

CONNECTION

Burke ♦ Fairfax ♦ Springfield ♦ Fairfax Station

Future of Office Is Here

NEWS, PAGE 3

Before Kingstowne, It was 'The Pits'

DOCUMENTARY, PAGE 4

Legendary Editor Kemal Kurspahic Dies

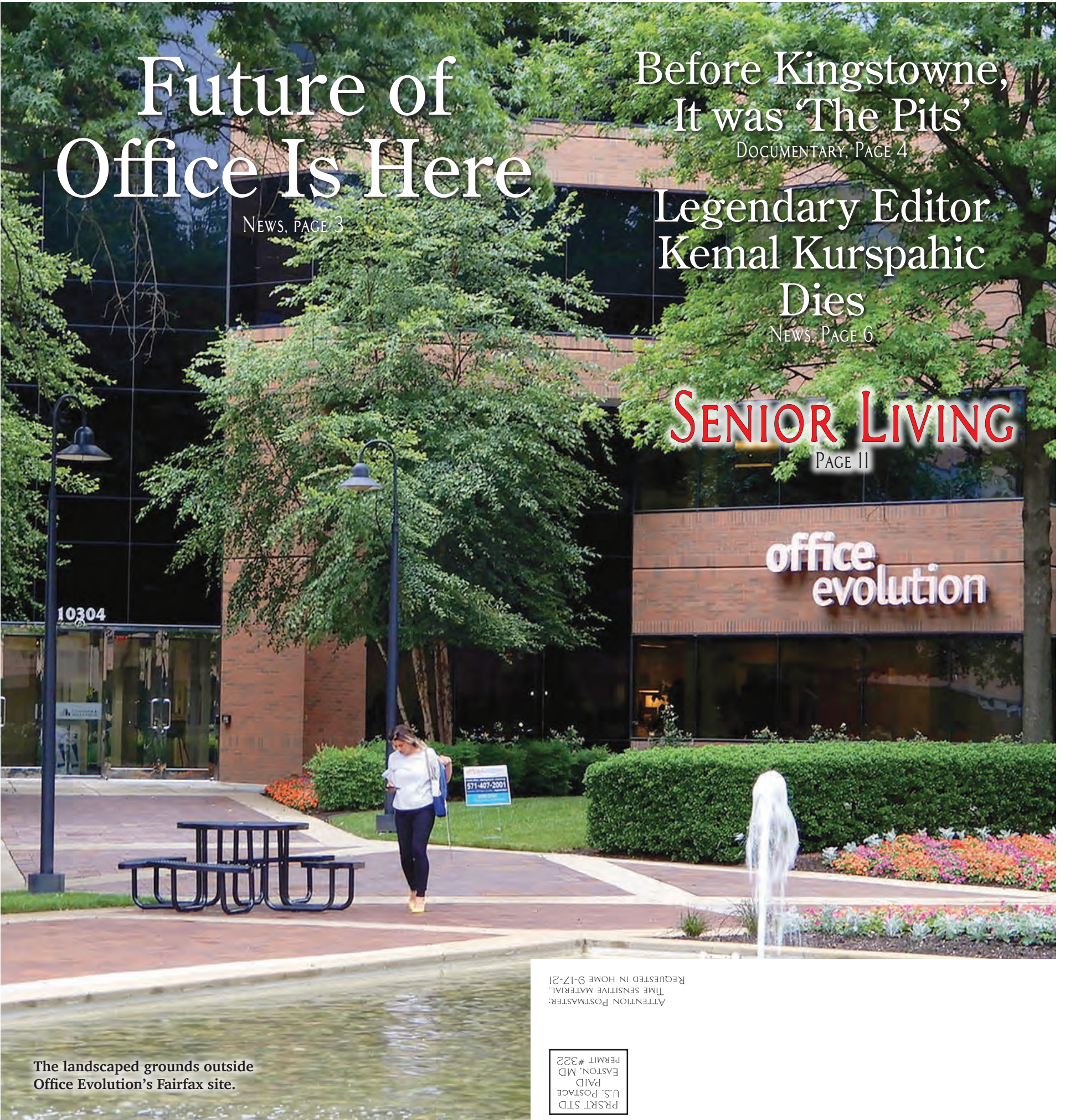
NEWS, PAGE 6

SENIOR LIVING

PAGE 11

ENTERTAINMENT, PAGE 8-9 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY BONNIE HOBBS/THE CONNECTION



office evolution

The landscaped grounds outside Office Evolution's Fairfax site.

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 9-17-21

PRSRRT STD.
U.S. POSTAGE
PAID
EASTON, MD
PERMIT # 322

Learn about Old Lee Hwy. Multimodal Plan

Fairfax City transportation staff will share the revised preliminary plan for the Old Lee Highway multimodal improvements project during an open house. It's set for Thursday, Sept. 30, from 6:30-9:30 p.m., at the Sherwood Center, 3740 Old Lee Hwy. in Fairfax.

The public is invited to view project designs, discuss ideas with staff and leave written comments. This is a drop-in event, with no formal presentation. Capacity will be limited to create a safe environment, so attendees are asked to stagger arrival times. Masks are required, regardless of vaccination status.

Help Stock Britepaths' Pantry

Nonprofit Britepaths helps provide food for local families in need, but it needs the community's help to keep its shelves stocked. Currently, it's especially low on cereal, cooking oil, jam/jelly, pancake mix, syrup, laundry detergent, cleaning supplies and sponges. Reusable grocery bags for distributing food are also needed.

For more details and an Amazon link, go to bit.ly/BritepathsDonateFood.

Britepaths is at 3959 Pender Drive in Fairfax. It can usually accept donations, Monday-Friday, 10 a.m.-2 p.m., but people should call 703-273-8829 or email info@britepaths.org in advance to arrange a drop-off.

Bike-Riding Class for Adults

Adults wanting to learn how to ride a bike may do so on Saturday, Oct. 2. A class is being co-sponsored by the Fairfax Alliance for Better Bicycling (FABB) and GMU, on Mason's Fairfax Campus, in Parking Lot C. Register at <https://www.eventbrite.com/e/adult-learn-to-ride-a-bike-tickets-169396017047>.

MORE ROUNDUPS, PAGE 4

NEWS

Death from Crash Last Month

A 35-year-old woman died from injuries sustained in a crash that occurred last month in Fairfax Station. Officers responded to a single vehicle crash at 7:15 p.m. on Aug. 31 on Popes Head Road near Beech Ridge Drive. Elissa Williams, of Ashburn, was the driver of a 2020 Audi RS3 and was traveling eastbound on Popes Head Road. As the Audi crested the hill near Beech Ridge Drive, Williams lost control of the RS3 and went off the road to the right, striking several trees, according to police. The impact redirected the RS3 back into the road where it came to a stop.

Williams was taken to the hospital with injuries considered life threatening. She remained hospitalized since the crash and succumbed to her injuries on

Sept. 9. A passenger in the vehicle was treated for minor injuries and released from the hospital.

Detectives from the FCPD Crash Reconstruction Unit reported that speed and alcohol both appear to be factors of the crash.

Anyone with information about this crash is asked to contact the Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone -1-866-411-TIPS (866-411-8477).

This is the 10th non-pedestrian related fatality in the County to date in 2021.

Year to date, in 2020 there were 8 non-pedestrian related fatalities.

BULLETIN BOARD

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

SEPT. 14-NOV. 18

Free ESL Classes. 7-9 p.m. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. In-person placement testing for free on-line ESL classes. Classes are Tuesdays and Thursdays, 7-9 p.m., on-line using Zoom.

9/14-11/18/2021. Placement testing is in-person at Lord of Life Lutheran Church 9/9/2021, 7 p.m. Must register at www.lordoflifeva.org/ESL.

