

TAPS Founder Bonnie Carroll Honored

America's Warrior Partnership has named retired Air Force Reserve Maj. Bonnie Carroll as the recipient of the fifth annual Leo K. Thorsness Leadership Award. Named after Medal of Honor recipient Col. Leo K. Thorsness, the award recognizes outstanding leadership and exceptional service to military veterans, their families and caregivers.

Bonnie Carroll is the founder of Arlington-based Tragedy Assistance Program for Survivors (TAPS).

"Leo channeled his experience as a prisoner of war in Vietnam into the inspirational leadership that stood as a guiding principle of our team's mission to empower veterans," said Jim Lorraine, President and CEO of America's Warrior Partnership. "Similarly, Bonnie's own personal experience facing a traumatic loss was the crucible through which she forged her own leadership in serving bereaved military families. She has clearly earned her place among those who embody Leo's spirit."

Carroll is a retired Air Force Reserve major, an appointee in the Reagan and Bush White Houses and a 2015 Presidential Medal of Freedom recipient. She founded the Tragedy Assistance Program for Survivors (TAPS), the leading national organization providing critical support services to the families of America's fallen military heroes, in 1994 following the death of her husband, Brigadier General Tom Carroll, in



Bonnie Carroll, founder TAPS, Tragedy Assistance Program for Survivors, with a participant in one of TAPS Good Grief camps.

an Army aviation accident.

For more than 25 years, TAPS has provided ongoing emotional support, resources, comfort and care for more than 85,000 surviving military family members,

giving survivors a national network of trained peers, camps and retreats for all ages, including children and families. The organization also offers casework services including financial assistance, connections

to community-based care and a 24/7 survivor helpline all available at no cost, for all who are grieving, forever.

"It is a tremendous honor to be named the fifth recipient of the Leo K. Thorsness Leadership Award and to join a distinguished group of recipients who have committed themselves wholeheartedly to our veterans, their families and caregivers," Carroll said. "Col. Thorsness exemplified service and leadership both in and out of uniform, and his distinguishing qualities of humility and bravery resonate deeply with all those who have loved and lost a fallen military hero."

Previous recipients of the award include former U.S. Senator Elizabeth Dole; former U.S. President George W. Bush; Home Depot co-founder and philanthropist Bernie Marcus; and Fox News anchor Jon Scott. Carroll received this year's award at the Sixth Annual Warrior Community Integration Symposium in Atlanta earlier in September.

More information about the Leo K. Thorsness Leadership Award and the Warrior Community Integration Symposium is available at AmericasWarriorPartnership.org/2019-Symposium.

For more information on Tragedy Assistance Programs for Survivors, go to www.taps.org or call the toll-free TAPS resource and information helpline at 1.800.959.TAPS (8277).

3,000 Jobs Added to Local Economy

In the second quarter of 2019, the Fairfax County Economic Development Authority (FCEDA) worked with a diverse group of 35 businesses that announced the addition of nearly 3,000 jobs to the Fairfax County economy.

The companies represent a variety of industry sectors and run from A to Z: employment staffing company Aerotek to business process management software firm Zimpatica.

Aerotek, which bases its Fairfax County operations in the Fair Lakes area, announced it would create 413 more jobs in the county. Zimpatica, which is based in the Merrifield area, said it would add 10 jobs to the local economy.

Other notable announcements during the quarter:

❖ TekSystems, which specializes in information technology staffing

services and bases local operations in the Merrifield area. It is adding 840 jobs.

❖ Inova Schar Cancer Institute, which opened in May in Merrifield is adding 500 jobs.

❖ EY, the multinational provider of advisory, assurance, tax and transaction services is adding 481 jobs based out of the Tysons office.

❖ OBXtek, a service-disabled veteran-owned business that provides technical and logistical services to government agencies is adding 100 jobs based out of the Tysons office.

❖ Caboose Brewing Company, which opened Caboose Commons in the Mosaic District of Merrifield created 95 jobs.

❖ Furnace Record Pressing, which manufactures vinyl records in the Alexandria area of the county – one of just a handful of such operations in the nation – is

adding 26 jobs.

Zach Sells, director of business operations (Northern Virginia and Winchester professional and industrial) for Aerotek, said the company continues to expand here because of the proximity to other growing companies and the talent they need.

"We were very intentional in having an established presence in Fairfax County to capitalize on the growing job market here," said Sells.

Victor Hoskins, president and CEO of the FCEDA, noted the range of industries represented by the companies that announced expansions during the quarter.

"We want to continue to diversify the economy in order to withstand the next recession," Hoskins said. "Having companies in everything from IT to life sciences to manufacturing creating thousands

of jobs will help us attract and retain a broad range of talent and continue to strengthen our economic base."

Business growth and innovation helps Fairfax County fund the nation's top-rated school system and other public services that contribute to the quality of life of residents. Fairfax County offers businesses a state-of-the-art telecommunications infrastructure, access to global markets through Washington Dulles International Airport, a vibrant investment capital community and a highly skilled,

well-educated workforce.

The Fairfax County Economic Development Authority offers site location and business development assistance, and connections with county and state government agencies, to help companies locate and expand in Fairfax County. In addition to its headquarters in Tysons, Fairfax County's largest business district, the FCEDA maintains business investment offices in six important global business centers: Bangalore/Mumbai, Berlin, London, Los Angeles, Seoul and Tel Aviv.

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#WeAreAlexandria



OPEN SUN 9/15, 2-4

Hollin Hills | \$819,900

Serene & stylish one level Goodman contemporary has 4-5 BD, 2 renovated BA, remodeled kitchen overlooking dining space w/ over-sized skylight. Many updates: roof, windows, floors & more. Beautifully sited on a flat yard with new wrap-around patio & outdoor spaces. 2400 Elba Ct.
Jodie Burns 571.228.5790
www.JodieBurns.com



OPEN SUN 9/15, 2-4

Belle Haven | \$899,000

Charming indoors & out! 4-bedroom, 3-bath home with all white quartz kitchen. Updated baths and great open floor plan. Exemplary screened great room and extensive hardscape for the outdoor fire pit! Private, beautiful street! 6208 Foxcroft Road
Janet Caterson Price 703.622.5984
Heidi Burkhardt 703.217.6009



OPEN SUN 9/15, 2-4

Arcturus | \$865,000

Gorgeously renovated home in the Wellington neighborhood in the Waynewood School district. This 4-bedroom, 3-bath home has new kitchen and baths, fully finished basement and expansive backyard. 1122 Arcturus Lane
Jillian Keck Hogan 703.951.7655
www.JillianKeckHogan.com



OPEN SUN 9/15, 2-4

Del Ray | \$625,000

2-bedroom, 1-bath brick townhouse just 1.5 blocks to The Avenue. Gleaming hardwood floors, 1st floor family room addition, rear deck with large yard and off street parking. Partially finished lower level plumbed for second bath. 546 E. Nelson Avenue
Wendy Santantonio 703.625.8802
www.WendySantantonio.com



OPEN SUN 9/15, 2-4

Hollin Hall Village | \$459,000

Darling 2-bedroom, 1-bath rambler has been completely updated since 2010 including windows, roof, floors, kitchen, bathroom, mechanical systems & more. Lovely fenced, flat backyard with mature shade trees. Ideally located on a quiet cul-de-sac. 8000 Scott Pl.
Jodie Burns 571.228.5790
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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Old Town

\$825,000

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Suzanne Morrison 703.863.3110
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Del Ray

\$599,900

2-bedroom, 2-bath end unit townhouse. Light filled home wows with an open floor plan. The kitchen features stainless steel appliances, granite counters, and island. Finished lower level with full bath. Large bedrooms upstairs. Private yard. Convenient to shopping and dining. 415 Laverne Avenue

Jen Walker 703.675.1566
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Season Opening with 'Downton Abbey Era'

Guest violinist Janet Sung joins Fairfax Symphony Orchestra in Mason concert.

BY DAVID SIEGEL
THE CONNECTION

September brings the opening of the new Fairfax Symphony Orchestra (FSO) season. The FSO launches its new season with a concert evening with music of the "Downtown Abbey Era."

"We're delighted and privileged to continue bringing great music to our community," said Christopher Zimmerman, Fairfax Symphony Orchestra Conductor and Music Director. "We're incredibly fortunate and grateful to perform for an audience that seems to love our musical concerts as much as we do."

FSO's "Downtown Abbey Era" concert includes music from composer John Lunn and his "Downton Abbey Suite." Lunn's musical creations have been an integral part of the popular PBS television series; soon to be a major motion picture.

The FSO concert will also include Vaughan Williams' "Lark Ascending," Elgar's "Enigma Variations" (heard in the finale scene of the award-winning movie "Dunkirk"), as well as Elgar's "Pomp and Circumstance March No. 1" and Ravel's "Tzigane."

Since making her major orchestra debut at age 9, violinist Janet Sung has earned an international reputation as a virtuoso soloist. "I am so looking forward to joining the Fairfax Symphony and conductor Chris Zimmerman for their season-opener," said Sung.

"I'll be performing Vaughan Williams' 'The Lark Ascending' and Ravel's 'Tzigane.' They are both beloved pieces," noted Sung. "They allow a performer to show a vast range of expressions."

Sung described "The Lark Ascending" as "beautifully lyrical and soaring" while Ravel's



PHOTO BY LISAMARIE MAZZUCCO/
COURTESY FAIRFAX SYMPHONY ORCHESTRA

Janet Sung will be in performance with the Fairfax Symphony Orchestra at its 'Downtown Abbey era' concert.

"Tzigane" is a "virtuosic tour de force...that culminates in the wild rush to the end."

Beyond entertainment, "the Arts play a vital role in driving economic growth, and in meeting the artistic and educational needs this growth demands," said Jim McKeever, Chair, FSO Board of Directors. After more than six decades, the FSO continues to reflect Fairfax County's; and the broader region's vibrant future as one of the best places in the world to live, learn, work and play."

