

CONNECTION

Burke ❖ Fairfax ❖ Springfield ❖ Fairfax Station ❖ Lorton ❖ Clifton

NEWCOMERS & COMMUNITY GUIDE

2024-2025

Research assistant Sydney Worrell takes notes at one of 19 informational panels at the Turning Point Suffragist Memorial, as fact check before a book publication. A history and guide to what has become of the Workhouse Reformatory and Prison. Page 18

5 SUFFRAGE CAMPAIGNS STATE BY STATE, 1867 - 1898

"It was an experience that tested endurance and loyalty almost to the breaking point."
Adella Stephens, suffrage organizer in Oklahoma, referring to suffrage efforts in the states

MIXED RESULTS ON SUFFRAGE IN THE STATES

From 1867 until 1900, suffragists waged unsuccessful hard-fought electoral campaigns in Kansas, Michigan, Colorado, Nebraska, Oregon, Rhode Island, Washington, South Dakota, and California. The examples below illustrate the strategies and struggles of these campaigns.



Women voting in Wyoming

19th Century Suffrage Campaign Victories
1890 Wyoming and Utah (1895) passed the 15th and 19th equal suffrage states.
1891 Colorado
1896 Idaho

19th Century Suffrage Campaign Losses
1867 Kansas
1874 Michigan
1877 Colorado
1882 Nebraska
1884 Oregon
1887 Rhode Island
1889 Washington
1890 South Dakota
1894 Kansas (2nd time)
1896 California
1898 South Dakota (2nd time)
1904 Washington (2nd time)

In 1882 Nebraska suffragists, with support from national suffrage associations, distributed literature and organized lecture tours. However, the Republican Party and the brewery industry, concerned about women's pro-temperance vote, greatly contributed to the defeat of the proposed woman suffrage law.

In 1884 Oregon suffragists canvassed by districts, covered cities, and gained support from influential leaders. Ultimately, powerful saloons and other businesses defeated suffrage.



Women voting in Colorado

Wyoming and Utah approved votes for women while they were territories and were admitted in 1890 and 1896 as equal suffrage states. In 1893 Colorado passed woman suffrage, with help from the National American Woman Suffrage Association and organizer Carrie Chapman Catt.

In 1896 Idaho suffragists persuaded male voters to approve votes for women. NAWSA helped state workers, and most local newspapers endorsed suffrage.

In 1896 the California campaign mobilized thousands by working in local communities and at the precinct level. But liquor dealers and politicians defeated the suffrage cause.

PARTIAL VICTORIES AND NEW RESTRICTIONS

During this period, several states allowed women to vote for school boards and educational issues. Kansas passed suffrage for women at the local level in 1887. Oklahoma Territory passed school election suffrage in 1890. However, southern states restricted Black male voting through poll taxes, literacy tests, and violence. These states feared that if Black women voted, it would threaten the power structure and white supremacy.



PHOTO BY SUSAN LAUME/THE CONNECTION

COMMUNITY GUIDE

Where to Give Locally

Where to Give for Local impact.

Local nonprofits serve critical roles in the community, and they need your help.

A new survey by No Kid Hungry Virginia shows that more than three-quarters of Virginians (78%) say groceries have become harder to afford in the last year and 62% of families have had to decide between purchasing food and paying for another essential bill, such as rent, utilities, gas or home or car repairs. Also parents of K-12 students are more likely to sacrifice healthy foods in response to costs, with 55% buying less or no produce or 54% buying less or no protein. Nearly half of Virginians (42%) report at least one sign of food insecurity, such as not having enough to eat, eating low-quality food or eating a limited variety of food due to cost. Two-thirds (68%) of Virginians would worry about their ability to afford food if faced with an unexpected \$1,500 expense.

The need extends beyond hunger.

There are literally thousands of ways to give locally. Here are a few ideas. Please let us know what we have missed and any corrections. Send corrections or updates to mkimm@connectionnewspapers.com with "Give Locally" in the subject line.

❖ Alice's Kids (@alicewillhelp) aliceskids.org P.O. Box 60, Mount Vernon, VA 22121

When a child is raised in poverty they suffer both publicly and privately. When that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. <https://aliceskids.org/>

❖ Assistance League of Northern Virginia is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact info@alnv.org or visit www.alnv.org

❖ Boys and Girls Clubs of Greater Washington Fairfax Area operates clubs in two of the neediest areas of the county, Culmore, Mount Vernon/ Route 1 corridor, and Chantilly/Herndon, focusing on character and academic success. <https://www.bgcgw.org/club-page/fairfax-county-region-our-impact/>

❖ Britepaths Britepaths' services stabilize low-wealth working families, build resilience through financial empowerment and workforce development, and provide supports for children.. [Britepaths.org https://britepaths.org/](https://britepaths.org/)

❖ Centreville Immigration Forum, a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 website: www.centrevilleimmigrationforum.org and email contact@theCIFva.org

❖ Closet Of The Greater Herndon Area is a nonprofit thrift shop in downtown Herndon. The Closet recently awarded over \$20,000 in grants to seven local non-profit organizations: Cornerstones, Fellowship Square, Herndon-Reston FISH, Meridians Recovery, Mobile Hope of Loudoun, South Lakes High School PTSA Food Pantry, and Herndon Woman's Club in support of Wreaths Across America. The Closet is a source of low-cost clothing and household necessities and also gives away clothing at no cost to truly needy individuals. 845 Station Street Herndon, VA 20170 (703) 437-7652. Email TheClosetInc@verizon.net Web: theclosetofgreaterherndon.org/

❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, cause-usa.org

❖ Committee for Helping Others (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, www.cho-va.com

❖ Community Foundation of Northern Virginia www.cfnova.org The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in our region. Your gift helps us make grants in our focus areas of interest while also bringing a spotlight on the benefits of community philanthropists www.cfnova.org/for-donors/donate-now

❖ Cornerstones, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon

SEE WHERE TO GIVE, PAGE 7

BRIGHTVIEW SENIOR LIVING ALEXANDRIA

Independent Living
Assisted Living | Dementia Care
800.666.9536

BRIGHTVIEW SENIOR LIVING GREAT FALLS

Assisted Living | Dementia Care
703.912.0096

EYEING A VIBRANT, SECURE FUTURE?
FOCUS ON WHAT MATTERS.



INDEPENDENCE

Brightview's award-winning communities inspire and engage residents while supporting their changing needs.



CHOICE

What will you do today?
At Brightview, it's entirely up to you!



POSSIBILITIES

Our associates have one question for you: *Why not?* Each day, residents explore new interests and embark on new adventures.



BrightviewSeniorLiving.com

COMMUNITY GUIDE

Every Year Is Election Year in Virginia

Early voting starts Friday, Sept. 20; Election Day is Nov. 5

BY MARY KIMM
THE CONNECTION

Aside from bringing kindness and generosity into your community on a daily basis, there are few things more important than voting, especially in Virginia. It requires dedication to sign up for a mail-in ballot or head to the polls at least once a year, and more often twice since primary elections are also critically important. And it requires dedication and research to identify all the candidates and who you feel will best represent you.

This is a big year. Presidential elections historically draw the largest turnout. There are also important local issues and races on the ballot, including ballot questions. We'll let you know here what's on the ballot. But first ...

To vote, you must be registered to vote.

Every voter should check their voter registration status at your current address. Even if you voted recently, a process of purging some voters from the rolls means that you still need to check to be certain. You can check here.

<https://vote.elections.virginia.gov/VoterInformation>

<https://fairfaxvotes.org/home/>
After you are certain you are registered to vote at your current address, the next most important task is to make a plan to vote.

Early voting begins Friday, Sept. 20. Virginia is one of the best states for no excuse early voting, with a long period to cast your ballot. It's always good to vote earlier to be sure nothing gets in your way, like illness or earthquake or hurricane or snowstorm (ok that's really unlikely). Make an event of it; plan to meet friends and family at Fairfax Government Center in the early days of early voting, then go out for coffee or lunch. Or maybe you'd rather vote quietly at home, in which case you can vote by mail. Request a mail-in ballot today and write on your calendar the day you plan to fill out and mail in your ballot.

If you have problems or concerns while voting, stay at the polling location and call the Voter Protection

Commonwealth of Virginia, SAMPLE BALLOT
City of Fairfax
General and Special Elections
Tuesday, November 5, 2024

Making selections
To vote for a candidate, fill in the oval to the left of the name.
To vote an issue, fill in the oval next to Yes or No.
To write in a candidate who is not already on the ballot, fill in the oval and write the name of the person on the line.
If you want to change a vote or if you have made a mistake, ask an election officer for another ballot. If you make marks on the ballot besides filling in the oval, your votes may not be counted.

President and Vice President
Vote for only one:
Democratic Party
Electors For:
Kamala D. Harris, President and Tim Walz, Vice President
Republican Party
Electors For:
Donald J. Trump, President and JD Vance, Vice President
Green Party
Electors For:
Jill E. Stein, President and Rudolph T. Ware III, Vice President
Libertarian Party
Electors For:
Chase R. Oliver, President and Mike ter Maat, Vice President
Independent
Electors For:
Claudia De la Cruz, President and Karina Garcia, Vice President
Independent
Electors For:
Cornel R. West, President and Melina Abdullah, Vice President
Write-in

Member House of Representatives 11th District
Vote for only one:
Gerald E. "Gerry" Connolly - D
Mike L. Van Meter - R
Write-in

Mayor
Vote for only one:
Catherine S. Read
Susan Hartley Kuller
Write-in

Member City Council
Vote for not more than six:
Stacy R. Hall
Kate G. Doyle Feingold
Rachel M. McQuillen
Amini Elizabeth Bonane
Billy M. Bates
Jeffrey C. Greenfield
Stacey D. Hardy-Chandler
Thomas D. "Tom" Peterson
Anthony T. Amos
Jack F. Ryan
Taylor A. Geaghan
Write-in
Write-in
Write-in
Write-in
Write-in

Member School Board
Vote for not more than five:
Carolyn S. Pitches
Kristina M. Cecere
Sarah M. Kelsey
Amit S. Hickman
Lauren A. Bartelme
Write-in
Write-in
Write-in
Write-in
Write-in

Proposed Constitutional Amendment
Should the Constitution of Virginia be amended so that the tax exemption that is currently available to the surviving spouses of soldiers killed in action is also available to the surviving spouses of soldiers who died in the line of duty?
Yes
No

Public School Bonds
Shall the City of Fairfax, Virginia, contract a debt, borrow money, and issue its general obligation bonds in the maximum aggregate principal amount of \$220,000,000 to provide funds, together with other funds, to undertake a program of capital improvement projects for the public school system of the City, and to fund the costs of issuing such bonds?
Yes
No

Turn the ballot over

AUTHORIZED BY THE ELECTORAL BOARD OF THE CITY OF FAIRFAX
10455 ARMSTRONG STREET
FAIRFAX, VA 22030

Notice: The authority statement on this sample ballot must be removed and replaced with the appropriate authority statement for the candidate, committee, individual or group using this ballot for their own purposes. Any reproduction of this MAY NOT be printed on white paper. The authority statement used for this ballot must comply with the requirements of either federal or state law, as appropriate. For state requirements, see 24.2-622 and 24.2-956 of the Code of Virginia. For federal requirements call the Federal Election Commission, 1-800-424-9530.

Commonwealth of Virginia, SAMPLE BALLOT
City of Fairfax
General and Special Elections
Tuesday, November 5, 2024

Member City Council
Vote for not more than six:
Stacy R. Hall
Kate G. Doyle Feingold
Rachel M. McQuillen
Amini Elizabeth Bonane
Billy M. Bates
Jeffrey C. Greenfield
Stacey D. Hardy-Chandler
Thomas D. "Tom" Peterson
Anthony T. Amos
Jack F. Ryan
Taylor A. Geaghan
Write-in
Write-in
Write-in
Write-in
Write-in

Member School Board
Vote for not more than five:
Carolyn S. Pitches
Kristina M. Cecere
Sarah M. Kelsey
Amit S. Hickman
Lauren A. Bartelme
Write-in
Write-in
Write-in
Write-in
Write-in

Proposed Constitutional Amendment
Should the Constitution of Virginia be amended so that the tax exemption that is currently available to the surviving spouses of soldiers killed in action is also available to the surviving spouses of soldiers who died in the line of duty?
Yes
No

Public School Bonds
Shall the City of Fairfax, Virginia, contract a debt, borrow money, and issue its general obligation bonds in the maximum aggregate principal amount of \$220,000,000 to provide funds, together with other funds, to undertake a program of capital improvement projects for the public school system of the City, and to fund the costs of issuing such bonds?
Yes
No

AUTHORIZED BY THE ELECTORAL BOARD OF THE CITY OF FAIRFAX
10455 ARMSTRONG STREET
FAIRFAX, VA 22030

Notice: The authority statement on this sample ballot must be removed and replaced with the appropriate authority statement for the candidate, committee, individual or group using this ballot for their own purposes. Any reproduction of this MAY NOT be printed on white paper. The authority statement used for this ballot must comply with the requirements of either federal or state law, as appropriate. For state requirements, see 24.2-622 and 24.2-956 of the Code of Virginia. For federal requirements call the Federal Election Commission, 1-800-424-9530.

SAMPLE BALLOT, CITY OF FAIRFAX. The location for early voting for all City of Fairfax voters is Fairfax City Hall, at 10455 Armstrong St, Fairfax, VA 22030. On Election Day, voters will need to vote at their assigned polling place.



tection Hotline (844) 4VA-VOTE (844) 482-8683

Deadline To Register To Vote In This Election

Traditional method: Online or Postmarked by Mail by Oct. 15

❖ Online: 11:59 p.m. on Oct. 15. Register online using the Virginia Department of Elections Citizen Portal.

❖ **By Mail:** Postmarked on or before Oct. 15. Download a voter registration application.

❖ **In Person Through Oct. 15:** Register at the Fairfax County Office of Elections.

It's best to be registered by Oct. 15 so that you can vote a regular ballot and not a provisional ballot.

Same Day Voter Registration Deadlines, in Person

❖ **Oct. 16-Nov. 2:** Voters may complete a same day registration at any early voting location and vote a provisional ballot. Provisional ballots are counted, and your vote will count if you do this.

❖ **On Nov. 5 Election Day:** Voters may only complete a same day registration and vote a provisional ballot at the precinct in which they reside. Find your precinct.

Last Day to Request a Vote by Mail Absentee Ballot: Oct. 25 by 5 p.m.

Visit Vote by Mail for more information. <https://www.fairfaxcounty.gov/elections/absentee-voting-mail>

Absentee ballots are mailed to voters beginning Sept. 20.

Deadline for Return of Vote by Mail Absentee Ballots:

❖ **Nov. 5 by 7 p.m.:** In person at the Office of Elections or by ballot drop box.

❖ **Nov. 8 by noon:** By mail if

postmarked on or before Nov. 5 Election Day.

❖ **Early Voting in Person:** Begins Sept. 20, ends Nov. 2

❖ Visit Early Voting for more information. <https://www.fairfaxcounty.gov/elections/early-voting>

Early Voting: What You Need to Know

❖ In-person early voting will be available from Sept. 20 through Nov. 2 for the Nov. 5 General Election

❖ Only Fairfax County registered voters may vote at any Fairfax County early voting location.

❖ Voters must present an acceptable ID or may sign an ID Confirmation Statement.

❖ Curbside voting is available for eligible voters.

❖ Absentee by mail voters may SEE ELECTION DAY, PAGE 4

Election Day is Nov. 5

FROM PAGE 3

vote early in person if they choose. If you received a ballot in the mail, you must bring it with you and surrender it to vote in person. If you received a ballot but do not bring it with you, you may vote a provisional ballot. Mail ballot dropboxes are available during early voting location operating hours.