Class sizes limited. Visit the website: www.lordoflifeva.org/ESL

SATURDAY/SEPT. 25

National Public Lands Day 9-10:30 a.m. Laurel Hill Park. Recognize and support public lands by assist-

ing with removal of invasive plants and vines at specific locations within the park. Followed by ceremony and refreshments. At Laurel Hill Park Central Green, 8780 Lorton Rd, Lorton. Visit: https://volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/183541

SATURDAY/SEPT. 25

Living History Presentation. 2-3:30 p.m. At Historic Blenheim, 3610 Old Lee Highway, Fairfax. Topic: Seeing the Elephant: Soldiers, Civilians, and Enslaved Peoples' Experience in the Civil War. In the Civil War "seeing the elephant" (battle, combat) weighed on the

minds of soldiers and civilians. Listen to the words of Civil War soldiers as they prepared for combat and prepared for hardships and risks of war. Hear the stories of women, enslaved people, and free black people who made difficult decisions to preserve their homes or lives during this cataclysmic period of the United States of America. Presented by the 17th Virginia Infantry, Co. D, Fairfax Rifles Living History Group and guests as we mark the 160th anniversary of the American Civil War. Call 703-591-0560.

SEE BULLETIN, PAGE 4

Remodeling Your Kitchen?
Make sure it's Nicely Done!
 Call (703) 764-3748 or stop by our showroom for a free design consultation.

- Family Owned
- Licensed and Insured
- Part of your community since 2003

www.NicelyDoneKitchens.com

NICELY DONE
 Kitchens and Baths

8934 Burke Lake Rd.
 Springfield, VA 22151

PRINT AND DIGITAL OPTIONS TO REACH YOUR TARGET MARKET

- Email Blasts
- Print
- Digital Billboards
- Sponsored Content
- Exclusive Front Page Shoutout
- Social Media



THE CONNECTION
 Newspapers & Online

For Advertising:
 Call 703.778.9431
 or email
advertising@connectionnewspapers.com



Cutting the ribbon on Office Evolution in Fairfax are (from left) John Franke, Mark Hemmeter, Fred Franke, David Meyer, City Councilmember Tom Ross and Jennifer Rose.



Fred Franke gives a tour of the office space to some visitors.

Supporting the ‘Dreamers, Risk-Takers and Doers’

Ribbon-cutting held for Office Evolution in Fairfax City.

BY BONNIE HOBBS
THE CONNECTION

Office Evolution actually opened for business in Fairfax City in November 2020; but due to the pandemic, it wasn't able to hold its official ribbon-cutting until recently. But when it did, not even the rainy day could dampen anyone's enthusiasm.

“We've been waiting for this day for a long time, and we're happy to have you all here,” said the Fairfax business's owner, Fred Franke, to those attending the indoor ceremony. Thanking the City's Economic Development Authority (EDA) for its help reaching this point, he said, “We're focused on providing the support needed by small-business owners and entrepreneurs – the dreamers, the risk-takers and the doers.”

Office Evolution is at 10304 Eaton Place, Suite 100, in WillowWood Plaza. The 10,138-square-foot center offers local, small- to medium-sized businesses owners –



Tony Stefano of ALIASS is delighted to be working in this office.

and remote workers of larger corporations – with access to 41, fully furnished, private offices; three conference rooms; a podcast room, plus shared workspace areas. There's also Wi-Fi and ethernet, as well as free above- and below-ground parking.

This is Office Evolution's third Northern Virginia location; the others are in Ty-



The landscaped grounds outside Office Evolution's Fairfax site.

sons and Herndon. And with the pandemic changing where people do their jobs, Office Evolution aims to provide a safe and cost-effective work environment.

“We have 18 virtual members who use the

address and drop-in space, 11 private-office members and more than 25 who just use the business address,” said John Franke, Fred's

SEE OFFICE EVOLUTION, PAGE 5

Fun Times on Fairfax City's Park(ing) Day



Cindy Campbell and Robert Booth, with CUE – the free bus in Fairfax City – offered a touch-a-bus event.



Representing Fairfax City's Economic Development Office are (from left) Serrita Farnsworth, Danette Nguyen and Matthew Easley.

Park(ing) Day, held Friday, Sept. 17, transformed Fair City Mall's parking lot into a parklet to show creative ways to use parking spaces.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



First Watch General Manager Tim Thompson gave attendees free snacks and iced coffee.



Joe LeFebre and Jennifer Rose manned the Central Fairfax Chamber of Commerce's Connect Four game booth.

Documentary Explores a Place Formerly Known as 'The Pits.'

Documentarian is also a reporter for the Mount Vernon Gazette.

BY MIKE SALMON
<2B>THE GAZETTE

For me, the gravel pits behind Hayfield Secondary School started as the local fishing hole, which continued to be true into high school before other things piqued my interest like BB guns, motocross bicycles, and girlfriends. In the early 1980s, life went on and jobs took over the spare time, and by the next time I looked up in the pits, it was a huge construction site for a new place called Kingstowne.

Fast forward 35 years, and Kingstowne is my go-to spot for practically everything in my life but it's hard to picture the gravel pits anymore. Reminiscing picked up online, so I embarked on a documentary film project that taken over during the summer of 2021, entitled "The Gravel Pits: Before There was Kingstowne."

Not sure how Ken Burns or Spike Lee does it, but getting pictures from an era before cell-phones was tough, but a bit of persistence paid off. It just so happens there were one or two people that rode dirt bike motorcycles in the pits that were also amateur photographers, so slowly the story came together, starting with the dirt bike enthusiasm which was big in the 1970s and early 1980s.

BULLETIN BOARD

FROM PAGE 2

VIRGINIA HOUSE OF DELEGATES DISTRICT CANDIDATE FORUMS

The League of Women Voters of the Fairfax Area invites the public to join Virginia House of Delegates District Candidate Forums, to be held online in September and October. These events are free and open to the public. Register and address questions to candidates at: <http://www.lwv-fairfax.org/2021-candidate-forum>. The Candidate Forums are nonpartisan. The League never supports or opposes any party or candidate. They invite all certified candidates competing for office in their respective districts. Direct any questions about the event to: pr@lwv-fairfax.org

Schedule:
September 27, 2021:
Virginia House of Delegates District 42
Candidates:
Kathy K. Tran (D)
Edward F. McGovern @

WEDNESDAY/SEPT. 29

Scandalous Women of Civil War
Washington. 6:30-8 p.m. Virtual event. Dr. Cindy Gueli will speak at a Burke Historical Society virtual meeting on the "Scandalous Women of Civil War Washington." Register at <https://librarycalendar.fairfaxcounty.gov/event/8284594>.

I wanted to reel in that enthusiasm for my film but was soon to find out that simply emailing all the motocross riders via email or reaching out on Facebook fell short for one reason or another. It might have been easier for some to sit back and talk a good game online, but when it came to action, I listened to the crickets.

If I did get any responses, they had moved out of the area and there wasn't the enthusiasm to do something online that could be used with the film. The plan was to finish it by Labor Day, but that was a loose deadline. I got the pictures I could off of the Facebook chatter page, and had a start.

June turned into July, and things started falling in place. I got a few leads, talked to some local motorcyclists that were willing, and went into action with my camera and microphone. Hauling around a tripod, camera and lavalier microphone conjured up memories of my communications internship in 1986, so even I reminisced.



PHOTO CONTRIBUTED

Throughout the 1970s, motocross riding at the local gravel pits was popular.

I pulled together photos, video clips, copyright free music and even rode my mountain bike through the gravel pits-Kingstowne area again, to see what I could see, and reached out to see if any of the locals wanted to be interviewed.

In the meantime, I designed a tee shirt, approached a printer with credit card out, and now ten of the people involved have a shirt to prove it. Soon, others inquired about the shirts so I may get the credit card out again, worry about the bill later. So far, any money spent on this has gone out, not in, but that's the life of a documentary filmmaker these days.

Visit the website: www.burkehistoricalsociety.org.

DOCENT TRAINING

Gunston Hall will begin training new volunteer docents in early October. Interested community members may apply by completing an application and scheduling an interview with a staff member. Volunteer docents work with school groups, summer camps, and Scout groups to help children better understand the past. Traditionally, these programs have been in-person. Many are now virtual. Each new docent learns techniques for giving tours and working with school children. Docents also explore historical material about George Mason, Gunston Hall, and life in the 18th century for members of the Mason family, as well as people they kept in slavery and their indentured servants, tenant farmers, and wage workers. For more information about becoming a docent, write to dylan.mccartney@gunstonhall.org or call 703-550-9220. Gunston Hall is located at 10709 Gunston Rd, Lorton, VA 22079.

