

Workhouse's Brewfest Returns

New features added for Saturday, Sept. 14 event.

BY DAVID SIEGEL
THE CONNECTION

One of the Workhouse's signature events returns. It is the enormously popular Brewfest, first appearing at the Workhouse in 2016.

For the 2019 Brewfest there will be more than two dozen Virginia craft breweries, artisan distilleries, and Virginia wineries along with live performances by some of the region's most popular bands, distinctive food trucks, with access to a dozen art galleries and a myriad of artist studios.

"Brewfest is a key event for us that showcases the beautiful renovation and preservation of the historic Workhouse," said Kevin Greenlief, Chairman, Workhouse Arts Foundation Board of Directors. "The day combines music, craft beer, and food on the lovely campus quad with the opportunity to stroll through the workshops of our many talented artists. "The Workhouse is a tremendous County asset in the southern part of Fairfax, and Brewfest is a truly fun way to experience this unique artistic setting," added Greenlief.

"We're excited to expand Brewfest, with the debut of our new 'Create + Sip!' experience. This will provide guests the opportunity to work under the direction of Workhouse artists and try their hand at creating art," said Ava Spece, President and CEO, Workhouse Arts Foundation.

Spece said that during Brewfest, there will be several one-hour "Create + Sip!" sessions with artist-instructors available throughout the afternoon. These Create +



PHOTO COURTESY WORKHOUSE ARTS CENTER

Brewfest on the Workhouse Arts Center Quad will be held on Saturday, Sept. 14.

Sips will provide an art experience that introduces guests to what is available year-round at the Workhouse; such as classes and camps and the work of more than 80 artists who create and exhibit at the Workhouse.

"There's no better way to let our guests know of our mission of supporting visual arts and arts education than providing Brewfest guests the chance to roll up their sleeves and tap into their inner artist," added Spece.

Brewfest production partners include Visit Fairfax and the Fairfax Office of Public Private Partnerships. The Workhouse is also partnering with Fairfax Alliance for Better

Where and When

Workhouse Arts Center presents 4th Annual Workhouse Brewfest at 9518 Workhouse Way, Lorton on Saturday, Sept. 14 from 1 to 8 p.m. (early entry for Hopstar VIP guests). For tickets and detailed information go to www.workhousebrewfest.org or call 703-584-2900. Notes: There are Designated Driver tickets available. Children are permitted to attend the event, programming is intended for an adult audi-

Bicycling in support of those who want to bike to the Workhouse event.

"The Workhouse Brewfest showcases the best in local breweries and wineries, but also in music, art, and history in its location at one of Fairfax County tourism's hid-

den gems – the Workhouse Arts Center. Visitors and residents can experience the art and history that lie within these walls while enjoying a day of craft beer and wine, or artisan spirits," said Barry Biggar, President & CEO of Visit Fairfax.

ence. Children or those under the age of 21 who wish to attend will need to have a Designated Driver (non-drinker) ticket, and will have grounds access, unlimited root beer and bottled water, and be able to enjoy on-site musical performances. Children are required to be accompanied by an adult or guardian. No pets are allowed per Workhouse policy. Service animals are welcome in the studios, galleries, museum and theater.

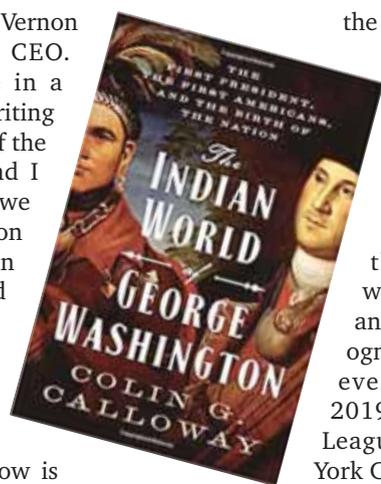
Seven Books: Finalists for the 2019 George Washington Prize

The George Washington Prize one of the nation's largest literary awards.

Seven books published in 2018 by the country's historians have been named finalists for the George Washington Prize. The annual award recognizes the past year's best works on the nation's founding era, especially those that have the potential to advance broad public understanding of early American history.

"This prestigious prize started in 2005, and I am delighted to say that this year has one of the strongest lists of books that we have ever seen," said Dr. Doug

Bradburn, Mount Vernon President & CEO. "Clearly, we are in a golden age for writing on the founding of the United States, and I very much hope we can get the attention of the American people around their founding stories—things that we have in common that we share that make us one people. Now is



the time for us to redouble our efforts to teach the story of American history to our citizens."

The winner of the 2019 prize will be announced, and all finalists recognized, at a special event on Oct. 24, 2019, at the Union League Club in New York City.

Created by the Gilder Lehrman Institute of American History, George Washington's Mount Vernon, and Washington College, the \$50,000 George Washington Prize is one of the nation's largest and most notable literary awards.

Written to engage a wide public audience, the selected books provide a "go-to" reading list for anyone interested in learning more about George Washington, his contemporaries, and the founding of

SEE FINALISTS, PAGE 6

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www.JanetPriceHomes.com



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www.cmdrealty.net



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www.JodieBurns.com



Wilton Woods | \$775,000

Spacious Dutch Colonial on .45 acres in a great neighborhood. 4 bedrooms, 3.5 baths, 3,432 total SF. Owners have loved Wilton Woods for over 4 decades! Classic center hall layout, with over-sized 2-car garage. Quick access to beltway, multiple Metro Stations. **Peter B. Crouch 703.244.4024**
www.CrouchRealtyGroup.com



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NEWS

2019 State of the Station

Overall crime is down 5.5% in Mount Vernon District.

BY DAN STORCK

The Mount Vernon District continues to be a very safe place to live, with Mount Vernon District Police Station's relatively low crime rate reducing another 5.5% in 2018. In fact, Fairfax County is the safest community of its size in the Country. Citizen engagement is critical to keeping our neighborhoods safe and the Mount Vernon District is very engaged. While recent shootings in the area are concerning, Mount Vernon District Station Police Captain Brian Ruck continues to emphasize that they are believed to be gang related and not random acts of violence. The department continues to work closely with the community to prevent gang related incidents.

The recently released Fairfax County Police Department (FCPD) 2018 Annual Report (https://issuu.com/fcpd/docs/2018_fcpd_annual_report?e=33283523/69537047) provides a great deal of information on everything from crime statistics, to community partnerships, police recruitment and the body-worn camera program. Highlights for the Mount Vernon District Police Station include:

- ❖ Overall crime is down 5.5%.
- ❖ Abductions are down from 28 in 2017 to 15 in 2018, with 11 arrests. Notably, most abductors are known to their victims.
- ❖ Calls for service are down slightly, averaging 900 calls per day, with approximately 40 officers on duty each day.
- ❖ There were over 400 fewer calls for criminal service in 2018, compared to 2017.
- ❖ Narcotic arrests are up significantly.
- ❖ DUI arrests are up 11% and alcohol related crashes are down 50%, likely due to increased patrols on midnight shifts.
- ❖ There were almost 8000 traffic citations in 2018.

These impressive statistics are due to a number of factors, including residents actively reporting suspicious activity, officers regularly engaging in neighborhoods and increased enforcement. An indication of Mount Vernon District officers' regular disbursement throughout the community is reflected in rapid response times. The average response time for a Priority 1 Call (life threatening) is 3.7 minutes, with the average for all calls at 8.8 minutes. This is the time from when the call is placed to when an officer arrives on scene. It is also notable that with almost 60,000 calls for service last year, use of force was necessary in less than 1/10 of 1% of these calls. This is due in large part to the FCPD's extensive training in situational de-escalation, use of force alternatives and mental health issues.

There are many ways residents and businesses can help improve safety in our communities. First and foremost, be vigilant and if you see something, say something. Next,



PHOTO CONTRIBUTED

Police Cadets at the National Museum of African American History and Culture.

consider joining the Citizen's Advisory Committee (CAC). Members of the CAC are involved with the Mount Vernon District Station, provide valuable service to their community, are more informed about County issues and laws, and enhance communications between FCPD and residents. Businesses can take advantage of the FCPD's Business Crime Prevention Services which includes security checks, robbery prevention tips, personal safety information and active violence presentations. Residents and business owners can also attend the myriad of community engagement activities the MVD Station offers from Coffee with a Cop to Business Watch, Domestic/Relationship Violence Community Education to National Night Out. The Car

Seat Safety Program, Senior Safety Scam Prevention and Home Security Checks are examples of more great programs.

For those who want to be even more involved, becoming a FCPD Officer is a great job and an excellent way to support your community at the same time. It is a priority of the department to hire officers that are representative of the communities they serve, and recruitment continues to be a challenge. Officers are well trained, well paid (salary range \$50,000 - \$77,000), have excellent benefits and get to make a difference in people's lives every single day. High school students can get a feel for the job by volunteering as Public Safety Cadets. Cadets who apply for full time positions re-

ceive an extra step/pay increase upon hiring, priority processing during hiring and may receive college tuition reimbursement. For those a little older, consider becoming a part-time Police Cadet and take advantage of these same benefits. Finally, anyone interested in a career in law enforcement is highly encouraged to apply to the FCPD. To find out more, attend one of the many Law Enforcement Hiring Events. Learn more: <https://www.fairfaxcounty.gov/police/jobs>. The civic-minded men and women who serve in the FCPD truly make a difference and impact the lives of all of us in the Mount Vernon District. I hope you will join me in thanking them for their service and consider joining them!

BULLETIN BOARD

SATURDAY/SEPT. 7

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Franconia district police station, 6121 Franconia Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will

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

review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

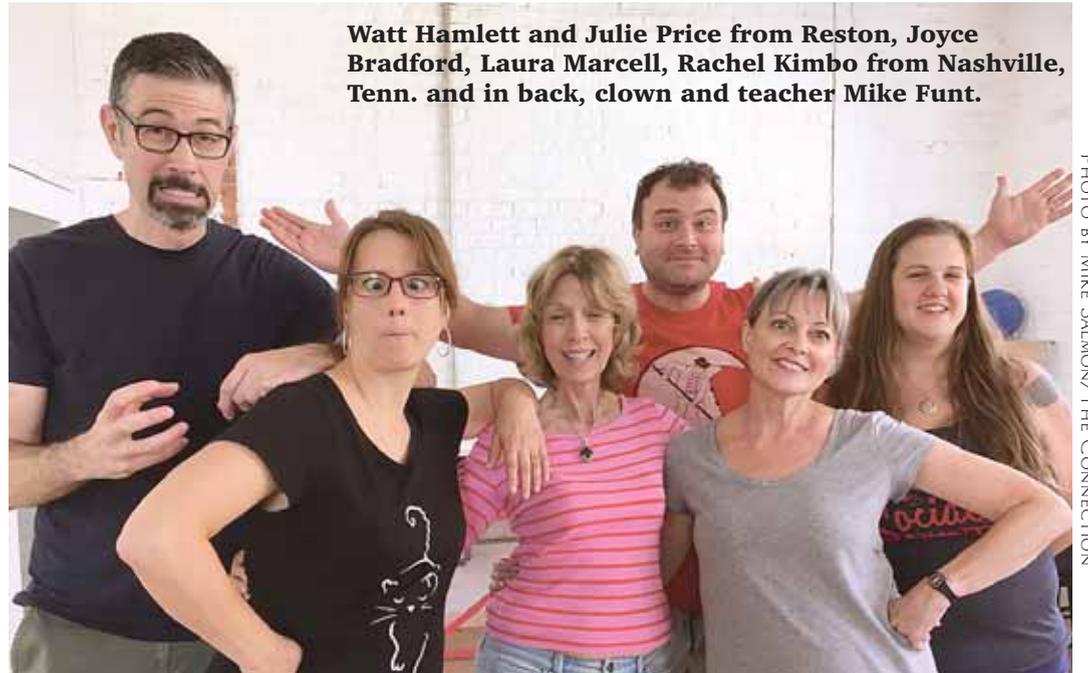
SUNDAY/SEPT. 8

Low Cost Rabies Vaccine Clinic. Noon-2 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria. Cost is \$15 per pet,

cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date.

