

CONNECTION

Burke ♦ Fairfax ♦ Springfield ♦ Fairfax Station

Fairfax Fall Festival Was a Hit

FUN, PAGE 8

Thousands of people thronged to the 45th annual Fairfax Fall Festival on Saturday, Oct. 9.

HOMELIFESTYLE

PAGE 15

Restoring Streams?

NEWS, PAGE 4

Trail Would Cost 400 Trees

PAUSED, PAGE 3

Why We Walk To End Alzheimer's

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OPINION, PAGE 6 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY BONNIE HOBBS/THE CONNECTION

OCTOBER 14-20, 2021

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CALENDAR

NOW THRU NOV. 6

Workhouse Haunt. 7-11 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. This year's Workhouse Haunt immerses guests through a highly-themed walk-through experience, as creepy characters deliver contactless scares in multiple scenes. Guests will travel in small groups for a frightening 30-minute experience that brings them next to the site's abandoned, historic buildings and into the dark woods where they will encounter terrifying characters and sights that are not for the faint of heart. Cost is \$25. Occurs Friday, Saturday, and Sunday each weekend from Oct. 3 through Nov. 6. Visit the website: <https://www.workhousearts.org/workhouse-events/2021-workhouse-haunt-the-collection-2/>

OCT. 14-31

Fall for the Book. Fall for the Book Festival featuring live and recorded events will be held virtually and in-person at George Mason's Fairfax campus. 4400 University Drive, Fairfax. Fall for the Book events and session are free and open to the public. Fall for the Book is free with the generous support of sponsors including the Fairfax County Public Library, George Mason University, the Fairfax Library Foundation, and the City of Fairfax among others. Fall for the Book returns with a new hybrid format including virtual and in-person events, including lively Podcasts. For complete up-to-date schedule with details, visit www.fallforthebook.org.

NOW THRU NOV. 7

"Wicked." Open Wednesday thru Sunday 11 - 7 p.m. At 2905 District Ave. #105, Fairfax. There's a "Wicked" new exhibit at Mosaic District, but wicked in a good way. In today's informal slang, the word "wicked" can mean excellent or even awesome. With Halloween in mind, it is in that spirit that the Torpedo



PHOTO BY MORGAN PRESCOTT

David Blanco in character for the 2021 Lorton Workhouse Haunt, every weekend through Nov. 6.

Factory Artists @ Mosaic is presenting its newest show titled "Wicked." Gallery artists will demonstrate the theme in a variety of mediums, including painting, fine art photography, exquisite jewelry, fabric art, printmaking, ceramics and sculpture. The Torpedo Factory Artists @ Mosaic is a satellite gallery sponsored by the Torpedo Factory Artists' Association, and is located in the upscale Mosaic District shopping area in Fairfax.

SEE CALENDAR, PAGE 7

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‘Our Natural Resources Are Too Important to Squander’

Responding to residents, Fairfax City presses pause on proposed trail that would have removed 400 trees.

BY BONNIE HOBBS
THE CONNECTION

Sometimes, the best idea is to do nothing – or at least to think about it some more before going forward. And when it comes to the proposed John Mason Trail in Fairfax City, that’s what residents want. The proposed plan called for the removal of 400 trees.

Although the matter was taken off the agenda before City Council’s Sept. 14 meeting, several people called in anyway to voice their opposition. And at the Sept. 28 meeting – when Council was to consider whether to approve asking the Northern Virginia Transportation Authority (NVTA) to fund 70 percent of it – residents spoke up again.

As a result Council decided to table the project for now. “We need to pause it and continue talking with the community, now that we have more information,” said Councilmember Jon Stehle. “It’s an important trail, but now isn’t the time to submit a funding application.”

Agreeing, Councilmember Tom Ross said, “I bike, walk and love our trails, and we need to work hard to protect what we have. I believe we should have a trail system through that area, but we need to decide what kind. We need to involve the users and those who care deeply about the trees and environment.”

The trail would circumvent the congested Main Street/Pickett Road intersection, but the steep terrain and dense forest – plus a 90-degree, grade difference between the two ends – pose challenges. After the Sept. 14 citizen outcry, the original plan – which would have removed 400 trees – was modified.

It’s now proposed to be done in phases and employ a 14-foot-wide, pier/boardwalk system with railing – requiring approximately 20 feet of clearing. It would also remove some 140 trees out of 500 within the east-west trail section. This first phase would connect the Daniels Run Trail and Pickett Road, near Fair City Mall. Phase one cost is \$6 million, including \$2 million for the boardwalk.

But residents haven’t changed their minds and still have the same concerns they did on Sept. 14.

“I’m flabbergasted that someone thought it smart to rid ourselves of hundreds of 100-year-old trees, when there are [many other] access points,” said resident Carol Ash. “It seems ridiculous.” Saying the trail will make it easier for cyclists to ride faster, she added, “No person there in a wheelchair will want to be anywhere near people riding 20 mph on a bicycle.”



Artist’s rendition of the proposed boardwalk

Leslie Daniels stressed that for decades Fairfax City has been designated a “Tree City” by the Arbor Day Foundation. But between this trail and various development projects, she said, “Fairfax will lose that designation in the near future, since we’re losing so many trees here. I don’t see the need for this trail; there are two or three other alternatives for people on bikes and scooters. And this trail could take other routes.

“This is a healthy, living woodland – most of the trees are hardwoods in good condition. And when they’re cut down, the damage to the roots of the surrounding trees will allow invasive species in this forest. Your own Fairfax City 2014 Plan proposed this

“Those historic trees deserve to live another 100 years untouched by people.”

area to be an unpaved trail. Leave it alone and don’t harm what little remains of Fairfax City’s wooded area.”

Also calling in was a young boy named Billy Johnson, who put the matter into clear terms that made their point. “This trail is important and has wildlife habitat – and it’s my birthday,” he said. “Please do not cut the trees – I love trees.”

Ultimately, said Diana Burnham, whether 400 or 140 trees are removed, “Bulldozers and tractors will be storming through the woods, destroying the undergrowth and whatever life is under it. My whole Old Lee

Hills neighborhood is opposed to this trail. And nobody’s going to bike up to Fair City Mall and take the trail down to Pickett. There are plenty of other bike trails they can use. You’ve gotten numerous emails opposing this proposal. And taxpayers would have to pay 30 percent of the cost – which, to me, is a pure waste of money.”

Katie Johnson implored Council to put the funding request on hold and “do all you can to preserve this special place. Those historic trees deserve to live another 100 years untouched by people. Consult with ecologists and an urban forester so we can do a good job. Our natural resources are too important to squander.”

Susie Crate, a City resident and GMU professor of Environmental Science and Policy, previously served on Fairfax’s Sustainability Committee. She said this plan “goes against everything the City needs to be doing in this day and age.”