COMMUNITY MARKET ON SATURDAYS

Workhouse Arts Center hosts its Community Market Every Saturday from 10 a.m. - 2 p.m. through October 30, 2021. Located at 9518 Workhouse Way, Lorton. September

celebrates Harvest Fest all month long. Local vendors include: Bites by Sam, Apple Juice Tea Party, Honeycakes, Bangkok Bites, Bowles by Bowles, Jen and Pat Designs

STEM NEEDS VOLUNTEERS

The AAAS STEM Volunteers Program, stemvolunteers.org, needs STEM professionals to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in school districts in the DC metro area during the 2021-22school year. If you care about K-12 STEM education and have time to share your knowledge with students and teachers, please send a note to bcalinge@aaas.org with your home address.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

Shepherd's Center of Fairfax-Burke sponsors a monthly meeting on

the 2nd Tuesday of each month, noon-1:30 p.m., for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or eileen.thompson1@gmail.com.

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

ONGOING

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

SEE BULLETIN, PAGE 5

www.ConnectionNewspapers.com

@BurkeConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
south@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Mike Salmon
Contributing Writer
msalmon@connectionnewspapers.com

Ken Moore
Contributing Writer
kmoore@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



Office Evolution

FROM PAGE 3

son and the manager of the new Fairfax center. “We’re happy with them, but always hope to get more referrals and members. We can accommodate 100-150.”

Office Evolution founder and CEO Mark Hemmeter called small business “the heartbeat of America – it just keeps going.” And, he told the attendees, “It’s heartwarming to see you all here today.”

“Today’s ceremony highlights and is a reminder of Office Evolution’s dedication to providing flexible, close-to-home, coworking, of-office space,” said Danette Nguyen, the City’s assistant economic development director. “We applaud their commitment to offering workspace where entrepreneurs can network, collaborate, innovate and thrive. It’s with great pride that we stand here to celebrate this milestone with you and welcome Office Evolution to Fairfax City’s business community.”

Agreeing, Jennifer Rose, executive director of the Central Fairfax Chamber of Commerce, said, “It’s exciting and heartwarming to see businesses opening again. The space is beautiful, and we’re so happy to have you in the City of Fairfax.”

Pleased, as well, was Fairfax Mayor David Meyer. “We’re in a time of rapid change, and this concept is the wave of the future,” he said. “People want to be near each other again. They also want high-quality, professionally designed, aesthetically pleasing space – but not in a 300,000-square-foot building on [Washington, D.C.’s] K Street.”

When considering where to open Office Evolution’s newest Northern Virginia business center, Fred Franke wanted something centrally located off I-66 and Route 50. And Fairfax City offered that and more.

“What attracted me to the City of Fairfax was the small-business and residential density, because our focus is on enabling small-business entrepreneurs to grow and prosper,” he said. “We provide of-office-space solutions that are safe, affordable and flexible. And we were pleased with the growth in the City, plus the welcoming spirit that different organizations – like the EDA and Central Fairfax Chamber of Commerce – extend to small businesses.”

One of the companies happily using office space at this location is ALIASS (American Legal Investigations & Support Services), which does private investigations. It’s been in Fairfax City since 1996, already has three offices in Office Evolution’s new building and is adding a fourth this month.

“Because of the pandemic and employees working virtually, our owner, DeVon Cunningham, decided the space we were in was no longer cost-effective,” said Tony Stefano, manager of the Investigation Department. “We moved here May 1.”

“I absolutely love it because it’s inviting and open,” he continued. “Having seen other virtual spaces, this is a much better layout, by far, and the management and ownership are welcoming. We have all the services and equipment we need – and even free coffee.”

For more information, call 571-407-2001 or go to officeevolution.com/locations/fairfax.

BULLETIN BOARD

FROM PAGE 4

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science’s STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

Haven of Northern Virginia is committed to offering, support, compassion, information and resources to the bereaved and seriously ill. Volunteers provide individual and group support to those suffer-

ing from a loss. Volunteers must participate in a 30 hour training. Training will be offered in October 2018. To volunteer, call Haven at 703-941-7000.

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services’ BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

SEE BULLETIN, PAGE 9

THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer’s Association Walk to End Alzheimer’s® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don’t stop when something’s in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer’s and all other dementia.

It’s time to add your flower to the fight.



JOIN US AT
ALZ.ORG/WALK



Additional Walks available. Find one near you at alz.org/walk

OCTOBER 9 THE NATIONAL MALL
OCTOBER 24 RESTON TOWN CENTER

2021 NATIONAL PRESENTING SPONSORS

Edward Jones CVS Health

**Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!**

TWO POOR TEACHERS Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed
Since 1999



Free Estimates 703-999-2928

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com



Kemal Kurspahic with the editorial staff of the Sarajevo newspaper Oslobođenje in 1993.



Legendary editor Kemal Kurspahic died Sept. 17 at the age of 74.



Kemal Kurspahic, center, welcoming then-Senator Joe Biden to the ruins of the bombed headquarters of the Sarajevo newspaper Oslobođenje in 1993 at the frontline of the besieged city.

‘Courage in Journalism’ Kemal Kurspahic dies at 74.



Kemal Kurspahic with sons Mirza, left, and Tarik.



Kemal Kurspahic with his wife Vesna.



Kemal, Vesna, Mirza and Tarik Kurspahic on the Charles river in 1994.

BY JEANNE THEISMANN
THE CONNECTION

Kemal Kurspahic, the managing editor of The Connection Newspapers, died unexpectedly Sept. 17 as a result of a stroke he suffered after a minor surgery. He was 74.

“We are heartbroken and devastated,” said Connection Newspapers publisher Mary Kimm. “There aren’t words for what having Kemal as our heart and anchor at the Connection has meant to us, or how crushed we are by losing him.”

Kurspahic was the acclaimed ed-

itor-in-chief of Oslobođenje, Sarajevo’s daily newspaper, from 1988-1994. He oversaw the publication of the newspaper during the three-year siege of the city in the 1990s. During that time he survived serious injuries suffered during a car crash while under intense sniper fire, an incident that would leave him with a lifelong limp.

“Global journalism lost a hero today,” said NPR correspondent Tom Gjelten upon learning of Kurspahic’s death. “He published Sarajevo’s newspaper every single day during the siege, holding a multi-ethnic staff together in the midst of interethnic strife.”

“Global journalism lost a hero today.”

— Tom Gjelten,
NPR correspondent

Kurspahic was born Dec. 1, 1946, in Mrkonjic Grad, Bosnia Herzegovina. He became a correspondent for Oslobođenje as

a high school freshman in Sanski Most in October 1962. At Belgrade University Law School, he was an editor of the weekly magazine Student during student protests that swept Europe in 1968. He continued as a correspondent for Oslobođenje in Belgrade in 1969, and since then was a correspondent in Jajce (1971-1973), editor of Sports, Politics and Newsroom de-

partments in Oslobođenje (1974-1981), the UN correspondent in New York (1981-1985), and deputy editor-in-chief (1985-1988).

In December 1988 he became the first editor-in-chief elected by the editorial staff of Oslobođenje.

Under his leadership, the paper waged three battles for freedom of press: breaking from the League of

SEE KEMAL, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

PHOTOS CONTRIBUTED

Kemal Kurspahic Dies at 74

FROM PAGE 6

Communists control; defending its independence against nationalist parties in power in 1991; and publishing daily from an atomic bomb shelter during the siege of Sarajevo, 1992-1996.

For his efforts, Kurspahic received numerous awards, including the Courage in Journalism Award in 1992 (International Women's Media Foundation); the International Editor of the Year (World Press Review) and the Bruno Kreisky Award for Human Rights in 1993; the World Press Freedom Hero in 2000 (International Press Institute); and the Dr. Erhard Busek Award for Better Understanding in the Region in 2003 (South Eastern Europe Media Organization).