SEE BULLETIN, PAGE 13

NEWS



Watt Hamlett and Julie Price from Reston, Joyce Bradford, Laura Marcell, Rachel Kimbo from Nashville, Tenn. and in back, clown and teacher Mike Funt.

PHOTO BY MIKE SALMON/THE CONNECTION

Skills of a Clown

Clown Class unleashes the inner five-year-old.

BY MIKE SALMON
THE CONNECTION

On the first day of Clown School at the Workhouse Arts Center, Mike Funt was teaching the students “pantomime,” a practice where students were catching imaginary fleas and training the fleas to do the loop de loop, before accidentally smashing one between the hands in a round of applause. This was right after the class wandered around the room catching specks and putting the good ones in an imaginary pocket. Welcome to the life of a clown.

Imaginary is the key word here because imagination is a big part of being a clown, and keeping the audience involved and laughing is one of the skills that Funt was teaching.

This was a two-day class called “Mirth and Mayhem,” and Funt went down a list of the building blocks of clowning, which included pantomime, the touch drill, imitating birds and focusing on the three emotions that are important to clowns – happy, sad and fear. During the first half of day one at the Workhouse, there was someone practicing the violin in another room, adding a sound track to the event, and Funt appreciated that.

The Clown School debuted at the Workhouse this summer, and even if a future of being a clown is not in the cards, the training is fun, good for presentation skills, and is all in an upbeat atmosphere that

comes with being a clown. Funt has been a clown for 22 years, and has studied the greats, so he knows the skills, and puts them in his exercises. He does the Charlie Chaplin walk, which is a staple in clowning, and uses the over exaggerated facial expressions that he hopes the students walk away with.

The Mirth and Mayhem class on the weekend of Aug. 24-25 had a handful of students, including one artist from the Workhouse that took it on a whim, and she wasn’t sorry. Everyone has an inner clown, which is really your 5-year-old self, Funt said, and the class lets it come out. Clowns don’t fail when they do routines, you just have to shift it around a bit to get the audience involved. For example, if your whoopy cushion prop won’t blow up that’s a sketch – the clown with an uncooperative whoopy cushion. Over exaggerating is the name of the game.

Day two started out with a ball game to introduce juggling skills, and going between reciting the alphabet and singing “Row, Row, Row Your Boat,” while walking in a circle. This gets out the morning cobwebs so the clown can operate in a heightened emotional state.

Working with a partner was next and the students paired off for a couple of exercises where they played off each other’s movements. There was no face painting, rubber noses or oversized shoes, but Funt talked about all those elements that could or could not be used, depending on the situation.

Next Clown Class, Sunday, Sept. 22, 12-1:30 p.m. See www.theclovnchool.com

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NEWS

Candidates, Fairfax County

Chairman, Board of Supervisors

Jeffrey C. McKay (D)
Joseph F. Galdo (R)

Commonwealth's Attorney

Steve T. Descano (D)
Jonathan L. Fahey (I)

Sheriff

Stacey Ann Kincaid (D)
Christopher F. De Carlo (I)

Board of Supervisors, District Representatives

Braddock District
James R. Walkinshaw (D)
S. Jason Remer (R)
Carey Chet Campbell (I)

Dranesville District

John W. Foust (D) incumbent
Ed. R. Martin (R)

Hunter Mill District

Walter L. Acorn (D) unopposed

Lee District

Rodney L. Lusk (D) unopposed

Mason District

Penelope A. "Penny" Gross (D) incumbent
Gary N. Aiken (R)

Mount Vernon District

Daniel G. "Dan" Storck (D) incumbent, unopposed

Providence District

Dalia A. Palchik (D), unopposed

Springfield District

Linda D. Sperling (D)
Patrick S. "Pat" Herry (R) incumbent

Sully District

Kathy L. Smith (D) incumbent
Srilekha R. Palle (R)

School Board

School Board At-Large (vote for three)

Abrar E. Omeish
Cheryl A. Buford
Priscilla M. DeStefano
Rachna Sizemore Heizer
Vinson Xavier Palathingal
Ilryong Moon, incumbent
Karen A. Keys-Gamarra, incumbent

Braddock District, School Board

Zia Tompkins
Megan O. McLaughlin, incumbent

Dranesville District, School Board

Anastasia S. Karloutsos
Ardavan Mobasheri
Elaine V. Tholen

Hunter Mill District, School Board

Laura Ramirez Drain
Melanie K. Meren

Lee District, School Board

Tamara J. Derenak Kaufax, incumbent

Mason District, School Board

Ricardy J. Anderson
Tom L. Pafford

Mount Vernon District, School Board

Pamela C. Ononiwu
Steven D. Mosley
Karen L. Corbett Sanders, incumbent

Providence District, School Board

Andrea L. "Andi" Bayer
Jung Byun
Karl V. Frisch

Springfield District, School Board

Laura Jane H. Cohen
R. Kyle McDaniel
Elizabeth L. Schultz, incumbent

Correction

The list of local and General Assembly candidates in Fairfax County contained several errors.

Corrected in the version below:

- ❖ Republican Gary G. Pan is running against Kathleen Murphy in House of Delegates District 34.
- ❖ Republican Richard T. Hayden is running against Paul Krizek in House of Delegates District 44.
- ❖ Vinson Palathingal is a candidate for School Board At Large candidates for School Board section.,
- ❖ Paul Bolon, running for BOS from Providence, died earlier in August, and his name should not have appeared.

Sully District, School Board

Stella G. Pekarsky
Tom A. Wilson, incumbent

Soil and Water Conservation Director Northern Virginia District

Vote for Three
C. Jane Dudik
Chris E. Koerner
Christopher A. Bowen
Edward F. McGovern
Jonah E. "Jet" Thomas
Monica A. Billger
Gerald Owen "Jerry" Peters Jr., incumbent

Candidates, General Assembly

HOUSE OF DELEGATES

District 34

Kathleen J. Murphy (D), incumbent
Gary G. Pan (R)

District 35

Mark L. Keam (D), incumbent, unopposed

District 36

Kenneth R. "Ken" Plum, incumbent, unopposed

District 37

David L. Bulova (D), incumbent, unopposed

District 38

L. Kaye Kory (D), incumbent, unopposed

District 39

Nick O. Bell (R)
Vivian E. Watts (D), incumbent

District 40

Dan I. Helmer (D)
Timothy D. "Tim" Hugo (R), incumbent

District 41

Eileen Filler-Corn (D), incumbent
John M. Wolfe (I)
Rachel D. Mace (L)

District 42

Kathy K. L. Tran (D), incumbent
Steve P. Adragna (R)

District 43

Mark D. Sickles (D), incumbent
Richard T. Hayden (R)

District 44

Paul E. Krizek (D), incumbent
Richard T. Hayden (R)

District 45

Mark H. Levine (D), incumbent, unopposed

District 46

Charniele L. Herring (D), incumbent, unopposed

District 47

Patrick A. Hope (D), incumbent, unopposed

District 48

Richard C. "Rip" Sullivan (D), incumbent, unopposed

District 49

Alfonso H. Lopez (D), incumbent
Terry W. Modglin (I)

District 53

Marcus B. Simon (D), incumbent, unopposed

District 67

Karrie K. Delaney (D), incumbent, unopposed

District 86

Ibraheem S. Samirah (D), incumbent, unopposed

Virginia State Senate

District 30

Adam P. Ebbin (D), incumbent, unopposed

District 31

Barbara A. Favola (D), incumbent, unopposed

District 32

Janet D. Howell (D), incumbent
Arthur G. Purves (R)

District 33

Jennifer B. Boysko (D), incumbent
Suzanne D. Fox (R)

District 34

J. C. "Chap" Petersen (D), incumbent, unopposed

District 35

Richard L. "Dick" Saslaw (D), incumbent, unopposed

District 36

Scott A. Surovell (D), incumbent, unopposed

District 37

Dave W. Marsden (D), incumbent, unopposed

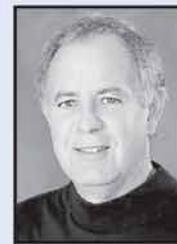
District 39

George L. Barker (D), incumbent
S. W. "Dutch" Hillenburg (R)

Candidates Forum to be Held on Sept. 23

The League of Women Voters of the Fairfax Area will hold a Candidate Forum for Fairfax County Chair of the Board of Supervisors and At-Large School Board candidates on Monday, Sept. 23, 2019 at 7 p.m. The event will be held at the Fairfax County Government Center; 12000 Government Center Parkway, in Fairfax.

All certified candidates for the Nov. 5, 2019 General Election have been invited. This event is free and open to the public, and questions for the candidates will come from the audience. Questions can be submitted in advance by accessing: www.surveymonkey.com/r/LWVFA2019



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Alex/Mt. Vernon Forest \$647,400 9209 Volunteer Drive

Beautiful 2 lvl, 3BR, 3BA Split on a spectacular, landscaped .6 acre lot. Meticulously maintained & updated, i.e., roof replaced 2001, w/30 year shingles, furnace & A/C 2013, Superior Triple Paned Windows 2001, kitchen is open to the dining rm & has a lovely ceramic tiled floor & granite counters.

Baths all updated in the past 3 yrs. Master bedrm expands into previous #2 bedrm & has a huge walk-in closet. The master bath is large & gorgeous. Finished lower lvl offers a huge (12x18) #3 bedrm & lovely L-shaped family rm w/wood burning FPL, also large & very organized laundry & utility rooms. The lower lvl walks out to a lovely, beautiful bkyd which backs to private woods. Great location for commuting-5 mins to the back gate of Ft. Belvoir (S), 15 mins to Old Town, Alexandria (N), & 30 mins (N) to Reagan National Airport - This is a Great Buy!!!



