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Denise Wight



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## Fashionable Fundraiser

The Yacht Haven Garden Club held its 35th Annual Fashion Show and Luncheon Fundraiser “Autumn Glory” at the Mount Vernon Country Club in Alexandria on Oct. 11. Garden Club members modeled fashions provided by Details of Occoquan.

The Yacht Haven Garden Club works to further education in horticulture, floral design, and conservation among its members and the surrounding community.

To achieve these goals, proceeds will be divided among the following projects and organizations: The American Horticulture Society at River Farm, University of Maryland Honey Bee Project, National Arboretum Friendship Garden and Youth Garden, National Arboretum Fern Valley, USO Wounded Warrior Healing Garden, Woodlawn Plantation Rose Garden, Mason Neck Wildlife Refuge State Park, Sherwood Hall Library Garden, Mount Vernon Post Office beautification, and Yacht Haven Neighborhood Entrance beautification. In addition, the club has a scholarship fund for students pursuing an education in horticulture.



Karen Bennett



Marcia Siegert



Lisa Franklin

## K-9 Krawl

400 people, 200 dogs walk to bring attention to link between domestic violence and animal cruelty.

BY STEVE HIBBARD  
THE GAZETTE

About 400 people and 200 dogs took part in the 12<sup>th</sup> annual K9 Krawl 5K walk held Saturday, Oct. 13, on the grounds of the Fairfax County Government Center. The free event helped bring awareness to domestic violence and the link to animal cruelty.

“We decided since October is Domestic Violence Awareness month, that we needed to bring some attention to domestic violence and this was a unique way to bring animal lovers and people together and educate them about domestic violence itself and that link to animal cruelty,” said organizer Kacey Kirkland, Victim Services Specialist with Fairfax County.

The event featured various county resources with booths and exhibits, including: the Office for Women; the Domestic Violence Action Center; the INOVA SANE Program — the forensic program that does forensic exams for sexual assault and domestic violence victims; the Humane Society; Fairfax County Animal Shelter; and Car-ing Hands.

Kirkland continued: “What we have found statistically is that women who are in domestic violence situations usually have a family pet and that family pet is pitted against them by their abuser — either that they will harm them or kill them or do something to



PHOTO BY STEVE HIBBARD

**K-9 Krawl 5K organizers Kacey Kirkland, a victim service specialist and Jacqi Smith, a domestic violence detective.**

them if they leave the partnership or marriage. So, it’s used as a tool to control their victim. This is a way for us to talk about that so people understand that connection.”

Former Sully District Supervisor and animal supporter Michael Frey was on hand as well. “The problems of domestic abuse are so rampant in the country and so misunderstood; they so often go below the radar. People are afraid to come forward and so highlighting the issue and bringing attention to the resources that are available for victims and survivors are so important,” he said.

He added: “A lot of people don’t realize that Fairfax County was one of the first jurisdictions and first police departments in the

SEE MISSION, PAGE 9

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# Hollin Hall Village Celebrates 75th Anniversary

By Vincent Fusaro

Sunday, Oct. 7, was a sunny, picturesque 85-degree day in Alexandria which provided the perfect backdrop for a community celebration. The Hollin Hall Village Citizens Association hosted a celebration for current and former citizens to acknowledge the 75th anniversary of the community's establishment.

The event was held at Mount Vernon Park Association and featured locally owned food trucks, neighborhood band Close2Home, activities for children, and a display of proclamations and acknowledgements from local politicians, U.S. Senators Tim Kaine and Mark Warner, and an insert in the U.S. Congressional Record sponsored by U.S. Rep. Don Beyer.

Hollin Hall Village was established in 1943, when Fairfax County approved the first two sections of the Hollin Hall Subdivision. John McPherson Sr. was the main developer of Hollin Hall Village and believed in the future development of the community. Hollin Hall Village then began to witness an expansion of home development during the early 1950s. Since then, generations of residents have called Hollin Hall Village their home, enjoying the small town feel and quality of life, while being about 10 miles south of Washington D.C.

Today, Hollin Hall Village is a vibrant community of approximately 700 single family homes and local businesses. Hollin Hall Vil-



Citizens enjoy the celebration at Mount Vernon Park Association on Oct. 7.

lage contains two shopping centers with community staples, specialty stores, and a senior's center which are all within an easy walk for all residents. There is also a baseball field which is the home field to many neighborhood children.

The health of a community can be judged through its level of civic engagement. The Hollin Hall Village Citizens Association consists of local citizens who volunteer to serve their community and represent their neighborhood at district meetings and participate on county boards and committees. Hollin Hall Village continues to uphold and preserve its small-town environment, while

continuously remaining involved with the issues impacting the future of their district, county, and the Commonwealth of Virginia.

The Citizens Association's Board of Directors consisting of President Ted Godbout, Vice President Vincent Fusaro, Treasurer Leo Milanowski, Secretary Carrie DePoto, General Director Tim Foerster, and Editor Tammy Loverdos, along with with some volunteer citizens, worked in collaboration to coordinate the celebration. Mount Vernon District Supervisor Dan Storck, state Del. Paul Krizek, and state Senators Adam Ebbin and Scott Surovell all attended the celebration and congratulated the community on



Hollin Hall Village Citizens Association Vice President Vincent Fusaro with Mount Vernon District Supervisor Dan Storck.

its milestone achievement.

The Citizens Association also developed a 75th anniversary booklet containing articles, stories, and photos throughout its 75-year history which was available at the event. The stories and photos in the booklet were written or submitted by local citizens. To learn more about Hollin Hall Village, or to obtain a 75th anniversary booklet, visit [www.hhvca.org](http://www.hhvca.org).

*The writer is vice president of Hollin Hall Village Citizens Association's Board of Directors.*

# Inspiration Reigns for ArtSpire Dancers at CureFest

Dedicated to a girl with childhood cancer.

By Susan Fleischman

Croppy but full of anticipation, they rode the early-morning metro into Washington, D.C., adding finishing touches to hair and makeup, preparing to dance for their friend Maddie Davis at CureFest, an annual event to raise awareness and advocacy for childhood cancer. They are the dancers of ArtSpire, and they've been in the inspiration business for a while now. Founder and troupe leader Gennifer Defilippo launched her nonprofit three years ago with a three-pronged mission: volunteering and performing at benefits for worthwhile causes, raising money for the needy, and giving a leg up to those less fortunate through scholarships and classes. This time, it was Maddie who had inspired these dancers, and they were eager to meet her in person and share her story through dance.

Maddie had had a couple of amazing days herself, traveling to the nation's capital with her family from their hometown of Hampton, Va. Maddie's mom, Melanie Davis, said, "We'd heard about CureFest for a couple of years, and I knew we had to get Maddie

there." CureFest unites lawmakers and the general public with families battling childhood cancer in order to make the fight a national priority. Melanie Davis said, "This was the year, especially because of the amazing dancers of ArtSpire."

Defilippo had been trying to get her ArtSpire dancers to perform at CureFest for a few years. They were finally accepted this year, and her dancers knew they'd dedicate their performances to their friend Maddie.

Maddie is a warrior in the fight for her life against ependymoma, a form of brain cancer. Diagnosed at 5 years old, she has spent the last four years battling the brain tumors and spine tumors of ependymoma, undergoing multiple rounds of surgery, chemotherapy, and radiation. Through it all she goes to school whenever she can, happy to return to dance class finally. Though she'd have preferred to be on stage with the troupe at CureFest, Maddie was thrilled to feel well enough to not only see the show but also to meet the dancers. They've known about each other for a year, when Defilippo met Melanie Davis and learned of Maddie and her battle with ependymoma. Defilippo's ArtSpire dancers adopted Maddie from afar.

Walking the grounds of CureFest, Maddie and Melanie Davis met some of Maddie's idols: Ariel, Snow White and Sleeping Beauty. Still a little girl enthralled with these



ArtSpire Troupe and TeamMaddie at CureFest.

friendly Disney princesses, Maddie was elated to walk among and visit with them. And then Wonder Woman and Supergirl approached her to take a selfie with them. Who was the celebrity here, anyway? Melanie Davis said, "The biggest takeaway for Maddie was that she 'isn't the only one.' She knows she is not the only kid with cancer but to see kids are just as loved and spe-

cial and brave as she is was both humbling and comforting."

ArtSpire choreographer Hannah Nobles planned Maddie's dance. "We researched postings made by Maddie and her mom on social media. We wanted their voices to be heard, with quotes that showed Maddie's

SEE ARTSPIRE, PAGE 5



## CRIME

The following incidents were reported by the Mount Vernon District Police Station.

**BURGLARY / DESTRUCTION OF PROPERTY:** 8600 block of Highgate Road, between Oct. 8 – Oct. 12. On Oct. 12, a Realtor checked on a property and noticed that both the front and rear doors were open. There was extensive damage from an unknown liquid to the floors of the house.

**TRESPASSING:** 2300 block of Glendale Terrace, Oct. 13, 4:35 p.m. Police responded for a suspicious person around a vacant home. While investigating the call we encountered a 15-year-old juvenile boy from Capitol

Heights, Md. inside the residence. The boy did not have permission to be in the residence and officers are following up with the homeowner about proceeding with charges.

**STOLEN AUTO / OBSTRUCTION OF JUSTICE:** 6100 block of Richmond Highway, Oct. 14, 10:52 p.m. Officers responded to a fight between two men. Both men were uncooperative with officers who determined they were driving a stolen SUV. A 27-year-old man from Michigan was charged with unauthorized use and obstruction of justice. A 37-year-old man from Michigan was charged with unauthorized use, stolen credit cards, giving false ID and obstruction of justice.

**ASSAULT ON LAW ENFORCEMENT / TRESPASSING:** Beacon Hill Road and Quander Road, Oct. 10, 8:27 a.m. The school resource officer at West Potomac High School saw an 18-year-old man from Alexandria, on school property who was previously banned from school grounds. He approached the officer and was informed he was under arrest. The officer gained control of his arms to handcuff him who then pushed the officer and ran away. He pushed and struggled with the officer several times as the officer chased him and attempted to gain control of him. A second officer arrived and assisted in gaining full control of the man who was subsequently arrested and taken to the detention center. He was charged with assault on a law enforcement officer, trespassing and possession of marijuana. No one was injured during the arrest.