❖ **Same-day registration** is available between Oct. 16 and Nov. 2 at early voting locations. Voters submitting a same-day registration will vote a provisional ballot.

❖ **Questions?** Email earlyvoting@fairfax-county.gov or check our FAQs.

ON THE BALLOT:

- US President/Vice President (4-year term)
- US Senate (6-year term)
- US Representative (2-year term, 1 each in Districts 8, 10, 11)

Local Races

- Herndon Town Council (Herndon town residents only)
- Herndon Town Mayor (Herndon town residents only)
- City of Fairfax City Council
- City of Fairfax Mayor
- City of Fairfax School Board
- One Proposed Constitutional Amendment
- Two Proposed Fairfax County Bond issues (transportation bonds, public safety bonds)

President and Vice President

- Vote for only one
- DEMOCRATIC PARTY
 - ❖ Kamala D. Harris, President and Tim Walz, Vice President
- REPUBLICAN PARTY
 - ❖ Donald J. Trump, President and JD Vance, Vice President
- GREEN PARTY
 - ❖ Jill E. Stein, President and Rudolph T. Ware III, Vice President
- LIBERTARIAN PARTY
 - ❖ Chase R. Oliver, President and Mike ter Maat, Vice President
- INDEPENDENT
 - ❖ Claudia De la Cruz, President and Karina Garcia, Vice President
 - ❖ Cornel R. West, President and Melina Abdullah, Vice President

Member United States Senate

- Vote for only one
- ❖ Timothy M. Kaine - D
- ❖ Hung Cao - R

Member House of Representatives 8th District

- Vote for only one
- ❖ Donald S. Beyer, Jr. - D
- ❖ Jerry W. Torres - R
- ❖ David R. Kennedy - I
- ❖ Bentley F. Hensel - I

Member House of Representatives 10th District

- Vote for only one
- ❖ Suhas Subramanyam - D
- ❖ Mike W. Clancy - R

Member House of Representatives 11th District

- Vote for only one

- ❖ Gerald E. “Gerry” Connolly - D
- ❖ Mike L. Van Meter - R

Proposed Constitutional Amendment

To Be Voted On at the Nov. 5, 2024, Election

ONE QUESTION

Should the Constitution of Virginia be amended so that the tax exemption that is currently available to the surviving spouses of soldiers killed in action is also available to the surviving spouses of soldiers who died in the line of duty?

EXPLANATION FOR VOTERS

Present Law

Generally, the Virginia Constitution requires that all property be taxed. It also sets out specific types of property that may be exempted from taxation. Currently, the Virginia Constitution allows the General Assembly to exempt from taxation the principal place of residence of the surviving spouse of any soldier who is determined by the U.S. Department of Defense to have been killed in action.

Proposed Amendment

The proposed amendment would expand this current tax exemption so that it is available to all surviving spouses of soldiers who are determined by the U.S. Department of Defense to have died in the line of duty, including those who have been killed in action.

A “yes” vote would allow the surviving spouse of a soldier who died in the line of duty to claim the same real property tax exemption on their principal place of residence that is currently only available to the surviving spouses of soldiers who are killed in action.

A “no” vote will not allow such additional surviving spouses to claim the real property tax exemption.

Two Fairfax County Bond Issues TRANSPORTATION BONDS

Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds, in addition to the transportation improvements and facilities bonds previously authorized, in the maximum aggregate principal amount of \$180,000,000 for the purpose of financing Fairfax County’s share, under the Washington Metropolitan Area Transit Authority Compact, of the cost of constructing, reconstructing, improving, and acquiring transportation improvements and facilities, including capital costs of land, transit facilities, rolling stock, and equipment in the Washington metropolitan area?

VOTE YES OR NO

PUBLIC SAFETY BONDS

Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds in the maximum aggregate principal amount of \$126,000,000 to provide funds, in addition to funds from public safety facilities bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of public safety facilities, including the construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training and operational facilities and stations, fire and rescue training facilities and stations, including fire and rescue sta-

Early Voting Locations, Dates and Times

Fairfax County Government Center 12000 Government Center Pkwy, Room 251, Fairfax, 22035	Sept. 20 – Nov. 2 Monday – Friday: 8 a.m. – 4:30 p.m. Saturdays (Sept. 21, Oct. 19, Oct. 26, Nov. 2): 9 a.m. – 5 p.m. Sunday (Oct. 27): 1 p.m. to 5 p.m.
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Mt. Vernon Governmental Center 2511 Parkers Lane, Alexandria, 22306	Sept. 20 – Nov. 2 Monday – Friday: 1 p.m. – 7 p.m. Saturdays (Sept. 21, Oct. 19, Oct. 26, Nov. 2): 9 a.m. – 5 p.m. Sunday (Oct. 27): 1 p.m. – 5 p.m.
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North County Governmental Center 1801 Cameron Glen Drive, Reston, 20190	Sept. 20 – Nov. 2 Monday – Friday: 1 p.m. – 7 p.m. Saturdays (Sept. 21, Oct. 19, Oct. 26, Nov. 2): 9 a.m. – 5 p.m. Sunday (Oct. 27): 1 p.m. – 5 p.m.
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13 Additional Locations	Oct. 17 – Nov. 2 Monday – Friday: 1 p.m. – 7 p.m. Saturdays (Oct. 19, Oct. 26, Nov. 2): 9 a.m. – 5 p.m. Sunday (Oct. 27): 1 p.m. – 5 p.m.
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LOCATION	ADDRESS
Burke Centre Library	5935 Freds Oak Road, Burke 22015
Centreville Regional Library	14200 St. Germain Drive, Centreville 20121
Franconia Governmental Center	6121 Franconia Rd, Alexandria 22310
Great Falls Library	9830 Georgetown Pike, Great Falls 22066
Herndon Fortnightly Library	768 Center Street, Herndon 20170
Lorton Community Center	9520 Richmond Highway, Lorton 22079
Mason Governmental Center	6507 Columbia Pike, Annandale 22003
McLean Governmental Center	1437 Balls Hill Rd, McLean 22101
Jim Scott (formerly Providence) Community Center	3001 Vaden Drive, Fairfax 22031
Sully Governmental Center	4900 Stonecroft Boulevard, Chantilly 20151
Thomas Jefferson Library	7415 Arlington Blvd, Falls Church 22042
Tysons-Pimmit Regional Library	7584 Leesburg Pike, Falls Church 22043
West Springfield Governmental Center	6140 Rolling Road, Springfield 22152

tions owned by volunteer organizations, and the acquisition of necessary land?
VOTE YES OR NO

TOWN OF HERNDON

Candidates for the office of Mayor and Town Council for the 2025-2026 term are:

HERNDON MAYOR

- Vote for one
- ❖ Pradip Dhakal
- ❖ Keven LeBlanc

(Both currently serve as councilmembers. The town’s current Mayor, Sheila Olem, is not seeking reelection.)

HERNDON TOWN COUNCIL

- Vote for six

Candidates for the six Town Council seats for the 2025-2026 term:

- Naila Alam,
- ❖ Tamim Chowdhury,
- ❖ Cesar A. del Aguila,
- ❖ Kelvin Garcia,
- ❖ Clark A. Hedrick,
- ❖ Michael T. Lloyd,
- ❖ Stevan M. Porter,
- ❖ Soma Ramesh,
- ❖ Alexis “Alex” Reyes.

(Alam, del Aguila and Hedrick serve on the current Town Council. Current Councilmember Donielle Scherff is not seeking reelection.)

See sample ballot for City of Fairfax candidates for Mayor, City Council and School Board.

About The Connection Newspapers in 2024

STILL IN THE MIDST of the crisis which never ends, we at the Connection still hear the call to serve our communities, with a bit of wonder that we are able to continue given very limited resources. We still seek to fulfill our mission by continuing to publish, still printing thousands of copies of our weekly papers every week, and distributing thousands more digitally, with more reach via social media and our website. Certainly our approach and methods are different now.

It's still our mission to share the joy of our communities. You can find some of that joy every week, and in this community guide. Discover the great places according to the dogs, and history and pleasures provided by the legacy of the former Occoquan Workhouse and Lorton Reformatory, the Workhouse Arts Center and Laurel Hill Park. We share the joy of volunteers addressing hunger and so many other needs.

It's still our mission to provide information about how to help and where to get help; to tell the stories of the helpers, and of those who are hungry. It's still our mission to tell the stories of those working for

FIND WHAT YOU NEED

- ❖ ONLINE: www.connectionnewspapers.com
- ❖ Digital editions of the week's papers are available at www.ConnectionNewspapers.com/PDFs
- ❖ Past issues of the Connection back are available at <http://connectionarchives.com/PDF/>
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- ❖ ON INSTAGRAM <https://www.instagram.com/connectionnewspapers/> See our "stories" on Facebook and Instagram every day for highlights of events, news, pets and more.
- ❖ LETTERS TO THE EDITOR: Email to editors@connectionnewspapers.com
- ❖ Events for our calendar, email to calendars@connectionnewspapers.com or online www.connectionnewspapers.com/Calendar/

social and racial justice, and battling income inequality.

It is our mission, set out in the

SEE ABOUT THE CONNECTION, PAGE 22



Meet Your MVD Team

Our office is here for you! Did you know you can contact us with any County concerns or issues, and we can connect you with the answers? Here are just a few ways we can help:

- Connecting you with County services.
- Sharing information about issues in our community.
- Communicating meetings and events happening near you.
- Answering questions about voting, property, roads, taxes, public safety, health & human services, solid waste, recycling and more!
- Bilingual staff in Spanish and Greek.



CONNECT WITH TEAM MVD

Stop by: Mount Vernon Governmental Center
2511 Parkers Lane
Mount Vernon, VA 22306

Office Hours
Monday - Friday: 8:30 a.m. – 5 p.m.; Thursday: 5 - 7 p.m.
Second Saturday Each Month:
Lorton Library: 9 a.m. – 11:30 a.m.
MV District Office: 12:30 p.m. – 3 p.m.
Walk-ins and by appointment

Keep informed! Sign up for the Mount Vernon Advisor newsletter and follow us on social media!
Visit: <http://www.fairfaxcounty.gov/mountvernon/>
Call: 703-780-7518 (TTY 711)
Email: mtvernon@fairfaxcounty.gov



Join us on October 19 for the 9th Annual Tour de Mount Vernon Community Bike Ride and Youth & Family Ride!

TOUR de MOUNT VERNON 2024

Saturday, October 19
Start at the Workhouse Arts Center

100% - 100% = EXPLORE your COMMUNITY

Where Comfort & Family Values Meet!

\$74 (Reg \$84)

Don't Forget Your Safety & Maintenance INSPECTION Per System

0% APR FOR 36 MONTHS*
with equal payments.
Minimum purchase of \$7,500.

CARRIER REBATES UP TO \$2,100†

Turn to the experts

SALES | SERVICE | INSTALLATION

- 24 Hour Emergency Service
- Planned Maintenance Agreements
- Free Estimate on System Replacement
- FREE Second Opinion on System Failure
- Senior & Military Discounts
- We Service All Brands
- 100% Satisfaction Guarantee
- Up Front Pricing

SCAN CODE FOR MORE INFO

Call Today! 703-491-2771 | www.brennansHVAC.com | info@brennanshvac.com

2024 PRESIDENTS AWARD

†System rebates ranging from \$0 to \$2,100 depending on equipment purchased. Rebates subject to change. Expires 11/23/24. *With approved credit on qualifying equipment. Call Brennan's for complete details.

COMMUNITY GUIDE



BONNIE HOBBS/THE CONNECTION

Overlook at Fairfax Boulevard: Some of the new townhouses under construction along Oak Street, across from American Legion Post 177.



Artist's rendition of the four-level townhouses that are part of the Overlook at Fairfax Boulevard.

Fairfax City Looks Toward the Future

More multifamily homes and retail uses are planned.

BY BONNIE HOBBS
THE CONNECTION

While proud of its historic heritage, Fairfax City is continually modernizing and warmly welcoming new residents, businesses and commercial development. Here are details about some of the projects on the horizon:

Overlook at Fairfax Boulevard

The 1950s-era Breezeway Motel on Fairfax Boulevard and the Fairfax Gardens Apartments on Cedar Avenue have both been demolished so Pulte Home Co. may construct townhouses, two-over-two condos and a commercial building in their place. This new residential project is called Overlook at Fairfax Boulevard, and the site is bounded by Cedar Avenue, Fairfax Boulevard, and Walnut and Oak streets.

Now under construction are 60 homes with 141 parking spaces. There'll be 40 townhouses, 40 feet high, with 80 parking spaces, plus 20 condos, 51 feet high, with 40 parking spaces and 21 surface spaces. Also planned are 8,000-10,010 square feet of commercial space with 44 parking spaces. Selling prices of the four-level townhomes start in the \$900,000 range, with prices of the two-level condos beginning around \$600,000. Nearby amenities include restaurants, grocery stores and Pat Rodio Park.

Utilities will be underground, and there'll be a playground and picnic area, plus four areas of open space – three, accessible to the public. Each unit will have a sidewalk connecting to the street, and there'll be a 10-foot-wide sidewalk/multi-use trail on



PHOTO COURTESY OF JULIE PARROTTA

Artist's rendition of the City Centre West condo building.

Fairfax Boulevard. Also planned is a connection from the multifamily homes to the future commercial development, as well as crosswalks on the adjoining public streets.

Access points to the commercial part of the site are from Fairfax Boulevard and Walnut Street. There's also entry from Walnut Street to the condos, and access from Oak to the townhouses, plus emergency access to the townhomes from Cedar. There'll be a Metro bus stop on Fairfax Boulevard, and traffic impact from the project is expected to be minimal.

City Centre West

One of the gateways to Fairfax City is getting a major upgrade courtesy of City Cen-

tre West. Arising at 10501 Main St., between Judicial Drive and West Street, it will be an eight-story building with 210,029 square feet of residential, office and commercial uses.

A project of Ox Hill Realty, it'll replace a former bank, an old office building and an unsightly, burned-out restaurant. Fairfax City Council approved it in July 2023, and Ox Hill representative Bob Brant said this mixed-use structure will be something "Fairfax can be proud of and a landmark for the City."

Situated on 1.78 acres, City Centre West will feature 79, for-sale condominiums and penthouses with amenities and a rooftop pool, 8,500 square feet of medical offices and 28,200 square feet of commercial-office space. There'll also be a drive-through bank, ground-floor retail, a restaurant and a .31-

acre pocket park/plaza.

The top six floors of the building will house the one-, two- and three-bedroom residential units, with the 18,000-square-foot bank and offices on the lower floors, and four levels of below-grade, structured parking (309 spaces) for all the uses. The plaza will be for outdoor dining and a space where people may gather for events. It'll be accessible to the public and connect to downtown Fairfax.

The project will provide new road connections to Main Street and to the Fairfax County Judicial Complex. Ox Hill will also build a 10-foot-wide, landscaped sidewalk on Main Street. Construction is expected to take two years.

Beacon Landing Affordable Apartments

A project of The Lamb Center (TLC) and Wesley Housing, Beacon Landing will provide permanent, supportive housing for 54 homeless people. It'll replace the ancient, dilapidated Hy-Way Motel on Fairfax Boulevard with a modern, environmentally friendly, five-story apartment building that's 100-percent affordable.

"Giving someone a roof over their head is life changing," said Tom Barnett with Fairfax County's Office to Prevent and End Homelessness. "It means they won't return to homelessness, and it'll help them build long-time stability."

The building will be at 9640 Fairfax Blvd., a block from TLC's daytime drop-in shelter on Campbell Drive. Wesley Housing, the project developer, will manage the property. There'll be 42, 350-square-foot efficiency units; 10 one-bedroom; and two two-bed-

Where to Give Locally

FROM PAGE 2

don. 571-323-9555, www.cornerstonesva.org.

Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Gifts for Kids and annual Coat Drive. www.cornerstonesva.org

❖ Ecumenical Community Helping Others (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families. www.echo-inc.org.

❖ FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers, and offers a variety of one-time and ongoing opportunities.

Contact Haylee Davis at hdavis@facetscares.org. 703-865-4251 or volunteer@facetscares.org. www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax VA 22030

❖ Fairfax City Area FISH (For Immediate Sympathetic Help) FISH provides funds and volunteers to serve the needy and elderly in the greater Fairfax City

area of Fairfax County. FISH responds to requests for life's necessities: food, clothing, financial assistance for delinquent rent, mortgage, utility bills, gasoline, and prescriptions. 703-222-0880 fairfaxfish.org/

❖ Fellowship Square provides housing, help, and hope to financially vulnerable older adults, many who struggle to make ends meet on just Social Security fixed-incomes that average just \$10,000/year. Reston-based Fellowship Square provides affordable housing, services and wellness/social programs enabling 850+ low-income seniors to age in place safely, securely and with dignity in one of the nation's most expensive regions. Financial donations help residents with healthcare and medication costs, groceries, transportation and other support, while donation of items from our detailed wish-list ensures residents have essentials for daily living such as batteries, blankets, pill organizers, reading glasses & more. Volunteer opportunities also abound. Learn more at www.fellowshipsquare.org or email info@fellowshipsquare.org

❖ Food For Neighbors is a local, grassroots nonprofit that focuses on engaging communities to support their local schools and address student hunger. See more about FFN in this edition.

11710 Plaza America Dr #130 Reston, VA 20190 contact@foodforneighbors.org www.FoodForNeighbors.org

SEE WHERE TO GIVE, PAGE 17



Congratulations
**Udeme (Udy)
Ekong, RN**

Alexandria Chamber of Commerce Community Champion Medical Professional of the Year

Alexandria Rehabilitation & Healthcare Center Administrator, Jennifer Patrick, and the entire Alexandria Rehabilitation Team Congratulate Udy, our Director of Nursing, and an exceptional professional, leader and caregiver on this well-deserved award!



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American Foundation for Suicide Prevention



Another **THE CONNECTION** Community Partnership

COMMUNITY GUIDE



Artist's rendition of Beacon Landing, an affordable apartment building to serve homeless people who are the most vulnerable.



Artist's rendition of the south façade of WillowWood phase I's N29 apartment building.

Fairfax City Looks Toward the Future

FROM PAGE 6

room, for residents needing caregivers. And 15-percent will be ADA-compliant.

Since they're permanent homes, residents will have their own rental leases with no time limits. Supportive means a variety of services will help residents stay in and maintain their apartments, find employment/income and address their physical- and behavioral-health needs. And this housing will be affordable – no more than 30 percent of a resident's income, or a minimum of \$50/month.

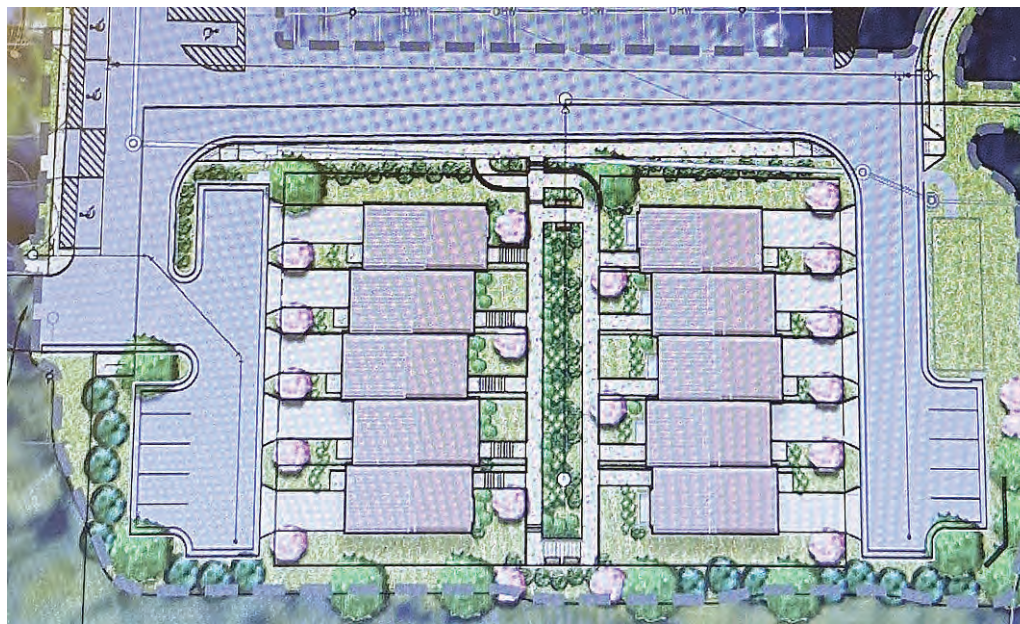
The second floor will feature a community room for the residents, plus space for Lamb Center case managers to assist residents with living independently and make sure they take their medication and obtain the services they need.

The 1,400-square-foot first floor will be an employment center to help building residents find entry-level jobs. The front door will be access-controlled, and there'll be security cameras, plus a 24/7 staffed front desk. A bus stop will be outside the building, and racks for 26 bikes will be provided.

TLC Executive Director Tara Ruskowski says this project will serve "the people most vulnerable, marginalized and at-risk, including the elderly and those with disabilities." Apartments will be fully furnished, including washers and dryers. With an anticipated construction time of some 14-16 months, the building is expected to open in 2026.

WillowWood (N29 Apartments) Phase I

Capital City Real Estate LLC plans to replace a surface parking lot in Fairfax City's Northfax area with the N29 Apartments –



Site plan of the 10, affordable, Glebe View townhouses to be built.

a seven-story, mixed-use building with up to 260 units and some 5,000 square feet of ground-floor retail. On a nearly-3-acre site at 10306 Eaton Place, this project also includes a 10-level parking garage to the rear of the building, with one level below grade.

The parcel is in the WillowWood Plaza Office Center and is one of two there owned by Capital City Real Estate LLC. That area already has office and commercial uses, so these apartments will provide a residential component. The new residents will be able to hike on the George Snyder Trail or easily catch a CUE bus to go elsewhere. The site is also close to existing retail uses, including restaurants, as well as a grocery store.

There'll be a courtyard with a pool, and about a third of the parcel will be open

space. A pocket park will be adjacent to the garage, and there'll also be some outdoor café seating for a cool and casual vibe. The retail uses will front on Eaton Place and the building will border a future, linear park. The City envisions this park as a large, green space where the community could gather for recreation and events.

Glebe View Townhouses

Fairfax Presbyterian Church, at 10723 Main St. and Presbyterian Way, has donated some 1.6 acres of its land for affordable homes, called Glebe View Townhouses, to be built there. Habitat for Humanity NOVA is the developer, and nonprofit Homestretch/Sacred Homes will own two of the

houses. HomeAid will provide building materials and tradesman expertise at reduced prices.

Constructed will be 10, brick-exterior, three-level townhouses, each with three bedrooms and two bathrooms, plus one-car garages and driveways. Ten visitor parking spaces will go on the western side of the property, and a new, 30-space parking area – including much-needed, handicap-accessible spaces – will be built in the southwest corner for the church's use. A walking path will go around the 8.25-acre church property, and there'll be two stormwater-management facilities where today there are none.

To help keep utility bills low, the builder will incorporate energy-efficient construction practices, appliances and lighting – including rooftop solar panels for all townhouses. The communal green area in front of the townhouses will include a pergola, solar pathway lights, benches and landscaping.

The townhomes will go on the property's east side, adjacent to the Cameron Glen townhouse community. A sidewalk with steps will connect the church with the nearby Autumn Woods community. And a connection on the north side of the townhouses to the adjacent, existing trail by Accotink Creek will also be added.

Eight of the units will be sold to Habitat NOVA families earning less than the area median income. The other two will be sold to Homestretch for its Sacred Homes program lifting families out of poverty. Habitat homeowners will work alongside other volunteers to help build their homes. Sale prices will be below market value because the church is providing the land. Groundbreaking is slated for Sept. 28.

COMMUNITY GUIDE

Mount Vernon District 2024 Newcomer Guide

BY DAN STORCK, SUPERVISOR
MOUNT VERNON DISTRICT

Welcome to the Mount Vernon District, home to many historic and cultural resources showcased in the Potomac Banks – Explore Fairfax South! You will soon learn you have chosen a wonderful place to live.

Richmond Highway is a vibrant, changing corridor where revitalization planning continues for “The One” Bus Rapid Transit (BRT) system and future urban living with ecologically sensitive, walkable, livable neighborhoods. Our focus on community development, preservation of existing community character, urban design and a variety of transportation modes will bring new residents, businesses and partnerships to the corridor.

You likely know that Fairfax County has one of the best school systems in the country, but for us it goes beyond that. Life-long learning is important to many of our residents and I am proud to say we are bringing more opportunities through our future partnerships at Original Mount Vernon High School (OMVHS) with the Northern Virginia Community College (NVCC) and Fairfax County Public Schools (FCPS). Join us for the OMVHS Renovation Groundbreaking Ceremony on Oct. 5 at 10 a.m. RSVP today: omvhsgroundbreaking.eventbrite.com

Our area abounds with parks and recreational opportunities, historic sites, arts and culture. Explore Fairfax South and check out our many Potomac Banks tourism sites, such as River Farm, the Workhouse Arts Center, George Washington’s Mount Vernon, Pohick Bay Regional Park and so many more. Whether it’s hiking, biking, paddling or vis-

iting historical landmarks, there’s plenty of ways to discover our community. Check out the parks page on the Mount Vernon District website (www.fairfaxcounty.gov/mountvernon/) for more adventure ideas! When you visit any of the Potomac Bank’s locations, download your FREE Potomac Banks Savings Pass to receive discounted admissions and more.

My number one priority is always YOU and our office is here to help! I strive to engage deeply and frequently with the people of Mount Vernon. TEAM MVD provides timely constituent service as we continue to build the ideal community in which to live and thrive. We are here to answer your questions, email us at MTVernon@FairfaxCounty.gov, call 703-780-7518 or stop by our office at 2511 Parkers Lane. I also have extended office hours to meet with you on Thursdays and the second Saturday of each month. I invite you to join us for our upcoming annual signature events: Tour de Mount Vernon Community Bike Ride & Youth Ride on Oct. 19, Holiday Open House on Dec. 4 and Mount Vernon District Town Meeting on Feb. 8.

You have chosen a great place to live, educate your family, grow your career and engage with your neighbors. Welcome to the Mount Vernon District, where history, heritage, outdoor living, educational opportunities and public safety come together to support our exciting future! Visit our website (www.fairfaxcounty.gov/mountvernon/) to sign up for our newsletter, follow us on Facebook, LinkedIn and Instagram and learn about the myriad of District projects, important topics, area activities and upcoming events in your new community. More information about the Mount Vernon District can be found in our Newcomer Guide!

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Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Administrative District	East Street ID	Route #	Route Name	Structure	Effective Date
SCOTT	16850	689	LUNSFORD MILL RD	STREAM	9/4/2024
FRANKLIN	7869	641	CALLAWAY RD/ ROUTE 641	BLACKWATER RIVER	8/29/2024
RUSSELL	16339	67	SWORDS CREEK RD	BIG LICK CREEK	8/27/2024
LEE	10795	612	ROUTE 612	WALLENS CREEK	8/27/2024
HANOVER	9529	656	MOUNT HERMON RD	CAMPBELLS CREEK	8/21/2024
BEDFORD	2872	735	ROCK CLIFF RD/ ROUTE 735	DIFFICULT CREEK	8/13/2024
TAZEWELL	18610	642	ROUTE 642	CROCKETT'S COVE CK	8/12/2024
GREENE	9005	636	GOOSEPOND RD	SWIFT RUN	8/7/2024
ROANOKE	15104	758	CARSON RD/ROUTE 758	BRANCH GLADE CREEK	7/29/2024

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit vdot.virginia.gov and navigate to Traffic and Travel/For freight operators/Truck restrictions. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov or the Load Rating Program Manager, Manjil Devkota 804-786-4064.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730 or corina.herrera@vdot.virginia.gov.

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COMMUNITY GUIDE

Find Your Go-To Bakery

Life is sweet at these local establishments.

BY SUSAN LAUME
THE CONNECTION

New to the area, but not yet found your go-to bakery? Is fresh yeasty bread a must-have? Are you an iced cake fan, cupcake connoisseur, delighted by donuts, or do you crave cream cheese pastries? Need to find that Sunday morning or once a week special treat; or that too frequent, diet busting obsession? Are you that social amenity provider; picking up sweet delights to share with others, possibly in some comfortable spot with a coffee or espresso? No matter what a bakery visit does for you, these area bakers and bakeries are ready to tempt you and become your 'go-to' indulgence spot.

In alphabetical order.

Best Buns Bakery & Burgers

6119A BACKLICK RD, SPRINGFIELD
Pastries, breads, breakfast and burgers.

Celebrating their 50th anniversary this month, in 1974, Randy Norton and Jim Farley opened a 16 table pizza place in Fairfax. Mike Ranney joined them in 1976, and with the opening of Fantastic Fritzbe's Flying Food Factory (now Silverado), Great American Restaurants group (GAR) was born.

The cinnamon bun here is one of their most popular bakery items, says, Great American Restaurants marketing director, Erica Herrera. "We use a laminated dough which is frosted directly out of the oven with our house-made cream cheese frosting." The burgers that share this establishment's name take the top spot for customers' most ordered menu item. The restaurant sells about 75,000 burgers annually across its three locations.

The group's anniversary and community charitable giving were recognized by Fairfax County's Board of Supervisors earlier this year. Great American Restaurants has donated over \$2.5 million to local charities since implementing its dessert program, making donations of 25 cents of every dessert sold and five percent of bakery bread sales.

Open 6 a.m. to 9 p.m. weekdays; 7 a.m. to 9 or 10 p.m. Saturday/Sunday.

Fonda Latina Panaderia

6119 BACKLICK RD, SPRINGFIELD
Latino foods and pastries.

Slightly disguised under the name and signage of 'bakery' is this small cafe which offers a selection of genuine Latina foods. It helps to know Spanish or be good at pointing, as this staff usually is without English speakers. Unpretentious and dimly lit, its draw is the hearty food at low prices, includ-



Best Buns, part of the Great American Restaurants group recently added this location in Springfield



Best Buns popular cinnamon roll uses a house-made cream cheese frosting



Fonda Latina Panaderia, located a few doors from Best Buns, offers a menu of dishes

ing empanadas and pupusas. The bakery offers a wall selection of Mexican style breads.

Open 5:30 a.m. to 9 p.m., (closing Sunday at 8 p.m.)

J&S Bakery

7000 COMMERCE ST SPRINGFIELD
Bakery and Latin cuisine.

Owner Khaled Abourakt says when he opened his cafe and bagel bakery in 1995, his was the only such establishment in the area. Today his cafe and bakery sits amid several like businesses. His 5 a.m. opening

time attracts many Latinos working in the area whose traditional breakfast is Central American style bread and good strong South American coffee. He changed from baking bagels in 2000, in favor of baking the Latino style breads, pastries, and cakes. Abourakt imports Colombian coffee, a favorite with his many Salvadoran and Ecuadorian customers. And his cakes are popular for birthdays and weddings. Abourakt says his most popular dessert item is the Tres Leches; although his staff says it's the chocolate & vanilla flan. You will likely want to try both and pick your own favorite.