Furthermore, said Crate, “This revised project purports to sacrifice less trees. But on closer analysis, it results in the same amount of trees taken. It’s simply divided this project into two pieces. Phase one is the area with less trees; the north-south section is more densely wooded and will be discussed and decided later. This new plan doesn’t talk

about that area. But once you approve the funding for this entire project, you’ll also commit to taking those trees. So we ask you to defer your decision until you have complete information.”

Erin Frank said all that’s needed in the east-west portion is a boardwalk across the grassy hill beside the pond. And noting that plans

“I don’t know if it makes sense to put a trail in this area. Maybe we could call this John Mason Park instead.”

— Councilmember Joe Harmon

also call for eventually extending this trail to downtown Main Street and Daniels Run, she said, “The 140 trees cut down would turn into 500. [Instead], let’s include that trail in our Fair City Mall Small Area Plan and give regional bicyclists a place for pit stops in our City.

“We could invite businesses like a bike shop, sandwich shop and juice bar. We’d bring customers to those businesses and not route them around them. I get that whatever NVTA funds we don’t get, another jurisdiction will – but that doesn’t make this trail a good idea. Bike lanes leading to our City center would be dynamic, and having real wilderness inside the boundaries would be something to brag about.”

“Trees make a unique contribution to our community,” added Judy Fraser. “A 14-foot-wide boardwalk would be “wider than a traffic lane of I-66. And the hearing-impaired would be surprised by bikes whizzing by them on it.”

After hearing residents’ concerns, Councilmember Joe Harmon said, “I don’t know if it makes sense to put a trail in this area. Maybe we could call this John Mason Park, instead.” Councilmember So Lim said she couldn’t support it, either.

“It would be wasteful to lose so many trees,” said Councilmember Sang Yi. “And I want residents to know, we heard you.”

Saying this project currently has “more questions than answers,” Councilmember Janice Miller moved to deny submitting the funding application, and her motion passed unanimously.

Stream Restoration in Burke is Part of a Bigger County Stream Program

By Mike Salmon
The Connection

Just off Lee Chapel Road in Burke, a section of stream area is surrounded by cones cordoning off another stream restoration project, one of many stream restoration projects throughout the county as the development faces off with stream erosion in a contest of wills – mother nature vs. development.

On paper, this project is described as “The Peyton Run at Longwood Knolls project,” located between Bestwicke Road and Lee Chapel Road. It is a Fairfax County Stormwater Planning project that involves retrofitting an existing stormwater detention basin to create a constructed wetland. This is “restoring” approximately 2,841 linear feet, more than half a mile, of eroded stream channel using natural channel design techniques, the county said. This work includes addressing a large bank failure which poses a safety hazard to the adjacent residential community and contributes excessive sediment downstream.

The county said the project, scheduled to be completed next summer, will improve water quality, restore the ecological function of the stream, improve in-stream habitat, and create a sustainable and safe stream valley.

The county’s streams are getting overloaded by increased runoff due to all the streets, parking lots and sidewalks that are in Fairfax County, impervious surfaces. When it rains, the rainfall doesn’t soak into the ground in those areas, so there is much runoff, and it ends up in the streams, eroding the banks at a higher level then it would have if it soaked into the soil. The engineers of the county’s Soil and Water Conservation District are trying to lessen the impact of this runoff, which not only causes erosion, but carries trash, and toxic materials from the roads that harms the stream wildlife.

In 2003, Fairfax County embarked upon a long-term project to develop comprehensive Watershed Management Plans for each



PHOTO BY MIKE SALMON/CONNECTION

The project is off the sidewalk but occasionally one lane on Lee Chapel Road is blocked at the site.



PHOTO BY MIKE SALMON/CONNECTION

Restoring the stream aims to thwart bank erosion and stop trash from heading downstream.

of the county’s watersheds. According to the county, there are 30 major watersheds – such as Accotink Creek, Difficult Run and Bull Run, in the western part of the county, and Long Branch, Wakefield Run and Kingstowne Stream in the eastern part. The 30 watersheds contain 980 miles of streams that all drain to the Potomac River and Chesapeake Bay.

Is It Enough?

The Environmental Protection Agency thinks these restoration methods may lack in nutrient retention, and still may be letting too many harmful chemicals get to the Chesapeake Bay.

EPA ecologist Paul Mayer has been involved, and he found the amounts of reactive nitrogen and phosphorus may be a



This Fairfax County picture shows what a typical stream restoration entails. Opponents say this is the wrong way to manage local streams.

problem. He found that a technique called regenerative stormwater conveyance triggers filtration by routing stream flow over a series of shallow pools lined with substrates of permeable sand overlying a mixture of organic materials such as wood chips. This may be limited though, and each stream has its own characteristics.

“What they found is that regenerative stormwater conveyance can be an important choice for stormwater management and a best management practice for nutrient reduction — but does not offer a one-size-fits-all approach across the watershed,” the EPA said.

Is It Right?

Opponents of natural channel design techniques (see the photo above) say that it is detrimental to local streams, leads to removal of thousands of trees that are critical to the ecosystem, and fails to address the problem of stormwater runoff. Stormwater control should be done by non-destructive practices outside of streams, they say.

“Natural channel design is mainly applicable to large order streams and rivers, especially the kinds one finds in the American west,” wrote 10 concerned scientists and environmental advocates last year. “Applying it to small order, upper headwater stream channels of the deeply dissected Fall Zone of our area is a misuse of the methodology, ... and an unacceptable loss of irreplaceable native forest, wildlife, and landscape memory.” <http://www.connectionnewspapers.com/news/2020/sep/26/opinion-letter-editor-wrong-approach-stream-restor/>

BULLETIN BOARD

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

GREENDROP FAIRFAX OPENING

GreenDrop hosted a grand opening ribbon-cutting of its new donation site at the University Mall Shopping Center, 10611 Braddock Road, in Fairfax, on Friday, October 1. Local community members are invited to donate gently used clothing and household items. All lucky donors who donate between October 1 and November 15, will be entered into a gift card raffle to local restaurants, McAlister’s Deli, Oh, George Tables & Taphouse and Taco Bamba.

NOW THRU 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.org

ROLLING ROAD/OLD KEENE MILL ROAD INTERSECTION NOW OPEN

It’s now easier to travel through the intersection of Rolling Road (Route 638) and Old Keene Mill Road (Route 644) with the completion of improvements to help improve traffic flow and safety, according to the Virginia Department of Transportation. Drivers on northbound Rolling Road now have a second left-turn lane to westbound Old Keene Mill Road, as

well as a dedicated right-turn lane to eastbound Old Keene Mill Road. Other project improvements include striping four higher-visibility crosswalks, replacing pedestrian signals with ones that are Americans with Disabilities Act (ADA) compliant and accessible, replacing the traffic signal to accommodate the new turn lanes and reconstructing the median along Rolling Road just south of Old Keene Mill Road. Work began in February on the intersection improvements, with final detail work occurring in the com-

ing weeks with minimal impacts to traffic. The \$5.2 million project is financed with state and Fairfax County Revenue Sharing funding. In this area, Rolling Road averages about 25,000 vehicles a day and Old Keene Mill Road averages about 35,000 based on 2019 data.