**ROBBERY:** 8400 block of Frye Road, Oct. 10, 10:33 p.m. The victim was walking near 7-11 when she was approached by three men. One man began slashing a box cutter toward the victim, threatening to cut her. She attempted to walk away and was struck with thrown beer bottle. The men then took a backpack from her and ran away. The man with the knife was described as a 26-year-old white man, 5'6", weighing about 130 pounds. The second man was described as a 26-year-old man with a similar build to the first suspect. The victim was unable to provide a description of the third suspect.

**MALICIOUS WOUNDING:** 7700 block of Fordson Road (Paisano's Pizza), Oct. 10, 12:24 p.m. The victim was working when she saw a 56-year-old man from Alexandria, outside of the restaurant harassing customers in the outdoor patio area. When she told the man to leave the premises, he became belligerent, throwing chairs. He chased the victim and grabbed her by the neck causing a laceration on the side of her neck. He was taken to the Adult Detention Center where he was charged with drunk in public and malicious wounding.

**ROBBERY:** 8700 block of Richmond Hwy., Oct. 7, 5:50 a.m. The victim was walking down Sacramento Drive to the bus stop on Richmond Highway. He saw two men walking towards him dressed in all black. One was wearing a mask and the other had his hood pulled down. The victim tried to walk around the men by going through a parking lot. They followed the victim and grabbed him. One of the men pointed a gun, while the other held a knife against the victim. The men took the victim's cash and cell phone and walked away. The suspect with the knife was in his early 20's, approximately 5'5" weighing 150 pounds. The suspect with the gun was also in his early 20's, approximately 6' tall weighing 180 pounds.

**ROBBERY:** 8200 block of Russell Road, Oct. 7, 4:33 p.m. The victim was standing outside an apartment building when a man walked up to him and asked to borrow his cell phone. The vic

SEE CRIME, PAGE 16

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# ArtSpire Dancers At Curefest

FROM PAGE 3

strength and hope along with the difficult reality of what they were all going through,” said Nobles. “I tried to match dance steps to follow the quotes, lifting and supporting. I chose Sia’s song, ‘Angel by the Wings,’ because she sang ‘you can do anything.’” As the music began, a dancer’s voiceover said, “I wish I was Sleeping Beauty – she doesn’t have pain.” Astonished, Maddie turned to her mom and said, “Wait, I said that!”

Knowing how much her daughter misses the social interaction other 9-year-olds normally experience, Melanie Davis watched as the dancers wrapped Maddie in a group hug. They were excited to finally meet her, and Maddie was moved to be welcomed by them.

As Melanie Davis expressed to all of Maddie’s fans on the #TeamMaddie Davis Facebook page, “Any words I could string together would fall woefully short of adequately expressing the amazingly powerful, motivating, heartbreaking and hope-creating experience we had at CureFest. To see Maddie honored by the girls of ArtSpire in such a powerful and beautiful way, and on such an important and meaningful stage, was truly overwhelming. My takeaway was that one single person, a child even, can drive the change that will save us all.”

Defilippo agreed. “It was a very special and emotional day for all. This is the beauty of ArtSpire and



**Maddie Davis and ArtSpire dancers in group hug.**

why I do what I do. Dance is more than just putting steps together; it is inspiring. Dancers can help those struggling and inspire many through their art. Hence our mission statement, Inspiration through the Arts.” Defilippo believes in not only inspiring those hurt and suffering but also inspiring those who have never felt that hurt or suffering by bringing the two together. “At CureFest, our young dancers displayed how truly inspired they are by this young lady, by her smile, her spunk, her fight. We were all winners.”

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This is an opportunity for high school students grades 9-12 to learn about life after high school, from a panel of college/ university graduates, military personnel, restaurant management, and government employees. The panelists will share how decisions/ choices that they made impacted their lives and their life choices and experiences. Following the presentation, time is allotted for a question and answer session.

High school students, whether you have clear post-high school plans or not, this High School Career Forum is for you! We look forward to seeing you on Sat, Oct. 27, 2018.

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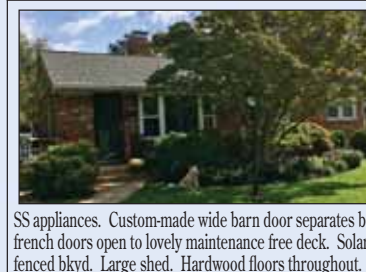


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Lovely 4 bedroom, 3 bath home with carport in popular Stratford on the Potomac. Situated in sought after Stratford Elementary school district. Well maintained home. Replacement windows. Freshly painted interior with refinished hardwood floors. Beautiful landscaping. Updated baths. Family room with gas fireplace. You'll love it!!

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**Ft. Hunt/Hollin Hall \$579,900**  
**7923 Jackson Road**  
Wonderful one level living in great location! Waynewood Elementary. Gorgeous 3 BR, 2 BA home, fully renovated, with a large contemporary addition that includes a beautiful Great Room w/ a stone fireplace. Unique features throughout home. Stunning kitchen w/ silestone counters, maple cabinets, gas cooktop, SS appliances. Custom-made wide barn door separates bedrooms from living room. Open floor plan. New french doors open to lovely maintenance free deck. Solar outdoor lighting. Lovely landscaping. Privacy fenced bkdy. Large shed. Hardwood floors throughout. All major systems replaced in recent years.



**Alex/Engleside \$1,300,000**  
**8734 Lukens Lane**  
4.128 acres zones R-2 for sale. There are 2 lots: 4/0 acres w/house (Tax Map 1101 01 0043) and .128 acre vacant land (1101 01 0043A). House on Property sold "AS IS" and NO ACCESS given or allowed. Land Value only. Water, sewer, gas, electricity available. This land is adjacent to the houses on Halley Farm Ct. which were built in the 2010-2011 time frame.

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**Alex/Waynewood \$595,900**  
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**SOLD**



**Alex/Waynewood \$660,000**  
**1120 Waynewood Blvd.**  
Waynewood's popular Mayfield model w/4 finished levels & a spacious 5th level w/good ceiling height waiting to be finished. Steps to Waynewood Elementary. This lovely light-filled home has 4BRs, w/2.5 BAs, a 3 season porch, & a lovely fenced bkdy w/a brick patio & an attractive shed. Quality replacement windows, 6 panel doors. Beautiful newly refinished hdwd floors. FPL in Living rm, eat-in kitchen w/gas cooktop & double oven. Separate Dining rm w/French doors to porch. Family rm on lower level w/half bath.



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# OPINION

## Voting as a Responsibility

BY PAUL KRIZEK  
STATE DELEGATE (D-44)

**V**oting is a right, a privilege, and a responsibility. Our country is founded on the democratic principle that every citizen should have a say in who represents them. In 20 days or so there is an important midterm election. Historically, the midterms have far lower voter turnout than Presidential elections. The 2014 midterm election had the lowest voter turnout in 72 years!

Only 36.3 percent of citizens voted nationwide and we weren't much better in Virginia where turnout was only 36.7 percent. This means that in the last midterm 63.3 percent of our fellow Virginians did not exercise their constitutional right to vote. We must do better this year and ensure that many more Virginians get to the polls.

This year, election day is on Tuesday, Nov. 6 and polls will be open from 6 a.m. to 7 p.m. If you are unsure of where you go to vote please visit the Virginia Department of Elections website <https://www.elections.virginia.gov> to confirm your polling location. Before you leave for your polling location there are a few things you need to do. First, bring a valid Virginia I.D. A drivers license, veterans I.D. card, passport or a valid college or university photo I.D are all acceptable. To view the full list

of acceptable IDs please visit the Virginia Department of Elections website. Next, make sure you know what offices are up for election and who the candidates are, and whether there are any ballot initiatives. This year, in Virginia, you are voting for your U.S. Senate and House of Representatives member, and two amendments to the Virginia Constitution.

Remember to take some time to research the candidates and the constitutional amendments on the ballot. The amendments often take voters by surprise and can be difficult to understand. The first amendment changes the code of Virginia to allow the surviving spouse of a military member who had a military connected disability to continue receiving a real property tax exemption if they decide to move. Currently, if the surviving spouse changes primary residences they lose the exemption. This amendment is a fair way to ensure that the family members of our veterans receive the benefits they deserve. The second amendment would allow localities the flexibility to provide a partial tax exemption for property that is subject to recurrent flooding if flooding resiliency improvements have been made on the property. In plain English, this is an attempt to incentivize people to make their homes as flood resistant as possible. I would recommend you vote yes to each of these amend

SEE VOTING, PAGE 17



**Del. Paul Krizek speaks to Boy Scouts Troop 888 about the importance of fulfilling their constitutional responsibility to vote from the moment they turn 18.**

## Focusing on the Whole Patient

BY STEVE HUNT  
NEIGHBORHOOD HEALTH

**M**any of you have heard of Neighborhood Health, the non-profit community health center serving more than 20,000 patients in Alexandria, Arlington and Fairfax County. What you may not know is that in addition to primary medical and dental care, behavioral health is treated as a vital part of patients' overall well-being.

It begins when a patient walks through the door of any Neighborhood Health clinic and completes a universal screening assessment that can identify potential mental health concerns. Patients coming in for medical care can be suffering from undiagnosed depression, anxiety, acute stress, trauma, adjustment to life transitions, ADHD, school-related behavior challenges, parenting difficulties and more.

In addition, it is not uncommon for people dealing with certain chronic conditions – es-

pecially diabetes — to be at a higher risk for depression. Assessments also screen for substance use issues, including drugs, alcohol and tobacco. All of these issues can be addressed with assistance from Neighborhood Health's licensed behavioral health clinicians.

Director of Behavioral Health Courtney Riggle-van Schagen is a Licensed Clinical Social Worker and has been recognized for outstanding service to survivors of domestic violence. "Almost everyone encounters a time in their life when accessing the services of a behavioral health specialist can help them be healthier and more productive," she said.

By having patients complete their health assessment, underlying issues can be identified and discussed with their primary care provider who may introduce them to a behavioral health providers who is part of the same treatment team.

From there, patients have the opportunity to discuss their stressors or other concerns, and if desired, schedule regular appointments to cooperatively develop a plan of action and fol-

low up on their progress regularly. Riggle-van Schagen pointed out that she and the other Neighborhood Health counselors are well aware of and sensitive to the stigma that patients face when seeking mental health treatment, and that among of the benefits of receiving services at one of their facilities is that they can receive the treatment in the same location as their medical or dental care, making services accessible and reducing the barriers that patients face as they take the initial steps toward improving their health.