McKeever noted that the FSO "serves thousands of residents, employees, and visitors of all ages." Of interest, the FSO is a combination of young, new artists performing together with more veteran musicians. About one-third are active duty, retired and former military service members.

"Live orchestral music provides us with pure entertainment, as well as allowing us to revel in human artistic achievement. It is also an inspiration for creativity in our lives, and a universal bond that can break down social barriers and unite us around a common beauty and truth," added Zimmerman.

Where and When

Fairfax Symphony Orchestra presents "Music of the Downtown Abbey Era" at George Mason University Center for the Arts Concert Hall, 4373 Mason Pond Drive, Fairfax. Performance: Saturday, Sept. 21, 2019 at 8 p.m.. Tickets: \$65, \$50, \$43, \$39, with \$15 student tickets Call 703-993-2787 or visit www.FairfaxSymphony.org.

Note: Hear the stories behind the music with music director Christopher Zimmerman and special guests before the concert at 7 p.m.

NEWS

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

Assistance League to Sustain, Expand Children's Programs

Allstate Foundation awards \$20,000 to assist vulnerable communities in Northern Virginia.

Assistance League of Northern Virginia recognizes The Allstate Foundation, Allstate agency force and employee volunteers who helped the organization secure a \$20,000 grant award to ensure basic human needs are met in vulnerable communities.

In late spring 2019, sixteen members of Allstate's regional advisory board, comprising agency owners, exclusive agents and financial specialists from across Virginia, West Virginia, Maryland and the Metro D.C. area, came together to participate in a volunteer service activity that yielded 500 bags of nonperishable food items for elementary school children at-risk of hunger on weekends. The efforts of Allstate volunteers allowed the all-volunteer nonprofit to satisfy an immediate unmet need, providing supplemental food to students at two schools not served by its Weekend Food for Kids program. At the time, resources allowed the nonprofit to provide 1,810 bags of food monthly to six partner schools. The extra food bags made a positive difference. In addition, the volunteers' service to Assistance League qualified the organization to apply for The Allstate Foundation's Helping Hands Grant program.

Assistance League recognizes Sharee Merenov, Allstate Capital Region division manager - corporate relations, and the agents who committed their time, resources and energy to help it win the significant grant award, including Christine Angles, Doris Banegas, Frank Ciambone, Benjamin Jessurun, Tae Kim, Michael Lee, Sara Lewis, Mike Masri, James Mwangi, Glenda Palacios, Amber Ritchie, Claudia Rivas, Paul Sarnak, Jason Sengpiehl, Miguel Villegas and Logan Wease.

"As a mom, I know how important it is for kids to eat right to be ready to learn and do their best. As a volunteer, I know how critical it is to have the funding to do what your heart knows is right," said Christine Angles, Allstate exclusive agent in Manassas. "It's been a pleasure working with the Assistance League of Northern Virginia, a group of passionate volunteers working to get kids on the right footing so they can thrive. And, it makes me proud that the Allstate Foundation supports nonprofits like this one where I volunteer my time and work towards making our community better."

The Allstate Foundation grant award will help the organization sustain and expand its successful Op-

Volunteer Information Meeting

Assistance League of Northern Virginia is sponsoring an information meeting to be held on Oct. 9, 2019 at 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Rd., Chantilly. Join us to learn about the organization's children's programs and how you can help support and expand these activities. Contact Vernetta Gaianni at Membership@alnv.org if interested in attending.



PHOTO CONTRIBUTED

Allstate's exclusive agent, Christine Angles, and field senior vice president of the Capital Region, Robert Becker, engaging in community service.

eration School Bell programs that help nearly 8,000 low-income children in the region every year. Through its New Clothing for Kids, Literacy for Kids and Weekend Food for Kids programs, the nonprofit addresses the negative effects of poverty on children's academic performance and behavior.

The grant funds will be used to purchase nutritious, nonperishable food items, school clothes and new books for students in 11 Title I elementary schools in Fairfax and Prince William counties and the City of Alexandria, where up to 85 percent of the students live in poverty. Some of them experience homelessness or live in multi-family housing environments and rely on the organization to fulfill a number of their basic, critical needs.

With Allstate's partnership, Assistance League will be able to increase the level of support provided to low-income families and expand the programs to include additional schools. Allstate's charitable donation will directly impact children and help prepare them for success in school.

www.alnv.org.

Deer Management Archery Program Begins

The county's annual Deer Management Archery Program began Saturday, Sept. 7 and runs through Saturday, Feb. 22, 2020.

The archery program is conducted in dozens of parks and other locations throughout the county under Fairfax County Parks Department oversight and working closely with the Park Authority and NOVA Parks. Parks remain open to the public during this program.

The archery program began in 2010 and is part of an integrated Deer Management Program to reduce and stabilize the white-tailed deer population. The program aims to minimize safety and health hazards related to an overabundance of deer, including deer-vehicle collisions, potential spread of diseases, and environmental damage attributed to deer that can impact the ecosystem.

The county's Deer Management Program was approved by the Board of Supervisors in 2000 and is recognized as a safe and efficient method of deer population control by the Virginia Department of Game and Inland Fisheries.

Because of its proven track record of safety, archery is a preferred deer management method. Archery is a compatible use with residential areas and community parks,

allowing for deer population management in urban and suburban areas.

Since Virginia began tracking hunting injuries in 1959, no bystanders have been injured by an archer hunting deer any-

where in the commonwealth. Last year, 89 percent of the total deer harvests in our Deer Management Program were through the use of archery.

The county's Archery Program standards

require that all archers meet state hunter licensing, education and safety requirements and must pass qualifications to demonstrate skill and marksmanship, in addition to carrying program identification. Archers are also required to pass a criminal background check and complete additional training through the International Bowhunter Education Program to participate in the Deer Management Program.

Parks remain open to the public during the archery program and fluorescent orange signs are posted in parks where hunting is authorized. Harvest attempts will be accomplished from elevated tree stands; hunting from the ground level is prohibited in county parks. Tree stands must not be located closer than 100 feet from property lines or closer than 50 feet from established park trails.

Archers are approved to hunt at assigned sites Monday through Saturday during legal hunting hours, 30 minutes prior to sunrise until 30 minutes after sunset. No hunting is allowed on Sundays in county parks. Archers are not allowed on private property without permission by the owner or tenant.

For more information, visit the Fairfax County Deer Management Program.

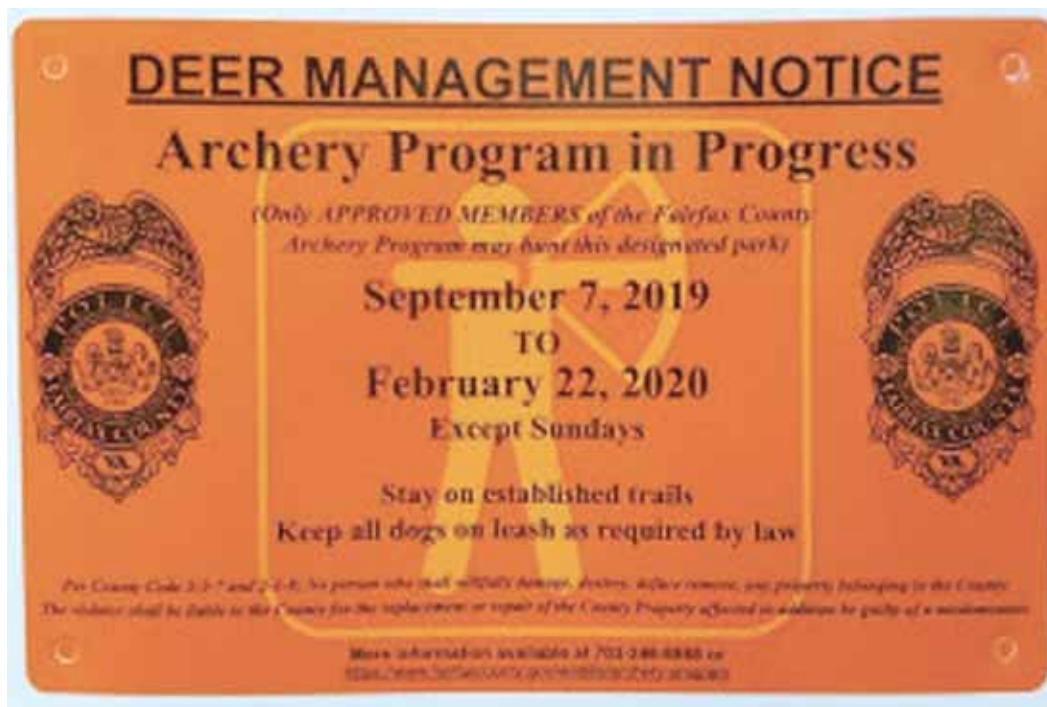


PHOTO CONTRIBUTED

These signs are posted in archery program areas, at park entrances and trailheads.

Law Enforcement Challenge Awards Presented

Local police and special law enforcement agencies awarded for best traffic safety programs in the state.

BY MERCIA HOBSON
THE CONNECTION

Impaired driving, occupant protection and speed awareness impact the safety of Virginia roadways. The Virginia Association of Chiefs of Police (VACP) Law Enforcement Challenge is a traffic safety recognition program that recognizes agencies that excel in keeping their roadways safe. Last week, VACP announced multiple Northern Virginia police agencies recipients of the 2019 Virginia Law Enforcement Challenge awards for the best traffic safety programs in the state in 2018. The Virginia law enforcement community consists of 125 city and county sheriff's offices, 242 police departments and seven state police divisions within 48 areas of the state according to the 2018 Virginia Highway Safety Plan, Annual Report Fiscal Year 2018 by the

Virginia Department of Motor Vehicles.