DOCENT TRAINING

Gunston Hall will begin training new volunteer docents in early October. Interested community members

SEE BULLETIN, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM

Remembering Molly

West Springfield Elementary school will hold a dedication ceremony for Molly Ingram's Memorial Bench, open to families with students at West Springfield.

"At our ceremony, we will remember Molly, one of our dear first graders, who tragically passed away in July of 2020," said Principal Kelly Sheers in a letter to parents. "Our Mustang community raised the funds to have this beautiful bench created in her memory. ...

"Molly was a voracious reader, so we also invite you to take part in our WSES Book Drive to honor her by spreading her passion for reading. From the time she was a baby, books were one of Molly's most treasured items and her love for them, both reading and later writing them, grew exponentially throughout her life."

You can donate books in honor of Molly by purchasing through WSES Library's Amazon wish list and send the books directly to the school.

https://www.amazon.com/hz/wishlist/ls/3PRVNHK690GHP/ref=hz_ls_biz_ex?utm_content=&utm_medium=email&utm_



West Springfield Elementary first grader Molly Ingram died in July 2020.

name=&utm_source=govdelivery-
&utm_term=

Alternatively, families can choose a favorite children's book to donate to the school library in honor of Molly. All donated books receive a special label remembering Molly on the inside cover.

Molly Ingram was born with omphalocele, a birth defect where the intestines and organs are formed outside of the abdomen, which can sometimes be corrected with surgery.

"Her surgery did not go as planned," according a First Baptist Church of Springfield Virginia Facebook post in June, 2020, calling for prayers for a miracle for Molly, and sharing a link to a video, Molly's Story, about Molly's life narrated by her mother. https://youtu.be/c5-x9x_qubY

BULLETIN BOARD

FROM PAGE 4

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.

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 2021-22 school 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.

SEE BULLETIN, PAGE 11



Virginia Williams
High School Career Association
Annual

HIGH SCHOOL CAREER FORUM
Grades 9-12

Saturday, Oct. 23, 2021 - 11am-1pm
A Virtual Event

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other books on Amazon.com**

Indigenous Peoples' Day

BY DELEGATE PAUL KRIZEK



Earlier this week, Governor Northam proclaimed for the second year in a row that Virginia will officially recognize the second Monday in October as Indigenous Peoples' Day. Governor Northam said in his video announcement, "As a country and as a commonwealth, we have too often failed to live up to our commitments with those who were the first stewards of the lands we now call Virginia — and they have suffered historic injustices as a result. Indigenous Peoples' Day celebrates the resilience of our tribal communities and promotes reconciliation, healing, and continued friendship with Virginia's Indian tribes."

This year, President Biden became the first U.S. President to formally recognize Indigenous Peoples' Day as a national holiday, by signing a presidential proclamation.

Indeed, Indigenous Peoples' Day is a day to celebrate the heritage of our first people here in Virginia and around the country, and for both native and non-native residents to celebrate the many aspects of native culture, both historic and contemporary. Knowledge of the history of American Indians is essential to understanding our collective story. Yet, it is also an opportunity to change the narrative about colonialism into a deeper look at historical truths about the genocide and oppression of indigenous people in America.

Since South Dakota began celebrating "Native American Day" in 1989, some version of Indigenous Peoples' Day has replaced the recognition of Columbus Day in thirteen states and the District of Columbia, and dozens of cities and counties across the country. Here in Virginia, in 2017, Charlottesville and Falls Church became the first localities in the Commonwealth to observe Indigenous Peoples' Day, followed by Alexandria City and Richmond City in 2019.

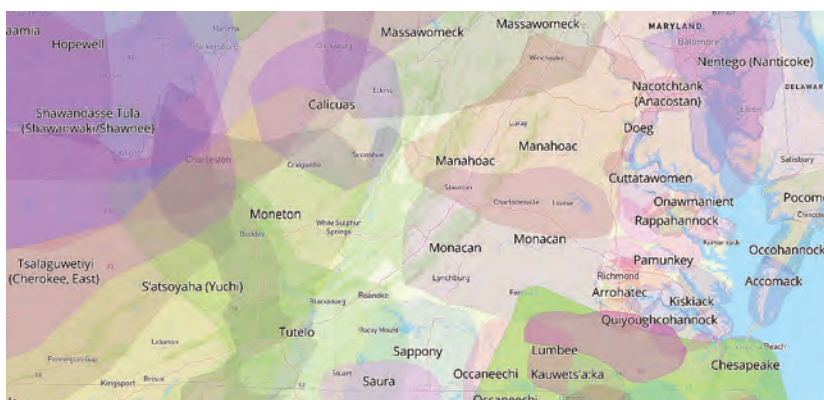
Columbus Day has been observed as a federal holiday each second Monday of October since

1934, but each local government can choose whether or not to celebrate it — or, like Virginia, can decide to amend the name and objective for the holiday. Today, Indigenous Peoples' Day is dedicated to celebrating the rich and diverse cultures and traditions and acknowledging the important contributions of Native people throughout the country.

The lands that would later become known as Virginia have always been home to indigenous people, with an estimated population of 50,000 comprising at least 15 separate nations prior to the arrival of the English settlers. Many of those tribes, like the Dogue in our region, were exterminated due to treaties broken and ignored.

Below I have listed the 11 state-recognized tribes in Virginia. The first seven tribes below are also federally recognized.

- Pamunkey (Pamunkey River/King William County)
- Chickahominy (Charles City County)
- Eastern Chickahominy (New Kent County)
- Upper Mattaponi (King William County)
- Rappahannock (Indian Neck/King & Queen County)
- Monacan Indian Nation (Bear Mountain/Amherst County)
- Nansemond (Cities of Suffolk and Chesapeake)
- Mattaponi (Mattaponi River/King William County)



A snapshot of Virginia's native tribal lands courtesy of <https://native-land.ca/>

- Cheroenhaka (Nottoway) (Courtland/Southampton County)
- Nottoway of Virginia (Capron/Southampton County)
- Patowomeck (Stafford County)

As Delegate, I will continue my legislative work in Richmond to honor Virginia's tribes with respect and support for their tribal sovereignty, educate the public on their rich histories, and seek justice for wrongs done in the past. One example is to reintroduce my bill for the Tribal Land Repatriation Program and Fund, which would allow Virginia tribes to apply for grants to purchase and recover their historic lands. When Europeans arrived, tribes were met with violence and many were forcibly moved, including the Nansemond and Rappahannock. Last year, the Chickahominy Tribe acquired 105 acres of land in Charles County that belonged to their ancestors. The Chickahominy join two other Virginia tribes, the Pamunkey and the Mattaponi, who currently own small pieces of their original homeland. In too many instances, the government confiscated or was sold tribal land cheaply and did not fully compensate the tribes. We will never be able to undo that colonial oppression, but we can ensure that these tribes receive future support for the restoration of their homelands, especially that land on the open market with significant cultural and historical connections to the tribe.