After building trust with their primary care provider and overcoming their initial reluctance to seek mental health services, patients are put at ease by their behavioral health specialists, all of whom are licensed, and many of whom are bilingual, enabling them to communicate with patients whose first language is not English.

Through establishing long-term relationships between clinicians and patients and making it

SEE FOCUSING, PAGE 17

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Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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## LETTERS

### Downstream Impact

To the Editor:

The owners of eight acres at 8800 Richmond Highway want Fairfax County's Comprehensive Plan amended to allow building 43 townhomes. The land is almost entirely in the 100-year floodplain, the Chesapeake Bay Resource Protection Area, the Dogue Creek Environmental Quality Corridor and is protected by the County's

Comprehensive Plan and several ordinances.

What would be the downstream impacts of this development if it were approved? The developers claim that flood elevations will not be raised; should we be confident in their promise, especially given increased storm intensities due to climate change? Several downstream properties seem vulnerable.

The Keys and Russell subdivision, located on Cedar Road, Cedar Court, and Dogue Drive just

1,000 feet downstream from 8800 Richmond Highway, was built before county floodplain regulations were in effect. Five houses were built on lots partly or entirely in the floodplain, and others are in the Resource Protection Area. Two houses had to be torn down and the properties purchased by the county due to flooding. Houses and yards in this neighborhood have flooded repeatedly over the years, even those outside the floodplain.

Will adding 41,000 cubic yards

of fill and losing two acres of the Dogue Creek floodplain just upstream exacerbate flooding in this neighborhood? Will the county be forced to buy out more homeowners (at taxpayer expense)? Would filling and developing townhomes at 8800 Richmond Highway pave the way to filling and developing the undeveloped floodplain lots in the Keys and Russell subdivision?

Fort Belvoir is also downstream of this development, and officials have expressed concerns about

potential impacts. In a comment submitted to the Planning Commission on Oct. 2, Daniel O'Brien (Fort Belvoir facilities manager) said, "Fort Belvoir is concerned with the risk of increased sedimentation in the lower Dogue Creek watershed as a result of this development and whether exceptions are approved. We are currently experiencing adverse impacts due to sedimentation in the downstream sections of the Dogue Creek watershed. This development would further increase the risk of additional sedimentation and adverse impacts to Fort Belvoir operations."

The county and Planning Commission need to recognize cumulative downstream impacts of land use decisions. The time when each parcel could be considered independent of all others has passed. County officials should reject this proposal.

**Paul Siegel**  
Alexandria

### Leave Site Undeveloped

To the Editor:

A proposed amendment to the county's Comprehensive Plan would allow the construction of 43 "higher-end" townhouses on eight acres of waste land next to Dogue Creek. This proposal is deeply flawed and should be rejected. It would violate long-standing state regulations and county policies, it would make flooding worse instead of better along Dogue Creek, and it would set a disastrous precedent for development elsewhere in the Route 1 corridor.

Despite these flaws, the authors of the proposed amendment insist that the site isn't in the 100-year floodplain and doesn't deserve the protections of a Resource Protection Area (RPA) or Environmental Quality Corridor (EQC). In their view, this isn't a development proposal, it's actually a remediation proposal, because they plan to clean the site up ... before they pave it over.

Our District Supervisor, Dan Stork, referred the proposed amendment to the Planning Commission, asking that they let their staff evaluate it. The staff report left little doubt that that they didn't like the proposal. Staff particularly noted the adverse precedent for creating residential lots in the floodplain, as well as the failure to address the stability of Dogue Creek and the potential for the release of accumulated sediment. Staff also concluded that the proposed amendment did not demonstrate any potential for the

SEE LETTERS, PAGE 9

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# LETTERS

FROM PAGE 8

required “net environmental benefit” from disturbing the EQC. It would be highly unusual for the commission to go against such a strong report from its staff.

The county’s Stormwater Planning Division was also consulted, and they were even more direct in rejecting the proposed amendment:

❖ Building this project in the RPA, without the required 100-foot buffer, would “exacerbate downstream [flooding and erosion].”

❖ “The ... application is counter to the intent and spirit of [EQCs],” since it proposes additional landfill that would further degrade the site’s floodplain function and other ecological services. “The property at 8800 Richmond Highway is exactly the appropriate situation in which preserving or restoring [EQCs] should occur.”

❖ “Allowing an exception here sets a very bad precedent [emphasis theirs] for this area and for the county as a whole, and will

weaken County Environmental rules and protections in the future.”

❖ “The perception that town homes will improve the overall environmental condition is false, as improved aesthetics does not mean improved environmental quality. Town houses will contribute [trash, pollution and stormwater runoff] that may exceed the pollutant loads from the current occupant.”

Perhaps a better solution would be to convert the roadside portion of this property to private open space, which is precisely what’s called for in the current Comprehensive Plan. The owners already converted the back portion of the property to private open space in 1966, greatly reducing their tax burden for the past 50 years. The Planning Commission should refuse this amendment in the strongest possible language and hope that the example will prevent other developers from proposing similar projects in the future.

**Paul B. Phelps**  
Alexandria

## On a Mission at K-9 Krawl 5K

FROM PAGE 1

country to make the connection between people who abuse animals and people who later in life go on to become perpetrators of domestic violence.”

Springfield District Supervisor Pat Herrity added: “Today’s event is really about highlighting the correlation between animal abuse and domestic violence. Domestic vio-

lence is an issue that we’ve got to do more about in Fairfax County. We are doing something but we’ve got to do more.”

He added: “And any event with dogs — you’ve got to love events with dogs. I’ve been a dog owner all my life and seeing everybody out here with their animals on a rainy day — I think it’s a special cause when people come out on a rainy day.”

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# Carving Made Easy

A lesson in creating a front porch worthy Halloween pumpkin.

BY MARILYN CAMPBELL

“**I**ck, this is so gross,” said one 11-year-old girl with shoulder length blonde hair. “Those are the guts,” said her classmate, a 12-year-old, white apron-clad boy, as he pulled a handful of stringy, orange pulp out of a fat pumpkin.

“It’s part of the process. You have to clean out the messy insides before you can start carving a beautiful design,” said Lisa Searby, who was offering an in-home lesson in carving Halloween pumpkins to a group of middle school students and their parents.

A drive around most neighborhoods during this, the spookiest season of the year, will likely reveal the efforts of many to carve a sophisticated pumpkin. From frightening to fanciful, the art of pumpkin carving is a skill that eludes many. So on a chilly Sunday afternoon, Searby, who lives in Bethesda, Md. trekked to the Fairfax home of Katie and Luke Gunther to offer a class in pumpkin carving. With a few tricks and the right tools, Searby says that almost anyone can create a front-porch worthy gourd.

After the parent-child duos have donned aprons and the pumpkins are placed atop tables covered with plastic and topped with newspaper, the instruction begins. A set of



**Investing in a set of carving tools helps create impressive Halloween pumpkins.**

carving tools is something that Searby recommends to anyone who wants to create an impressive design.

“You don’t have to break the bank, but you need to get a set of tools that are sturdy enough to stand up the the heft of a thick-

skinned pumpkin,” she said. “You can usually find them online pretty easily. Choose a set that has a tool for each step of the process, like a little serrated saw to cut a hole in the top and a scooper to clean out the flesh. It makes carving so much easier.”

It appears that parents agree. “I didn’t realize that there was such a thing, but these little tools are awesome,” said Luke Gunther, the father of 12-year-old twins. “We usually use a kitchen knife and it’s hard to cut through and the edges of the designs are always jagged, but the tools make a much smoother cut.”

Once the tops of the pumpkins are removed and the pulp, flesh and seeds area cleared, the artistry begins. “Use a dry-erase marker to to sketch the design that you want to carve on the front of your pumpkin,” said Searby. “Does anyone know why we’re using a dry-erase marker instead of a Sharpie? Because if you make a mistake or don’t like your drawing, you can wipe off a dry-erase marker and start over. Sharpies are permanent.”

Three hearts are what Theresa Holt and her 12-year-old son and 11-year-old daughter choose for the front of their pumpkin. “This is such a fun thing to do, even if you don’t care about the outcome, it’s a great way to spend time together as a family,” she said.




PHOTOS COURTESY OF LISA SEARBY

**Front-porch ready Halloween pumpkins.**

Those who choose to use one of Searby’s pre-designed templates are instructed to attach the template to the pumpkin and use the spike tool to trace the design onto the gourd, leaving tiny pinholes in its thick flesh. Next, the class uses one of the carving tools to cut out the facial features or other designs and, voila, in less than 30 minutes the group produces six pumpkins that are ready for Halloween.

“If you’re going to use candles illuminate your pumpkins at night, make sure you put the candles in a glass candle holder first,” said Searby. “Now the clean-up begins. It’s a messy process after all.”



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# ENTERTAINMENT

## LTA Embraces 'Dracula'

A classic tale of gothic horror in time for Halloween.

BY STEVE HIBBARD

**B**ram Stoker's classic tale of gothic horror comes to life – and death – on stage at the Little Theatre of Alexandria. Join the colorfully macabre cast of characters as they take you on a breathless and bloody thrill ride from the depths of Transylvania to the heart of Victorian London. Rich with both humor and horror, this play paints a wickedly theatrical picture of the world's most famous vampire. The show written by Steven Dietz runs from now through Nov. 3.

Co-producer Nick Friedlander said he's been a horror movie junkie and involved with theater since the age of 10, so he couldn't easily pass up an opportunity to marry those two interests together. "Having just moved to Virginia a year ago, I can think of no better way to celebrate Halloween than to oversee a production with an exceptionally talented technical team and amazing actors in my new hometown," he said. The other co-producer is Charlotte Corneliusen.

Director Jennifer Lyman said she is drawn to dark and twisted dramas and "Dracula" fits that bill. "It is a complex play that requires both actors and the designers to stretch themselves in order to tell the story in a relatable way while also thrilling the audience," she said. "I have a lot of technical experience and am very organized so I was confident that combining my skills, knowledge, and lots of spreadsheets with a stellar cast and designers would result in a successful show."

