a bill to make the second conviction for domestic abuse a felony. However, it failed she said because it would have cost the Commonwealth \$15 million. "Why is that possible? Because there were over 11,000 men or people convicted for the second time of violent domestic abuse," Murphy said.

In sharing that she is survivor of sexual assault, Murphy said her experience echoed other victims of domestic and sexual assault: the fear of not being believed; wanting to hide; social attitudes as the abuser is seen as charming by others; and the fact that assault can happen to anyone.

"I'm here because of the bravery of that woman [Dr. Christine Blasey Ford]. It's contagious ... I believe when we stand together, side by side; when we look at our past and can acknowledge what happened, and we can say it, out loud, 'We are victims of abuse, domestic violence ... we demonstrate bravery. We also demonstrate we can move forward and win ... And that is why I strongly support all of the efforts to prevent gun violence toward victims of domestic abuse and why I want to support Eileen's many bills for keeping our campuses safe for our children. And why I want people to understand that you don't have to be poor. ... I want you to know in this Sexual Assault and Domestic Abuse Awareness Month, there are a lot of stories out there that have never been told. That doesn't mean they didn't

SEE 'MAKE THE CALL'. PAGE 14

News

Day-to-Serve Projects Help Local Hungry and Environment

Two local service projects were held as a part of this year's Day-to-Serve. Virginia Gov. Ralph Northam issued a proclamation recognizing Sept. 11 to Oct. 10, as Day-to-Serve 2018.

This is the third year that the Kingstowne Congregation of the Church of Jesus Christ of Latter-day Saints as part of the annual Virginia Waterways Cleanup hosted the project inviting other faiths and community to participate. They picked up trash and other litter in the streams and waterways around Kingstowne. The project data is recorded for Longwood University's environmental research. This year 80 people, including children, picked up 987 pounds of trash with the most unusual item removed a garage door.

The Franconia Congregation of the Church of Jesus Christ of Latter-day Saints continued their annual work of donating food to feed the hungry in the community. About 70 adults and children from the community collected donated food & sorted to create care packs for the local chapter of Blessings in a Backpack. The care packs will be distributed at local schools for designated children to take home to have food on weekends. More than 600 care packs were assembled and donated along with eight boxes of extra food to be used for future backpacks. They also donated a couple hundred pounds of food to Koinonia and Rising Hope.

Saturday morning Sept. 22, Fairfax County Supervisor Jeff McKay stopped by both local Day-to-Serve



Among the items removed was this garage door.

projects to thank the volunteers. At the Stream Cleanup he spoke to the volunteers at the beginning acknowledging that for many this isn't their first stream clean up. He commented that the streams don't belong to the county, they belong to everyone. "This is more than about cleaning streams, it's about building community." At the food sorting, he visited with volunteers and asked about the process to collect more than 1,700 pounds of donated food that was accomplished the week before that day of sorting.

These two Day-to-Serve projects were completed on the same day to benefit the environment and the hungry in the Franconia and Kingstowne areas.

For more information about Day-to-Serve, visit www.daytoserve.org.



Eighty people, including children, picked up 987 pounds of trash: They are pictured in Kingstowne with Supervisor Jeff McKay (D-Lee District).

PHOTOS CONTRIBUTED



Supervisor Jeff McKay (D-Lee District) with volunteers sorting the food for those in need.

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Dr. Mike Couchman and his wife Kate of Burke run the charity "FeedAFamily."

PHOTO BY STEVE HIBBARD

Burke Couple Runs FeedAFamily

Nationwide online charity based in Burke helps provide food to families in need.

BY STEVE HIBBARD
THE CONNECTION

Dr. Mike Couchman, Ph.D., and his wife Kate, both 37, of Burke started the web-based food bank "FeedAFamily" in 2013 while he was working for the U.S. Air Force in Northern California. He worked as a pilot and she was an interior designer.

"We started it in Northern California outside of Sacramento. We started looking for a place to participate in a pantry or food drive. We lived in a smaller town with one food pantry in town. At the time our boys were small, ages 3, 4, 5, and we went to their facility and saw they had limited operating hours. And the volunteer hours were restricted because of that. It was inconvenient to us ... So, we thought maybe we could create something," said Kate.

A military move sent the family to Burke where they had to rebuild their 501-c-3 charity practically from scratch. In five short years, the online effort has grown to support families in 42 states. Their three boys have since grown a little — Adam, is now 12; Jacob, 9; and Owen, 8.

Instead of using a brick-and-mortar location, they operate the 100 percent online website www.Feed-A-Family.org. All the money donated goes towards the order, purchase and home delivery of food to families. The multi-tiered program works directly with families, offering healthy and fresh food choices. It encourages people to donate to a registry of families in need of food online. Once they are matched, they purchase the food online and have it delivered through local grocers like Peapod, Safeway, Food Lion, Instacart Grocery Delivery or AmazonFresh.

LOCAL BUSINESSES have also contributed to the cause, including: Burke Giant, Burke Safeway, Costco, One Life Fitness in Burke and Wegmans in Fairfax.

People in need can go to the website, sign up and get assistance. The goal for 2019 is to provide at least 800 families with 16,000 days of food across the nation. For many people who live in rural areas, it's the only charitable option they have.

Said Mike: "We work with Virginia 2-1-1 and other counselors; pretty much anyone who provides free counseling for finances or family counselors, schools, churches, and they refer them to us and they fill out the application. They go to the website, fill out an application and we contact them."

Kate added: "Families in need can sign up on the website for assistance. We get donations by having different fundraisers. We use the money to shop online. We're trying to take advantage of Instacart. There's been a boom in the industry turning to online shopping, like AmazonFresh, where they have groceries delivered to you. Instead of stockpiling warehouses with food. I can take money and buy fresh groceries and have it delivered to their doorstep. We bring the food right to them."

From the time since they started in 2013, they've reached out close to 800 families or about 3,200 people in total, said Mike. "We keep the families for three months, short-term; we give them a week's worth of food for a family of four once a month. We have helped more than 300 families in the past 90 days. The majority of our families are in Virginia, Maryland and D.C, because we started here. But we are beginning to branch out and the word is starting to spread," he

SEE COUPLE, PAGE 9

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OPINION

Check Voter Registration

Confirm your voter registration before Oct. 15; vote early if you qualify.