Supporting Key Values: Service, Peace, Sacrifice 60th Anniversary of the Peace Corps

BY DON BOILEAU

Sept. 22 was the 60th anniversary of the Peace Corps, the day that President John F. Kennedy signed into law legislation creating the agency. With one stroke of a pen President Kennedy deepened our nation's ability to live out key values — values like service, peace, sacrifice, commitment, and learning from those we hope to serve. I am proud to be one of more than 8,315 Virginians who have served in the Peace Corps, joining more than 240,000 nationwide over these last 60 years.

I entered the Peace Corps in 1967 hoping to help others. However, I left enriched and grateful for what I had learned from the many Koreans I had come to serve.

Due to a housing shortage, volunteers in Korea were assigned to live with families. This became an exchange for me as the youngest daughter lived with my parents in Oregon for a year on her way to graduate work.

Because of the pandemic, Peace Corps will observe the 60th anniversary without Peace Corps Volunteers in the field. But returned volunteers have continued with Kennedy's dream by being engaged in many projects.

For the fifth time, Northern Virginia Volunteers have a booth at the Reston International Festival. This same group of people do a quarterly trail clean up in Reston. President Kennedy rightly understood the need for returned volunteers to be active in serving

their communities.

Many volunteers selected careers in international work from the State Department to business and international organizations.

Others returned to the states to become involved indirectly in international activities.

SEE PEACE CORPS 7

VOTE EARLY:

EARLY IN-PERSON voting locations are open Sept. 17 - Oct. 30 at three government center sites: Fairfax County, Mount Vernon, and North County.

Any registered Fairfax County voter may vote early at any Fairfax County early voting location.

Early in-person absentee voting is available for the November 2021 General & Special Elections at the following three locations from now through Oct. 30.

❖ Fairfax County Government Center, 12000 Government Center Pkwy, Conference Rooms 2/3, Fairfax

❖ Mt. Vernon Governmental Center, 2511 Parkers Ln, Alexandria

❖ North County Governmental Center, 1801 Cameron Glen Dr, Reston

Thirteen additional early in-person voting sites are open Oct. 21 - Oct. 30.

www.fairfaxcounty.gov/elections.



FROM PAGE 2

SATURDAY/OCT. 16

Centreville Day 2021. 10 a.m. to 5 p.m. At Centreville Park, Braddock and Mt. Gilead Roads, Centreville. Entertainment, food, crafts, vendors, historic locations, parade, children's rides and games, Cavalcade of Pets, Safety Expo. Great day for families. Spaces still available for vendors and sponsorships. Satellite parking will be available in the Carrabba's (Rt. 29) parking lot beginning at 9 a.m. and ending with last pickup at the Braddock stop at 5 p.m. Overflow available if needed in Trinity Centre. Shuttle buses provided by Fairfax County Community and Neighbor-



Centreville Day 2021 will be held Saturday, Oct. 16, 2021 in Centreville's Historic District.

hoods. Visit the website: www.centrevilleday.org.

SATURDAY/OCT. 16

Family Hearth Cooking. 10 a.m. to 4 p.m. At Gunston Hall, 10709 Gunston Road, Mason Neck. Gunston Hall is excited to welcome kid and adult duos for a two-and-a-half hour workshop in our hearth kitchen. During the program, each team will make gingerbread, strawberry jam, and whipped cream from historic recipes. Each team will have a chance to taste the results at Gunston Hall, and take home any leftovers. This program is perfect for young people ages 8-16 with an adult for the ultimate hands-on experience with history. Cost is \$70 per group. Visit the website: gunstonhall.org.

SATURDAY/OCT. 16

Costumes for Kids. 12-3 p.m. At Bethlehem Lutheran Church, 8922 Little River Turnpike, Annandale. Kids Give Back is a local nonprofit and will host Costumes for Kids: A Fall Volunteer Festival to prepare Halloween costumes for elementary school kids in need. Cost is \$10. This family-friendly event includes volunteer projects -- preparing 40 Halloween costumes and bags for donation to elementary school kids who attend a Title 1 school. Also face painting, pumpkin painting, fake wound station, make your own monster cards, food, raffles and more. Visit the website: www.kidsgiveback.org/events

SATURDAY/OCT. 16

Clifton Barn Dance. 8 p.m. At Clifton Barn, Clifton. Couples \$45/Singles \$25. Please bring a main dish or dessert to share. Drinks will be provided. Register online at <https://c25k.redpodium.com/Clifton-Barn-Dance>. Questions: Call 703-919-5337.

SATURDAY/OCT. 16

Festival & Craft Show. 12-4 p.m. At Calvary Hill Baptist Church, 9301 Little River Turnpike, Fairfax. This outdoor event will feature live music, games, hot dogs, cornhole tournament, hay ride and a cake

walk. Something for everyone. Church Cookbooks and Crafts will be available for purchase.

SATURDAY/OCT. 16

The Magic of Bill Blagg Live! 7 p.m. At GMU Center for the Arts, Fairfax. Witness the impossible with top illusionist Bill Blagg in his mind-bending and hilarious magic show The Magic of Bill Blagg Live! The whole family will rub their eyes in disbelief as the "Houdini Times Ten", makes objects disappear, teleports across the theater, levitates in mid-air, and so much more. Cost is \$15 adults; \$10 children. Recommended for ages 8 and up.

OCT. 16-17

Pre Moving Sale. 9:30 a.m. to 4 p.m. At 6714 Passageway Place, Burke. Come early for your best selection of small appliances, toys, bikes, light fixtures, yard equipment, office supplies, dish sets, lawn furniture, and much more. Call 703-472-9550.

SUNDAY/OCT. 17

TTRAK Model Trains. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Admission: Children 4 and under and Museum members, free; ages 5-12, \$3; ages 13 and older, \$5; special events, \$6. Seniors and military (active and retired) \$4. www.fairfax-station.org, www.facebook.com/FFXSRR. 703-425-9225.

SEE CALENDAR, PAGE 13

Peace Corps

FROM PAGE 6

Over the last 60 years, nearly a quarter of a million Peace Corps volunteers have made a tremendous contribution to the individuals and communities in which they served, and to our planet. We are fortunate that our local Representatives [Connolly, Wexton, and Beyer] and U.S. Senators [Warner and Kaine] have supported increased funding for Peace Corps. Peace

Corps has had a lasting influence not only on the countries and peoples it serves but has had a major impact on the ways returned volunteers have participated in our communities.