Alex/Mt. Zephyr \$499,900 8541 Mt. Zephyr Dr.

Great price for this lovely two level solid all-brick home with garage on 1/3 acre in Mt. Vernon community. 3 Bedrooms, 2 Baths. Renovated eat-in kitchen, spacious and open, with sliding glass doors to private backyard. Charming front living room with ample windows, and wood burning fireplace with white, colonial style mantel. Spacious lower level has finished family room w/ 2nd fireplace and a bonus workroom. Conveniently located near Ft. Belvoir (10 mins), GW Parkway and Potomac River, Old Town Alexandria, Pentagon, and D.C.



Alex/Oxford \$1,149,900 4201 Kimbreelee Court

Spectacular all-brick colonial home w/2 car garage on a cul-de-sac in exclusive Mt. Vernon waterfront community of Oxford. Partial water views and a beautiful multi-tiered deck. Five bedrooms & 4.5 baths. Grand 2 story foyer entryway. Large eat-in kitchen w/numerous upgrades & double butler pantry. Formal living & dining rooms. Family room off kitchen w/brick fireplace. Li-

brary on main level w/built-in bookcases. 4 bedrooms & 3 baths on upper level, huge master suite w/large luxurious bath. Fully finished lower level w/5th bedroom & full bath, exercise, tv, & game rooms. Newly refinished hardwood floors. Recent updates include new roof (2019), new windows (2019), new deck (2018) High-end kitchen appliances (Wolf double oven; Subzero refrigerator). Main & lower level HVAC replace 2016. Backyard fence ('16). It's a wonderful home!



Alex/Wessynton \$549,900 3102 Cunningham Drive

Investors or Homeowners who want to build sweat equity: here it is! Solid bones but needs a total make over. Popular model (The Meadow) in sought after water oriented Wessynton community of contemporary homes. 4 bedrooms, 3 Baths, large kitchen, separate dining room, living room with fireplace. Master suite. Family

Room w/fireplace. Lots of storage and workspace in basement. Amenities include tennis courts, community swimming pool, walking paths, and boat ramp on Little Hunting Creek which flows to the Potomac River. A half mile to Mount Vernon Estate and the George Washington Parkway.



Alex/Riverside Estates \$629,900 3120 Little Creek Lane

This is the Yorkshire everyone has been waiting for...Stunning & beautifully updated 4BR, 2.5BA Colonial w/2 car garage and spectacular yard backing to the woods. Roof, gutters, & HVAC 2019, HWH 2015, updated kitchen & baths w/ceramic, granite, & SS.

Beautifully refinished hwd floors on main & upper levels, freshly painted interior & new carpet in finished lower level. 5 minutes to Ft. Belvoir, 15 minutes to Alexandria, Old Town, 28 mins to National Airport & 30 minutes to the Pentagon! This is a gem!!



Alex/Riverside Estates \$583,000 8318 Cherry Valley Lane

Popular updated "B" model Colonial w/4BRs, 2.5BAs, 2 gas FPLs & a single car garage, all on a beautifully landscaped lot. Numerous updates: refinished hardwood floors on main & upper levels, freshly painted interior, double pane

windows & a delightful screened porch overlooking a beautiful bkyd. Family rm on main level w/a gas FPL & a 2nd gas FPL in the finished basement. 10 mins to Ft. Belvoir- 30 mins to Natl' Airport. This market is hot so come on over & take a look.



For more information: www.RexReiley.com

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Finalists for the 2019 George Washington Prize

FROM PAGE 1

the United States of America.

The 2019 George Washington Prize finalists are:

❖Colin Calloway, *The Indian World of George Washington: The First President, the First Americans, and the Birth of the Nation* (Oxford University Press)

❖Stephen Fried, *Rush: Revolution, Madness, and Benjamin Rush, the Visionary Doctor Who Became a Founding Father* (Crown)

❖Catherine Kerrison, *Jefferson's Daughters: Three Sisters, White and Black, in a Young America* (Ballantine Books)

❖Joyce Lee Malcolm, *The Tragedy of Benedict Arnold: An American Life* (Pegasus Books)

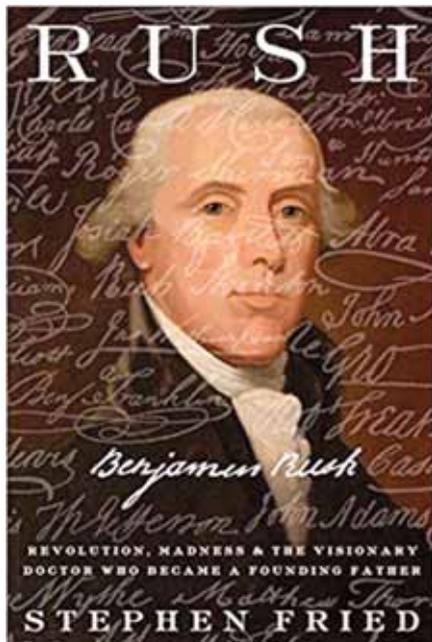
❖Nathaniel Philbrick, *In the Hurricane's Eye: The Genius of George Washington and the Victory at Yorktown* (Viking)

❖Russell Shorto, *Revolution Song: A Story of American Freedom* (W.W. Norton & Company)

❖Peter Stark, *Young Washington: How Wilderness and War Forged America's Founding Father* (Harper Collins) More information about the George Washington Prize is available at www.mountvernon.org/gwprize.

The *Indian World of George Washington: The First President, the First Americans, and the Birth of the Nation*

In *The Indian World of George Washington*, Colin Calloway tells the fascinating story of Washington's lifelong engagement with Native America. The book paints a new and, at times, disturbing portrait of the nation's first president — as an untested militia officer on the banks of the Ohio, as a diplomat who gradually learned to work with Indians on their own terms and, during his final years, as a disappointed Indian land speculator. Unusual for a Washington biography, Shingas, Tanaghrisson, Cornplanter, Red Jacket, and Little Turtle, among many other native leaders, play leading roles in



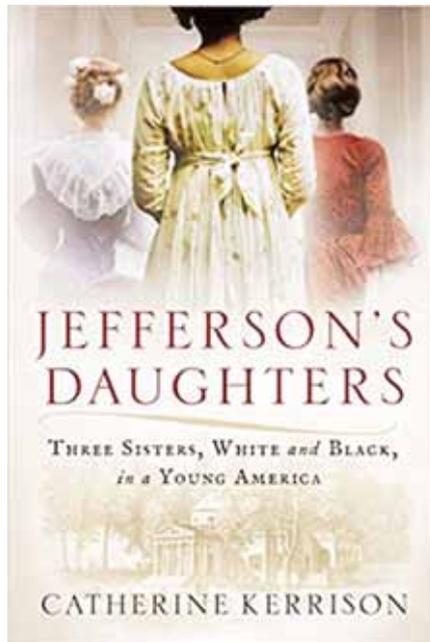
Calloway's account. America's first inhabitants, the book shows, were as central to the founding of the American republic as the nation's first president.

Jefferson's Daughters: Three Sisters, White and Black, in a Young America

Catherine Kerrison's book, *Jefferson's Daughters: Three Sisters, White and Black, in a Young America*, tells the story of Thomas Jefferson's three daughters, free-born and enslaved. The first half focuses on the lives of Jefferson's daughters by his wife, Martha Wayles Jefferson, while the second part chronicles the difficult and precarious life of his third daughter, Harriet, born to his slave, Sally Hemmings. Well documented and powerfully told, Kerrison's book is as much an account of America's mixed and often-troubled heritage as it is about three strong women fighting to define their own destinies in a new nation.

Rush: Revolution, Madness, and Benjamin

Rush, the Visionary Doctor Who Became a Founding Father Benjamin Rush comes alive in Stephen Fried's biography of this versatile, multi-talented founder. Fried captures Rush's ambition to better the world by founding hospitals and asylums, by calling for



the abolition of slavery, and by championing public education. As the Continental Army's surgeon general, Rush pushed to reform battlefield medicine during the Revolutionary War, and he played a key role in the creation of the United States' political system. In Fried's skillful hands, we learn about Rush's life as a devoted husband and father as well as his lasting legacy for so many areas of the early American Republic.

The Tragedy of Benedict Arnold: An American Life

Joyce Lee Malcolm's *The Tragedy of Benedict Arnold* is a bracing account of America's most famous traitor. Along with Arnold's well-known frustrations as a Continental Army officer, Malcolm recounts the story of his difficult childhood and his father's descent into alcoholism and bankruptcy, which fed Arnold's ambition as an adult. The book also takes a fresh look at Arnold's lifelong hatred of France, dismissed by many scholars as a pretext for switching sides in 1780, but which Malcolm depicts as a genuine expression of attitudes that Arnold first acquired as a teenager in the Connecticut militia during the French and Indian War. Malcolm displays particular sensitivity in her treatment of the women in Arnold's life: his heroic mother, Hannah Waterman; his sister, Hannah; and his second wife, Peggy Shippen, whose life was destroyed by her husband's treason.

In *In the Hurricane's Eye: The Genius of George Washington and the Victory at Yorktown*

Nathaniel Philbrick's *Into the Hurricane's Eye* is a page-turning narrative of the last and greatest American victory of the Revolu-

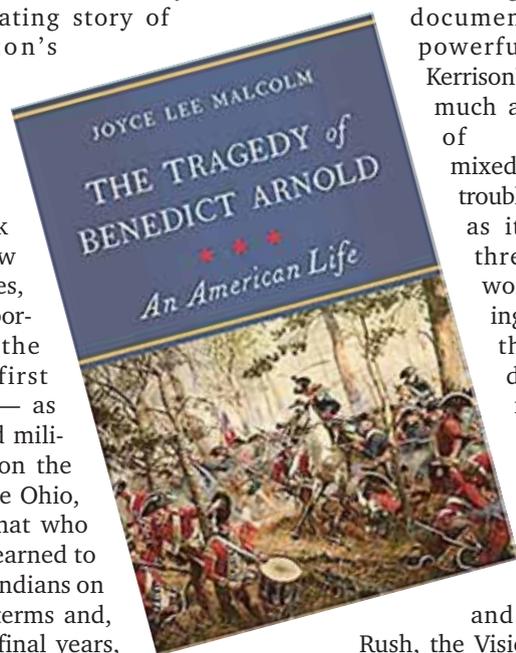
tionary War. Philbrick gives the various global players at Yorktown their due, including the young nation's French allies, who had their own complicated politics and motives, and the defeated British, but the book's central character is George Washington. The American general's insights, leadership, and attentiveness to his allies were instrumental in forcing the British to surrender. So too, the book suggests, was a dose of good fortune. Philbrick sheds new light on the often-misunderstood battle that finally secured American independence.