She added: "Everyone has heard of Dracula and has an image in their mind of this iconic character. However, no two audience members will walk into the the-



**Brendan Quinn stars as Jonathan Harker, Lynley Peoples as Lucy Westenra, Griffin Voltmann as Dr. John Seward, and Kirk Lambert as Abraham Van Helsing in LTA's production of "Dracula."**

ater with the same expectations of our show. I want the audience to be entertained, thrilled, surprised, and satisfied that we have delivered Dracula even if it varies from their expectation. It is also important to me that everyone working on Dracula has a good experience — that they feel they were able to collaborate and they share in the show's success."

Chris Andersen is playing the role of Dracula, who has been growing old and weak in Transylvania. "He hungers to go to London where the people are. And he draws people to him because

he is hypnotic and desires people intensely," he said.

He added: "The special effects are amazing and fun to work with. It can be a challenge to time your performance so all the music, howling and blood happen at the right time. It is also difficult to talk with fangs in your mouth."

"Everybody in the show wanted to work on this play because we love the story of Dracula. We hope the audience is drawn in to our version of the story and feels the chills and romance we feel," he said.

Jeff Elmore is playing the role

of Renfield, an inmate at an insane asylum who has a history with Dracula. "He begins the play as a simple object of curiosity, but as the play progresses, he becomes more complex and dangerous," he said.

He added: "My biggest challenge in playing Renfield is controlling his more wild moments. Renfield is a showy role, so the instinct is always to be loud and sporadic, but going too loud or too sporadic makes the play unwatchable. It's taken some practice to block and control him while accounting for his unhinged be-

havior."

As far as audience takeaways, he added: "I hope audiences are scared and thrilled, in that order."

Kirk Lambert is playing the role of Van Helsing, a Dutch doctor with a wide range of interests and accomplishments, partly attested to by the string of letters that follow his name: MD, D.Ph., D.Litt., etc., which indicate a wealth of experience, education and expertise, he said. "He is a philosopher and a metaphysician and one of the most advanced scientists of his day. He is also a bit arrogant and dismissive of those who are not possessed of his perceived level of expertise. Van Helsing's personality is described by John Seward, his former student, as being a seemingly arbitrary man because he knows what he is talking about better than anyone else," he said.

He added: "One of the challenges was the manner of speaking in Victorian England which was further complicated by Van Helsing being Dutch. He has a slight accent while speaking English and his sentence structure is a bit convoluted. Did I mention props? I have the pleasure of handling a transfusion machine, medicine bags, garlic, crucifixes, hosts, stakes, a wild rose, a letter, and a lantern. The amount of dialogue and the playwright's propensity to often have his characters speak in lengthy monologues was also challenging."

Heather Benjamin is playing the role of Mina Murray, who is engaged to Jonathan and best friends with Lucy. "She is a traditional young lady of the era, but she also desires to take part in the activity of the world and be useful. Throughout the play, she keeps trying to learn more, to help

SEE LTA, PAGE 21

## CALENDAR

### ONGOING

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

**Art Exhibit: Makers in the Mansion.** Through Oct. 22 at Woodlawn & Pope-Leighey House Historic Site, 9000 Richmond Highway. Six installations of work by local African American makers hosted in an 1805 mansion owned by Nelly Parke Custis and Lawrence Lewis, once a prominent plantation home. Stories of a transformed African

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

**Beginnings & Endings.** Through Oct. 28, at Scope Gallery, 105 North Union St., Studio 19 of the Torpedo Factory, Alexandria. A Ceramic Guild

Show offering a timeless tale of clay art focused on starters and sweets. Enter a fairyland of treasures as frosted cupcakes transform into shaker and creamer sugar sets and tapas trays bring hand painted dragons and fantastic flora and fauna to life. Call Scope Gallery at 703-548-6288, visit [www.scopegallery.org](http://www.scopegallery.org), [www.torpedofactory.org/galleries/scope](http://www.torpedofactory.org/galleries/scope).

**Exhibit: 'Autumn Gold.'** Through Oct. 29, featuring Nina Tisara's intricate mosaic art at Coldwell Banker Residential Brokerage, 310 King St., Alexandria. RSVP to [ninat@ninatisara.com](mailto:ninat@ninatisara.com).

**Art Exhibit: "Symmetry - Balance in an Asymmetrical World."** Through Oct. 28 at Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Exhibit showcases the

artists' visions of symmetry. The camera, used as a tool, reveals the artist's vision and produces a personal – typically evocative or atmospheric, yet balanced – statement. Visit [www.DelRayArtisans.org/event/symmetry](http://www.DelRayArtisans.org/event/symmetry).

**Pumpkin Patch.** Through Oct. 31, Monday-Friday, 11 a.m.-7:30 p.m.; Saturday-Sunday, 9 a.m.-8 p.m. at Immanuel Church-on-the-Hill, 3606 Seminary Road. All net profits support the church's outreach activities at the community, regional and international levels. The pumpkins are grown on the Navajo Indian Reservation near Farmington, New Mexico. Visit [www.immanuel-on-the-hill.org](http://www.immanuel-on-the-hill.org) for more.

**Row by Row Junior.** Through Oct. 31, local quilt shops like Artistic

Artifacts (4750 Eisenhower Ave.) are welcoming children participating in Row by Row Junior to their shops. It's the junior version of the summertime travel event for quilt making fans known as Row by Row Experience. At home, families can find free tutorial support and activities online by visiting [www.rowbyrowexperience.com](http://www.rowbyrowexperience.com) or [www.artisticartifacts.com](http://www.artisticartifacts.com) for local quilting.

**Ghost & Graveyard Tour.** Through Oct. 31, 7:30 p.m. and 9 p.m. Friday and Saturday. Tour departs from Alexandria Visitor Center, 221 King St., Alexandria. You'll follow an 18th-century costumed guide by lantern light through the streets of Alexandria's historic district. You'll hear ghost stories, legends and folklore. Appropriate for ages 9 and



# ENTERTAINMENT

up. Admission: \$15 adults; \$10 ages 7-17. Call 703-519-1749 or visit [www.alexcolonialtours.com](http://www.alexcolonialtours.com).

## FRIDAY/OCT. 19

**Accessing Newspapers & Magazines.** 1 p.m. at Talking Books, 5005 Duke St., Alexandria. Free. Learn more about this free service, which allows participants to listen to newspapers, magazines, and other publications over the telephone. Call Kym at the library at 703-746-1762.

**Teen Comic Book Club.** 4 p.m. at James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Welcome to Teen Comic Book Club where they discuss great comic books and graphic novels. Snacks provided. For teens in grades 6-12.

## OCT. 19-20

**Waterfront Beer Garden.** By Port City Brewing Company, at 1 King St., Alexandria. Enjoy craft beer plus entertainment including live music, DJ's, American Beer History Trivia and more, plus bites from local restaurants Pizzeria Paradiso, Chadwicks and Mia's Italian Kitchen. In addition to classics like Optimal Wit, Port City will highlight different beers, including their Oktoberfest, an IPA showcase, and the newest beer in their Lager Series, Baltic Porter. Visit [www.PortsideInOldTown.com](http://www.PortsideInOldTown.com).

## SATURDAY/OCT. 20

**Bazaar/Craft Fair.** 9 a.m.-2 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Featuring over 30 crafters, silent auction, bake sale, and door prizes.

Admission is free and open to the public.

### MVHS Theatre Arts Fall Festival.

10 a.m.-2 p.m. At Mount Vernon High School (Entrance 4). There will be food trucks and candy (including cotton candy), vendors and yard sales, games and prizes, costume contests, a raffle, karaoke, and more. Proceeds benefit the MVHS Theatre Arts program and activities.

### Family Fall Festival.

10 a.m.-2 p.m. At Armistead L. Boothe Park, 520 Cameron Station Blvd., Alexandria. Activities and entertainment will include scarecrow building, face painting, hayrides, pony rides, inflatables, and performances throughout the day by the ever-popular Beale Street Puppet Theatre. Food and beverages will also be available for purchase. In case of inclement weather, the festival will move indoors to Samuel W. Tucker Elementary School (435 Ferdinand Day Drive). Admission is \$5 per person or \$15 per family up to four people. Visit [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation) or call 703-746-5592.

### "Le Tour d'Alexandria" Bicycle Tour.

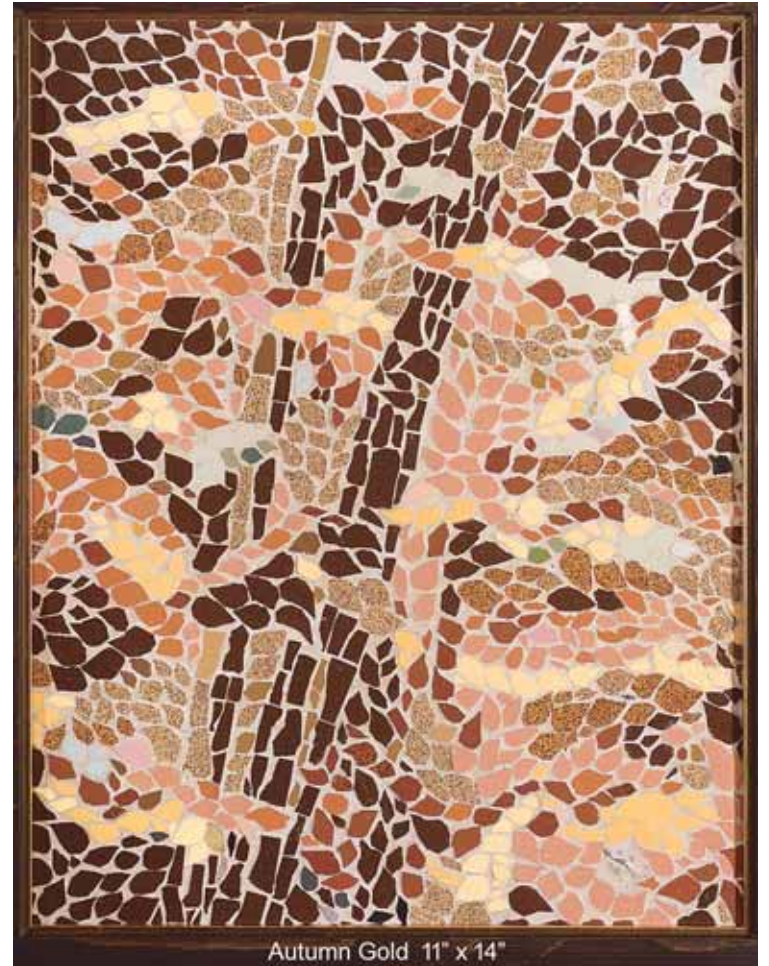
10 a.m. at Beatley Central Library, 5005 Duke St., Alexandria. Alexandria Library invites the community to participate in Le Tour d'Alexandria Library, the Library's 6th annual bicycle tour of all library locations. This year's theme is: The Three Quarters Tour. During the tour, discover the rhythm and musical flavor of the cultural contributions of individuals in and around the Alexandria community. Participants can bring their bicycle and join library staff for a leisurely 2-hour loop of Alexandria starting and ending at Beatley Library. Registration is required. To register online visit [bit.ly/2IOxxJA](http://bit.ly/2IOxxJA).