According to the report, while a data comparison of Jan. 1 – Nov. 30: 2015 vs. 2018 revealed a 7 percent increase in Virginia fatalities, 689 to 737, there was a 12 percent decrease in serious injuries, 7430 to 6569, and an 8 percent decrease in unrestrained passenger vehicle occupant fatalities, 277 to 254 respectively.

VACP named the first, second and third place state winners during an awards luncheon that took place during its 94th Annual Training Conference on Tuesday, Aug. 27 at the Hilton Norfolk. VACP also presented special awards for outstanding enforcement and education efforts in the areas of occupant protection, impaired driving, speed awareness, commercial motor vehicle safety, distracted driving, technology, bicycle/pedestrian safety, and motorcycle safety, as well as the Commonwealth Award for the Best Overall Traffic Safety Program in Virginia 2018,

regardless of agency size or type and special awards.

LOCAL NORTHERN VIRGINIA WINNERS of the 2019 Virginia Law Enforcement Challenge were

Municipal Police:

❖ Herndon Police Department- First Place, Category 2: 26-60 Officers

❖ Arlington County Police Department-First Place, Category 5: 301-600 Officers

❖ Alexandria Police Department- Second Place, Category 5: 301-600 Officers

❖ Fairfax County Police Department- Second Place, Category 6: 601 or More Officers

Special Law Enforcement:

❖ Metro Washington Airports Authority Police Department (MWAA)-First Place

VACP also recognized MWAA with the Distracted Driving Award and recognized Herndon Police Department with the two addi-

tional awards, the Commonwealth Award for the Best Overall Traffic Safety Program in Virginia and the Impaired Driving Award. Although representatives from most of the recognized agencies attended the awards luncheon, representatives of Fairfax County Police Department did not.

AWARDS were based on entries prepared by the participating agencies, which highlighted their traffic safety education and enforcement activities in occupant protection, impaired driving and speed over the past calendar year, according to VACP. Judges gave points to the agencies in six areas — problem identification, policies, planning, training of officers, public information and education, enforcement, and an evaluation of the outcomes of the agency's efforts.

The Herndon Police Department issued the statement: "We were both incredibly honored and surprised this year to receive three awards in the Virginia Chiefs of Police Law Enforcement Challenge for traffic safety enforcement and education. We were notified in advance that we were awarded

first place in our agency size category, but we had no idea HPD would receive the Commonwealth Award for the most outstanding traffic division statewide, regardless of size and also be recognized for our efforts in combating impaired driving. We could not be more proud of the efforts put forth by our officers who work very hard each day to keep our roadways and our citizens safe. Traffic and pedestrian safety will continue to be a focus for HPD as development and roadway improvements increase both in the Town of Herndon and around it."

The Virginia Law Enforcement Challenge Awards program is supported by a grant from the Virginia Highway Safety Office. The Virginia Association of Chiefs of Police & Foundation is a statewide organization of federal, state and local police chiefs and law enforcement executives dedicated to improving the professionalism of police agencies in Virginia. The Association was founded in 1926 and has more than 600 members.

NEWS

Fall Comes Early To Fairfax County

Locals already raking leaves and sweeping sidewalks.

BY MARTI MOORE
THE CONNECTION

Rev. Dr. Kay Rodgers of Reston finds herself doing something in mid-August she doesn't do until fall.

Sweep the red berries that fell onto the sidewalk from her Japanese dogwood tree.

Although she cannot put her finger on it, Rodgers and other Northern Virginia residents realize something is unusual as they grab their rakes and brooms in the summertime to clear leaves and berries from their yards, sidewalks, driveways and storm water drains.

A woman sweeping leaves from the sidewalk of her townhouse community near the Fairfax County Government Center on a Wednesday evening Aug. 7 admits it's uncommon for her to do this chore during summer and wonders why.

A woman in Centreville rakes the leaves from her yard on a Friday afternoon Sept. 6 off Little Rocky Run Circle.

EXPERTS say many factors contribute to the early defoliation of some area trees and it takes several years for these causes to take their cumulative toll.

In Fairfax County, Virginia Cooperative Extension agents have noticed a lot of white and red oak trees dying. Senior extension agent of horticulture, Adria C. Bordas, says the factors are explained in a report by the Virginia Department of Forestry.

"Oak Decline in Virginia," published within the past two years by forest health manager Lori Chamberlin, lumps the causes into three categories — predisposing, inciting and contributing factors.

Predisposing factors include site condition: poor soil, topography and stocking density, which weaken the tree over time. "Advanced tree age and prolonged periods of drought are also common predisposing factors in Virginia," Chamberlin explains in her paper.

Inciting factors are short-term incidents that rarely

Foliage Page

The Virginia Department of Forestry, based in Charlottesville, maintains a fall foliage page on its website at dof.virginia.gov/fall/index. The page contains a state map that notes typical peak color periods in each region of the Commonwealth. Forestry officials update the page each year at the end of September with weekly reports throughout the fall.



PHOTO BY MARTI MOORE/THE CONNECTION

Rev. Dr. Kay Rodgers of Reston sweeps fruit that has dropped from her Japanese dogwood tree, so her neighbors and their pets don't step on the red berries and track them into their townhomes. Although she completes this ordinary chore each fall, she finds it unusual her tree drops its fruit in mid-August.

kill the tree but add to its decline. Frost, drought and defoliating insects fall into this category. It can take an oak tree up to 10 years to respond to any of these.

Although Northern Virginia has received considerable rain in the past two consecutive spring seasons, Bordas notes July was the hottest month on record — as do numerous other news reports — and "we are in drought conditions now."

Accuweather.com logged 99 degrees Fahrenheit for the Washington, D.C., region on Sunday, July 21 — the hottest day of the year for this area.

"Finally, contributing factors are secondary insects or diseases that ultimately lead to tree mortality," Chamberlin says in her report. "These are the agents that finally 'do the tree in' and are often blamed for the death of the tree when in fact they are just the last nail in the coffin."

Fungus, wood borers and root disease are the main culprits in this category of oak tree decline.

Although fall webworms are noticeable defoliators on the tips of numerous tree limbs throughout North-

SEE FALL ARRIVES EARLY, PAGE 7

CALENDAR

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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/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.

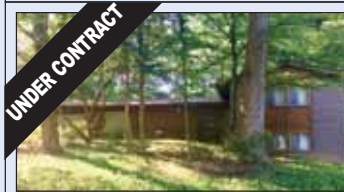
Baths all updated in the past 3 yrs. Master bedrm expands into previous #2 bedrm & has a huge walk-in closet. The master bath is large & gorgeous. Finished lower lvl offers a huge (12x18) #3 bedrm & lovely L-shaped family rm w/ wood burning FPL, also large & very organized laundry & utility rooms. The 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/Oxford \$1,149,900
4201 Kimbrelee 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. Library 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/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.



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!!



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Assault Weapons at Farmers Markets?

Commonwealth could allow localities to regulate the public carriage of assault weapons.

BY SEN. SCOTT SUROVELL (D-36)



Every Saturday morning, my father and 12 year-old son go to the Alexandria Farmers Market. My son gets cook-ies. My dad gets ham bis-cuits. Two weeks ago, they brought me some homemade salsa. This weekend, they got something else.

Four men in a group called “The Right to Bear Arms” showed up at the Alexandria City Farmer’s Market carrying AR-15 assault rifles outfitted with scopes and bipods for sniping. According to a video of one of the group members, they staged this action to “educate people” about gun rights and “exercising our constitutional rights without fear to do so.” The video is also filled with the usual references to freedom and the government taking away rights if you do not use them. He also indicated they intended to do these kind of “monthly walks.”

While the current President has lowered the bar for socially acceptable political conduct and while this was technically legal, this was outrageous.

Malvo and Muhammad terrorized Northern Virginia for two weeks using an AR-15. Every time I hear that word, it triggers memories for me of the ten people who were murdered and three others, including a 13 year-old child, who

were shot in 2002.

Those memories have only been reinforced by more recent carnage inflicted by the AR-15 including Poway, Aurora, Orlando, Parkland, Las Vegas, Sandy Hook, Waffle House, San Bernardino, Sutherland Springs, El Paso, Tree of Life and Midland/Odessa two weeks ago.

The sight of an AR-15 in public is anything but reassuring.

These “education lessons” are extremely dangerous. Perusing a farmers market with an assault rifle in a country that sees an assault rifle related mass shooting about six times per year is more likely to promote shock, fear, and terror than it is likely to “educate” anyone. If anything, the presence of an AR-15 is more likely to incite violence than to deter it.

The United States and Virginia are currently being strangled by a small minority who wield political power orders of magnitude larger than their numbers.

Background checks are supported by over 90% of the public. “Red Flag Laws” that would allow judges to take guns away from dangerous persons are supported by over 80%. Laws limiting ammunition clips are supported by over 60% of voters. Assault weapon bans have majority support. None of these bills are capable of passing Republican-controlled General Assembly or the U.S. Senate because of internal Republican Party politics.

There is no question in my mind that this past weekend’s actions were not done to “educate” anyone – they were done to threaten, intimidate and terrorize a community that be-

lieves firearms should be more tightly regulated. The First Amendment protects speech, but it does not protect physical threats.

While the vast majority of gun owners are law abiding citizens and would never dream of parading their weapons in public spaces, this incident demonstrates there is a minority who are irresponsible. Similarly, while most people drive safely, there are others who would be happy to drive 100 miles per hour on the Beltway. We have rules to keep our communities safe and control people who are incapable of being either responsible or exercising self-control.

Fairfax County, Arlington County and the City of Alexandria (but not Prince William County) already wisely prohibit the carriage of loaded rifles in automobiles, but this incident only underscores the need for the Commonwealth to prohibit the open carry of assault weapons at a minimum at permitted events or at public assemblages.