"Dad was always looking to make the world and his community a better place and journalism was his tool to do that," said Kurspahic's son Mirza. "Bringing together good people that had a similar mission in their lives was what we were exposed to all along and because of that we owe a great debt of gratitude to him. We learned from him and everyone that he has been involved with how to try to make our own communities a better place."

In 2000, Kurspahic was named one of the 50 Press Freedom Heroes from the last 50 years by the International Press Institute, citing "significant contributions to the maintenance of press freedom and freedom of expression" and "indomitable courage."

"It's easy to see he was a hero to many but the humility he displayed taught us to be humble as well," Mirza Kurspahic added. "It is difficult to stay humble but he made that look so easy. It came natural to him - to never look down on anyone and always offer a helping hand."

Kurspahic was a Nieman Fellow at Harvard University, a Clark Fellow at Cornell University, and a Senior Fellow at the U.S. Institute of Peace. He held lectures and seminars at universities across the U.S. and advised the highest-level decision makers of U.S. foreign policy, including President Bill Clinton and then-Senator Joe Biden.

Kurspahic served as the Managing Editor of The Connection Newspapers in Northern Virginia, 1997-2001 and again 2007-2021. Former editor Steven Mauren was a longtime colleague of Kurspahic.

"When publisher Mary Kimm first received Kemal's resume with his international stature for a position as a community newspaper editor at the Connection, she



Kemal Kurspahic with President Bill Clinton in Washington in April, 1993, six weeks after Biden visited Kurspahic and his paper in Sarajevo.

PHOTOS CONTRIBUTED

'Global Journalism Lost a Hero Today'

Tom Gjelten www.facebook.com/tgjelten

"Global journalism lost a hero today. Kemal Kurspahic, the legendary editor-in-chief of Oslobodjenje, Sarajevo's daily newspaper, died as an exile in northern Virginia after suffering a stroke following minor surgery. I met Kemal in Sarajevo in 1993. He oversaw the publication of his newspaper every single day during the three-year siege of his city by murderous Serb nationalists who were determined to shut the city down. Kemal negotiated with the U.N. for newsprint and with local warlords to get fuel on the black market to keep his presses running. He promised his staff that Oslobodjenje would continue publishing "as long as Sarajevo exists," and he kept that promise. The paper got smaller and the press run was limited, but Oslobodjenje under his leadership became a symbol for Sarajevo of its own determination to survive. But not just as a symbol of perseverance. It represented as well the city's commitment to its own multi-ethnic identity. A Muslim married to a Serb, Kemal presided over a multi-ethnic staff, and the newspaper thereby stood for Sarajevo's remarkable cosmopolitan character. He also insisted that his reporters tell the war story honestly and accurately, even when it meant challenging his own government's interpretation of events. I was so inspired by the Oslobodjenje story under Kemal's leadership that I wrote a book about it, seeing its struggle as representing the ideological element of the larger Bosnian war story. After suffering grievous injuries during a car crash under intense sniper fire, Kemal went into exile and wrote his own book, titled appropriately "As Long As Sarajevo Exists." Remarkably, he ended up in northern Virginia as editor-in-chief of the Connection newspapers, serving a suburban DC population that exemplified the same multi-ethnic character he had defended in Bosnia. His journalistic and human values are an example for journalists everywhere. RIP, Kemal."

thought we could benefit just from meeting him, never thinking he would join," Mauren said. "He did; and our newsroom benefited inestimably from his depth of experience, his collegial leadership, and his always unruffled, reassuring demeanor."

Kurspahic was the Chairman and Founder of the Media in Democracy Institute, based in the Washington, D.C., area and the author of four books.

As a diplomat he worked for five years (2001-2006) for the United Nations Office on Drugs and Crime, first as the Spokesman in Vienna and then as the Caribbean Regional Representative, responsible for 29 states and territories.

Kurspahic is survived by his high school sweetheart and wife of 52 years Vesna Kurspahic, their two

sons Tarik (Mary Beth), of Lexington, Mass., and Mirza (Kristine), of Centreville, and four grandchildren (Andrew, Brynna, Rory, and Nev).

"Having a leader like Kemal in our newsroom was special magic," Kimm said. "He was always teaching, sometimes directly, always by example. He embraced community journalism and helped reinforce how important local reporting is to the community."

Added Kurspahic's son Tarik, "Dad was always surrounded by brilliant people in all sorts of different fields. We are grateful to have been able to travel all over the world following his work, giving us such a broad perspective on life. But in the end to us he was just 'Dad,' larger than life and to me my hero."



2021-2022 Season

Tickets on sale now!

OCT

Beethoven's Fifth & Rhapsody

Saturday, Oct 2, 2021 • 7:30 p.m.

Sunday, Oct 3, 2021 • 3:00 p.m.

Featuring:

- Beethoven's Fifth Symphony
- Gershwin's *Rhapsody in Blue* with sparkling virtuoso, Michelle Cann
- Copland's *Fanfare for the Common Man*
- *Umoja* by Valerie Coleman, recently commissioned by the Philadelphia Orchestra.

Adult: \$20-\$85 Student: \$15 Youth: \$5
(703) 548-0885 • www.alexsym.org

The annual Newcomers and Community Guides for each of our 8 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made and other vital community information.

THE CONNECTION
Newspapers & Online

Alexandria
Gazette Packet

Mount Vernon Gazette

POTOMAC
ALMANAC

Publishes:
Sep 29, 2021

For Advertising: Call 703.778.9431 or Email sales@connectionnewspapers.com

**2021-2022
NEWCOMERS &
COMMUNITY GUIDE**

Perfect Advertising Opportunity for:
Hospitals | Healthcare | Wellbeing | New Homes |
Realtors | Schools | Malls | Shopping Centers |
Professional Services | And Much More

Come Celebrate, Curtain Going Up

Live, in-person show-time returns to Center for the Arts.

BY DAVID SIEGEL
THE CONNECTION

“We are eagerly anticipating the return of live performances to the Center for the Arts,” said Rick Davis, Dean of the George Mason University College of Visual and Performing Arts. “Our signature kickoff event, known for 15 years as ‘ARTS by George!’ has been reimagined this year in response to the pandemic. We’re calling it ‘Arts Emerging’ as a way of celebrating resilience and recovery, and the role the arts have played and continue to play in our communities.”

“Arts Emerging’ will be a festive, energetic, outdoor/indoor, family-friendly showcase of artistry, and a perfect way to turn the corner into a new season.” added Davis. The event is on Sept. 25, 2021.

The 2021-22 season includes some artists and events that the Center for the Arts was able to reschedule after pandemic cancellations last year, including “Cartography” an innovative and timely work about five young refugees who have set out searching for a new place to call home. It is an extraordinary multidisciplinary creation and includes an artist residency component led by co-creator Kaneza Schaal in which the artists will spend

time interacting with various Fairfax communities both on and off the Mason campus.

“Cartography” creates an interactive on-stage virtual storm that rises up in response to the actors’ voices, and uses cell phones to depict memories. It features live sculpture creation to represent their journeys. And the audience has an active part to play. The performance will be on Saturday, Oct. 2, 2021.

With the pandemic, “We’ve counted our breaths. We are also in a crisis of global proportions; many people are newly understanding their connection to other parts of the world, their direct connection to the breaths of others. Theater has always lived at this intersection – a small immediate community sharing big questions about the world,” said Schaal.

“And this is what “Cartography” is about, how we can gather in the theater together to remember all the journeys, recent and generations passed, that brought us here.”

Mason’s Center for the Art has a long history of presenting outstanding artistic experiences for the Northern Virginia community. The CFA opened to the public in October 1990 and has grown as Northern Virginia’s go-to performance venue. The CFA’s 2021-2021 season of “Great Performances at Mason” is no exception, presenting an incredible range of diverse artists and events.