**Observe the Moon.** 11 a.m. at Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. The Barrett Branch Library will show a 30-minute recorded lecture: "Observing the Moon and Sun." Afterwards, make a Moon Phases Calendar and Calculator. View an interactive map and see what Moon observation events are happening in the DMV. Visit [alexlibraryva.org](http://alexlibraryva.org).

**Mucha Musica.** 11 a.m. at Charles E. Beatley, Jr. Central Library, 5005 Duke St., Alexandria. Join award winning musical group Cantare for a musical journey through Latin America. Free. Email Anton Murray [amurray@alexlibraryva.org](mailto:amurray@alexlibraryva.org) or visit [alexlibraryva.org](http://alexlibraryva.org).

**Puppet MakerFEST.** 11 a.m.-3 p.m. at the Durant Arts Center, 1605 Cameron St., Alexandria. Master puppeteers will hold puppet-making workshops and host puppet shows throughout the day. Entrance ticket allows includes one of the two main puppet shows of "Matt's BIG Crankie Show" by Matt Muirhead, along with experiencing the Puppet Petting Zoo and other puppetry displays. Three puppet making workshops will also be offered for \$5 each. Contact Cheryl Anne Colton at 703-746-5565, [cherylane.colton@alexandriava.gov](mailto:cherylane.colton@alexandriava.gov) or visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts).

**Archaeology Waterfront Walking Tours.** 11 a.m.-noon and 1-2 p.m. at the foot of King Street at the site of Interim King Street Park, and end at Hotel Indigo. Celebrate Archaeology Month with Alexandria Archaeology. As part of the Portside History series of activities at the Old Town waterfront, join an expert-led tour to learn more about new discoveries, significant finds, and the hidden history that has been revealed through historical documentary data



"Autumn Gold"

## 'Autumn Gold'

Exhibit of Nina Tisara's intricate mosaic art at Coldwell Banker Residential Brokerage, 310 King St., Alexandria, Through Oct. 29. RSVP [ninat@ninatisara.com](mailto:ninat@ninatisara.com).

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## ENTERTAINMENT



PHOTOS BY GABY GARCIA  
**Andrew Comlish plays Markley, Lyndsey Lawrence plays Grace Fryer, and Kathleen McNerney plays Mrs. Fryer in Bishop Ireton's "Radium Girls."**

**Andrew Holland stars as Mr. Roeder and Olivia Hays stars as Mrs. Roeder in Bishop Ireton's "Radium Girls."**

# 'Radium Girls' Speak Out

**Drama depicts poisoned female factory workers.**

BY STEVE HIBBARD

**W**ith a cast of 18 students, Bishop Ireton High School will be presenting "Radium Girls," a story by D.W. Gregory about female factory workers in the 1920s who contract radiation poisoning from painting watch dials. Inspired by a true story, the play traces the efforts of Grace Fryer, a dial painter, as she fights for her day in court. Her adversary is her former employer, Arthur Roeder, an idealistic man who cannot bring himself to believe that the same element that shrinks tumors could have anything to do with his employees' illnesses. The show runs from Nov. 8-10.

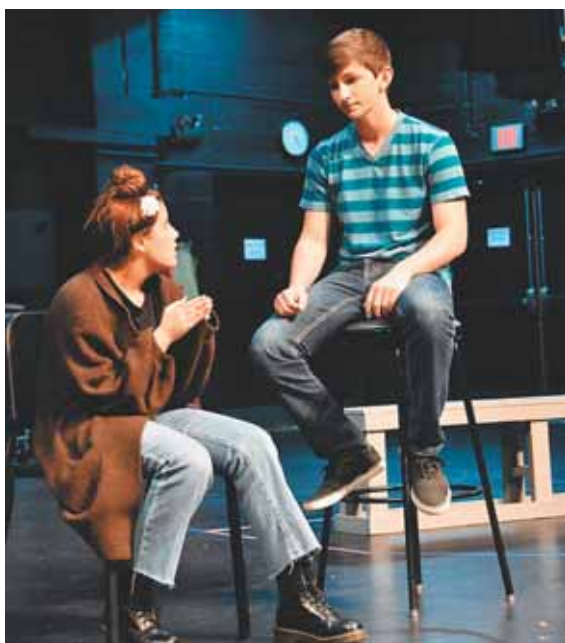
"It's based on a true story of the girls in the 1920s who painted the luminescent watch dials," said Director Joanna Henry. "They painted it with paint to make it glow. And in order to get the fine points on the paint brushes, they were encouraged to put it in their mouths — and, as a result they were ingesting radium and they started getting ill and many of them died."

Henry, who has been at Bishop Ireton for 18 years, said the show uses a cinematic style that flows from one scene to the next, and they added projections to the walls to help tell the story.

She added: "It pretty much focuses on one dial painter, Grace Fryer, and it's her fight to get what the women deserved. They wanted the company to take some responsibility. It does have a social justice aspect to it — I believe these particular cases are what caused worker's compensation and working conditions to improve."

Andrew Holland, 18, a senior from Arlington is playing the role of Arthur Roeder. "He's the president of the company in the beginning of the show. He is very human in that he cares for the girls, but he also cares for the company and has a duty to keep the company's name clean. So, during the show he always struggles between these two extremes."

He added: "I hope the (audience) understands the historical significance of it. A lot of people don't know the story and what actually happened, and I hope they understand the context of women's rights in the show. I hope they are emotionally impacted in a way that they want to apply activism in their own lives because in the show the girls don't have a lot of



**Rehearsing a scene from Bishop Ireton's "Radium Girls" are Lyndsey Lawrence as Grace Fryer and Owen Peters as Dr. Knaf.**

people speak for them."

Lyndsey Lawrence, 17, a senior from Alexandria is playing the role of Grace Fryer. "Grace is a character who changes a lot. She starts the show at age 15 and quit school to work at the U.S. Radium Corporation, and she gets sick because of the method they had of painting the dials. She was instrumental in getting the company to compensate them for their suffering and making sure people know of the dangers of radium."

She said the challenge was how Grace changes from the beginning to the end. "She starts out young, innocent and naive; and how she gets sick and how that illness affects her and showing strength — even through the illness," she said.

Abbi Abraham, 17, a senior from Alexandria is playing the role of Kathryn Schaub. "Kathryn is one of Grace's friend and begins the play as an enigmatic, funny and energetic girl. As the play progresses, she has a drastic transition because of the illness and as she begins to deteriorate, she begins to lose a part of her sanity. It's a very drastic character arc for her," she said.

"I hope the audience takes away from my performance what strong women can achieve when there's

SEE 'RADIUM GIRLS', PAGE 21

# Save the Date

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# ENTERTAINMENT



**Del Ray Halloween Parade** The 22nd Annual Del Ray Halloween Parade takes place on Sunday, Oct. 28 at 2 p.m. All are welcome to march in the parade along Mount Vernon Avenue, which begins at E. Bellefonte Ave. and ends with a party at the Mt. Vernon Recreation Center fields featuring live music, free refreshments, children's games, awards for Best Decorated Stroller, House, Business & Best Pet Costume, and more. The event is free and open to all. For more information, visit [www.visitdelray.com/halloween](http://www.visitdelray.com/halloween). Free costume distribution for children in need will take place on Saturday, Oct. 27 from 2 p.m. to 4 p.m. at the Mt. Vernon Recreation Center.

## CALENDAR

and excavation. Each waterfront block's history will be told through photos, maps, and artifacts. Tickets are \$20 per person with proceeds from the tour going to the Save our Ship fund. Advance registration required. Email [archaeology@alexandriava.gov](mailto:archaeology@alexandriava.gov) or call 703-746-4399.

**Seaport Day.** Noon-5 p.m. at Waterfront Park, 1 Prince St., Alexandria. Seaport Day is an annual community festival celebrating Alexandria's maritime heritage and the mission and programs of the Alexandria Seaport Foundation. Featuring live music, wooden boat display, children's activities, nautical activities, lawn games, beer, food and wine. Contact Kathleen Seifert at [kseifert@alexandriaseaport.org](mailto:kseifert@alexandriaseaport.org).

**Community Open House.** 1-4 p.m. at Beulah Baptist Church, 320 S. Washington Street, Alexandria. Pastor Quadricos B. Driskell and the Beulah Congregation cordially invite neighbors, community leaders and partners to the 155th Anniversary Open House. Join them for a meet and greet; celebrate history and learn about the mission in Old Town and Alexandria at-large. Hors d'oeuvres, appetizers and drinks will be served. RSVP at [mccurry@beulahbaptistva.com](mailto:mccurry@beulahbaptistva.com) or 703-836-6544. Visit the website [www.beulahbaptistva.com/](http://www.beulahbaptistva.com/)

**Bones and Bats.** 1-3 p.m. At Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Discover what bones and teeth can tell us about the life of an animal in the "Animal Skull & Spine Stories" program. Become a bone detective and use a magnifying glass and microscope to examine and touch real animal skulls and bones. Dissect an owl pellet and take home an animal skeleton. Cost is \$9 per person. Call 703-768-2525 or visit [www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows).

**A Tale of Two Marthas: Tea with Lady Washington.** 2-3:30 p.m. At George Washington's Mount Vernon. Join in a behind-the-scenes visit with the two character interpreters portraying Martha Washington – Mary Wiseman and Elizabeth Keaney. The two women discuss the first, first lady and how they bring their characters to life. Refreshments include 18th-century-style pastries and English tea. Tickets: \$35 per person. Visit [www.mountvernon.org](http://www.mountvernon.org)

**Pumpkins and Pirates at Seaport Day.** 2 p.m. at Waterfront Park, 1 Prince St., Alexandria. Starting at 2

p.m., teams will attempt to navigate their homemade vessels along a course while being cheered on by fans. This year's theme is Pumpkins and Pirates. Materials allowed include cardboard, wood, PVC, duct tape, milk jugs, saran wrap, old t-shirts, lawn furniture, and old bikes. Oars, paddles and sails are allowed, and pedal power is OK. No polystyrene foam or inflatable rafts allowed. Registration fee is \$25. All vessels must be at Waterfront Park no later than noon in designated area. Boats must have towlines attached, and all crew must wear personal flotation devices. To register a vessel, call 703-778-0977.