Alternatively, the Commonwealth should consider allowing localities to regulate the public carriage of assault rifles to be consistent with the expectations of each local community.

I am sure we will be taking this up next session in Richmond.

In the meantime, my advice for this group called “The Right to Bear Arms” is simple: Go home and stay away. You are not doing anything to help your cause. People go to farmers markets to buy local food. They don’t go there for lessons in firearm rights, terrorism, bullying, intimidation or demonstrations of male insecurity.

Feel free to send me any feedback at scott@scottsuovell.org.

39,773 Gun Deaths in US in 2017

To the Editor;

If we are going to have a discussion about gun violence and mental illness, we must start with the fact that mass shootings are a rare event. Mass shootings accounted for less than two-tenths of one percent of the homicides in this country between 2000 and 2016.

Gun deaths on the other hand happen every day, most of them suicides. In 2017 we had the highest number of gun deaths since 1968 at 39,773 deaths. More than 23,000 of these were suicides.

Each and every time there is a mass shooting, which sadly has been increasing, too many people blame it on mental illness. No one who is sane would do such a thing they say. So, they must be mentally ill. Mental illness is not a vague term, but rather, a whole group of brain-related health conditions that can be diagnosed and treated. Most people with a men-

tal illness are far more likely to be victims of crime than criminals and account for about four percent of violent crime in the United States.

In a study of 63 active shooters and how they behaved before the shooting, the FBI concluded that 16 had a confirmed diagnosis of mental illness. Those doing the study noted that statements that all active shooters have a mental illness “are misleading and unhelpful.”

So, who are these mass shooters? Data tells us that they are from all sorts of backgrounds, mostly male and often have a strong sense of injustice. They feel they have been treated unfairly by society and that no one cares. They may have problems with authority and openly admire mass shooters. They may be seeking revenge and are stressed by a variety of factors including finances, jobs, relationships, the abuse of drugs and alcohol, sexual distress or the

stress of caregiving. They may or may not have suffered trauma or abuse as a child.

They probably believe that violent action is an answer to their problems; they have a target in mind; they have access to the weapons they need; and they have no moral or ethical constraints. They may spend time on the internet talking about their grievances, searching out groups of like-minded individuals or could be a lone wolf going his own way. Despite all the descriptions of potential shooters, there are no accurate predictors of future violence.

So what do those of us who care about mental health do both to protect the vulnerable and lessen the violence? Become advocates for rational solutions to the problem of violence and respond to this national moment of fear and unease to make changes.

One obvious way to lower the number of gun deaths is to take

away weapons from those who are at risk of committing suicide or doing violence. Several states have already passed what are known as red flag laws, or more accurately, extreme risk protection orders. What the order does is temporarily take away any guns from someone who is deemed to be at risk to himself or others. The law needs to be fairly written to protect a person’s rights, but when properly done can save lives without harming an individual’s liberty. Connecticut and Massachusetts are two states where the law has been mostly used to prevent suicide and domestic violence. Since nearly two-thirds of all gun deaths are due to suicide that would definitely save lives.

Another way to save lives to is to have universal background checks that eliminate all loopholes. Databases need to be improved with every state cooperating by providing information that

SEE LETTER, PAGE 11

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A Connection Newspaper



Leaves are falling from the trees already Labor Day afternoon at a shopping center in Chantilly.



PHOTO BY MARTI MOORE/
THE CONNECTION

Fall Arrives Early

FROM PAGE 5

ern Virginia, Bordas points out these invasive insects are a common sight this time of year and not the reason some leaves start falling in August.

THERE IS NO SIMPLE ANSWER to the early defoliation of area trees. “These little things are going to add up,” Bordas says Sept. 9. She has noticed her colleagues point out changing weather patterns as a significant problem.

Our region has experienced warm winters in recent years that have caused the trees to leaf out prematurely, she says. A snowfall in early March or frost in late April damages the new growth.

Katlin Mooneyham, a forest health specialist who works with Chamberlin at the Virginia Department of Forestry, notes weather conditions from back-to-back summers with excessive rainfall in 2018 and extreme heat in 2019 have stressed out the oaks especially.

Dormancy, Bordas explains, is so important for the life of a tree. Consistent weather patterns in which the leaves fall in autumn, followed by freezing temperatures in the winter help the trees rest until spring. Apple trees, she points out, need chilling time.

Mooneyham says her office has fielded calls nonstop in the past few weeks from residents who have noticed changes in leaf

color to their trees throughout the state.

“We’re happy to help,” Mooneyham says.

RODGERS understands the climate is changing. While she removes the dogwood fruit from her sidewalk, the retired minister recalls a recent news report of a funeral for a glacier.

Climate change activists and government officials in Iceland held a formal ceremony Aug. 18 for Okjokull, their first melted glacier, declared extinct in 2014.

Another such funeral is planned Sept. 22 to mark the first glacier death in the Swiss Alps: the Pizol Glacier, according to European digital news source The Local.

Rodgers says she holds a master’s degree in library science. She worked her first career in Washington, D.C., as a professional librarian in the science and technology division of the Library of Congress.

She said she furthered her postgraduate studies in religion with a master’s of divinity and a doctorate of ministry and worked for 10 years as a minister for the United Church of Christ.

Rodgers, 76, considers her garden as her personal cathedral and the Reston retiree has renewed her interest in gardening following a 15-year break.

“Science is a real thing,” Rodgers says. “The climate is changing.

“I don’t see how anyone can ignore that,” Rodgers says on a warm Thursday evening Aug. 22.

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9/11 HEROES RUN

The 5th annual Travis Manion Foundation 9/11 Heroes Run will be held on Saturday, September 14th at 8am.

Please note the race begins in the Carl Sandburg Middle School parking lot, crosses Fort Hunt Road, runs through the Waynewood neighborhood and finishes back at the school.

Please expect road closures and traffic delays in this area between 7:00-9:30am.

**For more information or to register
Please visit www.travismanion.org**

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By combining a first level floorplan reconfiguration with a partial second floor "pop-up," Glickman Design Build generated almost 800 square feet of new living space for a three generation family of five. The top level, now private quarters for the twin boys, includes two bedrooms, a 71 square foot work station alcove, and a loft devoted to video games and entertainment.



'Pop-up' Accommodates Growing Family Needs

Solution combines first level floorplan reconfiguration with attic conversion to create budget-friendly increase in living space.

BY JOHN BYRD
THE CONNECTION

Brian and Jee Coyle, two professionals in their early forties, had occupied their two-level 1,400-square-foot Colonial in McLean for over a decade. The busy household included Jee's mother, Penvadee (65), and twin sons—Ty and Miles (10), who were fast-approaching the stage when more independence and privacy is an emergent priority.

Living arrangements called for Brian and Jee sharing the ground-level master suite on the southwest rear corner of the house while the twins bunked in a single first floor bedroom, sharing a hall bath with a tub.

Penvadee's suite was situated on the lower level where Brian also retained a small office. The close-knit family daily shared meals and lots of quality-time pursuits. But needed changes were anticipated.

Looking ahead, the Coyles recognized they would soon want more usable square footage. Thoughts of finding a larger house nearby didn't last long since the family considered the circa 1960s brick-facing original something of a classic, and particularly appreciated the good local schools. Still, a remodeling solution that would allow each generation to have a level to themselves made practical sense.

By making over the existing house, the boys might pick up a bedroom each, plus a shared bath and spaces for study and entertainment.

Brian would gain a larger and more private office.

Yet the quest for more additional square footage also seemed something of a "reach" since the existing floorplan was notably cramped, situated on a one third acre lot on a hill and offered few visible expansion options. Still, there were opportunities worth examination.



BEFORE: Situated at the top of a hill on a one third-acre lot, the Coyle's 1,400 square foot circa 1960's Colonial..

"An open attic with about six feet of headroom was accessible from a staircase in the dining room," Brian said. "We could picture this as a potential new top level, but weren't sure of the cost issues, which members of the family would live there or any of the design details."

Taking the inquiry to the next step, Jee began investigating ideas on "Houzz," a popular consumer web site. They noticed Glickman Design Build emerged in relation to a nearby makeover that proved to offer spot-on relevance to the Coyle's goals.

"We had no idea how a new top level should be configured," Brian said. "But Glickman's advanced computer imaging technology (CADD systems) made it easy for us to not only model alternate floorplan configurations, but also to narrow-down our many finishwork choices."

Better yet, the Coyles found that the feasibility study phase of Glickman's agreement allowed them to closely examine a host of the technical issues while absorbing design fees into the building process.

"The contract permitted us to imagine a large range of options without adding cost," the homeowner said. "We even considered relocating the master bedroom to the top floor, or bumping out the front. This freedom to explore every consideration was liberating."

In the end, the attic was converted into a 776-square-foot suite designed primarily for the twins. Each son has a private bedroom. There's a 78-square-foot master bath; a roomy work station and a spacious loft devoted to video games and entertainment.

Their former first floor bedroom has been converted into Brian's 150-square-foot office. The now open first level plan is an improvement on all fronts.

"The whole first floor circulates much better" said Brian. "There's more natural light throughout the primary living area, and it's a much interactive floorplan. Great for the entire family."

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RESIDENTIAL BROKERAGE

Virginia Joins Shared Goals for Chesapeake Bay Restoration

Gov. Ralph Northam recently joined representatives from the seven Chesapeake Bay watershed jurisdictions, the Chesapeake Bay Commission, and the Environmental Protection Agency (EPA) in Oxon Hill, Maryland for the annual meeting of the Chesapeake Executive Council. Northam emphasized the importance of the upholding the regional state-federal partnership that has shaped efforts to restore the water quality and living resource of the Chesapeake Bay watershed since its inception in the early 1980s.

"If we are true to the commitments we have all made as members of this partnership, we are capable of restoring the Chesapeake Bay by 2025," said Governor Northam. "We must make the tough policy decisions and I look forward to continuing to work closely with our federal and state partners to execute an effective Bay cleanup effort."