PHOTO BY ELMANSTUDIO/COURTESY GMU CFA

“Cartography” cast (L-R) Victoria Nassif, Vuyo Sotashe, Malaika Uwamahoro, Janice Amaya, and Noor Hamd

Where and When

“ARTS EMERGING” AND “CARTOGRAPHY”

presented by George Mason University Center for the Arts, 4400 University Drive, Fairfax, VA. 22030.

❖ “Arts Emerging,” Saturday, Sept. 25, 2021, 5 p.m. to 9 p.m. Tickets: \$10 per person. Proceeds support student scholarships in Mason’s College of Visual Performing Arts, Mason Community Arts Academy, Green Machine Ensembles, and the Great Performances at Mason season at the Center for the Arts. Sponsorship opportunities also available.

Schedule:

5 to 7:30 p.m.: Student and alumni showcases and exhibitions on and around Holton Plaza, food and drink available for purchase

8 to 9 p.m.: Main stage student and alumni performance in the Center for the Arts

❖ “Cartography” on Saturday, Oct. 2, 2021, 7p.m. Tickets: \$46, \$39, \$28, half-price for youth through Grade 12. Note: “Cartography” is recommended for ages 10 and older.

For information and tickets go to: www.gmu.cfa.edu or call 703-993-2787.

Note: Health and safety requirements. Everyone, even those who are fully vaccinated, must wear a face covering when inside university property (buildings and vehicles). Seating will be at full capacity for indoor performances except for Family Series events. Outside fresh air supply has been increased by 50% and ventilation systems are running continuously to increase the exchange of air. Details at www.cfa.gmu.edu/plan-your-visit/what-expect

Halloween Is Coming

Get in the fright-night mood with all new outdoor haunted trail at the Workhouse Arts Center.

BY DAVID SIEGEL
THE CONNECTION

Northern Virginia’s outdoor, walk-thru haunting tradition returns at the Workhouse’s annual “Haunt.” This year’s all new version is “The Collection.”

This year’s Haunt will immerse guests in a highly-themed walk-through experience with creepy characters delivering contactless scares in multiple scenes. Guests will travel about the Workhouse campus to rarely visited areas in small groups for a 30-minute experience of abandoned, historic buildings and into the night-time woods.

“It was important for us to create an experience that was both highly entertaining and safe for all attendees and participants.” said Leon Scioscia, president/CEO, Workhouse Arts Center.

“All staff, actors, stage technicians, other

contractors, and volunteers will be required to either be fully vaccinated against COVID-19 or provide a negative COVID-19 test

prior to the start of each weekend’s performances.” Scioscia said. Guests are asked to wear a mask while on campus.

The Workhouse live, in-person, “Haunt: The Collection” is not only for patrons’ entertainment, but as an extension of the Workhouse Performing Arts Program. The “Haunt” is providing opportunities for local youth to practice their acting skills, set production and overall theatrical skills.

“We are truly pleased to provide an artistic outlet for our young actors, set designers, stage technicians, and volunteers alike to participate safely in creating this incredible production,” said Joseph Wallen, director, Workhouse Performing Arts.

Even with the many challenges presented by the pandemic, “the outdoor, walk-thru design of ‘The Collection’ will allow visitors to enjoy the Halloween season despite COVID-19,” said Caroline Blanco, chair,

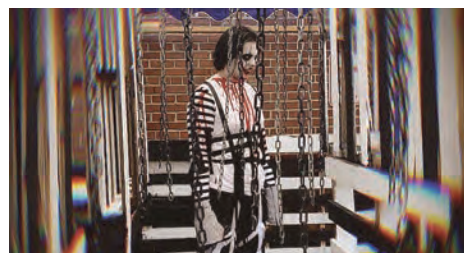


PHOTO BY MORGAN PRESCOTT

David Blanco in character for Workhouse Arts Center outdoor immersive “Haunt: The Collection.” Weekend nights Oct. 3 to Nov. 6, 2021.

Workhouse Board of Directors and co-chair of the Workhouse Haunt design team.

“People should definitely come check us out. I personally think we are one of the scariest haunted attractions in the state of Virginia.” said Alex Hansohn, one of the volunteers involved in “The Collection.”

For participant David Blanco, “the Workhouse enables my creativity by allowing me to bring out some ideas I have for how to design a haunted house. I am most excited to be back.”

“This year’s story is better than ever and you will get to see stuff you have never imagined before.” added Morgan Prescott who helped design the event and plays one of the unscripted creative characters on the haunted trail.

Where and When:

WORKHOUSE ARTS CENTER PRESENTS

“Haunt: The Collection” at 9518 Workhouse Way, Lorton, VA 22079. 15 weekend nights Sunday, Oct. 3 to Saturday, Nov. 6, 2021. Fridays and Saturdays, 7-11 p.m. and Sundays, 7-10 p.m. Recommended for guests 13 years of age and older. Timed-entry tickets available and must be purchased online. Tickets priced from \$25 per person on most nights and \$30 per person on Premium RIP Nights. Tickets pricing varies upon the night. For details, tickets, and health and safety information go to www.workhousearts.org.

Get ready to explore the Workhouse’s annual October “fright” event for something fun, frightening and highly entertaining.

Note: Opening night on Oct. 3, the Workhouse will honor area’s first responders, teachers, active military, veterans, and health care workers by offering free admission when they reserve a timed entry ticket online and present a valid ID upon arrival at the Ticket Booth on campus. There will be premium nights with additional live entertainment on Oct. 16, 23, 30 and 31.

This is an outdoor event. The route includes paved and unpaved surfaces. Guests are cautioned to wear appropriate footwear. Snacks and beverages will be available for purchase at the Haunt Bar, located near the check-in area in the campus quad.

Fairfax Peak Informational Open House

Fairfax County will host a community information and outreach meeting at the Workhouse Arts Center in Lorton this Saturday, Sept. 25, from 11 a.m. to 2 p.m. for community members to learn more about the proposed Fairfax Peak snow sports facility at the I-95 Landfill.

Fairfax County and Alpine X, the Netherlands-based company that submitted the proposal, will have a tent at the Workhouse Community Market Day where attendees can stop by to learn about the project. Two short formal presentations are planned for 11:30 a.m. and 1:30 p.m. Visual displays of the project and QR codes for more info will be provided.

Narrated bus tours of the site also will be available. Seats on the bus should be reserved in advance. Any unreserved seats will be available to walk-up passengers.

In 2019, Alpine-X submitted a public-private partnership proposal to the county to

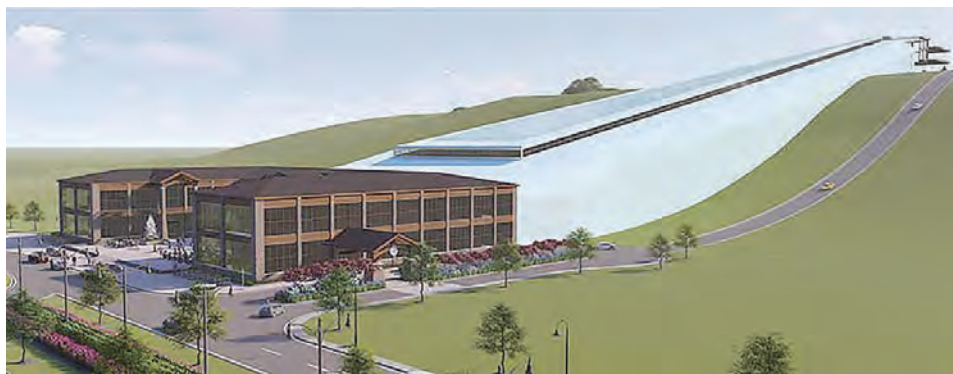


IMAGE COURTESY OF ALPINE-X

The I-95 landfill in Lorton could become home to the longest indoor ski slope in North America and one of the longest in the world.

build a 450,000- square-foot facility with an expected 1,700-foot ski slope. The summit would reach an altitude of about 280 feet. The complex could contribute to Laurel

Hill's development as a regional recreation hub and arts destination. The facility would complement the existing equestrian center, Laurel Hill Golf Course and Workhouse Arts Center facilities.