**True Stories of Horror.** 6:30 p.m. and 8 p.m. at Ivy Hill Cemetery's Public Vault, 2823 King St., Alexandria. Cost is \$20. Join historians and storytellers, Terry Gish and Wayne Kehoe for a hauntingly fun evening in Ivy Hill Cemetery's Public Vault. Hear true stories of horror from around the Commonwealth of Virginia. There will be trivia, raffle prizes, tales, and ghostly haunts. Reserve and pay in advance online at [PayPal.me/IHCHPS](http://PayPal.me/IHCHPS). You can also RSVP to [info@ihchps.org](mailto:info@ihchps.org).

**Country-Western Dance.** 7-9:30 p.m. at Lincolnia Senior Center, 4710 North Chambliss St. The Northern Virginia Country-Western Dance Association will hold a dance with lessons, 6-7 p.m. and open dancing, 7-9:30 p.m. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit [www.nvcwda.org](http://www.nvcwda.org) for more.

**U.S. Navy Band.** 7:30 p.m. at Rachel M. Schlesinger Concert Hall, 4915 E. Campus Drive, Alexandria. Free. The performance is part of the world-wide celebration of Leonard Bernstein at 100 and will highlight important works by the great American composer, including "Suite from Mass" (featuring the Navy Band Brass Quintet), "Glitter and Be Gay" from the operetta "Candide" (featuring Chief Musician Susie Kavinski as vocal soloist) and music from Bernstein's musical "On the Town." The performance will begin with Aaron Copland's "Fanfare for the Common Man" and conclude with a rendition of the finale to Shostakovich's "Symphony No. 5."

Visit [www.navyband.navy.mil](http://www.navyband.navy.mil).  
**Silence for Silence.** 7:30-9:30 p.m. at Convergence Arts Center, 1801 N. Quaker Lane, Alexandria. Alexandria Choral Society presents Silence for Silence, a program celebrating quiet expressions of faith, hope, and love. \$20/adults; \$15/senior/military/student; under 13 free. Tickets available online at [www.alexandriachoralsociety.org/boxoffice](http://www.alexandriachoralsociety.org/boxoffice).

### SATURDAY-SUNDAY/OCT. 20-21

**Fall Harvest Family Days.** 9 a.m.-5 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. \$20 adults; \$12 youth. Enjoy fall activities with the whole family at Mount Vernon. Take a horse-drawn wagon ride and play colonial games on the bowling green before heading to the Pioneer Farm to observe 18th-century demonstrations and greet General Washington. Find your way through a straw bale maze and listen to the Itinerant Band play colonial tunes. Visit [www.MountVernon.org](http://www.MountVernon.org).

### SUNDAY/OCT. 21

**Apothecary Museum Geek Tours: Pharmacy Nerds.** 11 a.m. to noon. At Stabler-Leadbeater Apothecary Museum, 105 S. Fairfax St., Alexandria. Cost \$15. Spend more time touring the Stabler-Leadbeater Apothecary Museum with a museum volunteer who is also a pharmacist. The tour guide will focus on the historic medicinal ingredients that are still used today in modern medicine while also touching upon the Stabler and Leadbeater family and business history. Visit [www.alexandriava.gov](http://www.alexandriava.gov).

**School Admission Fair.** 1-3 p.m. at Browne Academy, 5917 Telegraph Road, Alexandria. The DC school HUB Preschool & Private School Fair offers the opportunity to learn about area programs all in one day. Over 50 schools and family-friendly vendors will be in attendance. Visit [www.dcschoolhub.com](http://www.dcschoolhub.com).

**Tombstone Art Tour.** 2 p.m. at Ivy Hill Cemetery, 2823 King St., Alexandria. Come learn the meanings behind the symbols on our tombstones, from historic to modern day and what messages the dead would like to convey. Admission: \$15. Call 703-549-7413 or visit [www.ivyhillcemetery.net](http://www.ivyhillcemetery.net)

**Dog Walk for Literacy.** 2-4 p.m. at Ben Brenman Park, in Alexandria's West End. Calling all dog lovers, readers, and walkers. The Second Annual Dog Walk for Literacy will be held at Ben Brenman Park in Alexandria's West End. Bring your dog and join in for a 1 mile or 5K walk, dog photo booth, music, treats, and more. Proceeds benefit the Alexandria Tutoring Consortium, a nonprofit organization that provides tutoring to kindergartners and first graders in need of reading support. Visit [www.frolickdogs.com/events/](http://www.frolickdogs.com/events/) for more.

**Concert at St. Luke's.** 5 p.m. at St. Luke's Episcopal Church, 8009 Ft. Hunt Road, Alexandria. The Concert Series begins the 2018/19 season with Gus Merconte, countertenor and Hiroko Yamazaki on piano. Merconte will present a wide range of pieces from Handel, Schubert and selections from the Great American songbook. A reception will follow. \$20/adult; \$15/senior; free to students 18 and under. Visit [www.saintlukeschurch.net/events](http://www.saintlukeschurch.net/events).

**Chamber Music Celebration.** 7-9 p.m. at The Lyceum, 201 S. Washington St., Alexandria. Join musicians from the orchestra at the historic Alexandria Lyceum as they celebrate 25 years of beautiful music. The program will include string quartets performing selections by Vivaldi, Beethoven, Dvorak, Gershwin, and more. Tickets are free, but a suggested donation of \$10 or more per person is appreciated. Email [reunionmusicsociety@gmail.com](mailto:reunionmusicsociety@gmail.com).

### MONDAY/OCT. 22

**Author Talk.** 7 p.m. at James M. Duncan Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. Join Paula Tarnapol Whitacre, author of "A Civil Life in an Uncivil Time," for a talk about Civil War Alexandria. Free. Email Anton Murray at [amurray@alexlibraryva.org](mailto:amurray@alexlibraryva.org).

### TUESDAY/OCT. 23

**Pet Professional Seminar.** 6-9 p.m. at The Lyceum, 201 South Washington St., Alexandria. Seminar on PR/Marketing/Promotion for pet business owners – hosted by Nancy Hassel of American Pet Professionals. The event will bring together pet businesses from around the area in categories such as: food and

nutrition, pet tech, pet retail, pet product manufacturers, dog trainers, and pet sitters. \$35/person in advance; \$45/door. Visit [www.americanpetprofessionals.com/events/in-person-networking](http://www.americanpetprofessionals.com/events/in-person-networking).

### Twilight & Tipple Tuesday Tours.

6-9 p.m. at Woodlawn & Pope-Leighey House, 9000 Richmond Highway. A rare opportunity to experience Frank Lloyd Wright's Pope-Leighey House by twilight. This tour is a chance to see one of Wright's houses illuminated against a night sky, bring a new dimension and radiance to the typical tour experience. Grab a drink, included in the price of the ticket, and take an informative and fun guided tour with plenty of time to take stunning photos. Visit [www.woodlawnpopeleighey.org](http://www.woodlawnpopeleighey.org).

**Maker Series.** 7 p.m. at Charles E. Beatley Jr. Central Library, 5005 Duke St., Alexandria. Bring a pumpkin to paint for Halloween. Paint, stickers, and other odds and ends for decorating will be provided. For ages 8 and up. Free. Visit [alexlibraryva.org](http://alexlibraryva.org).

### WEDNESDAY/OCT. 24

**Spooky STEAM.** 4:30 p.m. at Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. Ghost/bat rockets, slime, and other S.T.E.A.M. activities perfect for the month of October. A new activity each week. Ages 5 and older. All materials supplied. No registration required. Email Anton Murray at [amurray@alexlibraryva.org](mailto:amurray@alexlibraryva.org).

### Civil War in 3-D Photography.

7:30-9:30 p.m. at the Lyceum, 201 S. Washington St., Alexandria. Free. Journey into the depths and dimensions of Civil War photography when historian and author Robert Zeller presents "The Grand Review: Discoveries & Explorations in Civil War Photography." Reservations for the lecture can be made by calling 703-746-4848, or registering online at [alexandriahistorical.org/events/](http://alexandriahistorical.org/events/).

### THURSDAY/OCT. 25

**Open Doors Breakfast.** 8-9 a.m. At Belle Haven Country Club in Alexandria. The event offers a complimentary breakfast and the opportunity to hear from former and current Community Lodgings clients in the transitional and affordable



## ENTERTAINMENT

# LTA's 'Dracula'

FROM PAGE 17

counter the mysterious dangers surrounding the people she loves. She is brave, determined, and sincerely religious, but also vulnerable to the gravitational force exerted by Count Dracula," she said.

She added: "It's the most tech-heavy show I've ever done, so being continually aware of your props, special effects, sound cues, and spacing on the set takes up a lot of space in your brain. Maintaining your character's emotional investment and through line is really important to fill out the story

and give life to the dramatic effects, but it's a challenge to do that when you are always so conscious of all the practical elements."

The Little Theatre of Alexandria is presenting "Dracula" from now through Nov. 3. Show times are Wednesdays through Saturdays at 8 p.m.; Sundays at 3 p.m. Tickets are \$21-\$24. Dracula contains sexuality and violence. This production is not recommended for children under the age of 15. The venue is located at 600 Wolfe Street, Alexandria. Visit [www.thelittletheatre.com](http://www.thelittletheatre.com).

# 'Radium Girls'

FROM PAGE 19

an issue at hand, women have the ability to solve anything, and especially in this day and age, we see many women in media and this shows that strong women have always existed but not received the recognition they truly deserved," she added.

Libby York, 17, a senior from Alexandria is playing multiple roles: Macneil, a clerk, a customer, and board member #2. "All of my characters have a limited stage time and it could be hard to figure out what character traits each of them has. So, trying to get them

all a separate story that you can portray in the small amount of time you have on stage can be difficult. And trying to differentiate your characters as much as you can, to try to make sure the audience gets as much out of the experience as possible can also be a struggle," she said.