Northam highlighted recent actions by the Commonwealth to finalize its Phase III Watershed Implementation Plan, a roadmap designed to guide local, state, and federal actions through 2025 and ensure Virginia meets its commitments to reduce nutrient and sedi-

ment pollution and restore the health of the Bay and its tributaries.

Northam also called attention to the significant challenges still facing the living resources of the Chesapeake Bay and recognized the Virginia Marine Resources Commission's leadership to enhance protections for striped bass starting this year.

"I am committed to working with our Bay partners to enact strong conservation measures to prevent the overfishing of striped bass up and down the coast," said Northam. "The science is clear that we need to do more — we must take action to protect and restore this iconic fishery."

The Chesapeake Executive Council was established over 35 years ago and is responsible for guiding the policy agenda and setting conservation and restoration goals for the regional Chesapeake Bay program partnership. The Chesapeake Executive Council consists of the governors of Delaware, Maryland, New York, Pennsylvania, Virginia, and West Virginia, the mayor of the District of Columbia, the chair of the Chesapeake Bay Commission, and the administrator of the EPA, representing the federal government.

George Mason University Placed in the Top 200 U.S. Universities

George Mason University placed No. 184 out of 801 universities nationally and No. 42 out of 209 institutions in the South Region in 2020 College Rankings by the Wall Street Journal and Times Higher Ed. In just two years, the university has risen 90 places, with a 47 spot climb this year. For 2019, Mason placed No. 231, and in 2018 the university ranked at No. 274.

"Our remarkable rise in the rankings is a great testimony to the progress Mason has made in providing an excellent education for all of our students," said Mason Provost David Wu. "I am particularly pleased to see the rankings highlight our effective engagement with the students and our ability to create a positive learning environment for a diverse student body, which ultimately produces excellent outcomes for our graduates." The list evaluates universities based "on their educational impact and the lifetime benefit to students," according to a press release. It also includes the results of Times Higher Ed's U.S.

Student Survey, which examines a range of issues including students' engagement with their studies, their interactions with teachers and their satisfaction with their college experience. According to WSJ and THE, the methodology encompasses four key areas:

Resources (30 percent) – Does the college have the capacity to effectively deliver teaching?

Engagement (20 percent) – Does the college effectively engage with its students?

Outcomes (40 percent) – Does the college generate good and appropriate outputs? Does it add value to the students who attend?

Environment (10 percent) – Is the college providing a good learning environment for all students? Does it make efforts to attract a diverse student body and faculty?

Of these categories, Mason ranked highest in outcomes and placed in the top 20 percent of schools ranked.

"These rankings also recognize our dedicated faculty and staff who are working hard to prepare Mason students to have an impact on the world," Wu said.

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OPINION

Preventing Suicide

BY WENDY GRADISON
CEO, PRS

More people are calling, texting and chatting and that's good news. With greater emphasis on mental health, we are seeing an increase in the number of people reaching out for help to our local suicide prevention hotline. This is a trend that's also occurring nationwide.

While it's great that more people are seeking help, the issue is that the infrastructure and funding to support it are having a hard time keeping up with the growing demand. In fact, PRS recently received grants to serve as a national back-up center and core chat center to expand services in support of the National Suicide Prevention Lifeline network (Lifeline) to help address longer wait times nationwide as queues pile up for the hotline and chatline. Some of these calls and chats now get rerouted to PRS. Prior to the recent expansion, PRS received a monthly average of 4,500 crisis calls through the Lifeline and local crisis number primarily from Northern Virginia. With the addition of the national hotline back-up center and chatline services, our call volume has more than doubled, and we expect the chatline to generate over 20,000 chats this year.

This is the reality as we approach September's Suicide Prevention Month. For the 5th year, we are hosting the #CallTextLive Campaign, <https://prsinc.org/calltextlive/>, in partnership with Connection Newspapers. The campaign engages the community by providing activities to create awareness about preventing suicide and calling the PRS CrisisLink Hotline at (800) 273-TALK [8255] and the textline by texting "CONNECT" to 85511 to receive support.

#CallTextLive uses social media, activities

and events to drive conversation and reduce stigma. By visiting PRS' website at www.prsinc.org/calltextlive, people can discover how to participate in the #CallTextLive Campaign, which includes Resource Mondays, a Facebook Live educational session, Selfie Day, and Fact Fridays.

Social media is used to engage people in sharing stories and photos on PRS Facebook, Twitter and Instagram using the #CallTextLive hashtag in hopes of making it easier for people to talk about suicide.

The campaign is critically important since suicide claims the lives of more than 47,000 people annually and is the 10th leading cause of death nationwide and second leading cause for people aged 10-34. In fact, more than twice as many people die by suicide than homicide.

As we work to increase the number of individuals seeking help, we recognize that increasing our capacity to take these calls, texts and chats is essential.

We handle the national calls through federal grants, but the work we do to serve our Northern Virginia community is supported through local funding sources and the generosity of individuals like you. That's why the campaign encourages people to crowdsource to support the PRS CrisisLink center. Volunteering to cover a weekly shift on the hotline or chatline, donating to support the overall operating expenses of this life-saving work or sharing our information across social media saves lives in our communities.

Crisis intervention and suicide prevention services work. For every death, 278 people manage to move past thoughts of suicide and survive. Join PRS this September as we encourage our community to make the call, send the text and live through their thoughts of suicide.

alexandriava.gov/DCHS) and other programs like it need to be promoted so more members of the public understand what mental illness is and how it can be helped. Families should be taught what warning signs to look for and not be afraid to ask that guns be removed from the home when someone is at risk of suicide or hurting someone else. Free gun locks and medicine safety boxes are now also available from the City through the Lock and Talk Program by calling 703-746-3436.

Constant polling these days tells us that people across the country think access to health care is the most important issue facing us. That concern should include access to mental health care because you can't separate the two. Perhaps a series of questions on mental health and mental illness should be part of the next set of presidential candidate debates and should also be the subject of local public meetings. The more people learn what mental illness is and that those with such illnesses can be treated and recover, the more they will reject the fear mongering and misinformation.

Mary Anne Weber
Alexandria

Weber served for ten years, 2006-2016, on the Alexandria Community Services Board (CSB), four as chair.

Gun Deaths


FROM PAGE 6

can not only keep guns out of the hands of felons but those with a severe mental illness who may be dangerous to themselves or others. We must insist on better funding for mental health programs, particularly community-based programs. Every time there is a crisis, lip service is paid, funding is increased but things go quickly back to normal with budget cuts being the norm. We have the research, the knowledge, the competent staff, just not the will to pay for everything that must be done. These budget increases need to occur at the federal, state and local level.

A MacArthur Violence Risk Assessment showed increased potential for violence when mental illness is accompanied by substance use disorder. The answer is comprehensive treatment both inpatient and outpatient, the use of medication assisted treatment and drug courts to send people to treatment instead of jail. In some cases, the drug use is known but not the underlying mental illness. Both need to be treated. Family, friends and the public must understand that there will be relapses and that is part of the illness.

Mental Health First Aid (visit

www.ConnectionNewspapers.com




FALL 2019

- SEPT 12-15** Old Town Boutique District's Shop & Stroll
- SEPT 21-22** 17th Annual King Street Art Festival
- SEPT 28** 78th Annual Historic Alexandria Homes Tour
- SEPT 28** "Downton Abbey" Movie Release Party at Lee-Fendall House
- OCT 5** 24th Annual Art on the Avenue
- OCT 12** Portside in Old Town Fall Festival
- NOV 9** George Washington Whiskey Festival at Mount Vernon

For more fall events & activities, check out:
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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: High Note. Through Sept. 29, 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. 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.

Solo Painting Exhibition: Draftsman 2019. Through Sept. 30, 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. Free. Visit galleryunderground.org or call 571-483-0652.

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. 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 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/.

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 mgmv.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

SEE CALENDAR, PAGE 14

LTA Presents "A Few Good Men"

Riveting military courtroom drama based on events at Guantanamo Bay.

BY STEVE HIBBARD
THE GAZETTE

The Little Theatre of Alexandria (LTA) is producing "A Few Good Men," from now through Sept. 28, 2019. This riveting courtroom drama tells the story of military lawyers at a court-martial who uncover a high-level conspiracy in the course of defending their clients, two U.S. Marines accused of murder. Based on events that took place at Guantanamo Bay Naval Base in 1986, the play investigates both the nature of our military mentality and the Marine Code of Honor. The show is produced by Robert Kraus.

Director Kathleen Barth said she proposed to direct the play because of her family's military roots – her parents served in the U.S. Army, and her older brother currently serves there. "In fact, my mother's military background closely resembles Lt. Cmdr. Jo Galloway's journey in this play. My mother enrolled and served in the Corps of Cadets at Texas A&M in the late '70s and early '80s, when women were only recently allowed to join the corps. When she graduated from the corps, she pursued a brief career as an Army logistics officer before transitioning



From left to right: Jonathan Mulberg (Lt. J.G. Sam Weinberg), Brendan Quinn (Lt. J.G. Daniel Kaffee), and Emma Wesslund (Lt. Cmdr. Joanne Galloway) star in "A Few Good Men."

to nursing."

She continued: "The play's primary themes of honor, duty, and service hit close to home for me, hence my profound attraction to this play and desire to direct it."

As far as challenges, she added: "Like many of (writer Aaron) Sorkin's plays and screenplays, 'A Few Good Men' includes a plethora of location changes and flashbacks that ultimately weave

the narrative together. While these plot devices are relatively simple to pull off in film, they can be difficult to stage for a live performance. I decided that the most effective way to convey all of the locations and the flashbacks was to stage this play in a kaleidoscopic manner. To pull this off, I decided we needed a simplistic set that would allow us to designate multiple areas of the stage for various



From left to right: Miguel Rosario (Lt. Jonathan Kendrick), Johnny Goodwin (Cpl. Dunn), Craig Morris (Cpl. Hammaker), Christian Kampe (Cpl. Howard), and John Paul Odle (Lance Cpl. Dawson) star in "A Few Good Men."

locations in D.C. and in Guantanamo. I also pulled lighting into the staging to illuminate the tight areas on stage that we'd use for the various locations and flashbacks."