Don Boileau served Peace Corps from 1967-1969 in South Korea and is a George Mason University Emeritus Professor. He is a member of the Northern Virginia Returned Peace Corps Volunteers, and lives in Reston.

Be a part of our:

Wellbeing pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Senior Living, fourth week of every month.

Questions?

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Virginia is one of only 13 states that tax groceries.

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SCAN ME

Lumberjacks, Crafters, Music and Fun

The 45th annual Fairfax Fall Festival was Saturday, Oct. 9.



Thousands of people thronged to the festival.



Anthony Juba, 2-1/2, with Sparky the Fire Dog.



(From left) Cathy DiToro and Cat Janice play indie pop songs outside Earp's Ordinary.



Spraying water onto a "fire" is Anay Shah, 7, with guidance from a Station 3 firefighter.



Xyle Main, 8, climbing to the top of the rock wall.



Fairfax City 4-H Clubs and Krazy for K9s raised money for The Lamb Center by selling baked goods. (From left) are sisters Trinity and Pearl Nickisch, Jocelyn Kammer and Ariana Henriquez.



Buncha Narasri of Asian Taste grills chicken teriyaki for hungry fairgoers.



Vendor Stephanie Beaumont of The Gnome Shop with her whimsical creations.



Cameron's Coffee & Chocolates staff selling a variety of tasty treats.



This dad greets his son, who just emerged from the moonbounce.

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 24
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Why I Walk to End Alzheimer's

"We must find a cure."

Walker Name: Rachel Kovel
Hometown: Springfield, VA
Team Name: Chai Hopes
Participated in the DC Walk on Oct. 9
Years involved with Walk to End Alzheimer's: 8th year

Q: Total raised to date this year:

A: \$3,975 toward goal of \$3,500. Our team, including all four sisters, raised more than \$10,700 this year, the most we have ever raised.

Q: Any idea of previous amounts raised?

A: Last year I raised just over \$2900. So far this year I've raised over \$3500. Not sure what the total amount is but, if I had to guess, I would say over \$10,000 in 8 years.

Q: Why do you support the Walk and the Alzheimer's Association?

A: My mother has advanced Alzheimer's. Her mother also had it. Two of her brothers and her sister also had it. It has devastated my family. My father was her full time caregiver for the last 13 years of his life. She was his everything and it broke his heart. He passed in 2019.

Q: Please share a favorite memory of your loved one.

A: My mom spent her life taking care of



everyone. Any time one of my siblings or friends needed a dress made, altered, a button fixed or instructions to make a simple meal she was always there to help.

Q: What would you say to someone to encourage them to join the Walk?

A: We must find a cure. There is nothing harder than watching someone you love get lost in their everyday life. Imagine how terrifying it would be to not know what's happening around you all the time.

A: Any other thoughts, comments, info you'd like to share.

This year all my sisters, four of us together, were in town to walk together. My younger sister, Rebecca, has always been our team captain. My other sisters, Ruth and Sarah have also participated in years when they were available (they do not live locally).



Alzheimer's Association Walk to End Alzheimer's

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's. Together, we can end Alzheimer's.

Walk to End Alzheimer's - Northern Virginia

https://act.alz.org/site/TR/Walk2021/DC-NationalCapitalArea?fr_id=14363&pg=entry



Sunday, Oct. 24

Reston Town Center

Registration opens at 8 a.m.

Ceremony starts at 9:30 a.m.

For more information, contact Shiri Rozenberg at 803-371-9793 or shrozenberg@alz.org

Registration information

Sign up as an individual, team member or Team Captain. While there is no fee to register for the Walk, all participants are encouraged to raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure. Learn more and register at alz.org/walk.

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

**Adopt
Donate
Volunteer**

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.



lostdogandcatrescue.org

Why I Walk to End Alzheimer's

Walker Name: Janet Davis
https://act.alz.org/site/TR/Walk2021/DC-NationalCapitalArea?px=5263540&pg=personal&fr_id=14363
Hometown: Burke, VA
Team Name: Warren's Walking Purple Flo's Team
Participating in the Reston Walk on Oct. 24

Q: How many years have you been involved with the Walk:
 A: 12 years

Q: Why do you support the Walk and the Alzheimer's Association?

A: My father passed away because of Alzheimer's in 2018 and lived with the disease for 10 years. My mother who cared for him was diagnosed this year with Alzheimer's.

Q: Please share a favorite memory of

your loved one.

A: My father could not remember that we named our youngest son after him and would often say, "You named the baby, Warren? There is a baby named Warren!" (Go to Janet's Walk page at the link above to see a photo of Warren and Warren.)

Q: What would you say to someone to encourage them to join the Walk?

A: Joining this walk and supporting Alzheimer's research will teach you so much about the disease that can become very beneficial when you are faced with a loved one being diagnosed.

Q: Any other thoughts, comments, info you'd like to share?

A: Being a mother of three does not make fundraising the easiest anymore. But we try to teach our kids the importance of supporting the cause.

Alzheimer's Association

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Its mission is to lead the way to end Alzheimer's and all other dementia. Visit alz.org or call 800.272.3900.

BULLETIN BOARD

FROM PAGE 5

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.

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 donaalrea@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 the 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.

Positive Parenting Strategies Course. At PHILLIPS, 7010 Braddock Road, Annandale. A series of classes and in home consultations taught by PHILLIPS' counselors. Open to all local families. Call Stacy Stryjewski at 703-658-9054.

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.

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SCAN ME

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Halloween Happenings

NOW THRU NOV. 6

Workhouse Haunt. 7-11 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. This year's Workhouse Haunt immerses guests through a highly-themed walk-through experience, as creepy characters deliver contactless scares in multiple scenes. Guests will travel in small groups for a frightening 30-minute experience that brings them next to the site's abandoned, historic buildings and into the dark woods where they will encounter terrifying characters and sights that are not for the faint of heart. Cost is \$25. Occurs Friday, Saturday, and Sunday each weekend from Oct. 3 through Nov. 6. Visit the website: <https://www.workhousearts.org/workhouse-events/2021-workhouse-haunt-the-collection-2/>

OCT. 1-31

Ghost & Graveyard Tour. 7:30 p.m.; Fridays and Saturdays additional tours at 8:30 and 9 p.m. Admission: \$15 per adult; \$14 for seniors, military and law enforcement; \$10 per child. Tour departs from Alexandria Visitor Center, 221 King St., Alexandria. Follow an 18th-century costumed guide by lantern light through the charming streets of Alexandria's historic district known as Old Town. On this entertaining tour, you'll hear ghost stories, legends and folklore. You will also hear about unsolved mysteries, tales of romance and angry ghosts looking for revenge. Appropriate for ages 9 and up. Visit alexcolonialtours.com

THROUGH OCT. 31

"THE MADNESS OF POE"

"The Madness of Poe" will play a limited engagement through Oct. 31. "We watch how Poe, the inventor of American horror, created some of the most frightening and disturbing stories the world has ever known," said Synetic Theater founder Paata Tsikurshvili. Synetic Theater, 1800 South Bell Street in Arlington. Thursdays, Fridays and Saturday at 8 p.m. and Sundays at 2 p.m. Industry Night is Monday, Oct. 25, at 8 p.m. Tickets \$10-\$60, www.synetictheater.org, or in-person at the box office located in the underground Crystal City Shops, or via phone at 703-824-8060 x117.