If you plan to vote in Virginia, you should hop online now to check that you are still registered to vote at your current address. Nevermind that the last time you went to the polls, you were able to vote. You should check again. Monday, Oct. 15 is the deadline. Go to elections.virginia.gov or call your local Elections Office. The Fairfax County Elections office at 703-222-0776.

If for any reason you didn't vote on the last Election Day or the one before that, and you might have missed a possible postcard asking you to confirm your residence, it's important to check that you are registered to vote. A Supreme Court decision specifically allows states to move forward with purging voters under some relatively common circumstances. Whenever names are purged from a list, the likelihood of mistakes is present. Voting is so important, no matter what your inclinations, this year. Check your registration now.

To determine whether eligible and registered to vote in this election, visit the Virginia Department of Elections website at elections.virginia.gov/ or call Fairfax Elections office at 703-222-0776.

To vote on Tuesday, Nov. 6, 2018, 6 a.m.-7 p.m. (General Election)

❖ Register/update address by: Monday, Oct. 15. Or ...

❖ Request absentee ballot by mail by: 5 p.m. Tuesday, Oct. 30. Or ...

❖ Vote early, in-person absentee, by appearing in person by 5 p.m. Saturday, Nov. 3

Really, if you qualify for any of about 20 reasons to vote absentee, there is no reason to wait until Election Day Nov. 6 to vote.

Early voting is already well underway.

One of the 20 reasons is if you might be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department

of Elections list to see if you are eligible: <https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

There are two ways to vote absentee, in-person and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date. If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

Early Voting Locations, Dates and Hours

Through Saturday, Nov. 3 at the government center, and Oct. 13-Nov. 3 at the satellite locations.

Fairfax County Government Center, 12000 Government Center Parkway, Conference Room 2/3, Fairfax, VA, 22035

Until Oct. 12:

Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

Thursday, 8 a.m. to 7 p.m.

Oct. 15-Nov. 3, Monday-Friday, 8 a.m. to 7 p.m.

Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

Satellite Locations are open Oct. 13 - Nov. 3

Weekdays: Monday thru Friday, 3 p.m. - 7 p.m.

Saturdays: 9 a.m. - 5 p.m.

Sundays: Closed

❖ Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310

❖ Lorton Library, 9520 Richmond Highway, Lorton, VA 22079

❖ Mason Governmental Center, 6507 Columbia Pike, Annandale, VA 22003

❖ McLean Governmental Center, 1437 Balls Hill Road, McLean, VA 22101

❖ Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria, VA 22306

❖ North County Governmental Center, 1801 Cameron Glen Drive, Reston, VA 20190

❖ Providence Community Center, 3001 Vaden Drive, Fairfax, VA 22031

❖ Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151

❖ West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

Virginia Voter ID

You must show identification to vote. Acceptable forms of valid identification: Virginia driver's license, Virginia DMV-issued photo ID, United States passport, Employer-issued photo ID, Student photo ID issued by a school, college, or university located in Virginia, Other U.S. or Virginia government-issued photo ID, Tribal enrollment or other tribal photo ID, or Virginia Voter Photo ID card

Need a Photo ID?

If you don't have an ID, go to your voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to complete an photo ID application, have your photo taken and to sign a digital signature pad.

Forgot your photo ID on Election Day?

If you get to your polling place without acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count. A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card.

For more information on voting in Fairfax County:

Fairfax County Office of Elections
12000 Government Center Parkway Suite 323, Fairfax, VA, 22035

Voter Registration: 703-222-0776, TTY 711
Absentee Fax: 703-324-3725

Email: voting@fairfaxcounty.gov
Election Officer Info: 703-324-4735, TTY 711

For 24-hour recorded information call 703-324-4700

LETTERS TO THE EDITOR

Virginia: A Lynchpin in the Fight for Equal Rights

To the Editor:

Thanks in part to the Fairfax County Board of Supervisors, which recently passed a resolution in support of Virginia's ratification of the Equal Rights Amendment (ERA), 2019 could finally be the year that the ERA becomes law.

First introduced to Congress in 1921, and then again in 1971, the ERA ensures that "equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex." Since 1972, when the ERA was approved by both the U.S. Senate and House of Representatives and sent to state legislatures,

37 states have voted for ratification. In order to amend the United States Constitution it is necessary for ratification by 38 states, meaning that we are only one state away from the ERA taking its rightful place as the 28th Amendment to the U.S. Constitution.

Although the ERA should be — and for the most part is — a bipartisan issue, this is not the case for many lawmakers in Virginia. During a recent debate with Senator Tim Kaine, Corey Stewart, Chairman of the Prince William County Board of Supervisors, claimed the ERA to be "only good for litigators and lawyers" and

believes that ratification will lead to men suing to get into women's athletic programs.

Loudoun County lawmakers didn't even get the chance to vote on a resolution in support of the ERA, as Ralph Buona, Vice Chairman of the Loudoun County Board of Supervisors, wouldn't allow the topic to come to the Board for a vote.

Even the General Assembly has turned equal rights for women into a partisan issue. Although our state Senate has passed multiple bills in support of the ERA, Republican leadership in the House of Delegates consistently refuse to

hold hearings on any bills addressing the ERA.

In 2019, the Commonwealth of Virginia has a tremendous opportunity to make history. I hope that all members of the General Assembly can work across party lines to pass legislation ratifying the ERA. Let's prove that not only is Virginia is for Lovers, but that Virginia is for Lovers of Equality

Linda Sperling
Clifton

The author is a candidate for Fairfax County Board of Supervisors, Springfield District.

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

County Advances Natural Landscape Plan

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. Lead by volunteer and Tree Commissioner, Cathy Ledec, the office grounds were reenvisioned 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. Recently, 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 support-



ive 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 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 & 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.