Bishop Ireton High School will be presenting "Radium Girls" from Nov. 8-10. Performances will be Nov. 8 and 9 at 7:30 p.m. and Nov. 10 at 2 p.m. and 7:30 p.m. Tickets are \$10/adults; \$8/students/seniors. The venue is located at 201 Cambridge Road, Alexandria. Visit [www.bishopireton.org](http://www.bishopireton.org).

## CALENDAR

housing, and youth education programs.

Donations are encouraged to assist the organization in its continuous efforts to provide a safe and supportive environment for families facing homelessness. Register at Eventbrite via the following link <https://bit.ly/2QOS843>.

**Spitfire Book Club.** 3:30 p.m. at James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave., Alexandria. A book club for school aged girls. Visit [alexlibraryva.org](http://alexlibraryva.org) for more.

**Halloween Spooktacular Concert.** 5:30-8 p.m. At West Potomac High School, Springbank Auditorium, 6500 Quander Road, Alexandria. Join the West Potomac Orchestra for the 3rd Annual Halloween Spooktacular Carnival and Concert. Carnival begins at 5:30 p.m. Food trucks, face painting, cake walk, costume contest (no masks), and games. Concert begins at 6:30 p.m. Admission is free, donations are welcome. Visit: [www.westpotomacorchestra.org](http://www.westpotomacorchestra.org)

**Historian Peter Stark.** 7 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Alexandria, in the Robert H. and Clarice Smith Auditorium. Free. Peter Stark presents "Young Washington: How Wilderness and War Forged America's Founding Father." Visit [www.mountvernon.org](http://www.mountvernon.org).

**THURSDAY-SUNDAY/OCT. 25-28**

**Book Sale.** At Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. Come support the library and pick up books, CDs, and DVDs at

discounted prices. Free. Contact Anton Murray at [amurray@alexlibraryva.org](mailto:amurray@alexlibraryva.org).

**FRIDAY/OCT. 26**

**Zombie Escape.** 6:30-10 p.m. at Carlyle House, 121 N. Fairfax Street, Alexandria. Cost is \$30/online; \$40/door. D.C. was one of the first cities to fall when the apocalypse began. As such, Alexandria was a close second due to proximity. Now, you must navigate your way through zombie infested territory to claim what supplies are on your list and make it back to your base safely. Call 703-549-2997.

**Bark or Treat Canine Cruise.** 6:30 p.m. and 8 p.m. At Alexandria City Marina, 1 Cameron Street, Alexandria. Come out with your costumed canine and cruise to some Halloween tunes along the Potomac. Halloween treats will be on board. Be sure to have your four-legged friend in their best costume. Admission: \$20 adults; \$15 ages 2-11; dogs free. Visit the website [www.potomacriverboatco.com](http://www.potomacriverboatco.com).

**FRIDAY-SATURDAY/OCT. 26-27**

**Ghostly Tales.** 7-10 p.m. at Carlyle House, 121 N. Fairfax Street, Alexandria. Tickets: \$5. Join storytellers from Alexandria's Footsteps to the Past and on Saturday join storytellers from Carlyle House on the front lawn for ghostly tales of Alexandria's past. \$5 per person. No registration required. Call 703-549-2997.



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**Richmond Highway Corridor Improvements Fairfax County**

NEPA Public Hearing and Public Information Meeting

**Monday, October 29, 2018**  
**6:30 p.m. to 8:30 p.m.**  
**Presentation starts at 7 p.m.**

Mount Vernon High School  
Auditorium/Cafeteria, use entrance 4  
8515 Old Mount Vernon Road, Alexandria, VA 22309

Find out about plans to widen Richmond Highway (Route 1) from four to six lanes between Jeff Todd Way and Napper Road.

The project includes separate bicycle lanes and sidewalks on both sides of the road, safety enhancements and preserving the median width to accommodate Fairfax County's future Bus Rapid Transit project.

In compliance with the National Environmental Policy Act (NEPA), 23 CFR Part 771, an Environmental Assessment (EA) was approved by the Federal Highway Administration and will also be available for public review and comment. In accordance with the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places is included in the EA.

**Stop by** between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and preferred design alternatives. A presentation will begin at 7 p.m. and project staff will be available to answer your questions.

**Review** the EA and other project information at the VDOT project website ([www.virginiadot.org/richmondhighway](http://www.virginiadot.org/richmondhighway)), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2599 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the meeting, or submit them by **December 6, 2018** to Mr. Dan Reinhard, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [RichmondHighway@VDOT.virginia.gov](mailto:RichmondHighway@VDOT.virginia.gov). Please reference "October 29 public information meeting" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Dan Reinhard at 703-259-2599.

State Project: 0001-029-205, P101, R201, C501, B617, B618, D603  
UPC: 107187, Federal: STP-5A01 (686)

## CRIME

FROM PAGE 4

tim noticed that the man had what looked like a gun pointed at him under his shirt. The victim gave the suspect his phone and he ran away. The suspect was described as a black man in his early 20's, around 5'5", thin build.

**LARCENY / UNLAWFUL DISCHARGE:** 2200 block of Huntington Ave, Oct. 7, 10:30 p.m. Three teenagers were outside a restaurant when one of them ran inside, grabbed the tip jar, and ran out. The restaurant manager chased the teens and fired a warning shot into the air. Patrol units were able to locate the teens, who were charged with petit larceny, and returned them to their parents. The Commonwealth's Attorney Office will be consulted about the discharge of a firearm.

**GRAND LARCENY:** Mobil Gas, 8158 Richmond Highway, Oct. 8 at 5:44 p.m. A 64-year-old Alexandria man was pumping gas when he was approached by 19-year-old man from Alexandria. The suspect asked if he could borrow the man's cellphone to call his mother. When the man handed his phone to the suspect, he immediately ran away with it. Officers located the suspect in the area and arrested him for larceny. The victim's phone was located nearby and returned.

**OCT. 16 LARCENIES**  
3800 block of Needles Place, property from vehicle

1900 block of Toll Bridge Court, traffic cone from roadside

7200 block of Richmond Highway, food from restaurant

6100 block of Richmond Highway, television from business

**STOLEN VEHICLES**  
6100 block of Richmond Highway, 2016 Ford F350

**OCT. 15 LARCENIES**  
1700 block of Baltimore Road, backpack containing electronics from vehicle

## BULLETIN BOARD

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

### SOBER-RIDE FOR HALLOWEEN

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

### DONATIONS NEEDED

**UCM Needs Help.** United Community Ministries (UCM), 7511 Fordson Road, Alexandria. Inventory is low on disposable diapers especially sizes 4, 5, 6; canned tuna and other canned meats like chicken; and low-sugar breakfast cereals. Shop and donate with their Amazon Wish List at: [bit.ly/UCM\\_FoodPantry\\_AmazonWishList](http://bit.ly/UCM_FoodPantry_AmazonWishList). Email Assistant Food Pantry Manager Von at [vonneta.jones@ucmagency.org](mailto:vonneta.jones@ucmagency.org) or visit at [www.ucmagency.org](http://www.ucmagency.org).

### SATURDAY/OCT. 20

**FACEing the Future Together.** 8 a.m.-3:30 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, SEE BULLETIN, PAGE 18

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# Focusing on the Whole Patient

FROM PAGE 6

convenient to access services, Riggle-van Schagen explained that they are able to help those who initially say that they don't need help. "We open the door," she said. "It creates an opportunity and that's the benefit of integrated care."

One exciting new behavioral/medical integration project is supported by the Virginia Health Care Foundation, which is funding five health centers throughout the commonwealth on a project called "Defeating the Deadly Double: Diabetes and Depression."

As part of this project, Neighborhood Health has been able to offer the services of a Certified Diabetic Educator and an Integrated Care Manager to adult patients with uncontrolled diabetes who also screen positive for depression. Intensive diabetic education, group classes, blood glucose monitoring, regular phone follow-up, and behavioral health services are provided to these patients, many of whom are showing improvements after only a few months.

Behavioral health treatment can also begin at an early age, whether a patient is a grade schooler, the parent of an elementary school student, or a college student: "good mental health is just as important as physical health for academic success," says Riggle-van Schagen.

Taking the steps toward improving mental health can feel overwhelming, at any age. Whether symptoms arise in early childhood, the teen years, as a parent, or are the result of workplace stress, which can have significant negative health impacts. Wellness can seem unachievable. "But recovery is a

reality" says Riggle-van Schagen. Often it only takes "planting the seed" for a patient to begin to realize their need for behavioral health services which leads them taking that first step towards treatment, and eventually overcoming their struggles.

According to the Mental Health Association, behavioral health is one of a person's greatest assets, helping them to focus at work, overcome obstacles, get along with the people around them and get well and stay well. "Neighborhood Health is committed to supporting not only the physical wellness of our patients, but their emotional health as well," says Riggle-van Schagen.

Neighborhood Health is hosting its annual fundraising gala and charity auction on Friday, Nov. 9 at the Ritz Carlton in Pentagon City. Festivities begin at 6:30 p.m., and they are delighted that Honorary Chairs U.S. Rep. Don Beyer and Megan Beyer will be on-hand to celebrate and to help hand out a special Health Equity Award to 27 Virginia delegates and state senators who represent Alexandria, Arlington County and Fairfax County. This award recognizes their hard work towards Medicaid expansion this past General Assembly session. Gala tickets can be purchased at <https://501auctions.com/neighborhoodhealthgala>.

Behavioral health services are available at its locations in Alexandria at 2 East Glebe Road and 1200 North Howard St., and in Fairfax County at 6677 Richmond Highway in Mount Vernon. For more information about Neighborhood Health please visit <http://www.neighborhoodhealthva.org>. The schedule an appointment please call 703-535-5568.

## Voting as a Responsibility

FROM PAGE 6

ments. Also, I recommend you vote for our incumbent U.S. senator and House member, Tim Kaine and Don Beyer (here in the 8th district), who are both well respected and have a strong legacy of public service. If you don't have time to research the candidates and amendments beforehand there should be individuals from both the Democratic and Republican party outside of the polling location handing out sample ballots and other literature about each of the candidates. Finally, if for some reason a poll worker says you are not registered to vote, or you have forgotten your I.D. and there is not enough time to go home and retrieve it, make sure you ask to fill out a provisional ballot.