COX FARMS FALL FESTIVAL

THROUGH NOV. 7

Giant slides, hayrides, rope swings, farm animals & their babies, Cornfield adventure, farm chores, kiddie zone, apples & cider, food, entertainment, Imaginature Trail, over 90 acres. <https://coxfarms.com/fall-festival/festival-attractions/>.

FIELDS OF FEAR Not recommended for children under 12 years old. When night falls on the farm, it's time for Fields of Fear. Friday and Saturday nights until Nov. 3. Fields of Fear, the Dark Side Hayride and the Cornnightmare. The Firegrounds feature several bonfires, a six-lane slide, music, karaoke, entertainment, tasty treats, Foamhenge, and more. All under age 14 must be accompanied by a parent or guardian



A 75-year tradition, the Vienna Halloween Parade is Oct. 27. This year's theme is the "Roaring 20s."

(18+). Tickets required. Last admission at 10pm Come alone or in a group. Buy your tickets online or same-day at the door. Proof of age required. See <https://fieldsoffear.coxfarms.com/> for more details on timed entry assignments, rain policy, food options, and complete list of attractions.

SATURDAY/OCT. 16

Raven's Night at the Birchmere. 7:30 p.m. At The Birchmere, 3701 Mount Vernon Ave., Alexandria. In its 10th year, Raven's Night creeps, slithers and slinks its way back to The Birchmere. Keep your Halloween season going with a unique soirée featuring fusion belly dance, live music and a pre-show carnival. This year's theme, COVEN, brings the most iconic witched, warlocks and wizards to the stage. Doors open at 5 p.m. with an "All Hallow's Eve Exposition," featuring pre-show entertainment including games, palm reading, live performances and more, followed by the "Salon Lunaire" dinner concert at 6:30 p.m., leading up to the main event at 7:30 p.m., "Cabaret Melancholia," a theatrical belly dance program featuring some of the greatest exponents of the art. Please be advised that people under 18 must be accompanied by an adult. Admission: \$45 per person. Visit the website: birchmere.com

OCT. 16 TO NOV. 6

"Wait Until Dark." 8 p.m. At The Little Theatre of Alexandria, 600 Wolfe St., Alexandria. Set against the socially turbulent 1960s, "Wait Until Dark" follows the story of Suzy, a blind woman who, while left alone in her apartment, becomes embroiled with a group of con men hatching an elaborate scam. As the tension mounts, Suzy must fend for herself, but the phone line is cut, and the house is plunged into darkness. Can Suzy outwit her murderous visitors? Note: All patrons are required to wear a mask (even if vaccinated) for the duration of the performance. Admission: \$21 to \$24 per person. Visit the website: thelittletheatre.com



Morgan Prescott in character for the Lorton Workhouse Haunt, every weekend through Nov. 6.

SOCIALLY DISTANCED

TRUNK-OR-TREAT AT BULL RUN

Trunk-Or-Treat Monday, Oct. 18, from 5:30 p.m. to 7:30 p.m. at Bull Run Regional Park. 7700 Bull Run Dr., Centreville. Cancelled in event of rain. The event is free; register required. Include the number of kids in each car, to ensure enough treats for all the children. During the event, everyone will remain in their car at all times. The attendees will drive through slowly admiring the Halloween trunks/displays. At

the conclusion, an officer will offer goody bags to the attendees if they choose to accept one. All goody bags will be prepared and distributed by officers wearing personal protective equipment.

THURSDAY/OCT. 21

Halloween Ball and Anniversary Celebration at Barkhaus. 7:30 to 10 p.m. At Barkhaus, 529 E Howell Ave, Alexandria. Celebrate Barkhaus's first birthday with a Halloween ball. Guests will dress

formally and add their own Halloween twists to their costumes. Dogs are encouraged to dress up as well. Enjoy hors d'oeuvres, drinks, puppuccinos for dogs, a limited-edition Barkhaus anniversary shirt and more. Admission: \$75 per person. Visit the website: brews-kisbarkhaus.com

OCT. 22, 23, 29, 30

Grief & Ghost Tour at Lee-Fendall House. At 7, 7:30, 8:30 and 9 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Celebrate Halloween with a look at Victorian mourning traditions coupled with stories of tragic deaths and mysterious occurrences at the Lee-Fendall House. Customs such as draping the mirrors after a death, funeral practices, hair mementos, mourning clothing and séances will be explored. These tours offer a rare opportunity to see the house after dark. Tours groups will be limited to 10 participants and tickets must be purchased in advance. Face masks are required. Admission: \$15 per person. Visit leefendall-house.org

SATURDAY/OCT. 23

Old Town Trick or Treat by Old Town Business Association. 11 a.m. to 5 p.m. At various locations throughout Old Town Alexandria. Bring your little ghouls and goblins to historic Old Town Alexandria for tricks and treats from your favorite boutiques and restaurants. Check the event website for more details and a trick or treat map. Visit the website: oldtownbusiness.org

SUNDAY/OCT. 24

8th Annual Doggie Trick or Treat. 1 to 5 p.m. Meet at The Dog Park, 705 King St., Alexandria. Bring your costume-clad four-legged friends to historic Old Town Alexandria for tricks and treats from your favorite boutiques. Winners receive gift cards from The Dog Park in three different categories. Visit the website: thedogparkva.biz

SUNDAY/OCT. 24

Del Ray Halloween Parade. 2 p.m. Parade begins at Mount Vernon Ave., south of E. Bellefonte Ave., Alexandria. Del Ray's annual Halloween Parade begins at Mount Vernon Ave., south of E. Bellefonte, and continues down to the Mount Vernon Recreation Center play fields. Children, pets and strollers in costumes are invited to march and show off their finest and scariest Halloween garb; awards are given for Best Pet Costume, Best Decorated Business, Best Decorated Home and Best Decorated Stroller. visitdelray.com/halloween

OCT. 24, 30, 31

Halloween Pet Portraits and Trick or Treat. At Village at Shirlington, and Westpost (formerly known as Pentagon Row.) Federal Realty invites kids in costumes to trick or treat (tickets go on sale October 15th and are required), and complimentary Halloween pet portraits by Pooch Portrait Studios. This photography experience welcomes

SEE HALLOWEEN, PAGE 13

ENTERTAINMENT

CALENDAR

FROM PAGE 7

SUNDAY/OCT. 17

Sphinx Virtuosi, Tracing Visions. 3 p.m. At GMU Center for the Arts, Fairfax. Welcome Mason Artist-in-Residence Sphinx Virtuosi, the Detroit-based chamber orchestra dedicated to increasing racial and ethnic diversity in classical music. Prepare to stretch beyond the usual notions of the classical music canon with a dynamic program of music by women and composers of color. Cost is \$48, \$41, \$29, half-price for youth through Grade 12.