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PHOTO COURTESY OF ANNE WALKER

In a coastal home, interior designer Anne Walker chose Capiz shell chandeliers over the dining table and Capiz shell pendants over the kitchen counters. “The result was beautiful and the cost was effective,” she said.

Holiday-Ready Kitchen

Minor changes deliver big impact in time for holiday gatherings.

BY MARILYN CAMPBELL

Though Halloween is still three weeks away, the holidays are not far behind the ghosts and goblins. Thanksgiving ushers in the start of a season of festive entertaining for family and friends. As the kitchen is often a gathering place and command central for celebratory gatherings, this is the time to give your eating space a pre-holiday spruce-up. Local design aficionados say there is still time to make upgrades to make a kitchen welcoming for guests and functional for the chef.

A refrigerator that is functional, spacious and stylish is at the top of the must-do list of Reston-based interior designer Rachel Grandin’s holiday kitchen spruce-up list. “With all of the delicious food that we make during the holidays, it’s critical that we have a space to store it safely,” she said. “If your refrigerator doesn’t seem reliable, this is the perfect time to replace it. A stainless steel French double-door refrigerator can hold a large turkey and all of the sides, but more importantly it’s eye-catching and chic and will probably be one of the first things guests notice when they enter your kitchen. It’s a quick way to give your kitchen an updated look.”

Lighting is a critical element in any kitchen, advises Potomac-based Anne Walker, “Changing a light fixture might be the easiest and quickest way to make a big design statement before the holidays,” she said. “In a Potomac kitchen I designed, sea glass beaded pendant lights, which reference not only the shimmering aqua glass backsplash tiles, but also the custom Willem Smith bar stools with aqua leather seats.”

New flooring can take the design of a kitchen to

the next level, says Alexandria-based interior designer Courtney Grace, “Right now, I see hardwood and ceramic tile flooring as being on trend,” she said. “I just finished a kitchen for a client and we installed ceramic tile that was actually made to look like wood. So she was able to get the look she wanted, but with a material that was more durable. New flooring can really transform a space without the expense and the time of total kitchen remodel. Choose something durable, for the holidays and beyond.”

If you’re on a budget, consider a new kitchen rug, advises Grace. “Rugs can add color and warmth to a kitchen, and an indoor-outdoor rug can stand up to high-traffic and things like spills.”

Cabinets are usually the biggest part of any kitchen design and renovation project, advises Walker. “If your cabinets are structurally sound, you can save a lot of money, but make a huge impact by having the cabinets professionally painted.”

Gray is still the most popular color for kitchen cabinets, followed closely by white, suggests Walker. “I recently renovated a small, charming home for resale, and did just this: had the kitchen cabinets painted a soft shade of gray,” she said. “What a difference. You will want to have a professional paint the cabinets for you. This is not the time for DIY. With all of the heat, grease, and daily use, paint can easily chip if not applied professionally.”

Walker also recommends new cabinet hardware. “Soft brass and bronze has made a resurgence in popularity lately, so if the other elements of your kitchen, [such as] paint color and light fixtures would support it, warm brass hardware would add an elegant, updated look to your kitchen,” she said.

A new coat of paint is a simple change that can make a big impact, advises Walker. “Walls and trim get so much wear and tear in a kitchen” she said. “It’s the room we use most, and it takes a beating. Make sure to use a medium sheen so it will be wipeable. I most often use Farrow & Ball’s Modern Emulsion in kitchens. Their colors are sublime and the paint holds up well in high traffic areas.”

“Changing a light fixture might be the easiest and quickest way to make a big design statement before the holidays.”

— Anne Walker, Anne Walker Design LLC

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PHOTO CONTRIBUTED
Pictured with the FeedAFamily poster are Adam Couchman, 12; and brother Owen, 8.

Couple Provides Food for Families in Need

FROM PAGE 5

said. Families are welcome to come back and reapply. And yes, they have repeats.

"Different food pantries are limited with fruits and vegetables, milk, and meat. They do a lot with processed and shelf and staple stuff. We really strive to provide fresh food; we want people to be healthy. We send produce, milk, eggs, meats and nutritious things," added Kate

Mike said the food gets delivered right to the door – six or seven bags of groceries worth about \$70 per order of fresh groceries; they can select what they want to eat. FeedAFamily relies on volunteers and a staff of three full-time people — Sherry Cote is their secretary/treasurer.

Kate added: "On the online form, it asks do you have any food requests, or allergies, or are you lactose intolerant, or on special diets. We take that into consideration. We try to get the same basic items for everyone."

"We are placing an online order and having it sent to the person in need. We do not do any of the shipping. All the money goes directly to the food. We have almost no

overhead," she added.

Why do they do it? "I think it makes us feel like we're giving back to a bigger cause in helping people," said Mike. "We're more of the mindset if you need help, we're going to try and provide help."

Kate added: "We're a safety net for a lot of people ... Just hearing their stories and how grateful they are to get help from somebody, it's not something we could ignore. We know how many people out there need it. We've been on many phone calls with people who were so grateful and it means the world to them."

She added: "Our goal is to help those people who are trying to get back on their feet, not necessarily someone in a long-term situation, but somebody who's maybe sick or lost their job or just needs a little boost to make it through."

ON DEC. 1, 2018, at 8 p.m., the Couchmans will be having their second-annual "Second Chance Prom" fundraising gala at the Accotink Academy, 8519 Tuttle Road, Springfield. There will be a silent auction, deejay, dessert bar, and open bar. To contact the Couchmans, email: FeedAFamily1@gmail.com.

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Detectives are asking for the public's help in identifying the person who spray painted swastikas on the Jewish Community Center in Annandale.



PHOTOS COURTESY OF FCPD

Suspect caught on camera; police asking for help identifying this man.

Hate Graffiti Found at Religious Institution in Annandale

Fairfax County Police detectives are investigating bias-related graffiti found Oct. 6 at a religious institution in Annandale. Around 8 a.m., staff at the Jewish Community Center of Northern Virginia, located at 8900 Little River Turnpike, discovered swastikas spray-

painted on the building's exterior. No other damage was found. Surveillance video captured images of a suspect spray-painting the building around 4:30 a.m.