Fairfax County is in process of the formal procurement. The project is contingent on the company successfully achieving any required land-use entitlements to allow for the proposed uses. This event is being held in advance of public hearings and Board of Supervisors actions anticipated to occur this fall and over the winter. More information on the proposal and next steps can be found on the Fairfax Peak web page.

In addition to the outreach event, community members can attend the Community Market at the Workhouse Arts Center, receive free admission to the Lucy Burns museum and visit the Occoquan Arts and Craft Show. Parking shuttles run every 15 minutes from the Workhouse parking lots.

<https://www.fairfaxcounty.gov/publicaffairs/fairfax-peak-one-worlds-longest-indoor-ski-slopes-may-be-built-fairfax-countys-i-95-landfill>

CALENDAR

THURSDAY/SEPT. 23

Best of Film at Mason Showcase. 7:30 p.m. At GMU's Johnson Center Cinema, Fairfax. Come celebrate the work of GMU's film students. This year's program of inventive short films captures the creativity and passion of Mason student filmmakers working during the pandemic. A variety of genres will be highlighted in the program, including drama, comedy, and documentary. Free and open to the public. The lineup includes: "Stuck" by Alexander Hammett; "Trini Girls" by Kenge BaNikongo; "Jonesy" by Christian Drutt; "Woken From a Dream" by Taj Kokayi; "Behind the Notes" by Jada Salter; "Taking a Stroll" by James Fedorko.

THURSDAY/SEPT. 23

Boomers and Beyond Academy. 9-11:30 a.m. Virtual event. Join AARP Virginia and the Osher Lifelong Learning Institute at George Mason University (OLLI Mason) for the Boomers and Beyond Academy. A special three-day virtual event designed to help you make plans for better living. Learn about the positive powers of lifelong learning, tips for determining if you are on track for a secure financial retirement, practical strategies to help you achieve retirement peace of mind, and more. You will get information about important life matters that you are faced with today or may face tomorrow. These tips and tools will help you make your own decisions about how you want to live. Visit www.aarp.org/boomeracademy. The program will be divided into three sessions: Sept. 23 from 7-8:30 p.m.

SATURDAY/SEPT. 25

Nature Fest. 2-4 p.m. At Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Celebrate all things nature! Through exploration of the park, crafts, and games, learn about our area's ecosystems and unique plants and animals. Cost is \$9. Visit the website: <https://www.fairfaxcounty.gov/parks/hidden-pond/>

SATURDAY/SEPT. 25

Living History Presentation. 2 p.m. At Historic Blenheim, 3610 Old Lee Highway, Fairfax. Topic: Seeing the Elephant: Soldiers, Civilians, and Enslaved Peoples' Experience in the Civil War. In the Civil War "seeing the elephant" (battle, combat) weighed on the minds of soldiers and civilians. Listen to the words of Civil War soldiers as they prepared for combat and prepared for hardships and risks of war. Hear the stories of women, enslaved people, and free black people who made difficult decisions to preserve their homes or lives during this cataclysmic period of the United States of America. Presented by the 17th Virginia Infantry, Co. D, Fairfax Rifles Living History Group and guests as we mark the 160th anniversary of the American Civil War. Call 703-591-0560.

SATURDAY/SEPT. 25

Arts Emerging: A Celebration of Renewal. 5-9 p.m. At GMU Center for the Arts, Fairfax. One-night only family-friendly extravaganza full of arts, food, and community to celebrate the return of the arts to campus and the 20th anniversary of Mason's College of Visual and Performing Arts. From 5 to 7:30 p.m. -- Student and alumni showcases and exhibitions on and around Holton Plaza, food and drink available for purchase. From 8 to 9 p.m. -- Main stage student and alumni performance in the Center for the Arts.

SATURDAY/SEPT. 25

15th Annual Polo Classic. Noon. The Northern Virginia Therapeutic Riding Program (NVTRP) will hold its 15th Annual Polo Classic at Great Meadow in The Plains, VA. Guests will be treated to an afternoon of polo, live and silent auctions, music, drinks and dining in the heart of Virginia's hunt and wine country. The event will benefit NVTRP's mission to provide equine-assisted services to children and adults with disabilities, youth-at-risk, military service personnel and their families. Special events include music by local artist, Janel Daliya, the

Color Guard of St. Andrew's Society of Washington, DC accompanied by NVTRP military riders and NVTRP therapeutic riding clients participating in a halftime quadrille - a choreographed drill pattern on horseback set to music.

SATURDAY/SEPT. 25

40th Annual Fall Civil War Mosby Bus Tour. Sponsored by the Stuart - Mosby Historical Society. The bus will leave Truro Parish, 10520 Main Street, Fairfax City, promptly at 8:30

a.m. The tour will stop at Waveland Farm, Stoke, Yew Hill, Mount Carmel, and more. The bus will arrive back around 5:30 p.m. Cost is \$65 members of the Stuart-Mosby Historical Society; \$75 for non-members. Please arrive before 8 a.m. to sign in. To sign up, contact Don Hakenson at 703-971-4984 or email dhakenson@verizon.net.

SEPT. 25-26

PBR Pendleton Whisky Velocity Tour. At EagleBank Arena, Fairfax. For

two nights only, some of the best bull riders in the world will battle the sport's rankest bovine athletes in the ultimate showdown of man vs. beast in one of the most exciting live sporting events to witness. Begins at 7:00 p.m. on Saturday, September 25 and 2:00 p.m. EDT on Sunday, September 26. Tickets are \$15. Tickets can be purchased at the EagleBank Arena Box Office, online at Ticketmaster.com or PBR.com, or by calling PBR Customer Service at 1-800-732-1727.

BULLETIN BOARD

FROM PAGE 5

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.fairfax-station.org, or call 703-425-9225 for more.

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@volunteer-fairfax.org

or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org. Shepherd's Center of Fairfax-Burke serves those 50 and older who no longer drive. Volunteer drivers are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. Office workers are needed to answer phones in the SCFB office (Monday-Friday) to match drivers and those who need rides. Call 703-323-4788.

COMMUNITIES OF WORSHIP

JCC JUBILEECHRISTIANCENTER
"Loving People to Life"
Worship Gathering - Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sun. Evening - Realtime Worship & Youth 6 PM
Family Night - Wednesday 7:15 PM
Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups
Visit our Website: jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170



**To Advertise Your
Community of Worship,
Call 703-778-9418**

Medicare has changed.

Find out how it can affect you.

For **FREE** Medicare Supplement information from Physicians Life Insurance Company, call:

1-833-657-1636

or visit MedSupBenefit.com/vapress

We are not connected with, nor endorsed by, the U.S. Government or the Federal Medicare Program. I understand I have no obligation. This is a solicitation of insurance. A licensed agent/producer may contact you. (MD, VA: These policies are available to people under age 65 eligible for Medicare due to a disability). (VA: For a complete description of policy exclusions, limitations, and costs or other coverage details, please contact your insurance agent or the company). Policy form number L030, L035, L036, L037, L038, F001, F002, (OK: L030OK, L035OK, L036OK, L037OK, L038OK; TN: L030TN, L035TN, L036TN, L037TN, L038TN, F001TN, F002TN, L030VA, L035VA, L036VA, L037VA, L038VA). 6243_A

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Employment

57 Year Old Vienna Based Travel Club

Is hiring a part time bookkeeper

16 hours/ 2 days per week
Computer and accounting knowledge required

Friendly staff and great working environment!

Send resume to:
tvorm@shillelaghtravelclub.com

Legals

ABC LICENSE

All Rice 4289 LLC trading as All Rice Thai, 7001 L Manchester Blvd., Alexandria, VA 22310-3212. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Chantira Sungkijboon, Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Services

PRESSURE WASHING PROS

In Business for 25 Years



- Soft Wash
- Deck Cleaning/Staining
- Fences
- Driveways

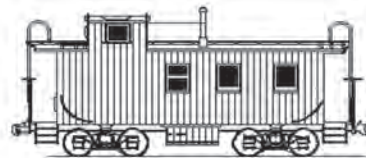
pwashingpros.com

(703) 378-8645

Call the licensed and bonded pros with the best pricing in the NoVA area today.