FRIDAY/OCT. 22

Cocktails by Candlelight. 6-9 p.m. At Gunston Hall, 10709 Gunston Road, Lorton. Sip



Cocktails by Candlelight will be held Friday, Oct. 22, 2021 at Gunston Hall in Lorton.

and savor 18th-century cocktails and experience Gunston Hall by candlelight. Ages 21+ \$35 registration, \$25 for Gunston Hall Members. Visit the website: <https://gunstonhall.org/events/cocktails-by-candlelight/>

FRIDAY/OCT. 23

Fall Festival. 12 to 4 p.m. At Fellowship Baptist Church, 5936 Rolling Road, Springfield. Activities include a petting zoo, moon bounce, obstacle course, remote control race course, games for all ages, crafts for children, cake walk, prizes and refreshments. This is a free event and all are welcome to attend. Call 703-569-5151. For directions to the church, visit www.FellowshipBaptistVA.org.

HALLOWEEN HAPPENINGS

FROM PAGE 12

pets in costumes to capture a Halloween moment. Details: Sunday, October 24, 2021 at Pooch Portraits at Westpost Plaza (1201 S Joyce Street in Arlington) from 10 a.m.-1 p.m. Pike & Rose on Saturday, October 30, 2021 with PIKEkids Trick or Treat from 10 a.m.-12 p.m. (*Tickets required). Sunday, October 31, 2021 a Bark Social Halloween Puppy Parade at 2 p.m. (*Tickets required at www.barksocial.com) Village at Shirlington on Arlington Mill Drive in Arlington. Saturday, October 30, 2021, Pooch Portraits on the Plaza at Arlington Mill Drive from 12 p.m.-3 p.m. Dogma Bakery Puppy Trick or Treat from 2-4 p.m. Sunday, October 31, 2021 a Kids Trick or Treat from 10 a.m.-12 p.m.

OCT. 27

VIENNA HALLOWEEN PARADE The 75th annual Town of Vienna Halloween Parade will take place at 7 p.m. Oct. 27. The theme for this year's parade is "The Roaring Twenties." Children and others in costume are invited to march along in the parade, no need to register, meet at 6 p.m. at the United Bank, 374 Maple Ave., E. For sponsorship details, check out the Town's Halloween Sponsor brochure or contact Lily Widman via email or at 703-255-5738. <https://www.viennava.gov/residents/concerts-and-events/halloween-parade>

OCT. 28 AND 30

Poems and Stories of Edgar Allan Poe at Ivy Hill Cemetery. 7 to 8 p.m. Tour begins at the Ivy Hill Cemetery Office, 2823 King St., Alexandria. "Even in the grave, all is not lost!" The Guillotine Theatre presents "Poe outside the Vault" at Ivy Hill Cemetery. Actors from Guillotine Theatre will read from the works of Edgar Allan Poe. This is a sell-out event in a most suitable atmosphere. Seating is limited. RSVP to info@IHCHPS.org. Admission is \$20. Visit the website: ivyhillcemetery.net

FRIDAY/OCT. 29

Halloween Vampire Ball. At Syntetic Theater, 1800 S. Bell Street, Arlington. Doors open at 7:30 p.m.; Show starts at 8 p.m. Syntetic Theater, in association with the National Landing Business Improvement District, JBG SMITH, and The Freshman, is throwing a VAMPIRE BALL. The festivities start with a performance of The Madness of Poe followed by an indoor/outdoor dance party with all the food, drinks, and candy that a ghoul could ask for. Expect aerialists, Edgar Allan Poe-themed cocktails, dancing, physical theater, spooky Georgian remixes, fun-sized candy bars, and more. Tickets are \$95-\$125 and are available at syntetictheater.org.

OCT. 29-31

Boos & Booze at Café 44. At Café 44, 44 Canal Center Plaza, Suite 401, Alexandria. Café 44 is hosting its annual Boos & Booze Halloween event featuring themed craft cocktail and treats. Costumes (and reservations) are encouraged for this weekend-long riverside soirée. Visit cafe44.com

SATURDAY/OCT. 30

AIR & SCARE AT THE NATIONAL AIR AND SPACE MUSEUM'S STEVEN F. UDVAR-HAZY CENTER Oct. 30, 2021, 10 a.m. to 5 p.m. Free admission, tickets required, parking \$15; 14390 Air and Space Museum Parkway, Chantilly, VA 20151. Annual Air & Scare program is back, with fun Halloween-themed STEAM activities, costumes, Star Wars characters, and of course, candy. Outdoors. Free, reserved tickets will be required. Also some virtual activities. Details at <https://airandspace.si.edu/events/air-and-scare-2021>

Trick-or-Treating at Mount Vernon. 2 to 6 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Celebrate Halloween with 18th-century entertainment and activities. Visit Mount Vernon in costume, watch Halloween-themed Punch & Judy shows, see 18th-century chocolate-making demonstrations and more. Trick-or-Treating at Mount Vernon takes place rain or shine. Admission: General public: \$25 per adult; \$15 per youth; Members: \$17

per adult; \$9 per youth. Visit the website: mountvernon.org

SATURDAY/OCT. 30

Fall Frolic at Lee-Fendall House. At Lee-Fendall House, 614 Oronoco St., Alexandria. Hourly sessions occur from 10 a.m. through 3 p.m. Admission: \$15 per person. Enjoy some seasonal family fun in the garden of the Lee-Fendall House during the Fall Frolic. Put on your Halloween costumes and join in on activities catered to children ages 3-12. Activities include a "ghost" hunt, crafts and a costume parade. Timed tickets must be purchased in advance. Visit the website: leefendall-house.org

SATURDAY/OCT. 30

Nightmare at Barkhaus. 5 to 8 p.m. At Barkhaus, 529 E Howell Ave., Alexandria. Visit Barkhaus for the dog bar's annual costume contest. Enjoy spooky food and drink specials and send your costumed four-legged-friend down the dog runway in pursuit of prizes. Visit the website: brewskisbarkhaus.com

SATURDAY/OCT. 30

Trunk or Treat. 6-9 p.m. At the Old Firehouse, McLean. If the House of Terror isn't your thing, no worries! Outside, the OFC's Trunk or Treat will have some music, fun and themed vehicles with Halloween candy to share while supplies last.