Open daily, 5 a.m. to 9 p.m.



Karena Fernández shows off J & S Bakery's popular cakes, Tres Leches and flan

Just Baked Bakery

9557 BRADDOCK RD, FAIRFAX
German-American pastries and breads.

Owner-baker Max Malek trained in Germany, where he lived since the age of five, earning his 'Master Baker' Certification, and gained French bakery experience before coming to the United States in 2002. His new bakery in Twinbrooke Shopping Center has become a quick local favorite, where the croissants and cinnamon buns, in particular, fly off the shelves. The baked goods are often still warm from the oven, proving the

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PHOTOS BY SUSAN LAUME/THE CONNECTION



Just Baked's owner Max Malek earned his Master Baker certification in Germany, baking there and in France before coming to the USA



It's a family at Just Baked including friend, Alireza Edalatianzakeri, owner-baker Max Malek, Max's daughter Tamana, assistant baker Abdooreza Edalatianzakeri, and new customer server Norra Amirshahi, and Daisy, Max's support dog



Swiss Bakery's styled offerings reflect the season in their cookies, biscotti, and tarts, in Ravenwood Shopping Center



Just Baked's popular cinnamon buns save their sugar content for the icing. In Twinbrooke Shopping Center



TaMeisha Norris of Out of the Bubble Bakery with a selection of her allergy friendly over the counter baked goods



Popular Turkish baklava can be had, along with coffee, at Rana Cafe in Lorton



Nora Failing, 2 years old, of Fairfax, makes her selection without the indecision many face at Swiss Bakery's impressive counter display

cafe's "Just Baked" name.

It's a family effort at this bakery, Alireza Edalatianzakeri, Malek's fellow Afghani-born friend, performed all the store remodeling; Alireza's brother Abdooreza joined the shop as assistant baker. Malek's wife and later his daughter have taken turns at the counter. The bakery "family" keeps growing as Malek frequently "adopts" customers, knowing many by name.

Malek says his cinnamon buns are his most popular item, with his German apple and cherry danishes, chocolate and plain croissants, and German Coffee cake, not far behind. Customers find offerings vary on each visit. He shares that his cinnamon bun technique uses "organic wheat flour dough made from scratch, with high quality European unsalted butter, no oil, and little use of sugar. Malek says, "the sugar icing provides all the sweetness needed." After a visit to Just Baked, Sherry Hart shared, "I had the most delicious cinnamon bun I have ever eaten in my whole life."

Open 7 a.m. to 4 p.m., Sunday 8 a.m. - 2 p.m., closed Mondays.

Out of the Bubble Bakery

6230A ROLLING RD, SPRINGFIELD

Allergy friendly bakery with custom cakes and specialty baked goods

Bakery owner, TaMeisha Norris started her baking journey to accommodate her twins, born with allergies to dairy and soy. Friends from a local women's group asking her to make cakes and cookies for their children with allergies encouraged her to start her home-based bakery in 2012. Out-grow-

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ing her home space, she set up business in the West Springfield Shopping Center.

This bakery offers custom cakes on order, and grab and go cupcakes, cookies, muffins, and scones; with coffee and tea available. This is a self described "allergy-friendly" bakery, specializing in dairy-free, nut-free baked goods, with vegan options, catering to a variety of food allergies and diets. Norris says her most popular counter items are her oatmeal creme sandwich cookies and her triple dark chocolate cupcakes.

The bakery strives to provide "delectable desserts that all your guests can enjoy for a worry-free celebration"; and ends the need to buy separate desserts to accommodate all guests.

Open Tuesday through Sunday, closed Mondays.

Rana Cafe

7756 GUNSTON PLAZA, LORTON

Coffee and pastries, pies, tarts, quiches, croissants

The owner of this small cafe opened her bakery about 18 months ago. Hailing from Egypt, her Egyptian pudding, Om Ali, draws high praise from customers, along with her mango mousse cake and Turkish baklava. The cafe specializes in coffee, tea and desserts.

The business hours here make it a possible coffee stop when others have closed.

Open at 7:30 a.m to 9 p.m., except Sundays

Swiss Bakery & Market Cafe

5224 PORT ROYAL RD, RAVENWOOD SHOPPING CTR, SPRINGFIELD

Artisan Breads, French Pastries, Cakes, European-Style Desserts, Fresh Ice Creams and Traditional Swiss dishes.

The Swiss Bakery encourages indulgence with its "Eat an extra Dessert Day," suggesting, "One dessert is never enough, so why have just one when you can have two or more?" And, of course, its large double case full of baked delights are more encouragement to splurge than any words. The cafe kitchen offers a variety of Swiss and European dishes for breakfast and lunch. Their shelves carry a variety of European cheese, German sausage, beer and wine, and Swiss chocolates, with seasonal small production Alps cheeses.

Manager Daniel Flatt says their most popular dessert items are chocolate mousse, Napoleons, eclairs, and any pastry with fruit. Their cinnamon danish uses homemade croissant dough, with a layer of cinnamon and hazelnut paste, rolled and topped with sugar icing. They also offer a Sticky Bun version, available only on weekends.

The Swiss Bakery was started in 2001 by Reto and Laurie Weber with the idea to share the traditions, customs, recipes and culture of Reto's native country, Switzerland. With Laurie being a professionally trained Pastry Chef and Reto a classically trained bread baker with experience and knowledge of European Imported goods, they curated a Swiss experience in Springfield. Laurie was awarded the title "Pastry Chef of the Year" in Washington D.C. in 2001; she died last year at the age of 60.



Veronica's Cafe bakery items present a variety of breads, cookies, and pastry in the Latino style, in Springfield Plaza

Open 8 a.m. to 6 p.m., 8 a.m. - 4 p.m. weekends; cafe kitchen closes 2 p.m. daily.

Veronica's Bakery and Cafe

6354 SPRINGFIELD PLAZA, SPRINGFIELD

Latino foods and baked goods

With a large dining room and an extensive menu of entrees, this eatery has a wide selection of Latino meals. A large case in the front shows off an impressive choice of dessert pastry and Latino style bread options. The items are baked at the cafe's Alexandria location for sale in the Springfield cafe.

Open 5:30 a.m. to 10 p.m.



PHOTO COURTESY OF ANTHONY AMOS



PHOTO CONTRIBUTED

“Dogs are encouraged to participate in our Summer Concert Series at Burke Lake Park, where dogs look forward to treats supplied by Supervisor Herrity,” saysarena M. Monterrosa, Legislative and Human Services Aide, Office of Springfield District Supervisor Pat Herrity

“I love meeting our 4-legged friends at Grist Mill Park for our Annual Ides of Bark Dog Festival every March with dog vendors, wagging tails, and fun.” Dan Stork, Mount Vernon District Supervisor



PHOTO BY DAVID FENNEL

“My wife [Rita Peralta] and I love hiking year-round with our pup, Martha, at Riverbend Park in Great Falls. There are miles of dog-friendly trails and amazing views of the Potomac River,” says Ben Wiles, chief of staff for Supervisor Jimmy Bierman, Dranesville District



PHOTO COURTESY OF LISA GOLDMAN

Lisa Goldman, a Fairfax County resident, said the family dog, Tank, took full advantage of Dog Day at Lake Fairfax’s Watermine and enjoyed brunch at the dog-friendly Tatte Bakery and Cafe at Reston Town Center.



PHOTOS COURTESY OF THE FAIRFAX COUNTY ANIMAL SHELTER

Mount Vernon Estate; Bunnyman Brewing, Lorton:
 “My family and I are long-time members of Mount Vernon and enjoy bringing our dog Margo to walk the estate grounds. Leashed dogs are permitted throughout the property during regular daytime hours. You can explore a few trails, and we particularly enjoy walking through the working farm with sweeping views of the Potomac River. Bunnyman Brewing recently opened a second location at the Workhouse Arts Center in Lorton. This location is conveniently within walking distance from our new shelter, Fairfax County Animal Shelter (FCAS), Lorton Campus. It is surrounded by miles of hiking trails through Laurel Hill Park and adjacent to the Cross County Trail. Bunnyman is the perfect place to unwind with an excellent craft beer and plenty of space to hang out with your four-legged friends. You will often see FCAS staff and volunteers there after taking our shelter dogs on a hike.”

— FAIRFAX COUNTY ANIMAL SHELTER DIRECTOR REASA CURRIER

Fairfax County Is Doggone Friendly

Our county seen through the eyes of our dogs.

BY MERCIA HOBSON
THE CONNECTION

Learn where to go, what to do, and get there car-free with your fur baby.

Have you noticed there are a lot of dogs in Fairfax County? Whether you have lived in Fairfax County for a while or are new here, many of the 880,416 adults in the county view their dogs as family members. According to the county, in 2024, there are 87,000 registered canine fur pals. That means one dog per nearly ten adults in the county. For two-adult households, the ratio increases to one in five. And doesn't it seem like more?

It is not unusual to see dogs at restaurants, breweries, stores, parks, historic sites, and events in Fairfax County, some even specifically for dogs. In the spring, the Mount Vernon District Ides of Bark features games, awards, food, events, and health evaluations. There are yearly dog swim events in the fall when the county's pools close for the season.

Supervisor Kathy Smith, Sully District, said she and her family have an eight-month-old Great Dane, and he is growing fast — already 120 pounds. “We are learning all about him, and he is learning about us as well. I encourage everyone to bring their dogs to Parktoberfest on Oct. 5 in EC Lawrence Park. There will be food, vendors, music, and a relaxing atmosphere,” said Smith.

Don't miss the Braddock Bark festival in May.

The Howl-o-Ween Dog Festival by the Reston Association is coming up on Saturday, Oct. 19. Dog owners can enjoy “Yappy Hour” with alcoholic and non-alcoholic beverages. Human and pet visits with Santa always



PHOTO CONTRIBUTED

“Doggie Maggie” Jimenez is “fiercely private and doesn't frequent public spaces,” said Eleanor Rogers, communications director, Office of Mason District Supervisor Andres Jimenez. “Instead, Maggie prefers spending time with her adoptive family in Fairfax County’s Mason District, where her dad is the supervisor. Maggie’s favorite activities include protecting the backyard garden from birds, taking long walks, and dressing up with her two sisters. Maggie would like to remind you that shelter pups can be a great fit for your family, even if your backyard is infested with birds.”

prove fun for people and pets.

Where are some of Fairfax County’s dog-friendly dog parks?

Leashed dogs are always welcome in all Fairfax County Park Authority’s parks. Owners of well-mannered dogs who enjoy a calm run or friendly romp can take advantage of the county’s dog parks. A sample of dog parks and restaurants in Fairfax County follows.

Visit <https://www.fxva.com/blog/post/dog-parks-in-fairfax-county/> for the full list of dog parks, dog-friendly restaurants, pet-friendly hotels, and pet-friendly travel ideas.

DOG PARKS

❖ Alexandria: Grist Mill, 4710 Mount Vernon Memorial Hwy. Picturesque surroundings offer seventy-five acres of playing fields, garden plots, playgrounds, trails, and more.

❖ Burke: Monticello, 5315 Guinea St. The gravel surface has designated areas for large and small dogs, water bowls, and benches for humans. Children can visit the outdoor fitness “playground” and Challenge Course.

❖ Chantilly: Rock Hill District, 15150 Old Lee Rd. A large area for dogs on a gravel/dirt surface adjacent to the enclosed dog park is a large grassy area and a lake. Bring water.

❖ Fairfax City: 11000 Berry St. There are water fountains for the pups, park benches, and a fenced exercise/run area.

❖ Herndon: Chandon, 900 Palmer Ave. There is a fenced-in gravel/dirt play area, additional space for small dogs under 25 lbs, restrooms, and a water source.

❖ Oakton: 10033 Blake Ln. Smaller Park offers a grassy, fenced-in field area with no water.

❖ Reston: 11300 Baron Cameron Ave. There are two designated spaces for big and small dogs, a gravel or dirt play area, a water supply, and communal bowls and toys. Other facilities include restrooms and sports fields.

❖ Springfield: 7550 Reservation Dr. South Run has one large play area.

❖ Tysons: 1600 Capital One Dr. Eleven stories in the air, designed with artificial turf to maintain clean paws.

❖ Vienna: 700 Courthouse Rd. SW in Moorefield Park, nearly 10 acres of land More information at <https://www.fairfax-county.gov/parks/offleash>

What about some dog-friendly restaurants and restaurants in Fairfax County?



PHOTO COURTESY OF JILLIAN O'SHEA

“We love Frying Pan Farm Park because it's a wonderful place to be outside with our dog Teddy, and the park also offers an indoor, off-leash dog play area too.” — Jillian O'Shea, Hunter Mill District Supervisor's office staffer

- ❖ Reston Lake Anne: Kalypso's Sports Tavern
- ❖ Fairfax: Hamrock's Restaurant
- ❖ Chantilly: Mellow Mushroom stone-baked pizza
- ❖ Clifton Cafe: A European bistro with a patio
- ❖ Great Falls: Mookie's BBQ
- ❖ Herndon: Jimmy's Old Town Tavern has the best wings in Virginia.

www.ConnectionNewspapers.com



PHOTO COURTESY OF JAMES WALKINSHAW

“Our dog, Chi Chi, who is blind, loves to go to our neighborhood playground with our son and his toddler friends. While she can't see, she loves to lay in the grass and listen to them play.” — James Walkinshaw, Braddock District Supervisor

❖ Vienna: Bear Branch Tavern

Can my dog come with me on the Fairfax Connector and Metro?

In Fairfax County, Fairfax Connector provides bus service. Riders can transport small dogs and animals in a closed pet carrier. The buses permit the use of service animals. For more information about Fairfax Connector: <https://www.fairfaxcounty.gov/connector>. WMATA provides transit services throughout the metropolitan Washington region, including Metrorail, Metrobus, and MetroAccess.

www.ConnectionNewspapers.com

See Fairfax County Like You Never Have Before

Volunteers and staff of Fairfax County Animal Shelter share their favorite dog-friendly places.

BY MERCIA HOBSON
THE CONNECTION

The Connection asked Reasa Currier, the director of the Fairfax County Animal Shelter, to find out if the volunteers and staff there would be willing to share the places in the county they frequently take their dogs or those in need of a walk to get them used to being outside of the shelter. It benefits both the dogs and their people.

Those who commit their lives to improving the lives of homeless dogs, whether for a few hours or a lifetime, are the best individuals to ask for advice on where to take a dog on an adventure. From gorgeous Lake Mercer at Fairfax Station, to sweeping views of the Potomac River from Mount Vernon Estate, to a place to unwind with craft beer, newcomers and longtime residents find Fairfax County dog-friendly.

Get your dog or volunteer at the Fairfax County Shelter to walk a dog, and you'll see your community in a new light.

MORE DOG-FRIENDLY PLACES. PAGE 14



Frying Pan Park, Herndon: “I love taking dogs there. Easy trails with lots for them to see and smell. You can walk them past Kidwell Farm if they enjoy meeting people, or park at church and go through woods. Nice stream where they can cool off too. I took Piper, a deaf dog from the shelter, on a pack walk there years ago. That's where her new family saw her. They came to adopt her after we returned.” Piper was adopted from the Fairfax County Animal Shelter in 2016.