Revolution Song: A Story of American Freedom

Revolution Song: A Story of American Freedom is a study of the American struggle to define the meaning of individual freedom. Russell Shorto's book takes us to America's founding and weaves together the stories of six individuals whose very lives test a philosophical idea through the force of action and sometimes-violent change. From the story of an African who liberated himself and his family from American slavery, to the exploits of George Washington during and after the American revolt, *Revolution Song* is a wide-ranging, gripping history of a people trying to define what it means to be free.

Young Washington: How Wilderness and War Forged America's Founding Father

In *Young Washington*, Peter Stark recounts the drama of George Washington's formative years during the 1750s fighting the French and their Indian allies in the Ohio Valley. Mortified by his initial encounter with a mixed-race French-Seneca officer in western Pennsylvania, Washington worked to master the ways of his European and native foes, and eventually, Stark shows, of the British soldiers, allied Indians, Tidewater gentry, frontier squatters, and imperial politicians whose help he needed if he was to realize his own ambitions. By the time he married Martha Dandridge Custis in 1759 and moved to Mount Vernon, Washington had perfected the chameleon-like ability to adapt to his surroundings that would define the rest of his storied career. The wilderness, Stark shows, is where Washington became the leader we remember today.





PHOTOS COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

The Community Fire and Rescue Academy is open to people 18 and older who live in Fairfax County. CP090419-702

Applications Accepted for Community Fire And Rescue Academy

Want to learn more about the Fairfax County Fire and Rescue Department? Want to participate in an interesting, fun-filled, eight-week program that will show you what firefighters and paramedics do every day?

The Community Fire and Rescue Academy is open to people 18 and older who live in Fairfax County. Each session will cover different aspects of the organization, providing an in-depth overview of the department and its uniformed and civilian workforce. Program topics include: fire suppression, emergency medical services, training, recruitment, special operations, and other interesting topics.

CFRA Application will be accepted until Sept. 13, 2019. The Academy will begin Sept. 26, 2019, and will meet for eight consecutive Thursdays, from 6 p.m. to 9 p.m. and ending on Nov. 14, 2019.

To learn more about the program and to sign up, go to: <https://www.fairfaxcounty.gov/fire-ems/cfra>



Each session will cover different aspects of the organization, providing an in-depth overview of the department and its uniformed and civilian workforce.



The Academy will begin Sept. 26, 2019, and will meet for eight consecutive Thursdays, from 6 p.m. to 9 p.m. and ending on Nov. 14, 2019.

FREE Community Educational WORKSHOP & LUNCH

Wednesday, September 11th
9:30 am - 12:30 pm

at Mt. Vernon Country Club, 5111 Old Mill Rd., Alexandria



YOU'LL LOVE OUR Q&A SESSION

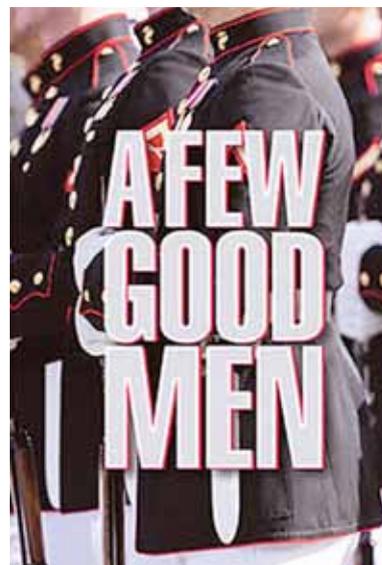
We will feature 2 Fabulous Speakers & an Awesome Senior Services Vendor Fair

Dr. Vivek Sinha, Chief Medical Officer at Belleview Medical Partners will discuss "Palliative Care" and let us know how it can help someone suffering from the symptoms of &/or pain associated with a progressive disease and John Norce, 31+ yr. Veteran Insurance Professional, with MedicarePortal will help us all Save \$\$\$'s & Improve our Medicare Coverage & answer everyone's questions about Medicare.

hosted by our nonprofit



Seating is Limited & RSVP's for Seat #'s are required by calling: 703-303-4060 or email: Info@MountVernonAtHome.org



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TELL US WHAT YOU THINK

SUBMIT YOUR LETTER TO THE EDITOR HERE
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CIVIC CALENDAR

What is the Future of Health Care in Eastern Fairfax County?

Join the Mount Vernon-Lee Chamber of Commerce for a discussion of health care in eastern Fairfax County.

Health care is a growing business sector in eastern Fairfax County with the growth of Inova Mount Vernon Hospital and the Fort Belvoir Community Hospital. Dr. Joseph Pina, acting CEO of Inova Mount Vernon Hospital, and Dr. Richard Repeta, with the Fort Belvoir Community Hospital will brief Chamber members on the future of their health care facilities.

Thursday, Sept. 12, 8 - 9:30 am, Belle Haven Country Club, 703-360-6925 info@MtVernon-LeeChamber.org

More Meetings

Sept. 8, 2019, noon - 2pm
Reduced Cost Rabies Clinic, Mount Vernon Governmental Center, 2511 Parkers Lane, Mt. Vernon, VA, 22306

Sept. 14, 2019
Supervisor Dan Storck 2nd Saturday Office Hours

9-11:30am Lorton Library 9520 Richmond Hwy, Lorton, VA 22079 hours

12:30pm-3 pm Mount Vernon District office 2511 Parkers Lane, Mount Vernon, VA

Sept. 17, 2019, 7 pm
Richmond Highway Bus Rapid Transit (BRT) Public Meeting, Bryant High School, 2709 Popkins Lane, Alexandria, VA

Sept. 20, 2019, 1pm
Naming and Dedication of the Gerry W. Hyland Building, South County Center, 8350 Richmond Highway, Alexandria, VA, 22309

Sept. 23, 2019, 6:30pm
County Strategic Plan Community Meeting, Gum Springs Community Center, 8100 Fordson Road, Alexandria, VA 22306



WINNERS

(from left)

Group 1

(Ages 1-5 years old):

Kamila Landauerde 5 yrs.old;
Mom Johana Gomez

Group 2

(Ages 6-9 years old):

Ana Mensah; 9 yrs. old;
Dad Francis Mensah

Group 3

(Ages 10-12 years old):

Ariana Damian; 12 yrs. old;
Mom Brenda Estrada

MTVAC awarded prizes to these winning artists for their depiction of mommy and/or daddy exercising. Children, aged 1-12, participated in the contest that drew entries throughout Alexandria and Mount Vernon from members and non members.

PRIZES AWARDED Complementary 30 Massage for the Parent of the Winner and each age group received a toy/healthy snack prize basket!

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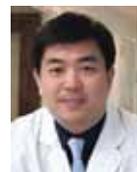
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ENTERTAINMENT

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

ONGOING

Senior Olympics. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The public is invited, free of charge, to all NVSO events. The games run Sept. 14-28. There will be no on-site registration for participants. Visit www.nvso.us.

Art Exhibitions. Through Sept. 15, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic, 105 District Ave., Fairfax. For the first time, the Torpedo Factory Artists' Association is sharing its gallery space with a group of student artists. The Torpedo Factory Artists @ Mosaic is a satellite gallery sponsored by the Torpedo Factory Artists' Association. Visit www.torpedofactoryartists.com/mosaic/ for more.

* "Make Your Mark" is part of the Torpedo Factory Artists' Associations' effort to provide exhibit opportunities for gifted artists in the community. In this show, each of the 13 students taking classes from TFAA artist and arts educator Marsha Staiger present one painting that represents their body of work.

* "Animal Kingdom" is the theme of the Torpedo Factory artists' exhibit and will showcase the best of what nature has to offer, including the wild and the tame.

Art Exhibit: Habitats. Through Sept. 22, gallery hours at Target Gallery at the Torpedo Factory, 105 North Union St., Studio 2. The newest group exhibition Habitats in Target Gallery, the contemporary exhibitions space of Torpedo Factory Art Center, poses the question, "What makes a habitat a home?" The selected artists address these questions and raise new ones. Work is presented in a diversity of media, from sculpture and photography to video and virtual reality. Visit torpedofactory.org/partners/target-gallery.

Art Exhibit: "Patterns & Prints." Through Sept. 27, gallery hours at Scope Gallery, Studio 19, the Torpedo Factory Art Center, 105 North Union St. Ceramic Guild potters turn to hot togs as artistry en vogue, showing embossed patterns, aggressive elaborate exteriors and groovy grooving. Colors are confident with saturated statements and contrasts of black and white. Hand-painted touches are the hemline talk of the season, with abstracts, urban touches and industrial adornment paving the way. Call 703-548-6288 or visit www.scopegallery.org.

Art Exhibit: "It's a Jungle Out There." Through Sept. 29 at Potomac Fiber Arts Gallery, Studio 29, Torpedo Factory Art Center, 105 North Union St. Potomac Fiber Arts Gallery presents its juried show, "It's a Jungle Out There." Cheetahs, lions, rhinos, monkeys, hippos, and the lands that they inhabit serve as inspiration for the pieces in this show. Themed work will be eligible for recognition by the jurors. Non-themed work may also be exhibited. Visit www.potomacfiberartsgallery.com or call 703-548-0935.

Art Exhibit: Revival. Through Sept. 30 in the Van Landingham Gallery, Studio 311 of the Torpedo Factory Art Center, 105 North Union St. While looking at the darkened doorway of the ruins of Ephesus, a Greek city in what is now Turkey, Marian Van Landingham suddenly envisioned a window to the sky and an innate sense of hope and revival. In her studio in Alexandria's Torpedo Factory Art Center, founded by her as an art center in 1974, Van Landingham refines the images that first piqued her interest. A reception is planned for Thursday, Sept. 12, 5-8 p.m. RSVP at www.eventbrite.com/e/revival-by-marian-van-landingham-tickets-69925869157. Visit www.torpedofactoryartists.com for more.

Art Exhibit: Silo City. Through Oct. 13 at Multiple Exposures Gallery, Torpedo Factory Art Center, Studio 312, 105 N. Union St. An exhibition of photographs by Eric Johnson made in a complex of historic grain elevators and processing facilities in Buffalo, New York. An opening reception is planned for Sunday, Sept. 22, 2-4 p.m. Visit www.multipleexposuresgallery.com for more.