Detectives are reviewing evidence collected at the scene and are working diligently in hopes of identifying the sus-

pect and placing charges. Anyone with information is asked to contact the Mason District Police Station at 703-256-8035. Tips can be submitted anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or calling 1-866-411-TIPS. They can also

be sent in via text by texting "TIP187" plus the message to CRIMES (274637). Text STOP to 274637 to cancel, or HELP to 274637 for help. Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 if their information leads to an arrest.

Interstate Celebrates 75th Anniversary And 750,000th Move

Springfield-based Interstate announced that this summer it passed a major milestone — its 750,000th move — since the company started 75 years ago.

Interstate is a \$100-million global enterprise comprising moving and storage, employee relocation services, and supply chain management logistics support for corporations, government as well as individual customers. The company has been consistently ranked among the top moving companies in the U.S.

"Making more than 750,000 moves and hitting the 75-year mark are two very exciting milestones," said Bud Morrisette, President and CEO. "We are grateful to all of the customers who continue to put their trust in us every day. "Reflecting back, there are so many experiences we have shared with our customers in taking them to their next step, it really is mind boggling what we have been fortunate enough to be part of... we are close to having moved it all," Morrisette said.

To celebrate their milestones in business, Interstate is presenting a collection of stories detailing the company's growth, their community involvement and important events of the past 75 years on the site "75movingtales.com".

"A quick glance at the stories demonstrates a tenured company that handles everything from the most delicate and



COURTESY PHOTO

Bud Morrisette, Interstate President and CEO, receiving Outstanding Corporate Citizen Award from the Fairfax County Chamber of Commerce.

priceless objects to treasured family belongings anywhere in the world with know-how and care," said Morrisette. "Our goal is to share the unusual experiences our company has been lucky enough to be a part of."



PHOTO COURTESY OF MARK BLANCHARD

Logan Spear Becomes an Eagle Scout

Logan Spear passed his Eagle Scout Board of Review to become an Eagle Scout in Troop 1525 at St. Matthew United Methodist Church in Annandale, where his family are members. Logan is the son of Christy and Jeffrey Spear of Annandale. He is a junior at W.T. Woodson High School and is active in cross-country, model UN, and hand bell choir. Pictured, from left: Michael Vassalotti (SM), Jeff Lindley, Grace Hilbert, Logan Spear (Eagle Scout), Steve Sliwa, and Andrew Miller.

BULLETIN BOARD

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 Ride. 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.

THURSDAY/OCT. 11

2018 Small Business Forum. 8:30 a.m.-2:30 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax.

Visit Fairfax County's annual Small Business Forum (previously the Vendor Forum). Take advantage of learning from business experts and connect with county procurement representatives. Free. Visit www.fairfaxcounty.gov/small-business-commission/forum/2018 to register.

Post-Secondary Education Options - Coffee and Conversation. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. In this workshop hosted by FCPS Career and Transition Services, find information on post-secondary education options for students with

SEE BULLETIN, PAGE 15

Serving Burke and Communities Beyond

Corazon Sandoval Foley established the Burke/West Springfield Senior Center without Walls, providing services for senior citizens in her district.

PHOTOS CONTRIBUTED

BY TERESA CARANDANG

When Burke resident Corazon Sandoval Foley retired in 2007, she decided to dedicate her time to serving the Fairfax County community. Foley who is Filipino-American, documented and shared the history of Filipinos and Asian Americans in Fairfax through numerous publications. She also established the Burke/West Springfield Senior Center without Walls, providing services for senior citizens in her district.

For Foley, it was important to remember one's Asian American "heritage and culture as part of the overall story of America." After Foley retired in 2007, she joined the committee writing the book, "Fairfax County Stories, 1607-2007," commemorating the founding of Jamestown with personal stories of Fairfax residents. When she pointed out there were no Asian American contributions, she was asked to write the stories of the growing Asian American community. This led to the establishment of the Fairfax County Asian American History Project with Foley as the project leader. With the support of Fairfax County, and a hardworking group of volunteers who documented the stories of Fairfax immigrants, the project was completed in two years. Foley wrote and published "The Fairfax County Asian American History Project: A Contemporary History Honoring 143 Years of Asian Residents in Fairfax



Corazon Foley

County" in 2010. Foley wrote and published more books but her favorite was the one she wrote to honor her father who died in 2004, "Sandoval Stories, 1760s-2013: Filipino American Odyssey from Iloilo, Palawan, Manila to Fairfax County, Virginia."

After several conversations with fellow seniors, Foley recognized the need for a senior center when they continuously asked for facilities nearer their homes. Foley then organized the Burke/West Springfield Center Without Walls. At that time, the Springfield District was the only district without a permanent building dedicated to seniors. Together with Fairfax County officials, they found a creative solution by tapping churches and libraries to be venues for various senior activities like yoga, self-defense, tai-chi, Qi-gong, Zumba, ballroom dancing, line dancing, hula, and folk dance.

Foley considers her Filipino identity important. "Our family



Corazon Foley performing with members of the Burke Springfield Senior Center Without Walls Credit Erwin Tiongson

has tried to respect and maintain our heritage and traditions here in Fairfax County," she said, adding that when her son was married they observed Filipino rites by adding the traditional veil, cord and coin ceremonies but also included a bagpipe ceremony, a nod to her daughter-in-law's Irish roots. Foley thinks that this is representative of Fairfax County's diverse community where there's an "interesting mingling of traditions."

Foley's outstanding community service was recognized with nu-

merous awards. This includes Lady Fairfax 2009, the Merit of Citation in the Citizen of the Year Awards in 2012 for Fairfax County citizens and more recently, the Virginia Foundation for Women in 2017 as one of the Virginia Women in History.

When asked about the importance of being Asian American, Foley said, "they have taken up their responsibilities in contributing to the prosperity and strength of our American community." She added, "our Asian American history also encour-

Roundtable and Exhibit Sunday

Corazon Sandoval Foley will be a speaker at the roundtable discussion, "Fairfax's Asian Pacific American Story" at Historic Blenheim on Sunday, Oct. 14 at 2 pm. After the discussion, a tour of the traveling exhibit will follow at the Fairfax Museum and Visitor Center.

ages us to strengthen the American tradition of freedom and equality — making real the Independence Declaration that all men are created equal."