Announcements

Announcements



Proposed Ordinance Adoption for the Town of Clifton, Virginia Regular Town Council Meeting October 5, 2021

Notice is hereby given that the Town Council of the Town of Clifton, Virginia will consider the adoption of an ordinance as required by, and in conformance with, legislation passed by the General Assembly that all elections after January 2022 shall take place in November of even-numbered years at the regular meeting of the Town Council, to be held on Tuesday, October 5, 2021 at 7:30 PM. The proposed ordinance will be posted on the Town's website cliftonva.gov and a hardcopy will be posted at the Clifton Post Office, 12644 Chapel Road, Clifton, VA 20124. All interested parties are encouraged to attend the meeting.

Services

Fairfax Plumbing NV Inc A-Z Plumbing Service.

Drain Cleaning
Gas Piping & More
Family Owned 35 YR Exp.

\$35
coupon

Tel: 703-987-5319

Legals

In accordance with New York law, the National Rifle Association of America announces that its Annual Meeting of Members will be held October 2, 2021 at 9:00 a.m. in Charlotte, North Carolina in the Symphony Ballroom at the Sheraton & Le Meridien Charlotte Hotel Complex.

Legals

NOTICE OF SALE OPEN TO THE PUBLIC

Unit# 5007 Amanda West
Unit# 2016 Sandra Stitt
Unit# 2045 Richard Boomer

According to the lease by and between the listed tenant and TKG StorageMart and its related parties, as-signs and affiliates IN ORDER TO PERFECT THE LIEN ON THE GOODS CONTAINED IN THEIR UNITS. THE MANAGER HAS CUT THE LOCK ON THEIR UNIT AND UPON CUSORY INSPECTION THE UNIT(S) WAS FOUND TO CONTAIN: Clothes Dresser, Totes, TV, Table, Computer, Bags, Bikes, Jewelry, Popcorn Machine, Hover Board, Paintings, Purses ITEMS WILL BE SOLD ONLINE VIA WWW.STORAGETREASURES.COM OR OTHERWISE DISPOSED OF ON 10/15/2021. AT THE ADDRESS LISTED BELOW TO SATISFY OWNERS LIEN IN ACCORDANCE WITH STATE STATUTES. TERMS OF SALE ARE CASH ONLY, NO CHECKS WILL BE ACCEPTED. ALL GOODS ARE SOLD IN "AS IS CONDITION". BUYERS MUST PROVIDE THEIR OWN LOCKS. SELLER RESERVES THE RIGHT TO OVERRIDE ALL BIDS. ALL ITEMS OR SPACES MAY NOT BE AVAILABLE ON THE DATE OF THE SALE.

TKG StorageMart #1851
11325 Lee Highway
FAIRFAX, VA 22030
703-352-8840 option 2

Leaf Filter

GUTTER PROTECTION

BACKED BY A
**YEAR-ROUND
CLOG-FREE
GUARANTEE**

EXCLUSIVE LIMITED TIME OFFER!

15% OFF & **10% OFF**
YOUR ENTIRE PURCHASE*
+ 5% OFF TO THE FIRST 50 CALLERS ONLY**

SENIORS & MILITARY!

WE INSTALL YEAR-ROUND!



FINANCING THAT FITS YOUR BUDGET!

Promo Code: 285

*Subject to credit approval. Call for details.

CALL US TODAY FOR
A FREE ESTIMATE

1-877-614-6667

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. **Offer valid at time of estimate only. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. Manufactured in Plainwell, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB# 1035795 DCPL #10782658-5501 License# 7656 License# 50165 License# 41354 License# 69338 License# 126344 License# 218294 WAUB# 608 253 977 License# 2102212985 License# 2106212945 License# 2705182153A License# LEAFNW8222 License# WW056912 License# WC 29598 H17 Nassau HC License# H01052000 Registrations# 125442 Registrations# HC 0649805 Registrations# C122229 Registrations# C122230 Registrations# 36620518 Registrations# PC6475 Registrations# IR231804 Registrations# 13VH09553900 Registrations# PA069383 Suffolk HC License# 52229-H License# 2705169445 License# 267000022 License# 262000403 License# 0085990 Registrations# H-19114

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
844-947-1479

FREE

7-Year Extended Warranty*
A \$695 Value!

Limited Time Offer - Call for Details

Special Financing Available

Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

GENERAC



MCLANE

MOVE

FORWARD

WITH MCLANE

SCAN TO VIEW
ALL OPEN JOBS!



Warehouse Teammates in Fredericksburg, VA

\$1,500 Retention Bonus | Multiple Shifts & Positions Available

Full & Part-Time Positions

McLaneMidAtlanticJobs.com

McLane Company, Inc. is committed to hiring and retaining a diverse workforce. We are proud to be an Equal Opportunity Employer, making decisions without regard to race, color, ethnicity, national origin, sex, sexual orientation, gender identity, religion, age, disability, veteran status, genetic information, or any other characteristic protected by local, state or federal law.

Convention Coin, Currency and Stamp Show

September 24, 25 & 26

Fredericksburg Expo & Conference Center

2371 Carl D. Silver Parkway, Fredericksburg, VA 22401 (I-95 Exit 130B)



Show Times:
Friday and Saturday, 10am-6pm
& Sunday 10am-2pm

Free Admission
Free Parking

For information contact Richard Schornak
757-659-0235
rschornak@cox.net • www.vnaonline.org

Find us on Facebook
and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION
Newspapers & Online
The Connection to Your Community

www.connectionnewspapers.com

Can Mentally Challenging Games Prevent Cognitive Decline?

Consistent brain fitness connected to improved memory, reasoning and processing.

BY MARILYN CAMPBELL
THE CONNECTION

Every Sunday evening after church, 78-year-old Roger Knight has dinner with his two children and five grandchildren at his home in Alexandria. He plays chess with his 16-year-old grandson and does crossword puzzles with his 8-year-old granddaughter.

"Playing games is a way of having fun with my grandchildren," he said. "They keep me feeling young, especially when I beat them."

In the same way that exercise is credited with maintaining physical health, mental exercise has been linked to slowing down cognitive decline that can come with age.

"Memory, reasoning and processing ... are three cognitive domains which do decline with age," said Catherine Diaz-Asper, Ph.D., Department of Psychology at Marymount University, who studies mild cognitive decline and Alzheimer's disease. "Howev-

er, I think the message here should be that by engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

Programs like ElderLink, a nonprofit partnership between Inova Health System and the Fairfax Area Agency on Aging Programs, can provide resources for seniors who are looking for mentally challenging activities. "We recognize that brain exercises reduce the risk of cognitive decline," said Trina Mayhan-Webb, director of the Fairfax County Department of Family Services' Adult and Aging Division. "We provide evidenced-based, structured, fun activities to enhance cognitive memory skills."

"Research demonstrates that there are several steps aging adults may take to maintain and support brain functioning," said Tracey Smith-Bryant, Professor of Psychology at Montgomery College. "Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily." She recommends apps like Lumosity and Elevate, and activities like chess, sudoku or working cross-

word puzzles.

AARP offers a brain health program called Staying Sharp, but cautions against believing that en-

gaging in mentally challenging games is a magic formula for eliminating cognitive decline.

"Games can be fun and engaging, but they are not the answer to prevent dementia the way many people think due to advertisements they have seen for brain games," said Sarah Lenz Lock, AARP senior vice president of policy, and Global Council on Brain Health executive director.

"People who use their brain like a muscle, exercising it by thinking, learning new things and challenging themselves seem to build up [their] cognitive reserve as they age

so they might be more resistant to adult cognitive diseases," Lock said.

Engaging in activities that stimulate your brain could delay onset of the symptoms of decline that some people experience as they age, said Lock. "Scientists describe that as cognitive resilience," she said. "If you truly want to slow cognitive decline, choosing a healthy lifestyle with habits like regular exercise and physical activity, a heart healthy diet, regular sleep, so-

cial interaction, and effectively managing stress combined with engaging your brain is recommended."