Emma Wesslund is playing the role of Lt. Cmdr. Joanne Galloway, who works in internal affairs for the Navy JAG Corps. "While desk work wasn't her first choice (in Act II of the play we learn she joined

the JAG Corp because 'they wouldn't let [her] fly the planes or drive the boats.'). she approaches it with rigor and passion. To Commander Galloway, her assignment at internal affairs is an opportunity to make sure things are run properly, all service members are treated with respect, and nobody falls through the cracks. These values lead to her flagging

SEE A FEW GOOD, PAGE 16
WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

3 Spots for Football

BY HOPE NELSON

As the air crisps up and the leaves turn, teams across the nation are taking to the gridiron, and legions of fans are taking their seats in pubs and restaurants across town, eager to lead their team to victory. Here are three places to have a bite to eat and a good beer while you take in a football game.

Glory Days Grill, 3141 Duke St.

The sports bar and grill over on Duke Street is a football fan's version of heaven. The sprawling space lacks nothing in the way of televisions; from nearly every vantage point across the multiple dining areas, it's easy to get your fix of football. Looking to listen to a specific game? Turn your table's radio dial to match up with the TV of your choosing and get the play-by-play while you eat.

And speaking of food: Glory Days has many of the pub-fare options you've come to expect from a sports bar – pretzels, onion rings, wings and crab cakes are all in attendance – but the menu spreads out from there. Pastas, tacos and even the Impossible Burger also grace the pages of the menu, appealing to sports fans of many types of taste-buds. Order a beverage from the restaurant's extensive rotating beer list to round out the meal and cheer your team on to victory.

Aslin Beer Company, 847 S. Pickett St.

The city's newest brewery is also a great place to catch a game and



PHOTO BY HOPE NELSON

The West End's Aslin Beer Company offers a number of large TVs to take in a football game while tasting a variety of craft brews.

have a beer and a bite to eat. The Herndon natives' Alexandria outpost has been open and bustling since midsummer, and already it's becoming a go-to weekend spot for many residents and visitors. Why not add a game to your reasons to visit? The tasting room sports a number of televisions all well placed to catch all the action.

But of course, the beer is the star of the show. Aslin delivers with a dozen or so selections at the tasting room (with one or two canned varieties to take home at any given time), ranging from IPAs to double and triple IPAs to stouts to pale ales to sours. The brewery also has a food truck whipping up some specials daily to accompany the beers. Like the beer list, the food menu rotates fairly regularly, but light bites and heartier sandwiches are items you can count on.

Charlie's on the Avenue, 1501 Mount Vernon Ave.

Charlie's opened last year with the goal of becoming a family-

friendly neighborhood sports pub and hangout, and it's certainly angled its sports-watching experience to be just that. For game-watching purposes, your best bet is the bar area. Several large TVs adorn the space and are just waiting to broadcast a Saturday or Sunday matchup.

Charlie's offers a vast array of beer options to help you cheer your team on (or drown your sorrows after a loss), and many of them are local. Right now, pick up a saison ale from Richmond's Ardent Craft Ales or an Oktoberfest from Port City Brewing just across town. About a dozen options are on offer between the draft selections and bottles and cans, from pilsners to stouts. Paired with local oysters, Cuban nachos, a BLT sandwich or even vegan tacos, you'll be well fortified.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

Football Night at ASC

Sportsman's Club to host High School Football Coaches Night.

BY JEANNE THEISMANN
GAZETTE PACKET

The Alexandria Sportsman's Club will kick off its 2019 year with High School Football Coaches night Sept. 18, which will introduce to the public Nathaniel Ebel, the new head coach at Episcopal High School.

Held at the Old Dominion Boat Club, the evening will feature remarks from coaches representing all four Alexandria high schools as they preview the 2019-2020 season.

In addition to Ebel, those expected to attend in-

clude Bishop Ireton head coach Charles "Chip" Armstrong, who is in his second year at the helm of the varsity football program, T.C. Williams coach James Longerbeam, who is in his fourth year, and St. Stephen's and St. Agnes coach Bernard Joseph, who is in his 11th year.

The organization will also recognize the Athletes of the Month, student athletes who are nominated by their coach and athletic departments who have shown both academic and athletic prowess in the current athletic season.

The ASC High School Coaches Night is free and open to the public and includes complimentary light dinner and refreshments beginning at 6:30 p.m. at the Old Dominion Boat Club in Old Town (200 Strand St.). The meeting begins at 7:15 p.m. with awards for the Athletes of the Month followed by a presentation and Q&A with the featured coaches. www.alexandriavassports.org.

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ENTERTAINMENT

Hank's Pasta Bar to Rebrand

BY HOPE NELSON
GAZETTE

After three years of service, Hank's Pasta Bar in North Old Town is closing its doors for an extensive remodel and rebranding, the JL Restaurant Group announced on Thursday.

In a statement, the restaurant management wrote: "After 3 great years in Old Town, Hank's Pasta Bar is closing to make space for a new, unnamed concept from JL Restaurant Group. At the end of this month, the restaurant will begin exciting renovations that

bring new options to devoted guests, including a seasonal rooftop bar and an expanded regional Italian menu. The new addition will open at the end of 2019 with the same warm hospitality, leadership team, and hand-crafted pasta. Come in before we close to indulge in your favorites! We're thrilled to evolve with this community and are looking forward to a lively, new concept in the same great location. For continued updates, follow @hankspastabar on social media."

Owner Jamee Leeds and her team were not available for further comment.

"Restaurant: Impossible" Seeks Volunteers in Alexandria Visit

The Food Network's "Restaurant: Impossible" visits Alexandria later this month, with Chef Robert Irvine coming to the Foxfire Grill to give it a fresh look and new menu. And the network wants the community to be a part of the proceedings with both the renovation itself as well as Foxfire Grill's grand re-opening. Over the course of two days – Sept. 23 and 24 – Irvine and his team will undertake a full revamp of the Foxfire Grill, bringing a fresh look and feel to the restaurant with a budget of \$10,000. The Food Network production crew is looking for many

hands to make light work as the process gets under way.

First comes the renovation and rebranding effort. Irvine and team are seeking skilled volunteers to help spruce the restaurant up.

"Volunteers may be any licensed or certified individuals in painting, crafting, constructing, remodeling, cleaning, decorating etc. (depending on your skill set). We are always looking for skilled contractors, electricians, plumbers, upholsters' and painters to help out and donate their time but we welcome all skill sets and skill levels always," the Food Network said in a

statement.

No interest in the ins and outs of renovation? No problem. The show is also looking for diners to partake in the Foxfire Grill's grand re-opening. Seatings will be first-come, first-served, based on time of RSVP.

To volunteer for either of these roles, email volunteer@restaurantimpossiblevolunteers.com by 3 p.m. on Sept. 19. For construction assistance, put "1605 VA Volunteer" in the subject line; to try your luck getting a seat at the re-opening, put "1605 VA Reservations."

— HOPE NELSON

CALENDAR

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offering shoppers VIP swag, activities, discounts and refreshments representative of their chosen location, city or country. Admission: Free; \$25 VIP experience. Visit oldtownboutiquedistrict.com.

SEPT. 12-NOV. 10

"Board | out of our minds!" Gallery hours at 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.

NVSO Opening Ceremonies. 9-9:30 a.m. at the Thomas Jefferson Community Center, 3501 South 2nd St., Arlington. Join the fun and cheer for athletes at the opening ceremonies of Northern Virginia Senior Olympics, featuring the carrying of the NVSO Olympic torch, Color Guard presentation and recognition of County officials and patrons. The public is invited, free of charge, to all NVSO events. For more information about events throughout Northern Virginia during the competition, Sept. 14-28, call 703-228-4721, go to www.nvso.us or email nvso1982@gmail.com.

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.lee-fendallhouse.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

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ENTERTAINMENT

FROM PAGE 14
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 re-enactors. 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.

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.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.

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.

MONDAY-FRIDAY/SEPT. 16-20

Nature for Tiny Tots. 10-11 a.m. at Huntley Meadows Park, 3701 Lockheed Blvd. Children and an adult will learn about plants, animals and habitats through songs, crafts and activities. These sessions are designed for children age 2-3 and a-half and meet on Mondays, Thursdays or Fridays for eight weeks

from 10 to 11 a.m. Sessions begin the week of Sept. 16. \$92 per child, and a supply fee of \$5 is due to the instructor at the first class. Adult participation is required. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

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/planyourvisit/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.

WEDNESDAY/SEPT. 18

Performance: Niklas Sivelov. 7-10 p.m. at The Lyceum: Alexandria's History Museum, 201 South Washington St. Alexandria Sister Cities Committee presents Swedish Pianist Niklas Sivelöv, who returns to Alexandria to perform a varied program with music by Hadyn, Beethoven, Skryabin, and Bartók. Light refreshments will be served. Visit www.alexandriava.gov/Lyceum or call 703-838-4994.

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.

Bagpipe Concert. 7:30-8:30 p.m. at Waterfront Park, 1A Prince St. Celebrate Alexandria's Scottish heritage with The City of Alexandria Pipes and Drums providing the soundtrack. Enjoy the pipes, drums, and a performance by area Scottish dancers. Free. Visit www.facebook.com/CityofAlexandriaPipesandDrums or call 571-218-2203.