Mount Vernon Farmers Market. Wednesdays (through Dec. 18), 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane. The McCutcheon/Mount Vernon Farmers



King Street Art Festival

Sept. 21-22, historic King Street is transformed into an outdoor art gallery with original fine artwork by more than 200 artists from around the country. Enjoy live music and interactive art activities, as well as The Art League's Ice Cream Bowl Fundraiser Saturday, 10 a.m.-6 p.m., and Sunday, 10 a.m.-4 p.m., and the Torpedo Factory Art Center's 2nd Annual Beer & Wine Torpedo Garden Saturday, 11 a.m.-6 p.m., and Sunday, 11 a.m.-5 p.m. The King Street Art Festival takes place Saturday, Sept. 21, 10 a.m.-7 p.m.; Sunday, Sept. 22, 10 a.m.-5 p.m. on King Street from Washington Street to Union Street. Free and open to the public. Visit visitalexandriava.com/artfest for more.

Market opened May 1 with an array of farm-fresh produce and local foods, plus some new features (fresh brewed coffee!). 17 local farmers and producers will sell fresh, locally grown vegetables and fruits; meats; Chesapeake Bay seafood; breads and pastries; honey, jams and jellies; milk, cheese and eggs; herbs and plants; and more. Visit www.fairfaxcounty.gov/parks/farmersmarkets.

Band Members Needed. Join the Mount Vernon Community Band, a group of players who enjoy playing many styles of band music in a relaxed atmosphere. Rehearsals are Tuesdays 7:30-9:30 p.m. in the Mount Vernon High School Band Room, 8515 Old Mount Vernon Road. No auditions. All instruments needed. Contact Eric Leighty directly 703-768-4172 or visit www.mvbands.com/join-us/.

FRIDAY/SEPT. 6

Patriot Day Golf Classic. Registration and lunch, 11:30 a.m.; shotgun start, 1 p.m.; reception and awards; 5-7:30 p.m. at Belle Haven Country Club, 6023 Fort Hunt Road. This year the Patriot Day Golf Classic will benefit the Yellow Ribbon Fund Foundation. The Yellow Ribbon Fund provides support to wounded military men and women and their caregivers. Guest speaker will be 1st Sgt. Matt Eversmann (retired) whose story of survival was immortalized in the book and epic film, *Black Hawk Down*. Visit www.bellehavenc.com/golf/patriot for more.

Goodwin House Bailey's Crossroads Encore Chorale. Weekly rehearsals, Fridays, 1-2:30 p.m. at Goodwin House Bailey's Crossroads, 3440 South Jefferson St., Falls Church. Encore's mission is to provide an excellent and accessible artistic environment for older adults, 55 and



over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required to sing. Singers learn vocal technique, proper breathing and posture, and music literacy. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. The Encore Chorale repertoire includes traditional and secular holiday music. Open to residents and non-residents. Visit www.encorecreativity.org or call 301-261-5747.

FRIDAY-SATURDAY/SEPT. 6-7

Mirror Mirror: Orange Grove Dance. Friday, 8 p.m.; Saturday, 6 and 8 p.m. at Waterfront Park, 1 King St. The City of Alexandria commissioned a series of original site-specific performances for the sound-responsive, interactive installation Mirror Mirror. Composer and violinist David Schulman and Orange Grove Dance will perform on select dates between July and October. All performances are free and feature lawn seating. Lawn chairs and blankets are encouraged. Leave pets at home. Visit alexandriava.gov/publicart for details.

SEPT. 6-29

Art Exhibit: High Note. Gallery hours at Del Ray Artisans, 2704 Mt Vernon Ave. Experience "High Note," exploring the connection between music and the mind. Music can unleash powerful memories, transporting listeners in space and time. Meet the artists, juror Britt Conley, and enjoy live music at the opening reception: Friday, Sept. 6, 7-9 p.m. Also enjoy for a musical performance benefiting the nonprofit Friends of ROAM Friday, Sept. 20, 8-9:30 p.m. Visit

www.DelRayArtisans.org/event/high-note for more.

SEPT. 6-30

Solo Painting Exhibition: Draftsman 2019. Gallery hours at Gallery Underground, 2100 Crystal Drive, Suite 2120-A. Draftsman 2019 is the solo painting exhibition for the month of September of Arlington Artists Alliance member and T.C. Williams graduate Barry Barnett Keith. An opening reception is planned for Friday, Sept. 6, 5-8 p.m. Free. Visit galleryunderground.org or call 571-483-0652.

SATURDAY/SEPT. 7

Tag Day. Two hundred performing arts students from West Potomac are about to swarm area neighborhoods for their annual Tag Day. Teams from band, chorus, guitar, orchestra and theater will be handing out a "tag" inviting the community to this year's performances, and asking for donations to support WPHS's programs. The FCPS budget does not fully cover the costs of instruments, equipment, costumes, uniforms, travel, special staffing, etc. If they miss you when they come by, just scan the QR code on your phone or clicking on the "Tag Day Donation" button at www.wolverineband.com.

The Buzz about Bees. 10 a.m.-noon at Green Spring Gardens, 4603 Green Spring Road. "Celebrate Honey Bee Day." Meet a beekeeper, look inside a beehive, learn a bee dance, go on a bee scavenger hunt and discover how important bees are to the food supply. Members of the Northern Virginia Beekeepers Association will be on hand to offer tips on how you can help these important pollinators. Free. All ages. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring for more.

Get Crafty with Natural Dyes. 10 a.m.-noon at Green Spring Gardens, 4603 Green Spring Road. Come to the "Natural Dye Workshop" and learn the basics of creating a natural dye bath with foraged plants, flowers and dye extracts from textile artist An-Phuong Ly. Take home a hand-dyed piece. For participants age 16-adult. \$44, plus a \$25 supply fee. Wear clothes that can be stained and bring an apron and rubber gloves. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

Used Book Sale. 10 a.m.-4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Selection of over 20,000 gently used books, including children's books, fiction, history, biography, home and garden, cooking, crafts, sports, religion, travel, CDs, DVDs, and more. Unless specially priced, \$1 for hard backs, 50 cents for large paperbacks, and 25 cents for mass market paperbacks. Visit www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional.

Story Time for Little Historians. 11 a.m. at the Alexandria Black History Museum, 902 Wythe St., Alexandria. Enjoy cultural stories and creative craft activities that introduce world history and folklore. Featuring "The Dot" by Peter Reynolds. Afterwards, explore the museum exhibits to learn about local Black history. All ages welcome, but most suitable for children 4 and older. Admission is \$3 per person. All children must be accompanied by an adult. Call 703-746-4356 or RSVP at shop.alexandriava.gov/Events.aspx.

Dyke Marsh Meetup, Walk with a Ranger.

11 a.m.-1 p.m. at Belle Haven Park/ Dyke Marsh Wildlife Preserve. Enjoy the outdoors on this 2-mile walk with a national park ranger to see the largest freshwater marsh in the nation's capital. Bring a pair of binoculars for viewing an eagle's nest and other marsh life. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/dykemarsh.htm.

Annual Crab Feast Dinner.

3:30-6 p.m. at Historic Pohick Church, 9301 Richmond Highway, Lorton. The Pohick Church Annual Crab Feast Fundraiser, sponsored by the Brotherhood of St Andrew, will be held in the Parish Hall. The menu will include crabs, fried fish, steamed shrimp, potato salad, cole slaw, pork and chicken barbecue sandwiches, and hot dogs for the kids. All are welcome. \$30 per adult (ages 18 and older), \$15 for children ages 12-17, and children under 12 are free. Call 703-339-6572 for tickets.

Essay and Poetry Contest Deadline. 5 p.m. Alexandria Library and the For Love of Country Foundation present the Annual Essay and Poetry contest, "Who has influenced your life, and why?" Rising 7th, 8th and 9th graders - enter

ENTERTAINMENT

and win up to \$100. Visit alexlibraryva.org/floc for details.

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 members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit www.nvcwda.org for more.

SUNDAY/SEPT. 8

Gallery Tour and Talk: Memory. 2 p.m. at the The Athenaeum, 201 Prince St. With Catherine Day, Amelia Hankin, and Zofie King. Join the artists as they walk around this thought-provoking show on its last day and discuss some of the elements that are alluded to – as well as their development and creative processes. Visit www.nfaa.org or call 703-548-0035.

Downton Abbey Tours. 2-3 p.m. at Lee-Fendall House Museum & Garden, 614 Oronoco St. Explore the surprising connections between people and places of the world of Downton Abbey and those of the Lee-Fendall House through special “Downton Abbey” themed tours of the museum this fall. \$10. Visit www.leefendallhouse.org or call 703-548-1789.

Chamber Concert Series. 3-5 p.m. at The Lyceum, 201 S. Washington St. The Washington Metropolitan Philharmonic Association sponsors a chamber music series, weekly through Sept. 15, at the Lyceum in Old Town featuring small ensembles and soloists. Free. Donations are appreciated. Visit www.wmpamusic.org or call 703-799-8229.

MONDAY/SEPT. 9

Alexandria Encore Chorale. Weekly rehearsals, Mondays, 10:30 a.m.-noon at Convergence, 1801 Quaker Lane. Encore’s mission is to provide an excellent and accessible artistic environment for older adults, 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required to sing. Singers learn vocal technique, proper breathing and posture, and music literacy. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. The Encore Chorale repertoire includes traditional and secular holiday music. Visit www.encorecreativity.org or call 301-261-5747.

TUESDAY/SEPT. 10

Simpson Gardens Stroll. 10-11 a.m. at Simpson Park Gardens, 420 E. Monroe St. Stroll through Simpson Gardens with Extension Master Gardeners as they describe the gardens’ variety of demonstration beds that combine sustainable gardening practices with appealing aesthetics: waterwise gardening, scented plants, plants that attract pollinators, plants that prefer shade, and plants that have appealing structure and texture. Free. Questions? Telephone 703-228-6414 or email mgarlalex@gmail.com. To reserve a spot, visit mgnv.org/public-education-events/vce-horticulture-programs-registration/.

Jones Point Meetup. 11 a.m.-noon at Jones Point Park, Jones Point Drive. Join a national park ranger to explore the long history of this little piece of land and see the last remaining inland lighthouse on the Potomac River, once a beacon to boat captains and commerce on the river. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/jonespoint.htm for more.

Celebrate Citizenship Day. 5 p.m. in Market Square, 301 King St. Alexandria will hold its annual Citizenship Day celebration. Help welcome 45 of new U.S. citizens as they are sworn in during this special ceremony, administered by U.S. Citizenship and Immigration Services in honor of Constitution Day and National Citizenship Day. Visit www.alexandriava.gov/news_display.aspx?id=111109 for more.

Twilight & Tiptle Tours. 6-9 p.m. at Pope-Leighey House, 9000 Richmond Highway. Experience Frank Lloyd Wright’s Pope-Leighey House by twilight. This tour series is a rare chance to see one of Wright’s houses illuminated against a night sky. Grab a drink, included in the price of the tour ticket, and walk through the house on a leisurely, open house style tour with

plenty of time to take stunning photos. \$35. Visit www.woodlawnpopeleighey.org for more.