SATURDAY/OCT. 30

McLean Old Fire House, House of Terror and Family Trunk or Treat. 5-10 p.m. At the Old Firehouse, McLean. The Old Firehouse is transforming the inside of the center into the spookiest, scariest, walk-through experience in McLean. The House of Terror will be divided into two time slots:

- No Scares 5-7 p.m.: Participants can walk through the lighted path and view our actors and actresses with no jumps, scares or fears.
- All Scares 7:30-10 p.m.: The effects are on, the lights are off, and the actors and actresses are out of sight and ready to surprise.

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 10/13/2021.....HomeLifeStyle
 10/20/2021.....A+ Camps & Schools
 10/27/2021.....Senior Living
 Connection Families: Safe for Halloween
 10/2/2021.....Election Preview

NOVEMBER

11/3/2021.....Wellbeing
 11/10/20.....HomeLifeStyle
 11/17/2021.....A+ Camps & Schools
 11/24/2021.....Senior Living
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THE CONNECTION NEWSPAPERS



PHOTO BY STACY ZARIN GOLDBERG

The cabinet-front bar in the family room of this Bethesda home, by Mark Kaufman of GTM Architects, blends seamlessly with the built-in bookcase.

Building a Better Bar

Local designers share home bar trends.

BY MARILYN CAMPBELL
THE CONNECTION

Whether unwinding after a long day or hosting a dinner party for family and close friends, the pandemic has boosted the popularity of home bars, say local designers. Their relatively small size makes home bars a blank canvas on which to unleash design creativity. A few local tastemakers offer ideas to those who are ready to trade-in their bar cart for a full-size version.

"The home bar is no longer just a bar," said Tracy Morris of Tracy Morris Design in McLean. "It has turned into the new workhorse of the home. Since our clients have been home a bit more, they are looking for secondary kitchen spaces."

Because home bars occupy only a small area in a home, homeowners can experiment with unexpected colors and textures that might overpower a larger space.

"Saturated colors are among the latest trends in home bar designs. [They] present a great opportunity to be different and creative," said Danielle Steele, lead interior designer, Marks-Woods Construction Services. "This space is often near the kitchen, which may be white or neutral, so it presents an

opportunity to go bold."

From wall coverings to countertops, options for courageous design abound. "We are using jaw-dropping wallpapers in many of our home bars," said Morris. "This is the most asked for item. Clients are trying to differentiate their home bars from the rest of the home. One way to do this is with amazing wallpaper."

Those who enjoy entertaining friends and family know that the kitchen is often a dinner party gathering spot. Home bars offer an alternative space for guests to mingle. "[It] moves them away from the center of a busy and congested kitchen into a second area, which is perfect for conversation and gathering," said Tom Reineberg, architect. InSite Builders & Remodeling.

In fact, home bars can be equipped with accessories that allow them to serve as extensions of the kitchen.

"In one recent Bethesda home, we provided a full walk-behind bar with bar stool seating," said architect Mark Kaufman of GTM Architects. "The bar has a full array of appliances including an ice maker, refrigerator, dishwasher, sink and power outlets."

Proper lighting is essential. "Popular choices are LED circular-shaped lights, tape lighting and lighting strips ... [which] create a bright and attractive entertaining area," said Reineberg. "Open shelves with mirrors behind the shelving and dramatic lighting can be used to display and showcase barware, unique bottles and liquor collections."

"Since our clients have been home a bit more... the home bar is no longer just a bar. It has turned into the new workhorse of the home."

— Tracy Morris of Tracy Morris Design in McLean

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Life I'm Trying to Live



By KENNETH B. LOURIE

Continuing last week's justifiable rant about my less-than-ideal cancer-driven circumstances, I have to look ahead somehow, not behind. I can't change the past and focusing on what happened that possibly didn't need to happen would make yours truly more of a dull boy than I already am. Besides, living my life with constant anger and disappointment concerning how I was potentially harmed serves no real purpose. It can't change the facts. It seems logical to me therefore that what damage I can't change and/or control, and that which medically has harmed me in the past, I must find a way to embrace it somehow so that I can live my present and future life - what there is of it, with some dignity and joy. Easier said than done, I assure you, especially for my wife. Though it's not exactly in the vault for me, it is nonetheless compartmentalized.

Oddly enough, it's this ability to compartmentalize which has likely carried me this long: nearly 13 years from my Feb., 2009 "terminal" diagnosis of stage IV non small cell lung cancer, a killer cancer if there ever was one, and of course, there are many. In fact, annually, more people die from lung cancer than the next four cancers combined. No wonder I was worried when I recall the "13 month to two year" prognosis I was given. Hearing those "you have cancer" words are life changing and in many cases, life ending. Fortunately for me, I was misdiagnosed and only thought I had a few years left to live.

Nevertheless, receiving this kind of life-threatening blast of reality at age 54 and a half is overwhelming. The treatment (heavy-duty chemotherapy) that followed was challenging. The life the patient is forced to live as a result becomes cancer centric. Very little time passes when you are not keenly aware of your circumstances or preoccupied with them or planning/coordinating your life/schedule around something cancer related. All the while knowing/having been told that your chances of surviving beyond two years is in the low single digits. And for many lung cancer patients, particularly stage IV patients, there's very little the doctors can do about it. There is no cure. As my oncologist told me: "I can treat you, but I can't cure you." It was extremely hard to process that statement. I mean, really process it to understand that you are going to die because of this diagnosis. It reminds me of an episode from the M*A*S*H, the television series. It was a long day/night in the operating room and "Hawkeye" Pierce, one of the trauma surgeons, was questioning his ability to save wounded soldier's lives. Lt. Col. Henry Blake and "Hawkeye" are standing outside the surgery taking a break. And Henry, hearing his fellow surgeon's frustration, says to "Hawkeye": "There are two rules in war. Rule number 1, young men die. Rule number 2, doctors can't change rule number 1." The warning/advisory one hears after getting a non small cell lung cancer stage IV diagnosis is very similar. It's not exactly a rule, but it is a startling reality nonetheless. That reality? Most stage IV lung cancer patients die much sooner than later.

This is the kind of news that you don't want to take to your grave. This is the news however that you must incorporate/assimilate into your life somehow so you can try to go on living a rewarding and productive life. Ignoring your diagnosis seems stupid and irresponsible. And pretending that your future actions will not have consequences for your health seems incredibly naive. The only real choice as I saw it, was integrating these horrible circumstances into my life, somehow. And the only way I could see doing this was to compartmentalize them. Try to control/file them away so everyday is not dreary and depressing. Life can go on by living it, not dying because of it. I made a conscious choice to not give in, and in a way, I've been rewarded for it. I've lived 10 years-plus beyond my original prognosis. Granted, mistakes were made, apparently. But for the 10 years or so until I learned my true diagnosis, I believed as curly Howard believed in an unrelated Three Stooges two-reeler: "I'm too young to die. Too handsome. Well, too young, anyway."

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

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