FRIDAY/SEPT. 20

Mental Health & Suicide

Prevention Resource Fair. 5:45-7:45 p.m. at the Hylton Education Center on the campus of Sentara Northern Virginia Medical Center, 2300 Opitz Blvd., Woodbridge. Mental health experts from the U.S. Department of Veteran Affairs, Prince William County Community Services, National Alliance on Mental Illness and many more, will gather to take part in this important conversation. Non-profits will discuss area resources, warning signs, behaviors, treatments and/or options when it comes to mental illness and suicide prevention. Free, open to the public. More at pwcmentalhealth.eventbrite.com.

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.

Gardening Fun for the Whole Family.

9 a.m.-3 p.m. at Green Spring Gardens, 4603 Green Spring Road. Celebrate Fall Garden Day, a day of activities for everyone in the family. Visit with a host of local plant and craft vendors selling everything needed for fall gardening. There will be a silent auction, bake sale, live music, food and a kids' activities table. Admission is free, and the day is an opportunity for a family outing to one of the most innovative public gardens in the mid-Atlantic. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/green-spring.

SEE CALENDAR, PAGE 16

NAVY BAND
COMMODORES

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ENTERTAINMENT

FROM PAGE 15

Walking With Washington Tour. 10 a.m.-noon. Starts at Ramsay Alley at 109 N. Fairfax St. Explore important sites associated with George Washington in his hometown. Led by an old-line Virginian with family stories about Washington, this tour focuses on his character and values, and significant people and events in his life and American history where they occurred. Stops at Ramsay House, Market Square, Carlyle House, The Bank of Alexandria, Wise's, Duvall's and Gadsby's Taverns, Washington's townhouse, and Christ Church. Reservations not required. Free. Recommended for ages 10 and above.

Seek and Sketch Hike. 10 a.m.-noon at Huntley Meadows Park, 3701 Lockheed Blvd. Register for the "Sketch Hike Fall Wildflowers ID" program to see how beautiful fall wetland flowers live. Then, learn how to sketch them to keep the memories alive. Drawing materials are included in the cost of the program, courtesy of the RunningBrooke Fund. Designed for participants age 10-adult. \$15 per person. Call 703-768-2525 or visit www.fairfaxcounty.gov/parks/huntley-meadows.

Wags for Weichert. 10 a.m.-noon at Weichert Old Town, 121 N. Pitt St. Pet Connect Rescue will bring 5-10 dogs that will be available for adoption on the spot. Weichert Old Town is currently collecting pet food, toys, bedding and financial contributions for Pet Connect Rescue and their dog fostering volunteers at their office. There will be refreshments for dogs and their human friends. Call Weichert Realtors, 703-549-8700 for details.

Classic Car Show. 10 a.m.-1 p.m. at Alexandria History Museum at The Lyceum, 201 S. Washington St. Co-sponsored by Packards Virginia and the Alexandria History Museum at The Lyceum, this Classic Car Show will feature a variety of Packards ranging from the 1930s to the 1950s as well as other "orphan" vehicles that are invited to register as well. Orphan cars are any marque of vehicle built by an out-of-business

manufacturer. Free and open to the public. Call 703-424-5871 or visit www.packardsva.org.

Archaeology Day. 10 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Gunston Hall will celebrate their annual Archaeology Day, a day dedicated to digging up and discovering the mysteries of the past. Join friends and family for a fun-filled day of activities for all ages including sifting for artifacts, mending archaeology objects, and dressing like an archaeologist. Free with admission. Visit gunstonhall.org/event/archaeology-day/ or call 703-550-9220.

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.

Crabs and Corn Hole. 1-4 p.m. at Fairwinds Brewing Company, 7000 Newington Road, Lorton. The Key Center PTA is sponsoring an All You Can Eat Crabs and Sides. Tickets are limited. All profits will go to support Key Center School programs. \$55. Visit keycenter.fcps.edu/ or call 703-313-4000.

Anniversary Dance. 7-9:30 p.m. at Lincolnia Senior Center, 4710 North Chambliss St. The Northern Virginia Country-Western Dance Association will hold an anniversary dance with a potluck dinner, 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.

SATURDAY-SUNDAY/SEPT. 21-22

King Street Art Festival. Saturday, 10 a.m.-7 p.m.; Sunday, 10 a.m.-5 p.m. on King Street from Washington



PHOTO COURTESY OF BARBERSHOP HARMONY SOCIETY

The Harmonizers perform at the annual Barbershop Harmony Society convention in Orlando, Florida in July 2018.

Circle of Life

The award winning 80-man Alexandria Harmonizers present "The Circle of Life" with Broadway hits from "The Lion King" and others. The award-winning Sweet Adelines quartet "GQ" and 2015 Barbershop Harmony Society International Champions "Instant Classic" will also perform. Saturday, Sept. 14, 4-6:30 p.m. at Rachel M. Schlesinger Concert Hall, 4915 Campus Drive. \$35. Tickets available at www.eventbrite.com/e/circle-of-life-tickets-606671219. Visit www.harmonizers.org for more.

Street to Union Street. 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. Free and open to the public. Visit visitalexandriava.com/artfest for more.

Crafts at Carlyle. Noon-2 p.m. at Carlyle House Historic Park, 121 N. Fairfax St. Crafts at Carlyle is a two-day event that coincides with the King Street Art Festival. Everyone will have their own piece of floor cloth, which they can design and paint after learning about 18th century floor clothes and the patterns

found on them. Free. Visit www.novaparks.com/parks/carlyle-house-historic-park.

SUNDAY/SEPT. 22

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.

MONDAY-TUESDAY/SEPT. 23-24

Volunteers Wanted. Restaurant: Impossible is coming to Alexandria and they are seeking enthusiastic volunteers to work with Robert Irvine and his renovation team as design and construction volunteers on the show. Volunteers may be any

licensed or certified individuals in painting, crafting, constructing, remodeling, cleaning, decorating etc. They are looking for skilled contractors, electricians, plumbers, upholsters' and painters to donate their time but welcome all skill sets and skill levels, always. Volunteers only, however, meals will be provided. Must be 18 or older. The volunteer schedule is as follows:

- ❖ Shift #1 – Monday, Sept. 23, noon-7 p.m.
- ❖ Shift #2 – Monday, Sept. 23rd, 7 p.m.-2 a.m.
- ❖ Shift #3 – Tuesday, Sept. 24th, 10:30 a.m.-6 p.m.

Email volunteer@restaurantimpossiblevolunteers.com by Thursday, Sep. 19, noon (PST) with your preferred shift, full name, email address, cell number and skill set/ related profession (ex: plumber or painter). Use subject line: 1605 VA Volunteer.

LTA Presents "A Few Good Men"

FROM PAGE 12

a case about two enlisted men in Guantanamo Bay who she feels weren't given a fair chance. This is what she's doing when we meet her at the top of the show," she said.

She added: "Before working on this play, I didn't know much about daily life in the military, especially for a Navy JAG Officer. It's been invaluable to have so many people in the cast and crew who have served, or have relatives that served to provide insight about what it's like and could coach us on protocol. I've also done a ton of research and was able to speak to a woman who served in the Navy JAG Corps."

Edwin Kindler plays the role of PFC William T. Santiago, a marine based in Guantanamo Bay. "He is miserable, feels mistreated and he wants nothing more than to be transferred out," he said.

He said his challenge was the fight choreography, which was fun to learn. "It certainly was not a negative challenge, but it was a fantastic new learning experience," he added.

As far as audience takeaways, he added: "One point many of the cast and crew have

kept coming back to throughout the entire rehearsal process is that almost every character believes they were doing the right thing. I hope audiences come away asking themselves questions about culpability, and at what point we as individual humans need to take responsibility for our actions. I (and maybe Santiago) may have biased opinions on the subject of who is 'guilty,' but I hope that audiences form their own opinions and leave at the end of the show wanting to talk about them."

Miguel Rosario is playing the role of 1Lt. Jonathan James Kendrick, who is the embodiment of the Marine. He said he's "accepted and believes in the Corps values to the nth degree, while also slightly twisting them to the point of zealotry and fanaticism. These values neatly align with his faith and his 'black and white' views of morality and soldierly virtue."

For challenges, he said: "It was challenging to manage rehearsal schedules with current family and active duty military commitments while still arriving at each rehearsal fresh and ready to perform. Maintaining fresh vocal cords while also going 'full throttle' in rehearsing the platoon

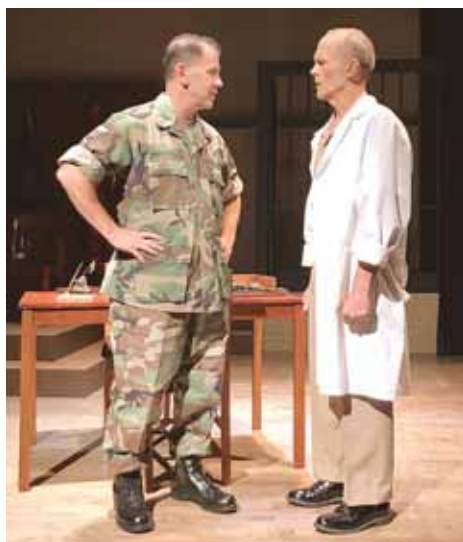


PHOTO BY ARI MCSHERRY/THE GAZETTE

From left to right): David Kimmelman (Col. Nathan Jessep) and Robert Montgomery (Cmdr. Walter Stone) star in "A Few Good Men."

scenes was also challenging."

As far as audience takeaways, he said: "I hope audiences will take away the idea that morality and integrity exist in the heart of

every service member and that the Corps values of our institutions (while imperfect just like there members) have been created and maintained in a manner that still ultimately lead us towards justice and the protection of innocents."

Jonathan Mulberg is playing the role of Sam Weinberg, one of the three defense lawyers in the play. "He is a family man and best friends with Daniel Kaffey. While not the same caliber of lawyer as Kaffey, Sam Weinberg holds his own and is not afraid to challenge his team and the military establishment to do what is right."