Shelane's Run Could Break Attendance Record

On Saturday, Oct. 13, an estimated 500 local community members, police officers and first responders will participate in the third annual Shelane's Run 5K Run/Walk and Kids 1K at the Fairfax County Government Center.

The event raises awareness for maternal mental health and raises funds to combat postpartum depression, the most common complication of childbirth (1 in 5 women affected).

In June 2015, Fairfax County Police Officer, Shelane Gaydos

died from suicide while suffering postpartum depression, leaving behind her three beautiful daughters and husband. Shelane's family and friends launched Shelane's Run in her honor to memorialize her commitment to her family, community, and running.

To date, the race has raised more than \$50,000 in just two years, funds that have helped establish and offer grants to families that may not be able to afford medical treatment or support.

Last year, proceeds from Shelane's Run were able to provide



The start of Shelane's Fun Run 2016, to combat postpartum depression.

three full and 14 partial scholarships to help train medical professionals to recognize and treat Peri-

natal Mood & Anxiety Disorders. The race has also provided grants to three local Virginia mothers to

offset the cost of private therapy or other treatments.

Nearly 50 percent of the participants last year were DC metro area police officers and/or first responders. This year attendance is expected to be record breaking.

Post-race family-friendly activities include rock wall, moon bounce, arts & crafts, touch-a-truck, face-painting, and more.

Saturday, Oct. 13. — 8:30 a.m. Kids 1K Fun Run; 9 a.m. 5K Run/Walk at Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax, Plaza; Registration: \$30 adults / \$10 children; www.shelanesrun.org.

PHOTO CONTRIBUTED

ENTERTAINMENT

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

ONGOING

The Sunday Farmers' Market. Through Oct. 21, 10 a.m.-2 p.m. at 10500 Page Ave., Fairfax — one block from West and Main streets behind the Wells Fargo Bank and adjacent to the Historic Fairfax County Courthouse. Visit www.fairfaxsundaymarket.com.

Saturday Community Farmers' Market. Through Oct. 27, 8 a.m.-1 p.m. at 10500 Page Ave., Fairfax — one block from West and Main streets behind the Wells Fargo Bank and adjacent to the Historic Fairfax County Courthouse. Visit www.fairfaxsaturdaymarket.com.

The Rocky Horror Show. Through Oct. 28, Friday-Saturday, 8 p.m. (standard and VIP ticketing); Sunday, 5 p.m. (standard tickets only) at the Lorton Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Rocky Horror Show is an unusual interactive theatrical experience, during which audience members may (voluntarily) sing-along with the cast and sometimes shout out jokes and/or use props during the performance. Some audience members wear costumes inspired by the production, too. Workhouse will provide props for attendees at no cost. No outside props are allowed. VIP tickets include access to a pre-show VIP lobby and preferred seats. Standard tickets, \$25-\$35; VIP tickets, \$50-\$60. Visit workhousearts.org for tickets.

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 angelikafilmmcenter.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. 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. 13

Virginia MG Walk. 9 a.m. at South Run Park, 7550 Reservation Drive, Springfield. Participants affected by myasthenia gravis will gather to celebrate the lives of MG patients, physicians and caregivers, and walk to raise awareness and funds to support the Myasthenia Gravis Foundation of America (MGFA) at the Virginia MG Walk. Visit www.MGWalk.org/Virginia or call 1-855-MGWALKS (855-649-2557).

LOOK. LISTEN. LEARN. 10 a.m.-4 p.m. at all Fairfax County Fire Stations. In celebration of Fire Prevention Week, all Fairfax County



Painting #1: Gene Moty, "Frenchie", 18x29, oil on linen, 2018

'Less is More'

The Arches Gallery at the Workhouse Arts Center of Lorton Virginia is proud to feature "Less is More: A New Language Of Abstract Minimalism" by Gene Moty. The works on display embrace his less is more philosophy with a pure clean modern style that counterbalances today's frenetic pace of life with its contemplative energy. Gallery hours, through Nov. 3 in Gallery 9 of the Workhouse Arts Center, 9518 Workhouse Road, Lorton. An artist reception is planned for Saturday, Oct. 13, 6-9 p.m. Visit www.genemoty.com.

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, of Lions Club International — "the world's largest service organization," 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/.

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. Indulge in classes in the art of mixology or cuisines from around the globe. 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 is proud to feature "Less is More: A New Language Of Abstract Minimalism" by Gene Moty. The works on display embrace his less is more philosophy with a pure clean modern style that counterbalances today's frenetic pace



Cub Scout Meeting

Pack 1860 Cub Scout Meeting. Open to girls and boys, K-5. Wednesday, Oct. 17, 7-8 p.m. at Union Mill Elementary School, 13611 Springstone Drive, Clifton. Free. Call 703-424-5086 or visit www.pack1860.org for more.



PHOTO COURTESY OF BROOK MILL STUDIOS

Community Band Concert

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." Saturday, Oct. 13, 1-2 p.m. at Old Town Square, 10415 North St., Fairfax. Free. Call 571-336-CFBA (2322) or visit fairfaxband.org.

of life with its contemplative energy. The exhibit runs 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. 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, featuring farm fresh ingredients from Whitehall's farm store. \$12 for adults and children over 3. 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. Registration is \$65 per person and includes participation in a 9-hole scramble, continental breakfast, lunch, tournament shirts, soft drinks and awards. Register at www.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. Learn about soil needs for growing roses. Dig near roots and

bring 1/2 gallon bag of rose soil for evaluation. Questions are welcomed. Door prizes. Light refreshments. Free. Sponsored by Arlington Rose Foundation. 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. Following the program, 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.

Burke Historical Society General Meeting. 3:30-5 at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Debbie Robison, a Fairfax County History Commissioner, will discuss early local settlement, including the formation of roads, the Colonial economy, and land grants for the future Burke area. Free. Email slawski_brian@yahoo.com or visit www.burkehistoricalsociety.org.