DOG-FRIENDLY PLACES

PHOTOS COURTESY OF THE FAIRFAX COUNTY ANIMAL SHELTER



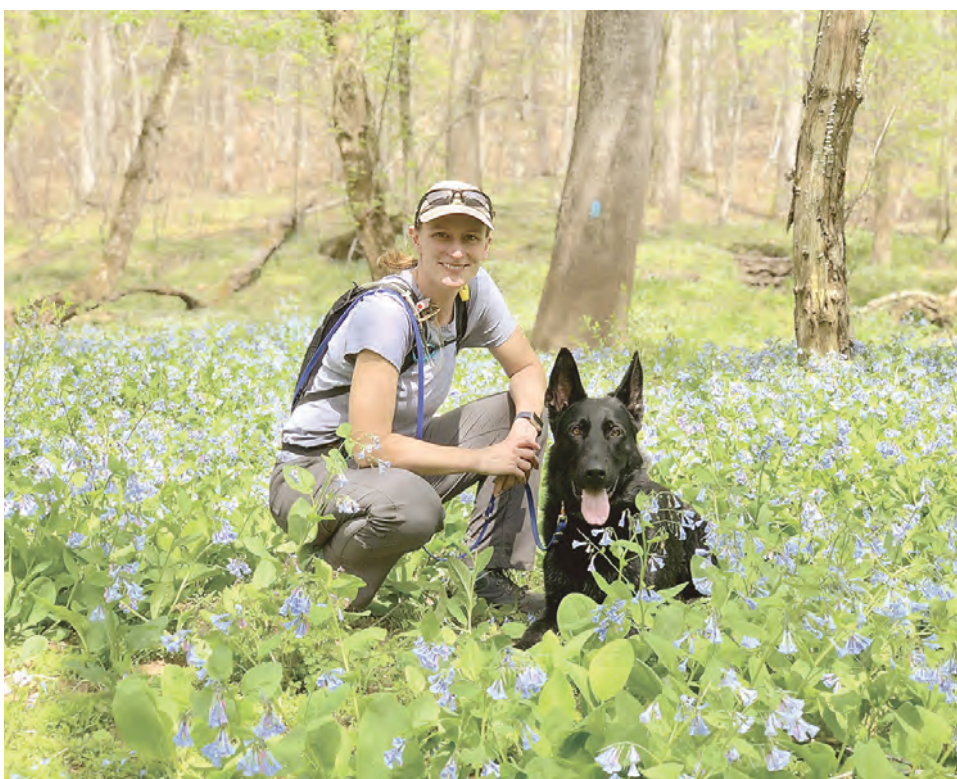
Mason Neck State Park, Lorton: “Mason Neck has bald eagles and beautiful views of the water!” This is Cooper with his mom, Cindy, Fairfax County Animal Shelter Customer Care Manager, at Mason Neck Park. Cooper was adopted from the Fairfax County Animal Shelter in March 2024.



Lake Mercer, Fairfax Station: “It’s a beautiful, tucked-away trail that goes around a lake, through the woods, and by a stream. It’s a 3.5-mile, easy loop without much traffic, and the views are gorgeous! The top of the dam is perfect for picture taking. I regularly take my dog Bodie there, as well as shelter dogs and my dog walking group because it’s a nice, quiet trail.” — Fairfax County Animal Shelter Volunteer



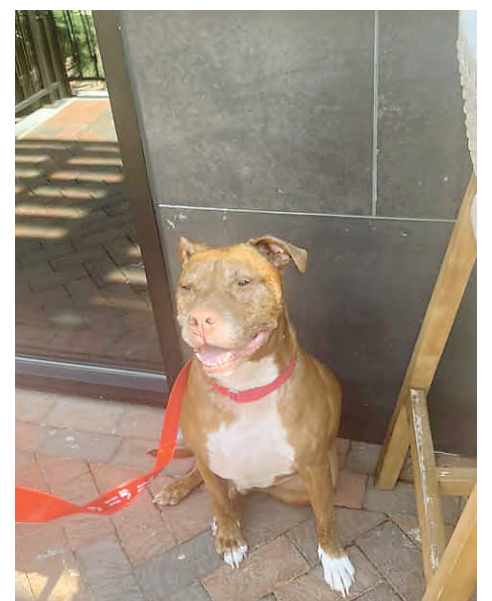
Ellanor C. Lawrence Park, Chantilly: “Lots of good trails, always nice flora and fauna, and not crowded.” The dog is Shadow.



Hemlock Overlook Regional Park, Clifton: “It’s an easy walk to great trails along the water. Family-friendly, and you pass by the Paradise Springs Winery.” The dog’s name is Kona. In the photo is Autumn Manka, Shelter Behavior Program Manager, is with her dog.



Burke Lake Park, Fairfax Station: “About a 5 mile loop. Relatively uncrowded on weekdays. Lots of shade in the summer and water for wading.” Bronson was adopted from the Fairfax County Animal Shelter in 2022. In this picture, she’s on a ‘Power Hour’ adventure with one of our volunteers.”



Reston Town Center: “As a resident of Reston (for now), I have to say Reston Town Center. Makers Union is particularly friendly to dogs!” About Fogo de Chao in Reston: “Their bar/patio menu is the best deal in Reston and they allow dogs.” Cliff was adopted from the Fairfax County Animal Shelter in August 2024. In the photo, Cliff is outside of Fogo de Chao in Reston.

COMMUNITY GUIDE

Transportation Projects in the Southern Part of Fairfax County

Some still in planning stage, others underway.

By MIKE SALMON
THE CONNECTION

PHOTOS CONTRIBUTED

A project that impacts thousands of commuters a day is the Fairfax County Parkway Widening Project on the northbound lanes in the Fairfax Station area. The project adds another lane each way for about four miles of Fairfax County Parkway between Nomes Court and Route 29. This stretch of the parkway sees lots of traffic during the day and it was determined that the current two-lane configuration was not adequate to handle the volume of cars. The project is scheduled to be completed in mid-2027.

Part of the parkway widening project is an interchange at Fairfax County Parkway and Popes Head Road to relieve a big bottleneck during rush hours. The \$82 million project is currently underway to raise Pope's Head Road over Fairfax County Parkway, eliminating the stop light and a big traffic jam that occurs each morning and evening during rush hour.

Another project under construction in the south county area is the intersection improvements at Franconia Road and Rose Hill Drive. Elements of this \$534,000 project include a flashing yellow arrow on westbound Franconia Road, signalized crosswalk and ramp upgrades to comply with the Americans with Disabilities Act.

Projects in design in southern Fairfax County include intersection improvements at Newington



The future Bus Rapid Transit on Richmond Highway will be known as "The One."

and Cinder Bed Road, intersection improvements at Telegraph Road and Hayfield Road, and a bridge replacement on Walker Road where it crosses Piney Run south of Springfield.

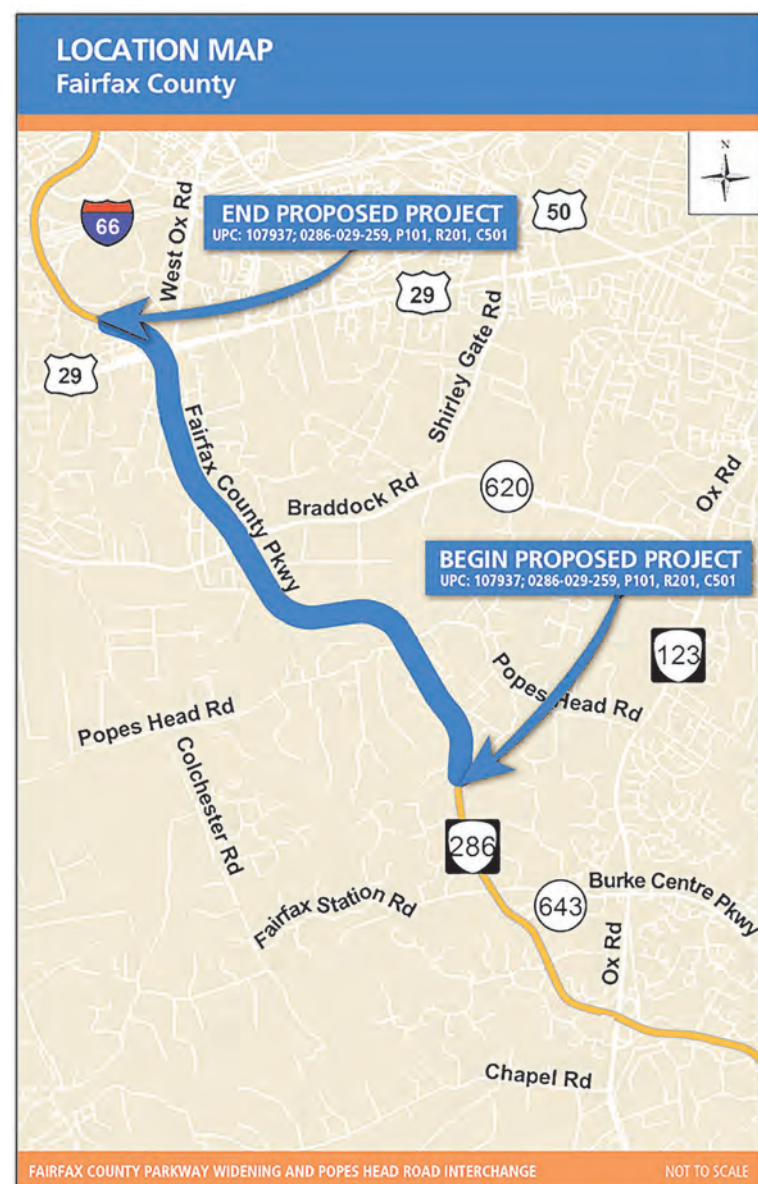
A recently completed project is the implementation of Burke Centre Shopping Center Left Turn Restriction in Fairfax County. The attention to this began last May in response to crash fatalities when cars pulled out of the shopping center to turn left.

A \$241.6 million project at Frontier Drive near the Springfield Town Center has been talked about for years but so far, no funding has been identified for this project so there has been no progress so far. The project entails ramp reconstruction where Frontier Drive is accessed near the Franconia-Springfield Metro station, and continuing Frontier Drive through the station to connect to Loisdale Road on the other side.

There is one project under re-

view by VDOT that they call a "megaproject," and that project is aimed at extending the express toll lanes 11 miles from the Springfield Interchange across the Woodrow Wilson Bridge into Maryland. This project is considered a public-private partnership which will be ultimately funded by tolls.

On the other end of the Capital Beltway, transportation planners are building project 495 NEXT to extend the express/toll lanes up to the American Legion Bridge and Potomac River into Maryland on the northern end. Updating and widening the American Legion Bridge is on hold right now as the Maryland DOT pursues federal grants for the project. The funding level remains consistent in the draft Consolidated Transportation Program currently relative to last year's final CTP, MDOT said. "However, given the overall fiscal situation that the Department faces, we are considering further phasing of the work related to the American



Fairfax County Parkway will be widened in the western portion of the county.

Legion Bridge," they added. Phasing means delaying in this case.

BUS RAPID TRANSIT ON RICHMOND HIGHWAY

The federal government recently approved the Richmond Highway Bus Rapid Transit project to enter the Engineering Phase. The BRT will feature a 7.4-mile dedicated bus lane from Huntington Metro Station to Fort Belvoir. The \$937 million project includes nine

stations, in addition to pedestrian and bicycle accommodations and is expected to be operational by late 2031.

This BRT system is part of Supervisor Dan Storck's "Embark Richmond Highway," plan which includes pedestrian, bike and road improvements along with affordable housing and commercial space so people can work close to where they live, reducing the reliance on a lengthy commute.

Springfield Town Center Celebrates 10 Years as a Destination

By MIKE SALMON
THE CONNECTION

In the early 1970s, enclosed shopping malls were the big thing and on a list of malls around the Northern Virginia area, Springfield Mall always was right up there with Tysons and Fair Oaks. There were stores like Montgomery Ward, Korvette's, Orange Bowl pizza and Spencer's Gifts, and a new wing was added around 1976. There was even a "Miss Springfield" pageant for a few years.

Another mall evolution occurred 10 years ago and now it's called Springfield Town Center managed by PREIT, a real estate investment trust that highlights this town center as a central spot in the Springfield community. The town center is celebrating their 10-year anniversary this fall.

PREIT described the Springfield Town Center as "an

appealing mix of traditional department stores, coveted brands, and destination dining."

Since its transformation ten years ago, the town center has undergone a shift to becoming a regional entertainment destination and premier shopping center in the metro region, highlighted by the opening of the LEGO Discovery Center, Dave & Busters and Regal Cinemas. "With strong occupancy rates and increased sales, Springfield Town Center continues to thrive," said PREIT.

Dining is another popular feature at the center, from quick service spots like Chipotle and food court to sit down options like Yard House and Maggiano's.

To stand up to the name of a true "town center," another transformation is in the works, with plans to add residential units to underutilized parking areas. In De-



PHOTO CONTRIBUTED

Community events like the fall festival are held at the Springfield Town Center.

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SEE SPRINGFIELD TOWN CENTER, PAGE 16

BURKE / FAIRFAX / FAIRFAX STATION/CLIFTON/LORTON / SPRINGFIELD ❖ SEPTEMBER 19-25, 2024 ❖ 15

COMMUNITY GUIDE



Members of the Young Men's Service League, regular volunteers at multiple sorting locations, roll up their sleeves at Luther Jackson Middle School.

First Food Collection of New School Year

Event held during National Hunger Action month.

More than 600 area Food For Neighbors volunteers stepped up to tackle student hunger in Fairfax County Saturday, Sept. 14, by collecting and sorting over 19,600 pounds of food and toiletries for public school children. In addition to donations from more than 1,490 households, FFN received food drives from the Fairfax County Health Department and Gold's Gym. Among others, volunteers at the event sites included employees of bartaco, Salesforce, and Ventera as well as members of the Kiwanis Club of Tysons, National

Charity League, Young Men's Service League, and Girl Scout Troops #4425 and #5208.

"This school year with Food For Neighbors, I look forward to seeing the direct impact of our efforts as we help more teen students gain access to reliable meals," said Darlene Christopher, who manages the FFN Springfield Area. "I'm excited to work with our community to expand our reach and ensure that teens in Fairfax County can focus on their school work and not worry about where their next meal will come from."

"Kiwanis' mission is to serve

children, so this is a very meaningful and impactful volunteer opportunity for our members," said Past President Jen Wolff, to help "tackle teen food insecurity in our Northern Virginia community."

Food For Neighbors, soon entering its ninth year, helps schools establish in-house food pantries and mobilizes local communities to fill them with food and toiletries donated through the nonprofit's Red Bag Program.

Centreville Area Manager Heather Ellison said, "Centreville and Chantilly are so fortunate to have such an amazing turnout to



A young volunteer with Food for Neighbors at Irving Middle School helps to unload food and toiletry donations bound for partnering schools in the Springfield area.

day. We have wonderful food donors and volunteers. The majority are students who are repeat sorters here to make a difference in the lives of their peers."

Karen McGuinness, who manages the FFN South County, echoed that sentiment, saying, "I am so excited for South County to return for its second year as a collection and sorting site. We started off small but we are growing and now providing to our middle school as well. It's so great to be expanding and feeding the teens that need it most in our area."

Kristin Simons, General Manager of bartaco in Reston, joined a number of employees volunteering and providing lunch for hardworking community members rolling up their sleeves in Herndon. "We are really excited we can continue our partnership with Food For Neighbors this year," she said. "We were happy to support FFN with our Giving Taco campaign. We look forward to coming up with creative ways to support the mission in the future."

Despite Northern Virginia being among the most affluent areas in the state, over one in three students in Fairfax County and more than one in four students in Arlington and Loudoun counties qualified for free or reduced-price school meals during the 2023-2024 school year. Food For Neighbors works to ensure that food is readily accessible to students during the school day

and to take home over weekends and holidays.

"We want all children to start out the school year fully ready to learn," said Karen Joseph, Founder and Executive Director of Food For Neighbors. "To reach their full potential, students need to concentrate on their classes, not on the growling in their stomachs." Experts say food insecurity affects memory, mood, and motor skills.