Unfortunately, for many, it can be tough to get to the polls on election day between work, traffic, and other responsibilities. It can be especially difficult for our senior citizens to get to the polls on election day if bad weather brings dangerous ice and snow. This is why I introduced HB 2275 in the General Assembly in 2017 to enact "no question absentee voting" for everyone over the age of 65.

The bill was voted down, even after I amended it to age 85 and up, but I am hopeful it will be enacted in the near future, and I may introduce it again next legislative session. Furthermore, I am introducing a bill to make election day a state holiday so we make it as easy as possible for everyone to vote and not intrude upon open schools where many polls are located. You can vote "absentee" if you are unable to make it to the polls

on Election Day. But, you must meet one of the 20 valid reasons to be able to do so. A few examples are if you are pregnant, have business outside of the county or are working more than 11 hours on Election Day. To view the full list visit the Virginia Department of Elections website. In Virginia, you can vote "absentee" in person or by mail. If you wish to vote absentee in person you can do so at the Mount Vernon Government Center located at 2511 Parkers Lane from 3-7 p.m. Monday - Friday and from 9 a.m. - 5 p.m. on Saturday up until Nov. 3. If you prefer to vote absentee by mail you must request your ballot at least 7 days prior to the election. Your ballot must be received by the time polls close on Election day at 7 p.m.

Ensuring everyone has the opportunity to vote is the foundation of our Democracy. One of the most important ways to secure that foundation is to make sure the next generation understands the importance of voting from a young age. On Monday evening, I spoke to Boy Scouts Troop 888 about the importance of fulfilling their constitutional responsibility to vote from the moment they turn 18. The Scouts are active in our community and eager to participate and can't wait until they are old enough to vote.

Please make sure you take the time to vote this year and view the Department of Elections website <https://www.elections.virginia.gov> as your one-stop shop to answer any questions. If you still have any concerns please reach out to my office at [DelPKrizek@house.virginia.gov](mailto:DelPKrizek@house.virginia.gov). It is my honor and privilege to serve you in the 44th District.

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-Werner Heisenberg



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## "Movin' On Up"



By KENNETH B. LOURIE

Not "to the east side" and not "to a deluxe apartment in the sky," but if fictional New York City cleaning business icon George Jefferson had been diagnosed with lung cancer as I was, I would bet he'd be happy making progress: the feeling of moving forward. And that's exactly what I feel now. With the "news" of last week's column, progress/movement is at hand. With two CT scans in the last three months and some tumors "progressing" - and then not, while a previously insignificant tumor burst (not literally) onto the scene, I am happy now to be onward and hopefully upward as I infuse every three weeks during the next quarter ahead of an early January 2019 scan. The future is now and I'm grateful to have choices as I navigate the road ahead.

Having a plan matters. Though I am still waiting and seeing, and evaluating after that next scan, I do feel as if I'm back on track. I know what my next three months will be about (about three months) and I'm clear what my schedule will be (subject to change due to lab results, an altogether normal/expected blip): urine, lab, infusion, post-chemo week of difficulty eating and physical and psychological challenges, followed by two weeks of relative normalcy, then infusion again and rinse and repeat every three weeks until early January 2019. Twelve weeks in total. Through Thanksgiving, Christmas and New Years. I won't say it will be pretty but it will be predictable and hopefully on a path to a positive result. (Remember, I'm life long member of Red Sox Nation so hope always springs eternal.)

This column is certainly not meant to minimize the possible discouraging results of my January scan but I see no advantage in anticipating and/or overreacting to unknown results and/or dire consequences months ahead of actual facts not yet in evidence. This is what being diagnosed with cancer is all about: a series of ups and downs and all-arounds; and the sooner the patient assimilates this unpredictable variability into their algorithm for living with the disease, the more manageable their lives will be. Moreover, "If you," to quote Rudyard Kipling, "can keep your head when all about you are losing theirs," it will likely contribute to the preferred calm that every cancer patient diagnosed as "terminal" needs to feel every second of every day (and night, too) as they struggle to deal with the internal demons brought about by this terrible affliction. As my friend Lynne, a cancer survivor herself, said to me when I was first diagnosed: "This will be the most difficult thing you'll ever have to do." Of course, she was right. It's been beyond my wildest nightmares.

Being stuck in a pattern with no clear direction does not help. For the past three months, I have been so entangled. Now I am not. Now I am on a path of less resistance and what resistance there is - to disappointment "The Borg," is not futile. It is all part of an agreed-upon pursuit of truth and hopefully justice - for me, anyhow. I haven't exactly abused the privilege of living (although while attending college in the seventies, occasionally there may have been the odd self-destructive-type behavior common to the times, none of which concerned my oncologist in the least by the way) and given my parents' long cancer-free lives, I would have expected better than a stage IV, non-small lung cancer diagnosis at age 54 and a half. But here I am, still, nearly 10 years post diagnosis. (There aren't that many of us, unfortunately.)

And though I am definitely not happy about my cancer circumstances, I can be positive about the negative. And what I am most positive about is that at least for the next quarter anyway, I know what I'm doing and why. I certainly can't say what I'll be feeling after my next scan; hopefully elation and relief, but in the interim, life will go on as per usual, and for a cancer patient/survivor, life going on is as good as it gets; almost as if I "finally got a piece of the pie."

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

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## BULLETIN BOARD

FROM PAGE 17

Alexandria. Family and community engagement (FACE) is at the center of everything that PTAs accomplish. Join the launch of a new effort to welcome and encourage all families throughout Fairfax County to become active participants in their school community. \$10 (includes continental breakfast, lunch and snacks). Scholarships are available for the conference and can be requested on the registration form. Interpreters will be available. Go to [www.fcpta.org](http://www.fcpta.org) to register.

### WEDNESDAY/OCT. 24

**Bankruptcy Information Class.** 6:30-8 p.m. at South County Government Building, 8350 Richmond Highway, Room 219. Come and find out what bankruptcy can and cannot do to help deal with debt problems. See if there are alternatives before filing for bankruptcy. Free. Call 703-704-6101 or visit [soco.financialempowermentcenters.org](http://soco.financialempowermentcenters.org).

### THURSDAY/OCT. 25

**Public Comment Deadline.** The Virginia Department of Rail and Public Transportation (DRPT) announces a 45-day public comment period for its proposed policy and guidelines for transit capital prioritization and urban transit agency strategic plans. The proposed plans are available online at [drpt.virginia.gov/transit/tsdac/public-comment](http://drpt.virginia.gov/transit/tsdac/public-comment). Comments on the plans can be sent to Jen DeBruhl at [DRPTPR@drpt.virginia.gov](mailto:DRPTPR@drpt.virginia.gov) or DRPT, 600 East Main St., Suite 2012, Richmond, VA 23219.

### SATURDAY/OCT. 27

**VolunteerFest.** A region-wide day of community service helps nonprofits accomplish tasks they would not have time or resources to do on their own. Visit [www.volunteerfairfax.org/individuals/volunteerfest.php](http://www.volunteerfairfax.org/individuals/volunteerfest.php) for more.

**Community Shred Event.** 8:30 a.m.-noon at Mount Vernon District Governmental Center, 2511 Parkers Lane. Members of the community can bring their personal documents, for safe and secure shredding. Crime Solvers suggests a \$5 donation per bag/box, which is tax deductible. Papers are shredded on-site.

**Tour de Mount Vernon.** 8:30 a.m. starting and ending at Fort Hunt Park in Mount Vernon. Join Mount Vernon District Supervisor Dan Storck for a community bike ride. Register today to ride or volunteer. Visit [www.fairfaxcounty.gov/mountvernon](http://www.fairfaxcounty.gov/mountvernon) for more.

### MONDAY/OCT. 29

**Richmond Highway Widening Public Information Meeting.** 6:30-8:30 p.m. at Mt. Vernon High School Cafeteria & Auditorium (Enter at Door #8), 8515 Old Mt. Vernon Road, Alexandria. The Virginia Department of Transportation (VDOT) will host a public information meeting on the Richmond Highway Widening project to provide an update as well as an opportunity for the public to comment on the project. The meeting will include an open house, a formal presentation and a question and answer period. Individual questions will also be addressed during the open house. The presentation begins at 7 p.m. in the auditorium. Visit [www.virginiadot.org/projects/northernvirginia/richmond\\_highway.asp](http://www.virginiadot.org/projects/northernvirginia/richmond_highway.asp) for more.

### WEDNESDAY/OCT. 31

**"Embark on Opportunity."** 8 a.m. at Belle Haven Country Club, 6023 Fort Hunt Road, Alexandria. Learn how the Embark Richmond Highway Comprehensive Plan Amendment will shape the future of the Richmond Highway Corridor. This event will take the audience through a geographic tour of the corridor, led by the planners, community leaders, and industry experts that helped shape Embark Richmond Highway. Visit [www.fairfaxcounty.gov/planning-zoning/embark-richmond-highway](http://www.fairfaxcounty.gov/planning-zoning/embark-richmond-highway) for more.

### WEDNESDAY/NOV. 7

**Seminar on Senior Volunteerism.** 9:30 a.m. at the headquarters of New Hope Housing, 8407 Richmond Highway E, Suite E, Alexandria. 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. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

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## 4417 Neptune Dr.

**Major Price Reduction! | \$739,000**

Exceptionally unique and spacious Colonial on private .72 acre lot. Special features include: updated kitchen, updated baths, family room with gas fireplace opens to patio overlooking serene pool scene, detached two car garage, extra parking area for RV/ Boat. Short walk to Mount Vernon Yacht Club and riverfront area!



## 8900 Camden St

**Price Reduced! | \$639,950**

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



## 4401 Granada St.

**JUST LISTED! | \$539,000**

Immaculate and spacious home on gorgeous flat lot. Features include: 4 Bedrooms, 3 fully updated Baths, top of the line updated Kitchen, refinished hardwoods on main two levels, whole 3rd lower level just for storage, replacement windows and siding, New Roof (2013), garage and long additional list of updates. Great Value!



## 9411 Mount Vernon Circle \$959,900

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

**JUST SOLD!**



## 4204 Mt. Vernon Mem Hwy \$600,000

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

**JUST SOLD!**



## 4519 Dolphin Ln \$545,000

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

**JUST SOLD!**



## 8816 Black Alder Dr. \$640,000

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

**JUST SOLD!**



## 3801 Densmore Ct. \$665,000

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

**JUST SOLD!**



## 9500 Ferry Harbour Ln \$800,000

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

**JUST SOLD!**

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