THURSDAY/OCT. 18

BBQ Buffet Fundraiser. 4:30-8 p.m. at 29 Diner, 10536 Fairfax Blvd., Fairfax. Join NARFE Chapter 737 for an "All You Can Eat BBQ Buffet" supporting Alzheimer's Research with 30 percent of the buffet price or 15 percent of menu items donated. Buffet includes BBQ meats and sides; beverages not included. Visit 29diner.com/.

Hitchcocktober: Strangers on a Train (1951). 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 angelikafilmmcenter.com.

FRIDAY/OCT. 19

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-SUNDAY/OCT. 19-21

Madhaunter's Madhouse. Friday-Saturday, 7-11 p.m.; Sunday, 7-10 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. See Oct. 12-13 event description. More information, tickets (\$20), and volunteer opportunities are available at workhousearts.org/madhaunter.

SATURDAY-SUNDAY/OCT. 20-21

Fall Fun Days. 10 a.m.-4 p.m. at Whitehall Farms, 6080 Colchester Road, Fairfax. See Oct. 13-14 event description. \$12 for adults and children over 3. Visit www.whitehall.farm.

SATURDAY/OCT. 20

Salvation Army 5K. 8-11 a.m. at Salvation Army, 4915 Ox Road, Fairfax. This is a 5k Run & Walk to benefit the Salvation Army's after School program for at risk youth. \$22. Email Donald.Wilson@uss.salvationarmy.org or call 703-385-8700.

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet.

Meet the Author and Book Signing. Noon-3 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Jack Gilden has a book coming out Oct. 1 about Don Shula, Johnny Unitas - their rivalry and the 1960s. The book is now available for preview orders online at Amazon and Barnes & Noble and in selected bookstores. Visit www.jackgilden.com.

Trunk or Treat. 5-7 p.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Get a jump start on Halloween by joining Franconia United Methodist Church for a family-friendly Trunk or Treat in the church parking lot. Wear a costume and enjoy fun and games for children from preschool to middle school. Free. Call 703 971-5171 or visit www.franconiaumc.org/contact.

Fairfax Choral Society Concert. 7 p.m. at Annandale United Methodist Church, 6935 Columbia Pike, Annandale. The Amadeus Orchestra musicians join their season partners to welcome Maestro Thomas Colohan in his first concert as Director of the Fairfax Choral Society. Tickets are \$40 and may be purchased at the door or online at www.amadeusconcerts.com. Students 17 and under and active military are admitted free of charge.

Community Band Concert. 7:30-9 p.m. at Fairfax High School Auditorium, 3501 Rebel Run, Fairfax. WETA Host Richard Kleindfeldt and the City of Fairfax Band kicks off its 49th season with special guest Steven Hendrickson of the NSO on trumpet. Music by Holst, Sousa, John Williams and Julie Giroux. \$15 adults, \$10 senior, students free. Call 571-336-CFBA (2322) or visit fairfaxband.org.



PHOTOS BY JON ROETMAN/THE CONNECTION

The Lake Braddock defense has shut out its last three opponents.



Lake Braddock head football coach Mike Dougherty talks to the Bruins after their 38-0 win over Robinson on Oct. 5.

Shutouts are Sweet for Lake Braddock Defense

**Bruins blank Robinson, earn donuts for third straight week.
Last 3 weeks, Bruins beat all, 139-0.**

BY JON ROETMAN
THE CONNECTION

While the Lake Braddock defense has left a sour taste in opponents' mouths in recent weeks, the Bruins' palates have experienced a sweet sensation — and not just the taste of victory.

If the Bruins shut out an opponent, the defense is rewarded with donuts from Shoppers — and pizza — the following Monday.

Facing rival Robinson on Friday, Lake Braddock defenders ensured they would fill their bellies with sugary treats for a third straight week.

The Bruins recorded their third consecutive shutout, limiting Robinson to 254 yards of total offense, forcing four turnovers and scoring a defensive touchdown during a 38-0 victory on Oct. 5 at Lake Braddock Secondary School.

One month earlier, Lake Braddock suffered a 70-3 loss to Stone Bridge on Sept. 8, dropping its record to 1-2 heading into a bye week.

"I've never been beat like that before," Lake Braddock head coach Mike Dougherty said. "I've never felt that helpless."

Since then, it's been the Lake Braddock defense leaving opponents feeling helpless. During the last three weeks, the Bruins defeated Yorktown, Oakton and Robinson by a combined score of 139-0.

"We've had better practices, we're more focused," Dougherty said. "It seemed to take the same path as last year. Once we got through those first three games, they kind of settled in. ... They're just responding to what we're asking them to do. To shut a team like [Robinson] out, a power football

team, we really got it done tonight."

THE LAKE BRADDOCK DEFENSE is led by senior linebacker and University of Virginia commit Josh Ahern, who leads the team in total tackles (59) and solo tackles (33) this season despite not playing in the Stone Bridge game due to a "shoulder problem."

"We don't work without him, I know that much," Dougherty said. "He's our quarterback on defense, he's vocal, he's a leader. When he raises his voice, he gets their attention before I do. They respect everything that he's done, what he's going to do. He's a dream to coach. He's just no nonsense."

Ahern finished with 12 tackles (six solo) and two forced fumbles against Robinson.

"I'm really proud of the guys and the way we played," said Ahern, who is listed at 6 feet 3 and 225 pounds. "My high school career and all the seniors, we're 5-0 against [Robinson]. That was our goal: we never wanted to lose to them."

As for the shutout reward, Ahern prefers jelly-filled donuts.

"That's our third straight week of that," Ahern said after beating Robinson. "We're pretty excited about it."

Senior Quentin James, a two-way standout for the Bruins as a receiver and defensive back, prefers glazed donuts. He helped bury Robinson in the final minute of the first half, when he leaped to snag an interception near the sideline before catching a 34-yard touchdown pass two plays later, giving Lake Braddock a 24-0 advantage.