"September is Hunger Action Month—a time when communities in towns big and small come together to help ensure that no one goes hungry," continued Joseph. "And once again, Northern Virginia residents have generously given their time and donations to help students in neighborhood schools. We are deeply grateful for their help and for the profound impact they have on so many young lives."

Throughout its service area in Arlington, Fairfax, and Loudoun counties, Food For Neighbors collected and sorted over 26,000 pounds of donations bound for 47 partnering schools. To learn more about Food For Neighbors and join more than 3,000 Red Bag donors and over 3,500 volunteers, visit <https://www.foodforneighbors.org/get-involved>.

Food For Neighbors,
11710 Plaza America Dr #130,
Reston, VA 20190
contact@foodforneighbors.org
www.FoodForNeighbors.org
www.CONNECTIONNEWSPAPERS.COM

Springfield Town Center

FROM PAGE 15

September 2023, PREIT closed on the sale of a land parcel to Hanover, which will bring 439 apartments to Springfield Town Center with residential amenities including new circulation roads, pedestrian improvements, a public fitness park, and an expanded parking garage.

By integrating a diverse mix of retail, dining, entertainment, and residential spaces, the mall is positioned as a modern community hub that meets the needs of today's shoppers, PREIT said

Other PREIT shopping destinations include Patrick Henry Mall in Newport News, Valley Mall and Mall at Prince George's in Maryland plus others in Pennsylvania and New Jersey.



PHOTO CONTRIBUTED

The LEGO Discovery Center is a big attraction.

Where to Give Locally

FROM PAGE 7

❖ Food for Others Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. info@foodforothers.org. Food for Others distributes food to more than 1,800 local families in need each week. Drop off food at our Merrifield Warehouse, 2938 Prosperity Ave, Fairfax, VA 22031. Monday through Friday from 9:30am to 5pm. www.foodforothers.org

❖ Friends of the Fairfax County Animal Shelter. Each year, nearly 5,000 pets, including cats, dogs, small mammals, reptiles and livestock, come to the Fairfax County Animal Shelter. Friends of the Fairfax County Animal Shelter funds important needs throughout the Shelter such as behavioral training and dental or medical care beyond what the shelter's budget can provide. generalinfo@ffcas.org 571-212-9858 www.ffcas.org/

❖ Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

❖ Habitat for Humanity of Northern Virginia transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at www.habitatnova.org.

❖ Herndon-Reston FISH (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 herndonrestonfish.org Herndon-Reston FISH has assisted local residents in short-term crises since 1969. 703-437-0600.

❖ Homestretch, to empower homeless parents with children to attain permanent housing and self-sufficiency by giving them the skills, knowledge and hope they need to become productive participants in the community. Since 1990 Homestretch has helped over 2,000 families achieve permanent housing and self-sufficiency. 303 South Maple Ave, Suite 400, Falls Church, VA 22046 Phone: 703-237-2035 homestretchva.org

❖ Lamb Center, www.thelambcenter.org, day center for homeless, Fairfax City. 703-691-3178. See more about TLC housing people experiencing homelessness in City of Fairfax.

❖ LINK, serving Herndon, Chantilly, Loudoun and more. holiday@linkagainsthunger.org. 703-437-1776 www.linkagainsthunger.org.

❖ Lorton Community Action Center (LCAC) provide low-income individuals, www.CONNECTIONNEWSPAPERS.COM

senior citizens, and families residing in Fort Belvoir, Lorton, Newington and other portions of southeast Fairfax County with access to basic needs and the opportunity to empower themselves. https://lortonaction.org/

❖ Mount Vernon At Home, 703-303-4060, www.mountvernonathome.org. Mount Vernon At Home membership helps connect senior members of our community. Neighbors helping neighbors with volunteer support is the power of Mount Vernon At Home. The group fundraises all year to make this possible and count on the generosity of the community.

❖ NAMI Northern Virginia (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. NAMI Northern Virginia serves Fairfax, Falls Church, Arlington, Alexandria, and Loudoun www.nami-northernvirginia.org/ HelpLine: (571)458.7310, Email: info@nami-nova.org

❖ National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, (571) 482-4770 . www.capitalareafoodbank.org

❖ Neighborhood Health, 6677 Richmond Highway, Alexandria, VA 22306. Treats the whole person through medical, behavioral health and dental programs. It has 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, www.neighborhoodhealthva.org

❖ New Hope Housing, ends homelessness in Northern Virginia by providing housing, offering hope, and building community. We currently offer various Housing Programs, and Support Services. 8407E Richmond Hwy., Alexandria, VA 22309 www.newhopehousing.org/how-to-help/donate/

❖ Northern Virginia Family Service. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, it empowers 35,000 individuals to achieve self-sufficiency. www.nvfs.org Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500

❖ OAR rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. oarnova.org/donate

❖ Pathway Homes, providing

non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Pathways currently manages over 500 properties and provides wrap around services in community-based homes in Northern Virginia. www.pathwayhomes.org

❖ Potomac Riverkeeper Network works to protect the public's right to clean water in our rivers and streams; to stop pollution; to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment.

3070 M Street, NW, Washington, DC 20007. (202) 888-2037

www.potomacriverkeepernetwork.org

❖ Potomac Conservancy, 962 Wayne Ave, Suite 540

Silver Spring, MD 20910; 301.608.1188; potomac.org, seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level. www.potomac.org

❖ HopeLink Behavioral Health, "where hope meets help," nonprofit providing mental health, crisis intervention and suicide prevention services. Seeking to change and save lives in our community by empowering hope, safety, recovery, wellness, independence and community integration. HopeLink provides crisis counseling and connection to supports, and answers hotline calls. CRISISLINK When crisis calls, we answer 24/7 Call: 988 Text: 988 https://prsinc.org/

❖ Rebuilding Together Arlington/Fairfax/Falls Church (Rebuilding Together-AFF) makes critical repairs at no charge for low-income homeowners and nonprofit organizations. Volunteers make homes safe and healthy, and they help seniors age in place. Since 1988 Rebuilding Together has repaired thousands of homes and non-profit residential facilities in our area and mobilized more than 69,081 volunteers to do the work. 10723 Main Street, #135, Fairfax, VA 22030; Phone: 703-528-1999 https://rebuildingtogether-aff.org/

❖ Second Story — Second Story provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children; Second Story for Teens in Crisis provides a short-term place to stay for youth in crisis, plus individual and family counseling. Second Story in the Community provides drop-in centers for families and after-school programs for youth who need more support outside their homes. Second-story.org

❖ SHARE of McLean is an all-volunteer organization with no paid staff that has been helping for more than 50 years, supported by donations from local religious congregations, community organizations and individuals. Year round and seasonal

programs include family emergency financial assistance, food pantry, used clothing room, recycled furniture, back-to-school supplies and refurbished laptop computers. During the holidays, we also provide our neighbors in need with grocery cards and gifts.

Main Message Center: (703) 229-1414 info@shareofmclean.org www.shareofmclean.org

❖ Shelter House provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. It is our mission to get families into stable housing in order to provide them the opportunity to continue their journey to self-sufficiency. www.shelterhouse.org

❖ Shepherd's Center of Oakton Vienna providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, www.scov.org

❖ Tahirih Justice Center, 703-575-0070, www.tahirih.org, Legal services, public policy advocacy, and education for immigrant women and girls.

❖ TAPS, Tragedy Assistance Program for Survivors, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. www.taps.org/donate

❖ Touching Heart in Herndon is a nonprofit organization focused on how to enlighten, excite, and educate children about how they can experience the true joy that comes from helping those in need. www.touchingheart.com,

❖ United Community, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor. The mission is to build thriving communities and create equitable opportunities by providing supportive services and advancing community driven solutions.

UC's vision is to end multigenerational poverty. Make a Financial Contribution 7511 Fordson Road, Alexandria VA 22306. www.ucmagency.org

Donations of cash/checks and gift cards are also welcome.

❖ Western Fairfax Christian Ministries — 4511 Daly Drive, Suite J, Chantilly, VA 20151 in Chantilly. email Assistant Food Pantry Manager/Volunteer Coordinator Debbie Culbertson at volunteer @wfcmvva.org wfcmvva.org/

WORKHOUSE ARTS CENTER

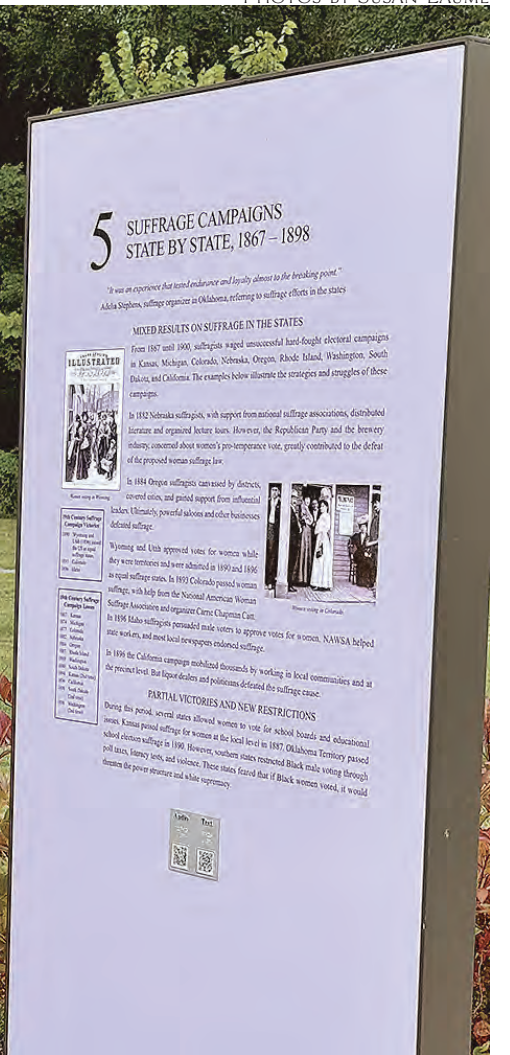
PHOTOS BY SUSAN LAUME



Guard towers dating from the Occoquan Prison years capture the style of a Medieval pavilion and now stand on repurposed prison grounds.



Research assistant Sydney Worrell takes notes at one of 19 informational panels at the Turning Point Suffragist Memorial, as fact check before a book publication.



Art and Nature Share Space

South county's Lorton is home to Workhouse Arts Center and Nature Park.

BY SUSAN LAUME
THE CONNECTION

Encompassing hundreds of acres in south Fairfax County, the Workhouse Arts Center and Laurel Hill Park in Lorton now occupy land that was once the District of Columbia Workhouse and Reformatory.

The Workhouse was known historically as the Occoquan Workhouse because of its proximity to the river. During its reformatory years beginning in 1910, it operated without walls to house those charged with less serious crimes in D.C., such as public drunkenness. In later years, as the Occoquan Prison, stronger security measures were added for its role in housing those with more serious offenses, until the prison closed in 2001. Several prison buildings and its land are repurposed today to provide housing, entertainment, and recreational use. Historic buildings of the prison era, preserved under the National Register of Historic Places, still can be seen.

Today the Workhouse Arts Center provides an innovative collaboration of the arts, including art galleries, classes, theater,

music performances, the Lucy Burns history museum, lectures, and community events. Free events include Second

Saturday Art Walks with tours of the campus explaining past building use, and the Learning at Lunch lecture series with speakers on historic topics. Ticketed performances include seasonal ones, such as the "Haunt - Twisted Tales of Terror," running Oct. 4 to Nov. 2; and "Dracula - A Comedy of Terror" running now through Oct. 27.

For a list of all events and times, see <https://www.workhousearts.org>.

Recently opened on the Arts Center quad is the Bunnyman Brewery Cafe, offering micro brews and food. The location here moves the brewery closer to the origins of its urban naming myth about the escaped bunnyman. The Brewery is hosting an Oktoberfest celebration on Sept. 28 with a polka band and German fare.

Of particular significance to history, in November 1917, the Workhouse held several imprisoned suffragists, known as the Silent Sentinels, for engaging in the first ever picketing of the White House. In the "night of terror" the women were subjected to psychological intimidation and physical violence. The women were force fed in an attempt to end their hunger strike. That harsh treatment helped turn public opinion



Kenena Hansen Spalding, and other guest speakers, offer a series of historical lectures at the Workhouse Arts Center.

about the right of women to vote, leading to the passing of the 19th Amendment, guaranteeing the right in August 1920. The Turning Point Suffragist Memorial is located near the site of women's incarceration, on the grounds of the Occoquan Regional Park.

The prison complex in its reformatory years, following 1910 land acquisition, was designed by architects Snowden Ashford and Albert Harris. They used the Colonial Revival style popular in America during the early twentieth century. The style was used to recall the values of the nation's founders, and in this case, contributing to the reformatory nature of the prison's philosophy. As



The Lucy Burns Museum provides a look at the efforts of suffragists and life at the reformatory and prison.

described in the National Historic Register, "the metal roofs of the octagonal towers are designed with deeply concave facets that resemble tent fabric. Architecturally, they resemble medieval forms such as decorative fabric pavilions used at outdoor equestrian events in the Middle Ages, as well as the tower forms of some Northern European castles. The allusion creates an ambiguous appearance: a highly controlled enclosure that also has some architectural resemblance to highly-romanticized cultural icons in other parts of the world. The aesthetic design of the towers is just bold enough that the searchlights and other accoutrements added to monitor prisoners are much less obvious than those on the other towers throughout the prison grounds."

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WORKHOUSE ARTS CENTER

PHOTOS BY SUSAN LAUME



Friends Eleanor Gomolinski-Ally, Patty Marceron, Peggy Woods, and Cynthia Cope enjoy a performance on the Workhouse quad for Women's Equality Day in August.



Workhouse performances include annual fright nights, not for the weak off heart; this year - "Haunt - Twisted Tales of Terror"



Mary Church Terrell is one of several suffragist recognized for her work in securing the right to vote for women in the United States at the Turning Point Suffragist Memorial.



Ospreys (*Pandion haliaetus*) nesting nearby can be found flying over the park to reach their fishing destinations on nearby waters.

Inmates manufactured the bricks used in most of the buildings on the site, using material extracted from the Occoquan River. The dominating high brick wall and guard towers still stand elegantly near the reformatory's baseball diamond. The field was the site of complimentary shows for the inmates by many famous performers of the time, including Count Basie, Ella Fitzgerald, Louis Armstrong, Frank Sinatra and Ray Charles.

Some of the prison complex, including its buildings, have been converted to private housing and shops in the Liberty area. The remainder of the property is devoted to the 804 acre Laurel Hill Park. The park is used for a variety of recreational activities including, disc golf, equestrian ring, walking, mountain biking, and hosts an innovative children's playground. The park is home to native plants and animals. County forest and



Laurel Hill Park is habituated by many of nature's beauties, including this Red Spotted Purple Butterfly (*Limenitis artemis astyanax*)



Teams of Laurel Hill Park volunteers work regularly on Saturday mornings to assist in caring for the park, offering a community service opportunity

meadow restoration is ongoing in the park. Volunteer efforts contribute to managing invasive plants, increasing Osprey nesting sites, and maintain a native plant pollinator garden. A rest facility is now open on the

park's Central Green.

Visitors can enter the park at entrances at Snowden Ashford Drive, Furnace Road, or at the intersection of Workhouse and Lorton Roads.

ENTERTAINMENT

NOW THRU OCT. 13

Life's a Stitch. 11 a.m. to 12 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. Life's a Stitch x4 looks at 4 very different ways that art quilts and fiber sculpture can use both humor and drama to express character and story. Website: <https://www.workhousearts.org/calendar/lifes-a-stitch>



The Reston Multicultural Festival takes place on Saturday, Sept. 21, 2024 at Reston Town Center in Reston.