WEDNESDAY/SEPT. 11

Garden Club Welcome Coffee. 9:30 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Mount Vernon House and Garden Club will have a Welcome Membership Coffee. Join to learn about the variety of programs. Annual dues are \$20. Visit www.hollinhallseniorcenter.org for more.

Community Workshop. 9:30 a.m.-12:30 p.m. at Mt. Vernon Country Club, 5111 Old Mill Road. Nonprofit Village, Mt. Vernon At Home, is sponsoring a Community Educational Workshop, Lunch & Senior Service Vendor Fair. Speakers include Dr. Vivek Sinha on “Can You or Someone You Know Benefit from Palliative Care?” and John Norce with Medicare Portal on “Can You Save \$\$\$’s & Improve Your Medicare Coverage this Year?” Free, but limited seating. RSVP at Info@MountVernonAtHome.org or 703-303-4060. Visit www.MountVernonAtHome.org.

9/11 Remembrance Ceremony. 10-11 a.m. in Market Square, 301 King St. The City of Alexandria invites the public to attend a remembrance ceremony to mark the events of Sept. 11, 2001. The event will remember all those killed, injured or otherwise affected; and honor those who gave their lives to save others while courageously responding to the incident. The tribute will also include the “Return to Quarters” bell-ringing ceremony. In the event of rain, the ceremony will take place in the Lee Center Auditorium, 1108 Jefferson St.

The Songs of Insects—a Talk and a Walk. 7 p.m. (talk), 8 p.m. (walk) at the Norma Hoffman Visitor Center, Huntley Meadows Park, 3701 Lockheed Blvd. Join the Friends of Dyke Marsh to hear Wil Hershberger, naturalist, award-winning nature photographer and nature sound recordist, who will explore the world of singing insects with images and sound recordings. Free, open to all. The walk is limited to 20 people, register in advance by emailing info@fodm.org. 8 p.m. walk, please register in advance by emailing info@fodm.org. FODM will host an informal social gathering at 6:30 p.m. Visit www.fodm.org for more.

THURSDAY/SEPT. 12

Fort Hunt Meetup, Walk with a Ranger. 10:30-noon at Fort Hunt Park, 8999 Fort Hunt Road. Join a national park ranger on a 1.5 mile walk through historic Fort Hunt Park, be prepared to learn about some World War II secrets. Meet at Area E parking. Free. Call 703-235-1530 for more.

Fall Lawn Care and Turf Alternatives. 6:30-8:30 p.m., Beatley Library, 5005 Duke St. Fall is the ideal time to restore cool-season grass, the most common turf grass grown on lawns in our area. This program describes how to improve a lawn and the underlying soil, and outlines steps for preventing and controlling weeds to ensure a beautiful lawn, with an emphasis on sustainable practices that minimize the impact on native pollinators and wildlife. Free. Questions? Call 703-228-6414 or email mgarlalex@gmail.com. To reserve a spot, visit mgnv.org/public-education-events/vce-horticulture-programs-registration/.

THURSDAY-SUNDAY/SEPT. 12-15

Shop and Stroll. Various boutiques throughout Old Town. Twenty Old Town Boutique District shops will transform into a Passport Destination offering shoppers VIP swag, activities, discounts and refreshments representative of their chosen location, city or country. Admission: Free; \$25 VIP experience. Visit oldtownboutiquedistrict.com.



End of summer

PHOTO BY JANET BARNETT/GAZETTE PACKET

Ev and mom Julie Selby sit by the fountain at Market Square enjoying one of the last days of summer on Aug. 31.

SEPT. 12-NOV. 10

“Board | out of our minds!” Gallery hours at the The Athenaeum, 201 Prince St. “Board | out of our minds!” relates to the games we play. The included works exhibit the creative means in which people developed board games to reflect their thoughts and reflections on the role of chance in life. While some are actual games, some refer to the role of games in life. \$2,500 in prizes awarded during opening reception on Sunday, Sept. 15, 4-6 p.m. (free). Visit www.nfaa.org or call 703-548-0035.

FRIDAY-SATURDAY/SEPT. 13-14

Mirror Mirror: Orange Grove Dance. Friday, 8 p.m.; Saturday, 6 and 8 p.m. at Waterfront Park, 1 King St. The City of Alexandria commissioned a series of original site-specific performances for the sound-responsive, interactive installation Mirror Mirror. Composer and violinist David Schulman and Orange Grove Dance will perform on select dates between July and October. All performances are free and feature lawn seating. Lawn chairs and blankets are encouraged. Leave pets at home. Visit alexandriava.gov/publicart for details.

FRIDAY-SUNDAY/SEPT. 13-15

Anniversary Celebration. The City of Alexandria invites the public to participate in the fifth anniversary of the dedication of the Contrabands and Freedmen Cemetery Memorial (1001 S. Washington St.). The weekend celebration will feature a lecture by local Contraband historian Char McCargo Bah; a wreath laying at the site; a luncheon to honor descendant families with a keynote address by National Park Service Superintendent of Fort Monroe National Monument, Terry E. Brown; a curated bus tour of Alexandria’s African American heritage sites and an evening candlelight vigil at the memorial. Several events will be free and open to the public. Visit www.alexandriava.gov/Historic for details.

SATURDAY/SEPT. 14

12th Annual 9/11 Heroes Run. 8 a.m. at Carl Sandburg Middle School, 8428 Fort Hunt Road. The Travis Manion Foundation, which is one of

the nation’s largest veteran nonprofit organizations. Travis Manion Foundation will host the 9/11 Heroes Run 5K race and 1 mile Fun Run in Alexandria. The Alexandria race will also host the VAU Fallen Heroes Memorial, a 28-foot wide American flag made entirely of dog tags of fallen service members. Visit 911heroesrun.org/alexandria to register.

The General’s Tour. 10 a.m.-noon at Lee-Fendall House Museum & Garden, 614 Oronoco St. A guided walking tour of Robert E. Lee sites in Alexandria’s Historic Old Town. \$10 in advance, \$15 gate. Call 703-548-1789 or visit www.leefendallhouse.org for more.

Water Discovery Day. 10 a.m.-2 p.m. at Four Mile Run Park, 3700 Commonwealth Ave. The City of Alexandria, AlexRenew and Virginia American Water will host the city’s third annual Water Discovery Day. The family-friendly event will include a number of exhibitors and will feature food, family-friendly activities, giveaways, and educational games to inspire a deeper understanding of water, our world’s most precious resource. Free. Register at waterdiscoveryday2019.eventbrite.com.

Walk on the Boardwalk. 10 a.m. Meet on the trail across from Tulane Drive. Friends of Dyke Marsh will walk the boardwalk to view Marsh flowers and wild rice. Impress trail-using friends with new-found plant knowledge.

Dyke Marsh Meetup, Walk with a Ranger. 11 a.m.-1 p.m. at Belle Haven Park/ Dyke Marsh Wildlife Preserve. Enjoy the outdoors on this 2-mile walk with a national park ranger to see the largest freshwater marsh in the

nation’s capital. Bring a pair of binoculars for viewing an eagle’s nest and other marsh life. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/dykemarsh.htm.

Inaugural Fundraiser Brunch Event. Noon-4 p.m. at The Garden, 5380 Eisenhower Ave. (Suite C). Safe Space NOVA is dedicated to providing a safe, accepting, and supportive environment to combat social stigmas, bullying, and other challenges faced by LGBT+ youth and to ensure 14-18 year-olds in the Northern Virginia area have access to an organization and activities that promote equality. The organization has hosted activities including movie socials, laser tag, miniature golf and dances. \$50 includes admission and one drink ticket, with additional drinks available for purchase. RSVP at www.eventbrite.com/e/safe-space-nova-2019-brunch-fundraiser-tickets-67073006167.

Circle of Life. 4-6:30 p.m. at Rachel M. Schlesinger Concert Hall, 4915 Campus Drive. The award winning 80-man Alexandria Harmonizers present “The Circle of Life” with Broadway hits from “The Lion King” and others. \$35. Tickets available at www.eventbrite.com/e/circle-of-life-tickets-606671219. Visit www.harmonizers.org for more.

Sips & Secrets. 7-10 p.m. at Lee-Fendall House Museum & Garden, 614 Oronoco St. Celebrate Alexandria’s flapper era history and enjoy 1920s drinks, enter dance and costume contests, bid in a silent auction, and more. \$35-\$85. Call 703-548-1789 or visit www.leefendallhouse.org for more.

SATURDAY-SUNDAY/SEPT. 14-15

Mount Vernon Colonial Market & Fair. 9 a.m.-5 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Discover the 18th century at Mount Vernon’s annual Colonial Market & Fair. Experience early American life with dozens of historic craftspeople and reenactors. Take in the sights and sounds of the marketplace on Mount Vernon’s 12-acre field and chat with colonial artisans selling traditional handcrafted food and wares. Included in general admission (\$20 adults; \$12 youth). Visit mountvernon.org or call 703-780-2000.

ENTERTAINMENT

SUNDAY/SEPT. 15

Downton Abbey Tours. 2-3 p.m. at Lee-Fendall House Museum & Garden, 614 Oronoco St. Explore the surprising connections between people and places of the world of Downton Abbey and those of the Lee-Fendall House through special "Downton Abbey" themed tours of the museum this fall. \$10. Visit www.leafendallhouse.org or call 703-548-1789.

Chamber Concert Series. 3-5 p.m. at The Lyceum, 201 S. Washington St. The Washington Metropolitan Philharmonic Association sponsors a chamber music series, weekly through Sept. 15, at the Lyceum in Old Town featuring small ensembles and soloists. Free. Donations are appreciated. Visit www.wmpmusic.org or call 703-799-8229.

Live Music: Al Petteway & Amy White plus Eli Lev. 7 p.m. at George Washington Masonic National Memorial, 101 Callahan Drive. Al Petteway & Amy White's acoustic repertoire includes original, traditional, contemporary Celtic and Appalachian influenced music with occasional nods to Blues, New Age and Jazz – all played on a variety of stringed and percussive instruments. Eli Lev is a singer, songwriter, traveler, and passionate musician. \$18 in advance at www.FocusMusic.org and for FocusMusic, \$20 at the door.

TUESDAY/SEPT. 17

Jones Point Meetup. 11 a.m.-noon at Jones Point Park, Jones Point Drive. Join a national park ranger to explore the long history of this little piece of land and see the last remaining inland lighthouse on the Potomac River, once a beacon to boat captains and commerce on the river. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/playourvisit/jonespoint.htm for more.

DAR Genealogy Research. 1-3 p.m. at Mount Vernon Genealogical Society, Hollin Hall Senior Center, 1500 Shenandoah Road. Author and genealogist Eric G. Grundset, longtime DAR Library Director, will speak about the extensive works he has published on the American Revolutionary War and their importance for genealogists. Free, open to the public. Visit www.mvgenalogy.org for more.