James is still undecided whether he wants



Lake Braddock senior linebacker Josh Ahern is committed to the University of Virginia.



Lake Braddock senior Quentin James intercepted a pass and caught a touchdown pass in the final minute of the first half against Robinson on Oct. 5.

to play football or basketball in college.

"He's dynamic," Dougherty said. "It's like he's playing basketball with football equipment. ... His ability to get up in the air and catch the ball at the highest point (is strong). I don't know what the colleges are waiting for. He's an offer guy. I've done this 23 years and I don't know that I've had someone at the outside receiver position that electric."

Junior linebacker Stu Reid finished with 15 tackles (eight solo) against Robinson, while junior linebacker Matt Hibner (six solo) and junior lineman Martin Traweck (four solo) each had 10 tackles. Senior lineman Hugh McLean produced eight tackles (four solo), including three tackles for loss and one sack. He also forced a fumble.

Senior linebacker Dylan Coulter returned a fumble 82 yards for a touchdown.

"The defense has stepped up so much," James said. "We knew we were going to get production from Josh and Hugh down the middle, but all of our DBs, except for me, it's their first year playing in the secondary. There are so many people who have stepped up, I'm just so proud of them."

"To shut a team like [Robinson] out, a power football team — we really got it done tonight."

— Lake Braddock head coach Mike Dougherty

While the defense has been dominant, the offense has done its part, as well.

Sophomore quarterback Billy Edwards completed 17 of 24 passes for 234 yards and three touchdowns

against the Rams. For the season, he's completing better than 64 percent of his passes for 1,470 yards and 19 touchdowns, with just two interceptions.

"Years ago, if you had a sophomore, you just counted on losing," Dougherty said. "He's all football all the time. He's starting to get some college attention and it's [deserved]. He's one of the best quarterbacks in this area."

FRIDAY'S VICTORY over the Rams improved Lake Braddock's record to 4-2, including 1-0 in the Patriot District. Next up for the Bruins is a road game against undefeated Woodson (6-0, 1-0) at 7 p.m. on Friday, Oct. 12.

Dougherty was the head coach at Woodson for three seasons prior to taking over at Lake Braddock in 2017. He would have no problem buying donuts for a fourth straight week.

"It's an easy \$30," Dougherty said. "We'll spend that every time if we can get shutouts."

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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

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News

'Make the Call'

FROM PAGE 3

happen.”

DEL. MARK LEVINE (D- 45) said that since he had been involved in Domestic Violence Awareness Month, dozens of people have come forward and told him their stories. He also explained how he had seen first hand how two factors, shame and stigma, perpetuate victim blaming and under-reporting of domestic violence and sexual assault.

During the panel presentation, Levine recounted how rape victims themselves are questioned: “Why were you out with that person? Why were you alone? Why were you wearing that dress? The anger isn’t at the bastard who did the crime; the anger is at the victim. I don’t know of any other crime where that happens,” Levine said.

Levine recalled how 22 years ago his sister confided to him that her husband threatened to kill her. “To my everlasting shame, I didn’t think he would do it ... She didn’t think he’d do it either. She died because she was ashamed to be with a man who abused her ... We should all be ashamed of a culture that gives women that blame.”

After his sister’s murder, Levine’s niece and nephew, then ages 6 and 2 where taken care of by his parents, their grandparents, immediately after his sister’s death. “But he came back for his kids and literally ripped my niece, then age two from his grandmother’s arms crying and screaming ... They would eventually end up in Mexico ... it was the closest place to run to ...”

Levine recalled how it took them 10 years to get the children back. “We had to get those kids back home. She was gone, but we had to save their lives ... it took us 10 long years to get justice.” Levine said eventually his brother-in-law faced murder charges, and the court found him guilty; he is now serving 56 years in a Tennessee penitentiary.

However, it was not considered child abuse if one killed the mother of a child, Levine said, adding he became the primary lawyer for the case in Tennessee arguing the children should come back to his parents. Contradicting then Tennessee law, Levine maintained to the courts, “If you kill a mother of the child, that counts. That’s child abuse and should be considered in custody decisions. Eventually, Levine pushed a bill to reflect such. “The law passed unanimously in Tennessee, every Republican, every Democrat voted for it,” said Levine. Levine’s current goal is for a similar law to pass in Virginia.

VALISHA JACKSON, secretary, Shelter House, said, “As I stand here today, in October 2018, I am happy to say ... there is a month dedicated to awareness, resources, support and countless individuals and organizations resisting domestic abuse of any kind.”

In 1981, Jackson and her mother survived domestic abuse at a time when there were no laws to protect them, no collective effort to create an escape plan, only, as she acknowledged to the audience, “Friends and neighbors willing to be the lookout while my mother attempted to sleep.”

In 2018, Fairfax County offers a shelter, a network of safe houses, resources dedicated to those surviving domestic violence, a bipartisan push by elected officials to the people of Fairfax County to “Make the Call.”

“We must do more,” Jackson said. Congregations are silent when church leaders tell them their salvation is in jeopardy if they divorce their abuser.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Valisha Jackson, secretary, Shelter House at the Fairfax County panel presentation “Make the Call” held Thursday, Oct. 4, said, “I am happy to say ... there is a month dedicated to awareness, resources, support and countless individuals and organizations resisting domestic abuse of any kind.” But, “We must do more.”

Women who defend themselves against their abusers are incarcerated due to mandatory minimums and inflexible sentencing guidelines. Resources are taken away from health and human services, “To make the rich richer, keeping women financially dependent on the abusers, rather than structuring our system to be the safety net and community that we promised to be,” Jackson said.

Jackson pointed out, “We say make the call, but we make the pragmatic fear of police brutality a subject for political debate, with a side to pick, rather than ensuring that nobody hesitates when dialing 911 for fear they or their loved ones will be killed at the hands of those who are sworn to protect them. We say make the call, but we interrogate the victim of abuse.”

FAIRFAX COUNTY Sheriff Stacey A. Kincaid said, “I was a witness; I was a victim; I am a survivor. It happened to me, it could happen to you.”