He added that learning the script was his biggest challenge. "Aaron Sorkin's style of writing is very different than what I am use to as an actor. I also had to make sure that all the legal jargon sounded natural and confident, and that was a major challenge," he said.

LTA is producing "A Few Good Men," from now through Sept. 28, 2019. Showtimes are Wednesdays through Saturdays at 8 p.m.; Sundays at 3 p.m. Tickets are \$21 to \$24. The venue is located at 600 Wolfe Street, Alexandria, VA. Visit the website at www.thelittletheatre.com.

BULLETIN BOARD

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

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 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.

Candidate Forum. 7 p.m. at Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax. Candidates for Countywide offices: At Large School Board and Chair of the Board of Supervisors. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate and invite all certified candidates in their respective districts. After a moderated discussion, meet the candidates. Volunteers, including students, are welcome. Visit www.lwv-fairfax.org/candidateforum for more.

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/SEPT30-OCT23

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 at chubicki@volunteerfairfax.org or call RSVP at 703-403- 5360. To learn

more about RSVP, visit www.rsvpnova.org.

Line Dance Instructor needed for the Gum Springs Senior Program once a week on either Tuesday, Wednesday or Thursday. Volunteer Solutions, call 703-324-5406, TTY 711.

Volunteer Fairfax makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety service options. Visit www.volunteerfairfax.org or call 703-246-3460.

STEM VOLUNTEERS. The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at www.seniorscientist.org. To volunteer, contact donaledge@aol.com.

Fairfax County's Community Services Board is seeking volunteer office assistants. Volunteers are needed to assist CSB staff with greeting guests, making reminder phone calls, data entry, filing, shredding, stocking shelves, and other duties as needed. Hours are flexible, but would be during normal business hours. Visit www.fairfaxcounty.gov/csb/viva/volunteers.htm for more.

Yoga Teachers are needed. Help improve a person's well-being by teaching yoga classes to adults who are staying in a residential facility. The day/time is flexible, but would be during the week. Prior yoga instruction is required. Visit www.fairfaxcounty.gov/csb/viva/volunteers.htm for more.

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Respite Care volunteers give family caregivers of a frail older adult a break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Fairfax County needs **volunteers to drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Gum Springs Senior Program** in Alexandria is looking for a Line Dance Instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults** in Alexandria needs Instructors for the following classes: SEE BULLETIN, PAGE 18

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Obituary

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Obituary

Lori Lee (Koscik) Mackey, of Alexandria, Virginia, passed away at age 56 on August 18, 2019, after a valiant battle with leiomyosarcoma. Lori was born in 1962 in Kenosha, Wisconsin, and met her husband Terry at the University of Wisconsin while pursuing her degree in psychology. Terry and Lori were married in 1990 and have lived in Virginia for the past 30 years, where they raised their daughters Teresa (Tess) and Allison (Allie). Lori was preceded in death by her sister, Kari. In addition to her husband and daughters, Lori is survived by her father, Edward Koscik, her mother Nancy Brown, and numerous relatives. Lori was known for her kindness, compassion, and outgoing spirit, making everyone she met an instant friend. She was often seen chatting to friends and neighbors, and was an energetic champion of causes she was passionate about. A funeral service is planned for Saturday, September 14th, at 2 PM, at St. Mary's Basilica in Alexandria, followed by a reception in St. Mary's Lyceum. In lieu of flowers, memorial contributions may be made to Foxcroft School.

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

Time and Again



By KENNETH B. LOURIE

Not to be morbid in the least – or self-indulgent in the most (last week's column, "Something or Nothing" notwithstanding), but recently I've had cause to hear about the future and be more concerned about the present.

I have a homeowner problem that like all such problems, is way beyond my limited skills: a crack in the concrete slab which "porches" our house, apparently caused by a very large and old tree growing way too close to this slab.

This is not a water-leaking-into-the-house problem. This is a structural-type problem identified by a home appraiser whom I've paid for – but not bought, to process a mortgage refinance.

Given the two-week time-frame during which I was expecting to schedule this assessment – considering the time-sensitivity of these applications, I was flabbergasted to learn that my expectations were totally unreasonable. Two weeks! I might as well have been asking for two months, which is what I ended up getting.

After hearing the nearly identical appointment-unavailability story multiple times, and getting increasingly frustrated and impatient at the unlikely timely resolution of my problem – in my lifetime (no joke), I finally heard from a company that was able to schedule an appointment which they did so with an apparent straight face (as much as I could glean over the phone): "I can have someone to your house on Oct. 25." I snickered.

"October 25! That's two months," I said. ("I could be dead by then," I said to myself.) To the woman I said, "No. I need someone sooner, in the next week or so. Good-bye." (I made this call on Aug. 21.)

When I hung up the phone I started laughing at what I didn't say and why I hadn't said it. Being that I have stage IV lung cancer, I am not exactly on firm footing.

I didn't say to the woman that I could be dead by then because those words were, figuratively speaking, a bit too close to my literal reality. It was a case of fiction being a bit too close to fact and my mouth actually being able to cash that check.

In addition to providing fodder for this column, my calls to miscellaneous home improvement/concrete/foundation repair companies left me not high, still dry, but totally unrequited. I needed help. I put myself out there and received practically nothing in return. It is a lesson I'll take to the grave.

I don't want to sound unreasonable because I still think I'm of sound mind (not so much sound body), but being diagnosed with cancer does, at least in my experience, move up your timeline, so to speak. There's a certain amount of patience and accommodation that is totally ripped from your subconscious.

When your life is in jeopardy, dealing with the daily double: life and death, becomes extraordinarily difficult, regardless of whether your answers are in the form of questions. The uncertainty of it all is very off-putting. Sometimes, you don't know whether you're coming or going.

Trying to live a "normal" life under these kinds of constraints – and restraints – can make Jack a very dull boy. And very often this dullness manifests itself in one's inflexibility.

When your life is at stake, it's nearly impossible to act as if it isn't. Your brain seemingly gets rewired and re-purposed. As much as you attempt to retain your old and familiar self, this newer cancer-affected version slowly takes over.

You're not exactly in "The Twilight Zone," but "imagine if you will" at age 54 and a half, expecting to live into your mid-80s as both your parents did, instead being told that you have "13 months to two years" to live?

Though I've taken it mostly in stride and lived way beyond my oncologist's expectations, to say one's stride is not changed by the experience is to give naïveté a whole new meaning. (Not to mention the fact that the neuropathy in both my feet makes walking extremely difficult.) Nevertheless, life goes on.

As such, as much as I want to plan for the future, sometimes, it's the present for which I need to plan.

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

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BULLETIN BOARD

FROM PAGE 17

Country-Western Line Dance, Hula Hoop and African Style Dance. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Hollin Hall Senior Center in Alexandria** needs instructors for the following classes: Basic Woodworking, Italian and Ballroom Dance. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Mount Vernon Adult Day Health Care Center** in Alexandria needs front desk volunteers and patient Card Players. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Advisory Board of the Joe and Fredona Gartlan Center** for mental health is looking for volunteers. The board meets the second Tuesday of the month from 9-11 a.m. at Gartlan Center 8119 Holland Road.

Mount Vernon At Home is a non-profit organization that relies on volunteers to assist older adults aging in place in their homes. Volunteers are needed for local transportation to medical and personal appointments, errands, and grocery store trips; light handyman chores, home technology and more. No minimum number of volunteer hours required. Call Mount Vernon At Home 703-303-4060 or e-mail info@mountvernonathome.org or visit www.mountvernonathome.org for more.

Volunteer Advocates for Nursing Home & Assisted Living Residents needed throughout Northern Virginia. Contact the Northern Virginia Long-Term Care Ombudsman Program at www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/, or email Lisa.Callahan@fairfaxcounty.gov or call 703-324-5861, TTY 711.

Hollin Hall Senior Center is looking for a DJ ballroom and dance instructor. The Hollin Hall Senior Center, 1500 Shenandoah Road.

ONGOING

Mobile DMV. 9 a.m.-4 p.m. at Sherwood Hall Library. Two programs, DMV Connect and DMV 2 GO, will provide full DMV service to the Route 1 area. At the Sherwood Hall service centers, customers can apply or renew their ID cards, drivers licenses, take road and knowledge tests, apply for special ID cards, get copies of their driving records, obtain vehicle titles, license plates, decals and transcripts, order disabled parking placards or plates, purchase an EZ-Pass transponder and more. A full list of services is available at www.dmv.virginia.gov.

Art Making as Meditation. 7-8:30 p.m. St. Aidan's Episcopal Church, 8531 Riverside Road. Art making as meditation can be an active form of contemplative practice. Each session begins with a short reading and a brief introduction to materials.

Silence for making and meditation lasts an hour followed by sharing images or insights gained through the process, if desired. Children able to participate in silence are welcome to come with a parent's quiet supervision. RSVP not necessary for attendance, but helpful for planning purposes. Call 703-360-4220, email info@centerforspiritualdeepening.org or visit www.staidanepiscopal.com/Center-for-Spiritual-Deepening.

Mount Vernon Preservation Challenge. George Washington's Mount Vernon has embarked upon a special year-end fundraising campaign that will help ensure the ongoing preservation of the estate of this nation's first president.

As the country's most popular historic home, Mount Vernon does not accept government funding, instead relying upon donations from patriotic individuals and organizations. Through the Preservation Challenge, Mount Vernon hopes to raise enough money to perform critical repairs and restoration work on original structures located in the historic area.

The funds raised through the Mount Vernon Preservation Challenge will support the following projects:

❖ **The Spring House:** This building currently does not have a roof. Money originally slated for this project was reassigned to perform emergency repairs in the Mansion.

❖ **The Ice House:** There is a serious crack in the masonry that may result in long-term structural damage if not promptly addressed.

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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 decks 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!

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