NOW THRU OCT. 27

"Dracula: A Comedy of Terrors." At Workhouse Arts Center, Lorton. September: Fridays and Saturdays, 8 p.m.; Sundays, 2 p.m. October: Fridays and Saturdays, 8 p.m.; Sundays, 4 p.m. Special October Twilight Performances: Dracula show combined with admission to the haunted trail that same evening. Filled with clever wordplay and pop culture references, Dracula is a gender-bending, laugh-out-loud reimagining of the gothic classic. In the treacherous mountains of Transylvania, a meek English real estate agent takes a harrowing journey to meet a new and mysterious client, the most terrifying and ferocious monster the world has ever known: Count Dracula! Famed female vampire hunter, Jean Van Helsing, and company chase Drac from Transylvania to the British countryside to London and back. Visit www.workhousearts.org.



"Dracula: A Comedy of Terrors" takes place Sept. 6 to Oct. 27, 2024 at Workhouse Arts Center in Lorton.

office at 703-854-1856.

to register: <https://unitedwaynca.org/tee-up-for-equity/#tab-1>

"SURVIVE UNPLUGGED" AT SULLY HISTORIC SITE

Dive into the past with the Park Authority's "Surviving Unplugged" series at Sully Historic Site, 3650 Historic Sully Way, Chantilly. It's where history comes alive through hands-on activities that teach you the secrets of sustainable living and self-sufficiency. Whether it's foraging for wild edibles or mastering the art of ancient crafts, these sessions will leave you inspired to incorporate timeless skills into your modern life. Sessions are \$15 per person for each class.

Knots and Rope: Sunday, Sept. 29, 2 p.m.-3:30 p.m. Master the ancient art of rope making and knot tying in this unplugged survival class. Learn to make ropes from string and tie essential knots for shelter, rescue, and many more.

Weaving and Wool: Saturday, Nov. 9, 2 p.m.-3:30 p.m. Explore the world of textiles before department stores. Enjoy a make-your-own experience with working wool into felt and learn basic weaving techniques to make useful items.

WEDNESDAY/SEPT. 18

Tee Up for Equity. 11 a.m. At Topgolf Loudoun, 20356 Commonwealth Center Dr, Ashburn. Support United Way of the National Capital Area's Loudoun County Regional Council by joining this annual Tee Up for Equity signature event! Enjoy an afternoon of golf, raffles, and more while contributing to United Way NCA's programs that promote health, education, and economic opportunity for the Loudoun County community and beyond. Event cost: \$200. Visit the website: teeup@uwnca.org. How

THURSDAY/SEPT. 19

The 17th Annual Erin Peterson Fund Golf Tournament. At Westfields Golf Club, 13940 Balmoral Greens Avenue, Clifton. In memory of Erin Peterson who died 17 years ago in the Virginia Tech shooting. The faithful donations and participation have enabled them to give away 168 scholarships to date. They provide facilitation and sponsorship to the Westfield High and Stone Middle schools Young Men's Leadership Group (YMLG), and Girls Reaching for Academic & Culture Excellence (GRACE) groups. EPF Koats for Kids program provides new coats to kids at Centreville Elementary and Stone Middle Schools. EPF gave away 24 new coats this year. For registration information go to: www.erinpetersonfund.org.

THURSDAY/SEPT. 19

Sorensen Gross HOPE Golf Tournament. 8:30 a.m. At Hidden Creek Country Club, Reston. Benefitting Hope for the Warriors. The tournament begins at 8:30 a.m. with check-in and a putting contest, opening ceremonies at 10 a.m., and a 10:30 a.m. shotgun start. Each entry fee includes breakfast, lunch and an awards dinner with a full round of golf. Sorensen Gross Construction Company was founded in 1925 and focuses on commercial, industrial, educational, medical, municipal, and multi-family residential building applications. Visit eventbrite.com/e/sorensen-gross-provides-hope-tickets-814094648007?aff=oddttd-creator.

SEPT. 20-21

Perchfest. At The Perch. At Capital



A Thai Festival will be held Saturday, Sept. 21, 2024 at Tysons Corner Center in McLean.

One Center, 1805 Capital One Drive, Tysons Corner. Perchfest will feature mini golf in the clouds, local music, craft beer from Starr Hill Biergarten, a local fitness class, Celebrate Fairfax's presents curated pop-up shop featuring artisans and community vendors — and with a Shrekastic twist! This weekend kicks off Broadway in Tysons Season Four at Capital One Hall with five performances of Shrek the Musical Sept. 20 - 22 Visit the website: <https://www.capitalonecenter.com/events/capital-one-center-presents-perchfest-fall-a-shrekastic-music-mini-golf-festival>

Anniversary. From 1990 to 2024, OFC has served the community—first as Fairfax County's first fire station and now through programs for youth, such as the After School Program and 5th & 6th Grader Dances. This open house/festival features a variety of free games, crafts, music, food, amusements, giveaways and more.

SATURDAY/SEPT. 21

WB&A Northern Virginia Toy Train Show. 9 a.m. to 2 p.m. At Greater Springfield VFD, 7011 Backlick Road in Springfield. Train layouts and a kids corner will be featured. Free train appraisals and "train doctor" available at the show. Door prizes drawing hourly. Admission is only \$5.00; free for WB&A members, Firemen and Military; and children under 12 and Scouts in uniform when accompanied with paid adult.

SATURDAY/SEPT. 21

Reston Multicultural Festival. 11 a.m. to 6 p.m. At Reston Town Center, Reston. The annual Reston Multicultural Festival celebrates our rich diversity through song, dance, food and art. Learn about our mosaic of cultures as the community gathers for a delightful day in Reston Town Center. If you are interested in being part of the entertainment or storytelling, or craft vendors (quality product representing a culture) application forms will be on the website. All are encouraged to dress in attire that shares their pride in their cultural roots. Visit <https://restoncommunitycenter.com/>

SATURDAY/SEPT. 21

2024 Taste of Annandale. 10:30 a.m. to 6 p.m. At Eileen Garnett Civic Space, 7200 Columbia Pike, Annandale. This free, family-friendly festival features live music and dance, food trucks and other food vendors, children's performances and activities, a 5-K race, beer and wine, a chili cookoff, a pet contest, local businesses and organizations, and more. Visit this page for more information: <https://tasteofannandale.com/>

SATURDAY/SEPT. 21

National Dance Day 2024. 10 a.m. to 3 p.m. At Old Town Square, 10415 North Street, Fairfax City. This free family-friendly event will feature a wide variety of dance

COMMUNITY CONVERSATIONS WITH SUPERINTENDENT DR. REID

Your voice matters, and Superintendent Dr. Michelle Reid wants to hear from you! This fall, a series of Community Conversations will be held across the school division. These events are an opportunity for you to share your thoughts and ask questions regarding Fairfax County Public Schools. Events are planned for the following dates from 6:30 to 7:30 p.m.:

- Monday, September 23, at Newington Forest Elementary School.
- Monday, September 30, at Mount Vernon Woods Elementary School.
- Monday, October 14, at Fairhill Elementary School.
- Monday, October 21, at Virginia Run Elementary School.
- Wednesday, October 30, at Herndon Middle School.

NOW THRU OCT. 6

"The Waverly Gallery." At 1st Stage in Tysons Corner. Thursdays at 7:30 p.m., Fridays at 7:30 p.m., Saturdays at 2 p.m. and 7:30 p.m., and Sundays at 2 p.m. In this 2019 Tony Award nominee for Best Revival of a Play, Gladys, the elderly matriarch of the Green family, has run an art gallery in a small Greenwich Village hotel for many years. The management wants to replace her less-than-thriving gallery with a coffee shop. General admission tickets are priced at \$25 (limited availability), \$40 (limited availability), and \$55. Student, educator, and military tickets are \$15. Tickets can be purchased online at www.1ststage.org or by calling the 1st Stage box

ENTERTAINMENT



The 2024 Taste of Annandale festival will take place on Saturday, Sept. 21, 2024.

groups performing outside at Old Town Square. Many will be teaching mini-lessons, too! This year they'll be joined by three exciting dance groups from George Mason University including the famous Masonettes Dance Team. At 2:30 p.m., you can join us onstage as they learn the official 2024 National Dance Day routine and then perform it all together (or watch others and cheer them on!) Visit the website for more information: <https://www.fairfaxva.gov/government/parks-recreation/cultural-arts> or contact us at megan.dubois@fairfaxva.gov or 703-273-6097.

FAMILY SKATE AND DANCE NIGHT

This fall, the Family Skate and Dance Nights at Franconia Rec Center will feature a lively schedule. Skaters of all ages will enjoy the festive themes, tasty food and fun music of these skate nights hosted by the Fairfax County Park Authority.

Join the fun and break out your quad skates, inline skates or dancing shoes (bring your own skates/footwear) and take a spin around Franconia Rec Center's gym floor. Each skate night includes music from a guest DJ, as well as food, snacks and drinks available for purchase (Please note that outside food/drink not permitted). Tickets for everyone (skaters, dancers, spectators and chaperones) cost \$10 and can be purchased in advance online. Or you buy them at the door for \$15.

SCHEDULE:

Sept. 21: Come on Skaters, Let's Go Party! (Barbie themed) (6-9 p.m.)
Oct. 26: Halloween Costume Party (6-10 p.m.)
Nov. 16: Franconia Hold 'Em Skate and Dance Night (Country Night) (6-9 p.m.)
Dec. 21: Holiday and Ugly Sweater Skate and Dance Night (6-9 p.m.)

SPICE UP YOUR FALL WITH FOOD EVENTS IN FAIRFAX PARKS

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journey through Fairfax County parks. Whether you want to dress up for a tea party, learn what plants in your yard are edible, or explore the world of campfire cooking, they've got the activity you're looking for!

Sunday, Sept. 22, 10 a.m.-noon. Practical Plants - Foraging for Herbal Remedies: Riverbend Park, \$12, Saturday, Oct. 5, 2024, 10-11 a.m. or 2-3 p.m. and Saturday, Oct. 12, 2024, 10-11 a.m. or 2-3 p.m. Animal Tea Party: Frying Pan Farm Park, \$10,

MONDAY/SEPT. 23

DBIA Mid-Atlantic Region Annual Golf Tournament. 8:30 a.m. to 5:00 p.m. At 1757 Golf Club, 45120 Waxpool Road, Dulles.

Golfers Registration:

Individual: \$190 (\$225 after 9/13)
Foursome: \$760 (\$850 after 9/13)
Owner's: \$75

Note that it is a:

9:00 am Shotgun Start
Captain's Choice (Best ball)
Continental Breakfast, Lunch on the Course and Reception will be provided

Register here: bit.ly/4c4C5Yu

TUESDAY/SEPT. 24

Tennis and Pickleball. At River Bend Golf and Country Club. Grab a partner and join us for a fun and competitive day of tennis, pickleball and socializing. Compete in the women's tennis tournament in the morning or coed pickleball in the afternoon. Trophies will be awarded to the winners. You can also come and watch the tournament action or cheer on the Tennis Pros as they play an exciting exhibition match in the afternoon. Following the afternoon session, there will be a reception with appetizers, beverages, music and more!

SEPT. 26-29

Annandale Book Sale. 10 a.m. to 5:30 p.m. At George Mason Regional Library, 7001 Little River Turnpike, Annandale. Thousands of books, CDs, DVDs, and more at the George Mason Friends Fall Book Sale. Offering a preview sale on Wednesday evening, September 25, from 5:00 p.m. to 8:00 p.m.

for a \$20 entry fee per adult. Visit the website: georgemasonfriends.blogspot.com

FRIDAY/SEPT. 27

Cold War Virginia. 12-1

p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join Francis Gary Powers as he discusses his new book, *Cold War Virginia*, and how the Workhouse site fits in the mix. Books available to purchase on site; signing follows talk. Visit the website: <https://www.workhousearts.org/calendar/learning-lunch-cold-war>

FRIDAY/SEPT. 27

Late Night Research. 5:30-11 p.m. At City of Fairfax Regional Library, 10360 North Street, Fairfax. Conduct after-hours genealogy research in Fairfax County Public Library's Virginia Room. Staff and volunteers will be on hand to connect you with resources. Research independently or attend genealogy classes. Email: Christopher.Barbuschak@fairfaxcounty.gov

FRIDAY/SEPT. 27

Mariam Homes GALA. 7-11 p.m. At Fairfax Country Club, 5110 Ox Road, Fairfax. They raise money to build homes for disabled individuals. Cost is \$100. Visit www.marianhomes.org.

SATURDAY/SEPT. 28

Creepy Crawly Fun. 10 a.m. to 2 p.m. At Lake Accotink Park, 5660 Heming Ave., Springfield. Bug Fest—an exciting, hands-on event that celebrates the fascinating world of insects – whether you're intrigued by butterflies, beetles or creepy crawlies. This family-friendly event offers a variety of interactive games, activities and learning opportunities for people of all ages.

SATURDAY/SEPT. 28

U.S. Army Chorus Concert. 6-7:30

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The Perchfest will be held Sept. 20-21, 2024 at Capital One Center in Tysons Corner.



Circus Vazquez performs Sept. 20 to Oct. 7 at Tysons Galleria in McLean.

p.m. At Westwood Baptist Church, 8200 Old Keene Mill Road, Springfield. The Army Chorus performs a free concert at Westwood Baptist featuring a variety of patriotic, pop, Broadway, folk and classical music as the church celebrates its 60th anniversary. Visit the website: westwood-baptist.org

SATURDAY/SEPT. 28

Harvest Happenings. 10 a.m. to noon. At McLean Community Center, 1234 Ingleside Ave., McLean. Celebrate autumn with your family locally! Harvest Happenings is an indoor-outdoor festival with live entertainment, a petting zoo, crafts and games. Patrons can visit our pumpkin patch and purchase a pumpkin to decorate.

SATURDAY/SEPT. 28

RA's Community Yard Sale. 8:30 a.m. – 1 p.m. At 12010 Sunrise Valley Drive (near the Reston Wegmans), Reston.

SATURDAY/SEPT. 28

G34.3 Brewing Oktoberfest! 12-9 p.m. At 8532 Terminal Road, Suites L, M, N, Lorton. Visit the brewery for a day filled with beer, food, and fun as they celebrate the Bavarian tradition in style. Get ready to enjoy a wide selection of craft beers brewed right here on site, along with delicious German-inspired cuisine from the Alpine Chef to satisfy your cravings. Don't miss

out on live music and door prizes throughout the day.

SATURDAY/SEPT. 28

Fall Into Wellness. 12-3 p.m. At Tysons Corner Center, McLean. Kickstart your morning with Food For Others annual 5K from 8-11 a.m. From 12-3 p.m., experience an afternoon packed with wellness activities including an Aerie Offline/American Eagle Athleisure fashion show, engaging wellness demos, giveaways, raffles and activations from Tysons Corner Center retailers. Stay active with trainer-led workouts featuring a Mommy & Me Fit4Mom Class, Pilates Demo with Club Studio, One Life workout and Lululemon led cool-down. Refuel with complimentary bites from Barrel & Bushel's new lighter menu.

SATURDAY/SEPT. 28

Arts by George! 5 p.m. At GMU's Fairfax Campus, Fairfax. The annual ARTS by George! benefit, presented by George Mason University's College of Visual and Performing Arts (CVPA), returns in 2024 with multiple award-winning actress and singer Lea Salonga as the headliner. The philanthropic event raises vital support for student scholarships in visual arts, dance, music, theater, game design, film, and arts management, as well

SEE ENTERTAINMENT, PAGE 23

❖ SEPTEMBER 19-25, 2024 ❖ 21

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About The Connection

FROM PAGE 5

first amendment of the U.S. Constitution, to press (pun intended) local government for transparency, although this is more and more difficult. The public has a right to expect transparency from local institutions. The founders clearly anticipated the ongoing need for the press to help in this role.