Latin America – DNA Histories. 7-8 p.m. at Kate Waller Barrett Branch Library, 717 Queen St. Dr. Miguel Vilar, lead scientist with NGS's Genographic Project, presents how DNA testing in the Caribbean and Latin America have uncovered migration patterns of the region's history. Registration preferred. Free. Email mzimmerman@alexlibraryva.org, call 703-746-1714 or visit alexlibraryva.org/event/3053669.

TUESDAY-SUNDAY/SEPT. 17-22

Fall Book Sale. At Charles E. Beatley Central Library, 5005 Duke St. The Friends of the Beatley Central Library will hold their Fall Book Sale. Tuesday, 4-8 p.m., Members' Preview (\$15 memberships available at the door); Wednesday-Thursday, 10 a.m.-8:30 p.m.; Friday, 10 a.m.-5:30 p.m.; Saturday, 10 a.m.-4:30 p.m.; Sunday, 1-4:30 p.m. \$4 or less, unless specifically marked: hardbacks, paperbacks, children's books and media items. All genres. Discount day on Sunday. Call 703-746-1702 or visit www.beatleyfriends.org.

SEPT. 17-23

Celebrate Constitution Week. On Sept. 17, 2019, at 9:30 a.m., Mayor Justin Wilson will sign the official Proclamation commemorating Constitution Week, in Council Chambers at City Hall. The signing marks the country's 232nd birthday. The U.S. Constitution provides the framework of the American government – its principles and structure – and upholds and protects the freedoms Americans hold dear. Participating in the signing are students from four Alexandria City Public Schools: T. C. Williams High School, Samuel W. Tucker and

Douglas McArthur Public Schools and Lyles-Crouch Traditional Academy.

THURSDAY/SEPT. 19

Fort Hunt Meetup, Walk with a Ranger. 10:30-noon at Fort Hunt Park, 8999 Fort Hunt Road. Join a national park ranger on a 1.5 mile walk through historic Fort Hunt Park, be prepared to learn about some World War II secrets. Meet at Area E parking. Free. Call 703-235-1530 for more.

Make and Take Lunch Break Social. 11:30 a.m.-2:30 p.m. at 2425 Eisenhower Ave (on the grassy knoll). Take a real lunch break outside to refuel and recharge with co-workers. Each month a DIY local business will pop-up and offer a themed craft (while supplies last). Email maurisapotts@gmail.com or visit www.FB.com/AlexandriaEcon.

FRIDAY/SEPT. 20

Alexandria Citizens Band. 8-10 p.m. at Del Ray United Methodist Church, 100 East Windsor Ave. Join the Alexandria Citizens Band, one of the oldest community bands in America, at their first rehearsals of the season. No auditions, they welcome all who want to have fun, find new friends, and play free concerts. Recruiting volunteer members in all sections – drum, tuba, baritone, trumpet, French horn, trombone, saxophone, flute, clarinet, oboe, and bassoon players. Free. Call 703-920-8675 or go to come-play-with-us.eventbrite.com.

SATURDAY/SEPT. 21

Arts on the Horizon 5K Fundraiser. 8 a.m. in Fort Hunt Park. Arts on the Horizon, a nonprofit theatre for children ages 0-6, is hosting their Second Annual 5K Fundraiser. Families are invited to run or walk to support Arts on the Horizon's arts education programs and performances. \$25. Register at www.artsonthehorizon.org/5k-fundraiser.

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WELLBEING



PHOTO COURTESY OF CHRISTIAN ELLIOT

Yoga can lead to body awareness which can be a gateway to better self-awareness, advises Christian Elliot who is pictured here. September is National Yoga Month.

Get on the Mat, Boys

Raising awareness of the benefits of yoga for men during National Yoga Month.

BY MARILYN CAMPBELL
THE CONNECTION

Take quick scan of most yoga classes at East Meets West Yoga Studio in Vienna, Virginia and you're likely to see the mats being occupied primarily by women. That is changing, says studio owner Dawn Curtis. A recent Harris study shows that while women make up more than 70% of yoga practitioners, the number of men has increased from 4 million to ten million over the last 7 years. Practitioners are working to raise that number even higher this September - which is National Yoga Month - by emphasizing the health benefits for men. "We've seen an increase of men in yoga classes, but also an increase in the number of male yoga teachers and men who are coming into our yoga teacher training program," said Curtis. "We've had a lot of older men of the Boomer age taking classes because they're realizing that the exercise routine that they've been doing hasn't increased their flexibility." Because yoga classes often begin with an inward focus, those who practice it might be more inclined to develop body mindfulness off-the-mat. Exercising bodily-awareness during activities such as weight lifting can help prevent injury. "Breathing and body awareness can both be gateways to better self-awareness..." said Christian Elliot, owner, TRUE Whole Human. "Everything about modern convenience is geared toward making it easier for you to meet your basic needs without moving," continued Elliot. "As we age, often what

happens is we move less, thus becoming stiff." "Yoga makes you more flexible and your muscles and joints are more lubricated, you're less prone to injury," added Curtis. The practice's reputation as stress reliever is credited with the uptick in male students. "I've seen men use yoga as a stress management tool," said Curtis. "Men don't always realize how stressed they until they start talking yoga classes. Anytime you're doing yoga you're going to have stress management and relief. "Just one yoga class has proven to lower cortisol [stress] levels," added Luann Fulbright, Director, Dream Yoga Studio & Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders with success. This is a dominant reason folks come to yoga." Improvement in sleep is another asset to be gained from adding a yoga practice to one's life, says Curtis.

"Men don't always realize how stressed they until they start talking yoga classes."

—Dawn Curtis,
East Meets West Yoga

"Yoga can lead to better sleep patterns because the mental stress that we have is held within the body," said Curtis. "Once that's released you can relax, fall asleep and stay asleep." An overall sense of well-being is subtle, but definite benefit of yoga, advises Curtis. "Yoga provides more balance, men typically musical their way through things which means over-activity," she said. "Yoga teaches them to slow down and not push their way through. I often hear people say, 'Yoga makes me a better person'. That's because they're less reactive because they aren't feeling stressed. You have to do it on a regular basis though to benefit from it."

Write

The Connection welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
Send to:

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The Connection
1606 King St.
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BULLETIN BOARD

FROM PAGE 3

2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

MONDAY/SEPT. 9

Metro Stations to Reopen. Metro's closure of the six Blue and Yellow Line Metro stations south of the Ronald Reagan Washington National Airport Station is almost over, with stations scheduled to reopen Sept. 9. Since the closure began, commuters have taken advantage of shuttle services provided by Metro and DASH, and are using alternative forms of transit. Water taxi service to Washington, D.C. has proven so popular it will continue through at least December. Visit wmata.com for more.

MONDAYS/SEPT. 9-OCT. 6

"Caring for You, Caring for Me." 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Fairfax County and Inova Health System present free "Caring for You, Caring for Me" programs. This workshop series provides a blend of support and education for caregivers of older adults. Respite services available if requested three weeks in advance. Call 703-324-7210, TTY 711.

TUESDAY/SEPT. 10

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone. This month's topic is an open discussion on advance care planning and end of life decisions. Call 703-324-5484, TTY 711 to register.

SATURDAY/SEPT. 14

2019 Arts Educational Panel. 8:30-11 a.m. at the Reston Community Center Hunter Woods (Rooms 2-3-4). ARTSFAIRFAX welcomes the community to the 2019 Arts Educational Panel, "Think Like an Artist: Creativity in the Classroom" featuring Dr. Kimberly Sheridan, Associate Professor of Educational Psychology at George Mason University and Julie Carmean, Museum Educator and Coordinator of Professional Development at the National Gallery of Art. \$10-\$25. Open to the public, but advance registration is recommended at bit.ly/AFXArtsPanel19.

TUESDAY/SEPT. 17

Public Information Meeting. 6:30-8:30 p.m. in the gymnasium at Bryant High School, 2709 Popkins Lane. Fairfax County will hold a third Public Information Meeting on the Richmond Highway Bus Rapid Transit (BRT) project. The meeting will feature an open house from 6:30-8:30 p.m., with a presentation at 7 p.m. Fairfax County Department of Transportation (FCDOT) staff and project consultants will provide updates on the BRT project (including the system design and potential property impacts), discuss next steps, answer questions and take public comments. Visit www.fairfaxcounty.gov/transportation/richmond-hwy-brt.

SATURDAY/SEPT. 21

Car Seat Safety Check. 9:30 a.m.-12:30 p.m. at the Franconia district police station, 6121 Franconia Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for appointment, install the seat using

SEE BULLETIN, PAGE 14

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Obituary

Dr. Jean J Austin

Dr. Jean J Austin, 101, of Marco Island FL, was welcomed into the Kingdom of Heaven on February 6, 2019.

Jean, born in Waterford, Michigan, graduated from Wheaton (IL) College in 1938. She graduated from Northwestern Medical School (IL) in 1943. She married Oliver Austin in 1940. Jean and Oliver became physicians in preparation for missionary service. Oliver was killed on an Army medical mercy mission in 1944.

Dr. Jean, from 1945-1951, served as a Missionary in the Belgian Congo, Africa. She married a widower missionary, Dr. Philip Austin of England who had one son, David. After the birth of their first child, Mary Jean, they relocated to Alexandria, Virginia, in 1951 to set up a joint private medical practice. During these years they had four additional sons: Philip, William, Christopher, and Paul. Upon retirement from private practice in 1976, the Austin's moved to White Earth MN where they were the physicians on the reservation at White Earth. Upon full retirement, they enjoyed living on Marco Island FL and on Tulaby Lake, Waubun MN.

Dr. Jean was preceded in death by her parents, her sister, her first husband Oliver Austin, her second husband Philip Austin and her son Philip. She is survived by Mary Jean (Michael) Smith, David (Louiza) Austin, William Austin, Christopher (Karen) Austin and Paul Austin, nine grandchildren and ten great-grandchildren.

A Celebration of Life graveside service will be held on Tuesday, September 10, 2019 at 11:00 am at Mt Comfort Cemetery, Alexandria, where both Dr. Jean and Dr. Philip will be interred together.

Obituary

Dr. Philip Austin

Dr. Philip Austin, 80, entered into the presence of His Savior, the Lord Jesus Christ, shortly after July 8, 1994.

The body of Dr. Philip was found November 6, 1994, in the woods near Tulaby Lake, MN. He was 80 years old when he disappeared July 8, 1994, while walking near his home.

Philip, born in Heme Bay, Kent, England, graduated with his medical degree from the University of Leeds, England and his theological degree from Rowden College in Leeds. He studied at the University of Liverpool School of Tropical Medicine before sailing in 1940 to the Belgian Congo Africa as a medical missionary.