There are a variety of games that target specific areas of concern such as memory or processing. "Certain games help you practice particular skills," said Lock. "If a game encourages you to work on a particular skill enough, and ... what you do to play it becomes progressively more difficult, you will likely get better at those skills over time. That is even true for skills that generally seem to get harder as we age, like recalling names or the ability to pay attention."

"While the science is still developing on this issue, there is some evidence that high

quality cognitive training can help you maintain your abilities because of the practice effects, and because that training becomes progressively more difficult so that you continue to learn new things," said Lock.

"My recommendation would be to seek out varied activities that interest you and really make you think," added Diaz-Asper. "You don't need to invest in expensive apps or computer training programs to see benefits."

By engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

— Catherine Diaz-Asper, Ph.D.,
Marymount University

"Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily."

— Tracey Smith-Bryant,
Montgomery College

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004
FOR ADVERTISING INFORMATION

ELECTRICAL ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

LANDSCAPING LANDSCAPING

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup...

Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience — Free estimates
703-868-5358

24 Hour Emergency Tree Service

ProDrainage
A JES Services, Inc. Company
Eco-Friendly Landscape Drainage Experts
Drainage, Erosion, Landscaping, Hardscaping, Patios, Retaining Walls & More
Your Neighborhood Company since 1987
703-772-0500 www.ProDrainage.com
VA. Licensed Class A Contractor

Sign up for
FREE DIGITAL SUBSCRIPTION
to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

You Wanna Bet?



By KENNETH B. LOURIE

No. Not really. Ever since I asked my father for \$10 to pay off a gambling debt (from a card game) I incurred in fifth or sixth grade some 50 plus years ago owed that I owed to Joey Friedman, older brother of Barry Friedman, my best friend at the time, I have been penny-wise and rarely pound/dollar foolish. The card game we were playing was called "Split the Up-rights." Two cards were drawn and placed on the table and similar to Black Jack/"21" it was mostly arithmetic (I realize that's minimizing the strategy involved.) The hope was to have the next card drawn from the deck being numerically between the two cards facing one another, #2 and a #10 as an example, and thus needing a 5 or any other number greater than 2 and less than 10 to win the cash. There was no strategy per se, just the level of risk one is willing to assume to bet on the random card to be drawn to be in-between the two facing cards. Then you win. How I ended up owing Joey Friedman so much money is beyond me, other than the fact that my card's number kept falling outside the numerical perimeters. But they most certainly did, and to a related effect, I sort of learned my lesson. A lesson which has mostly lasted a lifetime. Other than proposing to my wife, Dina, I've rarely wagered anything of value over all these intervening years.

Oh sure, over the years I've occasionally dabbled in football point spreads, over/under point totals, Super Bowl squares and NCAA brackets, but never had I over extended myself as I had all those many years ago. And I've mostly been true to myself in this regard. However, now comes online betting services like Fanduel, DraftKings, Caesar's Palace and MGM Grand, among others and regular, recurring television and radio advertising offering all sorts of unheard/impossible-to-lose enticements attempting to lure in us unsuspecting punters: "If any basketball team hits a "3," if any football team scores a touchdown," or if any tennis player hits an ace, as but a few of their hard-to-lose bets. Now granted, you can't actually get the cash this initial bet made you, but you can parlay that into another bet where your risk of loss is much greater and your dollars are likely to make less cents. They don't call it gambling for nothing. Nor are they in business to reward your betting acumen with huge payouts. But unlike the local Lotto's motto where you have to play to win, with the online services, there is no motto other than play at your own risk. (And if you develop a gambling problem, call 1-800-IGAMBLE. And if you do indeed want some help, you better listen very carefully as the spokesperson speaks this advisory incredibly fast.)

So far however, unlike the Borg, resistance has not been futile. I have not as yet taken the bait as I fear it will be a "Roach Motel" kind of outcome: I won't die, but I'll go in/place my bet, but never come out alive/realize any profit. What I will realize is that I'm likely betting uphill, with very little reliable information at my disposal to help me win the day and enable me to actually take my winnings in cash rather than an amount of money with which I can continue to bet. Presumably, their business model doesn't show the bettors winning. It bets that once bitten we'll eventually throw whatever caution we had not just out the window but onto our credit card. Wham bam. Can you say Joey Friedman? I can and I have said so for many years. It won't simply be good money after bad. It will be any and all money for a chance to get whole again. The problem is, I doubt the online gambling services are interested in my ever getting whole again. I refer to this as "The Whole Truth."

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

Jack Taylor's

ALEXANDRIA TOYOTA

SEPTEMBER SAVINGS EVENT

WE NEED TRADES!

GET OVER KELLEY BLUE BOOK VALUE FOR YOUR TRADE THIS WEEK!



ENJOY HUGE SAVINGS DURING THIS EXCLUSIVE EVENT!

NEW 2022 TOYOTA COROLLA LE SDN

LEASES STARTING FROM...

\$199 /MO



MODEL# 1852. MSRP \$21,520. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

NEW 2021 TOYOTA CAMRY LE SDN

LEASES STARTING FROM...

\$249 /MO



MODEL# 2532. MSRP \$25,965. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

NEW 2021 TOYOTA VENZA LE

LEASES STARTING FROM...

\$259 /MO



MODEL# 2810. MSRP \$33,645. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

NEW 2021 TOYOTA SIENNA HYBRID LE

LEASES STARTING FROM...

\$329 /MO



MODEL# 5402. MSRP \$35,635. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

SERVICE & PARTS HOURS: MON-FRI 6A-7P & SAT 7A-5P

<p>BATTERY SPECIAL FREE</p> <p>BATTERY CHECK-UP INCLUDES: CHECK COLD CRANKING AMPS AND VISUAL INSPECTION OF BATTERY CONDITION. INCLUDES BATTERY CONDITION PRINT OUT.</p> <p><small>TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 09/30/21.</small></p>	<p>LUBE, OIL & FILTER SPECIAL \$39.95</p> <p>\$44.95 FOR SYNTHETIC OIL CHANGE INCLUDES: CHANGE OIL (UP TO 5 QTS.), INSTALL GENUINE TOYOTA OIL FILTER, INSPECT & ADJUST ALL FLUID LEVELS AND COMPLIMENTARY MULTI-POINT INSPECTION WITH PRINT OUT.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 09/30/21.</small></p>	<p>ALIGNMENT SPECIAL \$89.95</p> <p>4-WHEEL ALIGNMENT INCLUDES: 4-WHEEL ALIGNMENT, INSPECT SUSPENSION, BALL JOINTS, STRUTS & SHOCKS, TIRE CONDITION AND SET TIRE PRESSURE.</p> <p><small>TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 09/30/21.</small></p>	<p>BRAKE PAD SPECIAL \$99.95</p> <p>BRAKE PAD REPLACEMENT INCLUDES: INSTALL GENUINE TOYOTA FRONT BRAKE PADS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE CONDITION AND INSPECT ALL HARDWARE. TCMC PADS ONLY. MACHINE ROTORS AN ADDITIONAL \$199.95</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 09/30/21.</small></p>	<p>TOYOTACARE PLUS \$329.00</p> <p>SPECIAL MAINTAIN PEACE OF MIND BY EXTENDING YOUR TOYOTACARE COMPLEMENTARY MAINTENANCE PLAN TO 4 YEARS/45,000 MILES!</p> <p><small>TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 09/30/21.</small></p>	<p>SERVICE VARIABLE DISCOUNT THE MORE YOU SPEND, THE MORE YOU SAVE!</p> <p>\$10 OFF... WHEN YOU SPEND \$50-\$99 \$15 OFF... WHEN YOU SPEND \$100-\$199 \$20 OFF... WHEN YOU SPEND \$200-\$499 \$50 OFF... WHEN YOU SPEND \$500+</p> <p><small>TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 09/30/21.</small></p>
---	---	---	--	---	---

CALL TO SCHEDULE AN APPOINTMENT TODAY: 703-684-0710



Toyota's President's Award 34 years in a row!

Se habla español

Jack Taylor's
ALEXANDRIA TOYOTA

3750 Richmond Hwy • Alexandria
703-684-0700
AlexandriaToyota.com