Kincaid told her story as a means to advance the understanding of the dangers and challenges posed by domestic violence. Kincaid shared that after her mother divorced and remarried, all seemed fine. No one knew though what went on behind closed doors.

“The man she married beat her, my brother and he beat me. He blamed and shamed her to the point she actually believed it.

“This went on for seven years,” said Kincaid. She revealed how they escaped one night, found themselves homeless, and although it took a long time, they rebuilt their lives. Kincaid revealed she first told her story two years ago and was helped through the process.

“This is not the society we expect to have, where people think it’s OK to put your hands on anyone, especially a child. People do not come forward due to fear, embarrassment, and humiliation. And of course, they believe no one will believe them ... I believe you, we believe you, there are people that believe you,” said Kincaid.

BULLETIN

FROM PAGE 10

disabilities. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

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.

Public Information Meeting. 7 p.m. at Sangster Elementary School, 7420 Reservation Drive, Springfield. The Fairfax County Department of Transportation (FCDOT) will hold a public information meeting on the Fairfax County & Franconia-Springfield Parkways Alternatives Analysis and Long Term Planning Study. Presentation at 7 p.m., followed by a question and answer period at 7:30 p.m., and time for public input activities at 8 p.m. Visit the study page at www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway.

SATURDAY/OCT. 13

Spiritual Gifts Workshop. 9:30-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Fairfax. This workshop is an opportunity for to discover hidden spiritual gifts and talents. BYO lunch (refrigerator and/or microwave available). Free (donations appreciated). Call 703-239-2471 or visit www.eventbrite.com/e/spiritual-gifts-workshop-tickets-50920594870 for tickets.

TUESDAY/OCT. 16

Lions Dinner Meeting. 6:30-8:30 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Lions Club meets the 1st and 3rd Tuesdays of each month. Guests are welcome to lean about the mission of the Lions Clubs "We Serve," meet club members and learn to help serve the community. Free to first time guests. Email fairfaxlions@cox.net or visit www.fairfaxlions.org for more.

WEDNESDAY/OCT. 17

Planning for Successful Transitions. 1-3 p.m. at 3953 Pender Drive, #100, Fairfax. Although the goal for many people is to stay at home for as long as possible, there may come a day when this isn't realistic or safe. Learn about ways to can plan for a successful transition for a loved one. This program is a part of our ongoing Classes for Caregivers series. Free. Respite care may be available by request; please notify us when registering to confirm availability. Contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org. Visit www.insightmcc.org to register.

Seminar on Senior Volunteerism. 3:30-4:30 p.m. at Junior Achievement Finance Park, 4099 Pickett Road, Fairfax. RSVP Northern Virginia will hold a seminar on senior volunteerism. RSVP, the region's largest volunteer network for people 55-years-old and better, provides individualized support to seniors who are seeking their ideal service opportunities in and around Fairfax County, Arlington County and the City of Alexandria. Free and open to the public. Email RSVP Volunteer Specialist Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

8th District Congressional Candidates Forum. 7-9 p.m. at Grace Presbyterian Church, 7434 Bath St., Springfield. Both of the certified candidates have been invited and are listed here as their names appear on the ballot: Thomas S. Oh (R) and Donald S. Beyer Jr. (D) (incumbent). The questions for the candidates will be written on cards by the audience and sent to the moderator. This event is free and open to the public. Email voterserviceslwvfa@gmail.com for more.

THURSDAY/OCT. 18

Gentle Yoga. 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. See above. www.sentara.com for more.

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News I Know Now - And You Do, Too



By KENNETH B. LOURIE

Stay the course. Meaning, to write short a long story: same three week chemotherapy interval, same medicine/dosage, same quarterly scan to be followed up by usual and customary same post-scan appointment nine days later with my same diagnosis-to-date oncologist.

The reason being, to lengthen a short paragraph: the tumors that had slowly progressed – which at some point, generally speaking, was not totally unexpected, given the underlying diagnosis, and which had precipitated the most recent series of columns exploring my anxiety concerning tumor growth after five-plus years of mostly “stable” CT scan results – have once again been stabilized.

My doctor's thinking/hope is that returning me to the more aggressive/frequent treatment interval: three weeks between chemotherapy infusions versus the previous seven-week infusion intervals, might have nipped the previous growth in the bud; not enough medicine and too infrequently administered. However, just a theory because I did have a tumor, previously noted radiologically but mostly off the radar that has grown significantly.

But the doctors can't say with any certainty if this 'significant' growth occurred during the preceding months when my treatment interval had been extended to seven weeks or had it grown during the most recent seven weeks when I had three separate infusions and thus had actually stopped the growth as compared to the October 2017 scan referenced by the radiologist.

Not knowing definitively which scenario was correct, and rather than switch off the horse that we rode in on so successfully, we decided to commit to another familiar quarter of alimta every three weeks, etc., and re-assess in 12 weeks when my next typically/regularly scheduled CT scan will occur. Then we can re-evaluate our options.

If in the interim however, I feel this newly acknowledged tumor growing, and given its location directly under my Adam's Apple, it's likely I will feel/see something unlike I would with any of the other tumors located throughout my lungs, I will, as they say, alert the authorities.

To be clear – as clear as layman Kenny can be after hearing an oncologist's answer to one of Kenny's muddled what-if cancer questions – this currently focused-on tumor does not represent “spread:” movement in non-medical terms. And movement/“spread” in the cancer-patient's world is not good. So far as I understand anyway.

However thankful I am that this tumor's appearance doesn't indicate ‘spread,’ its growth is nonetheless concerning. Unfortunately, for our sanity, the best course of action, all things considered, per Friday's appointment/discussion/agreed-on strategy going forward, is to wait and see.

Hardly ideal. But in the cancer treatment business, there is some reactive rather than proactive pursuits.

As much as I want and expect my oncologist to know answers/outcomes in advance, he doesn't/just can't. Cancer is in control and what it decides to do is anybody's guess. For my oncologist, it's an educated guess. For the patient (yours truly, anyway), it's not a guess, it's a hope and a prayer.

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

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