His first wife, Mary Cooper of England, died while in the Congo in 1948, as did his first daughter, RoseMary. He had one son, David. Dr. Philip married Jean J Austin, another medical missionary in 1949. In 1951, they returned to the United States, Alexandria VA to set up a joint private medical practice until 1976. At that time, they both accepted an appointment by the Indian Health Service to the clinic at White Earth MN and finished his medical practice in Mahanomen MN. Following his retirement in 1979, he and Dr. Jean spent the winters in Marco Island FL and their summers at Tulaby Lake, near Waubun MN.

Dr. Philip enjoyed his patients and was beloved by patients and doctors alike. An avid reader and an articulate speaker, he was an author, Bible teacher, preacher, as well as a surgeon. He contributed much to the medical profession in many positions, belonged to several societies, and received many honors.

At the time of his death, he was survived by his wife, Dr. Jean Austin; five sons: David, Philip, William, Christopher and Paul; One beloved daughter, Mary Jean; and nine grandchildren.

A Celebration of Life graveside service will be held on Tuesday, September 10, 2019 at 11:00 am at Mt Comfort Cemetery, Alexandria where both Dr. Philip and Dr. Jean will be interred together.

Something or Nothing



By KENNETH B. LOURIE

As you can imagine – or read every week in this space, my health, especially considering that my stage IV non-small lung cancer is incurable/terminal, is top of mind. (If truth be told, it's middle of mind, bottom of mind and every other mind in between and all around.)

That being said – repeatedly, I am prone to exaggerate the significance of seemingly unrelated peculiarities and draw them into my cancer “centricity” without any facts to support them. Though I feel fine-ish, mostly, (the previous weeks’ columns “Barbasoul” and “Side Splitting But Not Very Funny” notwithstanding), there are a number of things in my life which aren’t doing as fine and have given me pause for this column.

First and foremost is Chino, one of our two diabetic cats (“The Diabetic Duo” as I call him and his brother, Biscuit) is now up to 14 units of insulin per day and is a shell of his former self, literally. His appetite remains good but he’s confined in the kitchen because he doesn’t seem particularly interested or aware of his litter box. His co-diagnosee Biscuit, has had the complete opposite reaction to his medicine. He’s down to two units a day and appears quite himself. He’s free to roam around and seems quite clear about the reason for the multiple litter boxes located throughout the house.

Unfortunately, Chino is slowly getting worse and despite following doctor’s orders and feeding him prescription food, nothing really seems to be stemming the tide.

The rest of the examples I’m about to give pale in comparison to Chino’s situation but in the aggregate, they represent a pattern that’s making me nervous.

My inherited model-year-2000 Honda Accord is most definitely showing its age and may very well be nearing the end of its useful life. I have given up trying to make the necessary repairs suggested by the multiple idiot lights illuminating my dashboard. As determined as I am to ignore them, the different sizes, shapes and colors of the various lights/symbols are drawing me ever closer to the wear and tear they represent. I fear the worst, as with Chino.

Now into a more mundane world, a world in which technology has ensnared us. What would we do without the various hand-held devices with which most of us are all too familiar? I’m getting regular messages that unless I act accordingly, I’m about to find out.

My museum-piece flip phone is dying. It won’t hold a battery charge for nearly as long as it used to. Either I’m speaking into it or I’m speaking at it because I only have one bar and I need to charge it. As a result, it’s become unreliable and a bit of a bother. If it had any legs, it would be on its last ones.

The battery-operated key fob for my car has recently advised me that it too is dying and, unless I make the necessary battery replacement, it will no longer start my car. Do I really need my key fob communicating with me? A metal key never bothered me with such trivialities and so long as I was inserting it into the car to which it was mated, I was usually able to reach my intended target – without any backtalk.

Finally, I’ve been receiving messages on my television that the remote control is unhappy and also needs a battery replacement and unless I respond, it too will fade into nothingness and I’ll be staring at a blank screen. I don’t mind a smart TV but I do object to one that persists in its demands.

All these elements, crucial in their own way, intersecting with my cancer life at the same time and all seemingly headed in the same direction: south.

I can ignore and compartmentalize some things, but I can’t ignore and compartmentalize all things. After all, as the old joke “punchlines:” I gave you lots of warnings.

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

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BULLETIN BOARD

FROM PAGE 13

the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner’s manual to be certain that they are being followed as they should.

MONDAY/SEPT. 23

Community Conversations. 6:30-8:30 p.m. at Gum Springs Community Center in Alexandria. Fairfax County is planning for the next 10-20 years in the community and they want to hear from everyone. Share thoughts, insights, opinions and experiences that will be used to help further shape a countywide strategic plan. Register via www.fairfaxcounty.gov/strategic-plan-community-conversations. Arrangements for child care, transportation assistance, interpretation services and reasonable ADA accommodations can be made by calling 703-324-5302, TTY 711, or by emailing Angela.Jones@fairfaxcounty.gov.

TUESDAY/SEPT. 24

Potential Hollin Hills Historic Overlay District. 6:30 p.m. at the administrative offices of Supervisor Stork, 2511 Parker’s Lane. The Potential Hollin Hills Historic Overlay District (HOD) working group meets monthly to explore the feasibility of establishing a potential HOD and to facilitate communication between the community and the county. The working group welcomes input from the entire community. Contact co-chairs Barbara Ward (barlward1@cox.net) or V. Lee Cutler (velmalee_13@msn.com) with questions, comments or to observe an upcoming meeting. Visit www.fairfaxcounty.gov/planning-zoning/plan-amendments/hollin-hills-hod for more.

MONDAY & WEDNESDAY/SEPT. 30-OCT. 23

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184991 to register.

VOLUNTEERS NEEDED

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

United Community (formerly UCM), with main office located at 7511 Fordson Road, Alexandria, seeks volunteers for Food Pantry assistance, Early Learning Center teacher aides, basic needs counselors, youth tutors and mentors, office administration/data entry, and community outreach. Flexible hours and schedules. Opportunities for all ages to serve, including community service hours. More info at ucmagency.org/volunteer-opportunities or email volunteer@ucmagency.org.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly.Hubicki@chubicki@volunteerfairfax.org or call RSVP at 703-403- 5360. To learn more about RSVP, visit www.rsvpnova.org.

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BRAKE SPECIAL

\$79⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

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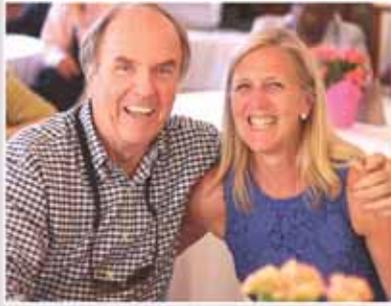
CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL

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Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator. Bring back that new car smell!

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SPOTLIGHT LISTING! | 4296 Neitzey Pl | \$1,850,000



Truly spectacular estate in premier setting near the river in prestigious Oxford on the Potomac. Custom home capitalizes on its location with soaring high ceilings, glass walls and multi-level decks designed to capture sweeping views of the river & adjoining wooded areas. Special features include: multi-story entry foyer, grand room sizes, elegant interior finishes, elevator, truly breathtaking master suite with dramatic river views, and his & hers private baths. Nothing was spared in creating this unique, one of a kind masterpiece!



9316 Old Mansion Rd
\$950,000

Totally unique location. One of the few area properties that provides direct Potomac river views. Enjoy the same sweeping river views that George Washington did from Mt. Vernon Estate which is just upriver from this special property! Other special features include:

beautifully manicured grounds backing to private parkland with community path leading to river. The home is an attractive three level colonial featuring 3 levels, 4 bedrooms on upper level, bright white kitchen, two car garage, walk out lower level and large deck providing elevated private views of woods and river. A true natural wonderland!

POTOMAC RIVER VIEWS!



9003 Patton Blvd
\$589,500

Finally - the one you've been waiting for! A fabulous property priced in the \$500k's! Amazing opportunity to acquire this spacious rambler in premier setting on half acre lot overlooking the rolling grounds of the Mt. Vernon Country Club.

Numerous special features include updated kitchen & baths, hardwood floors, 4 BR's, finished lower level, and covered parking for 1 car + storage. Unique combination of size, features and prime location make this one of the area's best values!

ONE LEVEL LIVING!



4401 Ferry Landing Rd

Most house for the \$ in fabulous Yacht Haven Estates! Classic Mid-Century charm. Features: open floor plan, large room sizes and expansive walls of glass to bring the natural beauty of the

grounds to every corner of the home. Exceptionally spacious with two full finished levels, 4 BR's, 3 Full BA's, 2 FP's, all glass thermal replacement windows, gorgeous .5 acre lot, walk to river and MV Yacht Club

COMING SOON!



4749 Neptune Dr
\$995,000

Significant price adjustment! A true estate caliber property! Spacious custom home nestled on beautifully manicured 3/4 acre grounds near river in prestigious Yacht Haven Estates! Home was carefully crafted with extensive covered verandas and elevated docks to capitalize on the privacy and serenity provided by

gorgeous large wooded and lush environment. The home's special featured include: 3 beautifully finished levels, 5 Bedrooms, stately living and dining rooms, large family room with fireplace, and stunning custom chef's kitchen. Numerous glass doors lead from major rooms to outside verandas, ideal for entertaining! Lot is large enough to accommodate spacious custom pool + extensive grassy area. Unique property providing character & graciousness that would be very difficult to

POTOMAC RIVER VIEWS!



1804 Whiteoaks Dr
\$949,900

Classic exterior with truly stunning open interior combined with gorgeous elevated 3/4 acre wooded setting just minutes from Old Town. One of the most unique and exciting opportunities in recent years! Special features include: Chef's kitchen with custom cabinetry and top of the line appliances including "Viking" cook top,

gorgeous refinished hardwoods, expanded family room and main level Master suite lead to truly spectacular solarium with custom endless lap pool. Expansive glass doors from family room and pool area open to massive stone patio creating exceptional flow for indoor/outdoor entertaining. 3 Main level bedrooms and upper level private suite, basement with gas fireplace and bar. 2 car garage & gravel circle drive provides ample parking. This special property with its spa like private environment is more than just a residence. This home provides a complete lifestyle experience!

INDOOR POOL!



3249 Woodland Ln
\$1,060,000

Stunning opportunity! Custom home by Wakefield Homes, the area's leading luxury home builder. No expense was spared in this estate caliber property which was built with numerous upgrades and expanded floor plan. Special features include: stunning bright and open floor plan,

2 story entry foyer and family room, Chef's kitchen open to family room, huge master suite, gorgeous hardwood floors, finished lower level w/ full walk out, side load 2 car garage. Gorgeous setting on half acre lot in neighborhood with community access to Little Hunting Creek. Same home build today would cost thousands more!

STUNNING SETTING!



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