Your community Connection newspaper is published by the independent, locally owned Local Media Connection LLC. Our flagship paper, the Alexandria Gazette Packet, is perhaps the oldest continuously publishing paper in the country, beginning in 1784.

We are blessed with remarkable, award-winning staff, contributing writers and photographers who are dedicated to our mission. Most have been writing for the Connection/Gazette for years, some for more than a decade (or two, or three). Each brings areas of interest and expertise. Check the bylines. Don't miss Bonnie Hobbs, Mercia Hobson, Jeanne Theismann, Janet Barnett, Michael Pope, Mike Salmon, Susan Laume, Glenda Booth, Eden Brown, Shirley Ruhel and others.

Local newspapers, including the Connection Newspapers, are facing an existential threat from the combination of nationwide downturn in newspaper advertising that has been worsening over several years, compounded by the economic crisis.

Revenue has not nearly rebounded to pre-pandemic levels, and we are going to need more help to keep going. We will renew calls for contributions and subscriptions. <https://gofund.me/8484a551>

If you value local news and you have a budget for advertising and promotion, please endeavor to spend some of it with local newspapers including ours.

— MARY KIMM
mkimm@connectionnewspapers.com

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south@connectionnewspapers.com

FROM PAGE 21

as for the Mason Community Arts Academy, Green Machine Ensembles, and the Great Performances at Mason season at the Center for the Arts. Visit <https://cfa.gmu.edu/>

SUNDAY/SEPT. 29

Nike Missile Air Defense Talk.

3-4:30 p.m. At Pohick Regional Library, 6450 Sydenstricker Road, Burke. Alan McKie will speak on the Nike missile air defense system at Lorton. Sponsored by the Burke Historical Society.

SEPT. 29 TO OCT. 31

Haunted Wine Tours. Sunday to Thursday. 6:30 p.m., 7:30 p.m., 8:30 p.m. At the Winery at Bull Run, 15950 Lee Hwy., Centreville. Join in a lantern-led journey through the historic grounds. During this one-hour outdoor walking tour, sip on our acclaimed Virginia wines as you encounter the spirits of the battlefield as they come to life, sharing their chilling stories of long ago.

OCT. 4 TO NOV. 2

Workhouse Haunt: Twisted Tales of Terror.

Fridays, Saturdays and Sundays, plus Halloween night. Gates open at 6:30 p.m. Back for its 11th season, one of Northern Virginia's most popular Halloween events is bringing even more scares (and laughter) to its creepy outdoor walk-through trail. The Haunt will lead guests on a frightening journey that brings them along the abandoned, historic buildings of the former prison, where they will encounter terrifying characters and sights and sounds that are not for the faint of heart. This year's theme, Twisted Tales of Terror, features more than a dozen creepy live-action scenes portraying classic fairy tales gone wrong, including Little Red Riding Hood, Rapunzel, Pinocchio and more. To keep everything moving along, guests will travel in small groups via a timed entry. While waiting for their timeslots, or following their trail experience, guests can enjoy Halloween fun in the Rizer Pavilion: DJ-mixed music (Fridays, Saturdays, and Halloween Night); refreshments at the bar, including Halloween-themed alcoholic and non-alcoholic drinks; sweet and savory food truck treats; and Halloween art and trinkets in the Haunt Pop-up Shop. Tickets are on sale now; prices start at \$25 per person. Visit www.workhousearts.org for schedule and event details.

SATURDAY/OCT. 5

Oktoberfest. 11 a.m. to 7 p.m. On Historic Church Street in the Town of Vienna. Oktoberfest celebrates its 15th anniversary this year with the biggest festival yet! More vendors, more food, great music and entertainment, plenty of free kids' activities and locally-sourced beer and wine selections. Oktoberfest will feature live entertainment on three stages: Beer Garden, Town Green, Center Street Beer



Haunted Wine Tours will be held from Sept. 29 to Oct. 31, 2024 at The Winery at Bull Run in Centreville.

Garden Stage; Large Beer/Wine Garden featuring: Caboose Brewing Company, Hawk and Griffin, Norm's Beer and Wine, Settle Down Easy Brewing, and Vienna Vintner. Visit the website: www.viennaoktoberfest.org.

OCT. 5-6

LEGO-Based Train Show. Saturday noon to 4 p.m.; Sunday 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington D.C. Metropolitan Area LEGO Train Club (WamaLTC) members will hold a two-day LEGO based train show at the Fairfax Station Railroad Museum. All trains, buildings and scenery in the display are built from LEGO bricks. Donations of unwanted LEGO pieces and sets are appreciated to help support WamaLTC's efforts to bring fun and education to all ages through its activities. Admission: museum members, free; adults 13 and over, \$5; children 5-12, \$3; under 4, free. Seniors (65+ and military (active & retired), \$4. For more information on the museum and show events phone 703-425-9225. Visit the website: www.fairfax-station.org

SUNDAY/OCT. 6

2024 Friends of Reston Fall 5K. At Browns Chapel Park, Reston. Join the Friends of Reston for their 4th Annual Fall 5K, to help raise funds for their scholarship and enrichment programs. All proceeds for this event support the Friends of Reston, a 501(c)3 supporting organization of Reston Association. Race will start at 8:00 a.m. Registration Fees: 5K - \$45 September 1 through October 1; \$50 October 2 through Race Day. 5K (14 & Under) - \$30 September 1 through October 1; \$35 October 2 through Race Day. Online registration will close on Thursday, October 3 at 8:00 p.m. Visit <https://potomac.enmotive.com/events/register/2024-friends-of-reston-fall-5k>

SUNDAY/OCT. 6

The Heart Collectors. 7:30 p.m. At Earp's Ordinary, 10420 Main Street, Fairfax. From acoustic harmony lead ballads to Bowie-esque sonic soundscapes, Australian four piece 'Epic Folk' group The Heart Collectors capture the essence of inspiration, honesty of love, and the nature of the cosmos in their music. Info at <https://focusmusic.org/shows#sun-10-6-the-heart-collectors-fairfax>

SUNDAY/OCT. 6

Miles for Migraine. 9:30-11:30 a.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. This is a 2-mile Walk, 5K Run and Relax event to support Migraine and Headache Awareness, Treatment and Research. Come connect with your local migraine and headache community, listen to speakers and visit sponsors in the festival area. Dress up in your best purple flair for a chance at a fun prize. Visit the website: <https://dc.milesformigraine.org/>

SATURDAY/OCT. 12

Arctober Fest. 10 a.m. to 2 p.m. At Sully Historic Site, Chantilly. This free, family-friendly event offers a unique opportunity to dive into the fascinating world of archaeology and learn about the incredible archaeological resources found in Fairfax County. Arctober Fest visitors will engage in an array of interactive, hands-on activities guided by expert archaeologists.

SUNDAY/OCT. 13

Clifton Day. 9 a.m. to 5 p.m. In the Town of Clifton, 12641 Chapel Road, Clifton. Now celebrating the 56th year of Clifton Day, the annual town event celebrates the beauty and charm of the beloved town of Clifton. Join in experiencing the magic of arts, crafts, entertainment, and food they have in store. Live music, children's activities, pony rides, a beer and wine garden, and other delicious food and beverage

choices add to the fun. Visit the website: www.Cliftonday.com

SUNDAY/OCT. 13

Paws in the Park. 11 a.m. to 4 p.m. At Oronoco Bay Park in Old Town Alexandria. Place your business in front of thousands of pet lovers this fall, all while supporting our mission to help Alexandria's animals. They are looking for sponsors and vendors for our annual Paws in the Park event on October 13th in Old Town Alexandria. The free event features entertainment and music, food and drink, kids' activities, silent auction, and so much more.

OCT. 19-20

The "21st Annual Great Falls Studio Tour 2024" is just around the corner! The artists are gearing up to make this year's event another unforgettable experience. Be sure to visit <http://greatfallsstudios.com> for all the details — download the brochure, grab your map, and get ready to explore the magic of creativity in action.

SATURDAY/OCT. 19

9th Annual Tour de Mount Vernon. TDMV Ride 8:30 a.m.; Youth and Family Ride at 9 a.m. Starting and ending at Workhouse Arts Center, Lorton. Early bird special! Register for the 9th Annual Tour de Mount Vernon by August 31 for a discounted rate and be guaranteed a pair of Tour de Mount Vernon socks! #Tdmv2024 Register now: <https://buff.ly/46VNVtx>

NOV. 8-9

"Beauty and the Beast." At 7 p.m. at Ernst Theatre in Annandale. Oakcrest School will stage Disney's "Beauty and the Beast." Through the enchanted story of a beloved classic fairytale set in a "poor provincial town," Belle encounters a young prince trapped under a spell that can only be broken by the power of love. Learn more at Oakcrest.org.

The Negative Effect



By KENNETH B. LOURIE

Not that I don't think about cancer/having cancer every day, but on well-balanced days, at least those thoughts are not hourly. And it's on those occasions when the hours belong to me, that my mind can wander outside these cancer constraints and think non-cancer thoughts. Many of which serve as the basis/origin of the non-cancer columns I write sometimes. And recently, I've been mentally blocked, hardly wandering at all. Somewhat worrisome. But then the reason I haven't been thinking too many non-cancer thoughts hit me. This is one of those "cancer-centricity" weeks: Tuesday I have lab work. Thursday, I have a P.E.T. scan. Next Monday, I have an in-person/in-facility appointment with my oncologist to assess and discuss it all. A "three-for." And on the days when there's no specific cancer activity, there is preparation for, reaction to, and worry about any and all of the consequences of being a cancer patient under active treatment. How does all this make me feel? You can imagine, I'm sure. But as the late Philadelphia comedian David Brenner used to joke: "It's not the mosquitos you can hear that you should worry about. It's the ones you can't hear."

As with cancer, it's a rollercoaster of unpredictability where the only guarantee, given the numbers of appointments, lab work, scans, infusions, et cetera, is that there are no guarantees. What you feel today may mean something or nothing at all. Conversely, what you don't feel may likewise mean something or nothing. Today's result leads to tomorrow's activity. Treatment could change or not and you, as the patient can only wait for the results to know how you're really doing. And until your oncologist summarizes the results for you, emotionally you're sort of on a precipice. Comfort level? There is none. Cancer is the big dog, and it rarely gets off the porch. And that's pretty much what I know. There's so much more that I don't know. And it isn't until I have one of these cancer-centric weeks when all this information is thrown at me that it really reminds me how little I know and how precarious my situation is. I'm hearing/reading all sorts of medical jargon, medical data and medical mumbo jumbo and though I've read it/heard similar things for 15-plus years, I can't make sense of it when I should be making dollars of it, if you know what I mean?

It's these weeks, when I feel my life is on the line, so yes, I worry. There's no more denying it. My cancer is front and center/top of mind (bottom too). And though I've been down this road many times before, the longer I live/experience one of these weeks, the more likely I feel that I'm running out of the good fortune I've experienced all these years. I mean, at some point, you use up your luck, don't you? And since given a two-year prognosis in late Feb. 2009, my luck allotment must be nearing zero. I mean, it's been 15 and half years. Who am I to break the bank of prognosis?

Yet here I sit/type all these years later writing my pen how someone initially diagnosed with stage IV non-small cell lung cancer (reclassified to stage IV papillary thyroid cancer in year 11-ish) thinks and feels about the day-to-day life efforts to assimilate a previously certain death diagnosis/scenario to one where my death is less certain, but inevitable, nonetheless. A misdiagnosis and a chronic kidney disease side effect will do that to you. And it's all never more obvious; the good, bad and ugly about my disease/diagnosis, than during one of these hell-type weeks when I fear that my luck will finally run out.

It's all of this reality that clogs my creative juices. All my subconscious can think about is what happens if. And 'what happens if' is not funny. What damage has occurred in my body because of the cancer I haven't a clue. I'll find out soon enough and that's what scares me; what I can't see or hear.

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

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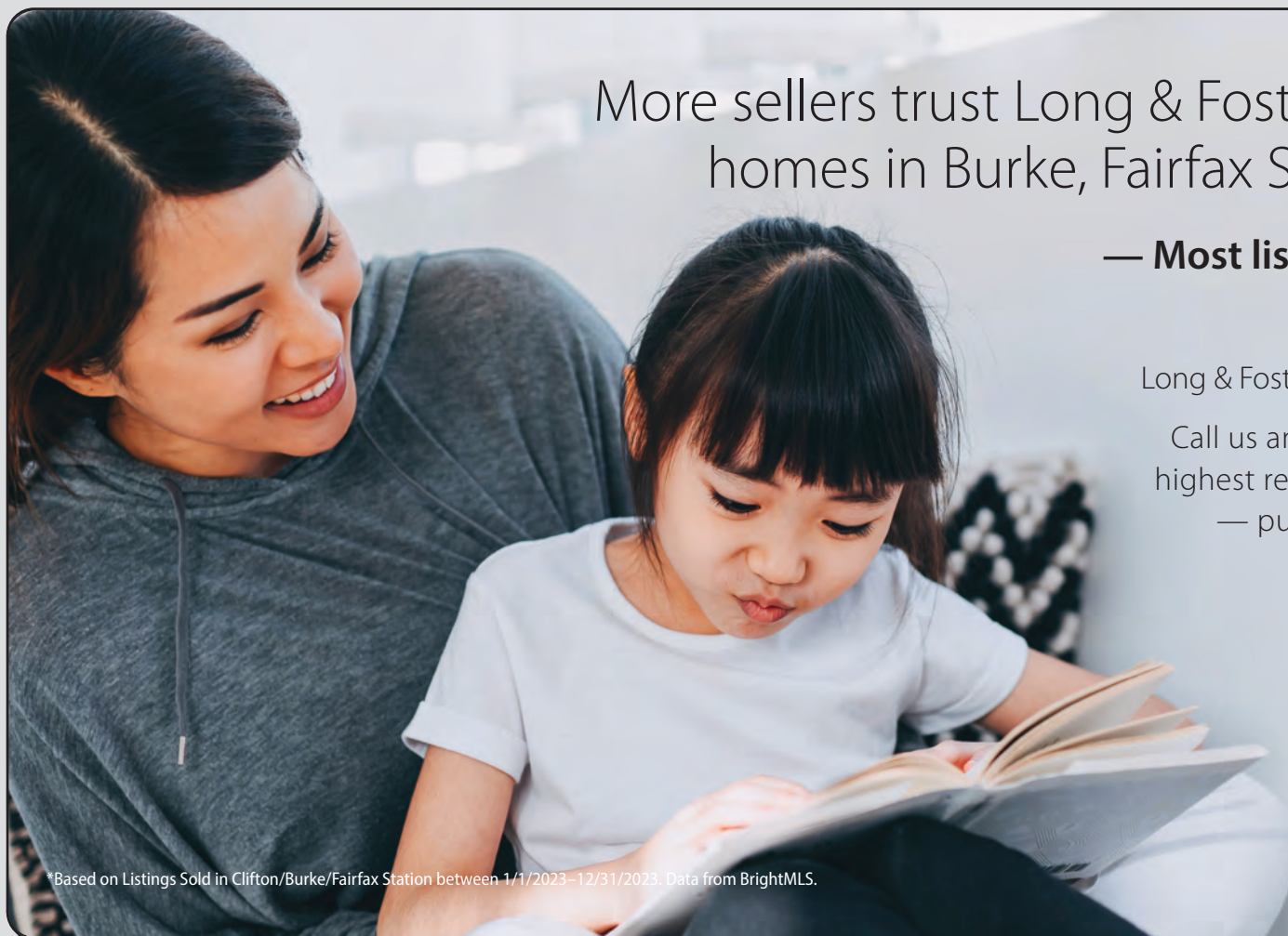
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