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CONNECTION

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Kwasi Fields of Upper Marlboro, Md., practices his swing in the hitting cages of The St. James sports complex in Springfield. On Sept. 15 the 450,000-square-foot sports, wellness and active entertainment complex celebrated its grand opening.

Let the Games Begin

NEWS, PAGE 7

Turning Point Suffragist
Memorial To Women's Vote

NEWS, PAGE 3

How To Vote

OPINION, PAGE 4

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Turning Point Suffragist Memorial To Be Built

\$2 million project to be dedicated on Aug. 26, 2020 at Occoquan Regional Park.

BY STEVE HIBBARD
THE CONNECTION

A \$2 million National Turning Point Suffragist Memorial is slated to be built in time for dedication on Aug. 26, 2020 at Occoquan Regional Park near the Occoquan River, said Patricia Depew Wirth, who is the Executive Director of the Turning Point Suffragist Memorial Association. The memorial planned near the Jean R. Packard Events Center is intended to honor the 5 million women who fought for women's suffrage.

On Saturday, Sept. 15, 2018, Patricia Depew Wirth told 40 members and guests of AAUW Springfield-Annandale branch at Kings Park Library in Burke that the memorial will contain various elements that all have a basis in suffragist history. There will be replicas of the White House gates and a wall to honor the women who were jailed in Occoquan Prison with plaques for each. It will also contain 19 information stations that will tell 72 years of the history of the Suffrage Movement, from 1848 to 1920. The memorial will include a bridge to "bridge the two centuries" that it took to get the women's right to vote. Rotunda pillars will represent Democracy. The memorial will also contain a meditation garden and interactive kiosks.

So far, Turning Point has received roughly \$1 million in-kind and cash donations; Fairfax County donated \$200,000 towards it, but it is still short on needed funding to complete the project. Some of The Turning Point's strategic partners include: AAUW, League of Women Voters, and NOVA Parks, which is donating the land and the perpetual maintenance of the facility. Donate at www.suffragistmemorial.org

In addition to the Memorial, they are developing a Constitution Trail starting at the National Archives, going to Mount Vernon, Gunston Hall, Montpelier and to the Turning Point Suffragist Memorial.

WIRTH, who worked in the automotive service industry for 30 years, and now de-



Patricia Depew Wirth, Executive Director of the Turning Point Suffragist Memorial Association, shows plans for the Memorial.



An artist's rendering of the Turning Point Suffragist Memorial.

votes all of her time to building the memorial, gave a presentation of the movers and shakers in the Women's Suffrage Movement, starting with an audio of the Declaration of Sentiments — the document that changed course of women's lives in Seneca Falls, N.Y., in 1848. It was signed by 68 women and 32 men at the convention.

She talked about the contributions of

icons Elizabeth Cady Stanton and Lucretia Mott, who met in 1840 in London, England, to attend an international abolitionist convention.

"Many early suffragists were abolitionists. In that period of time, if you were married, you belonged to your husband. ... Women were limited in their ability to get higher education and get into the professions. They

did not feel equal. That's why this movement got going," she said.

Wirth mentioned the contributions of Susan B. Anthony, of New York state, who dedicated her entire life to suffragists. In 1851, she marched into a polling place and attempted to vote but she was thrown on the sidewalk, manhandled and arrested for the crime of voting. "She had a trial, was found guilty of voting but never went to jail. She was a wonderful woman to be reckoned with," she said.

Mary Church Terrell, the founding member of NAACP in 1909, was the first African American woman to go to college, Wirth said. Terrell went to Oberlin, was a teacher, principal, and member of the Delta Sigma Theta sorority.

Another woman, Carrie Chapman Catt, was involved in National American Woman Suffrage Association and founder of the League of Women Voters in 1920. She focused on getting the vote state by state, by establishing offices in every state. She came out with "The Winning Plan" strategy that involved getting an Amendment to the Constitution and turned all those state offices into the League of Women Voters.

Wirth mentioned Alice Paul, the co-founder of the National Woman's Party, a Quaker from New Jersey, who authored the Equal Rights Amendment in 1923. "She became aware of the Suffragette movement in England overseen by Pankhurst family," she said. Paul marched with them, went to jail, went on hunger strikes and met Lucy Burns.

Alice Paul, who co-founded the National Women's Party with Lucy Burns, was a brilliant strategist who felt we needed an amendment to the constitution.

"She felt without it, women in the South would never get the vote. She knew what she was talking about," Wirth said.

In 1913, Alice Paul planned the March down Pennsylvania Avenue in Washington, D.C., where between 5,000 and 9,000 people marched in a parade for women's rights.

SEE HISTORIC FIGHT, PAGE 11

Next Step for Equality

After the 19th Amendment affirming women's right to vote was ratified in 1920, suffragist leader Alice Paul introduced the ERA in 1923 as the next step in bringing "equal justice under law" to all citizens. The proposed Equal Rights Amendment (ERA) states that the rights guaranteed by the Constitution apply equally to all persons regardless of their sex.

In 1972, the ERA was finally passed by Congress and sent to the states for ratification. The original seven-year time

limit was extended by Congress to June 30, 1982, but at that deadline, the ERA had been ratified by only 35 states, three states short of the 38 required to put it into the Constitution.

Now, Virginia could be the last state needed to ratify the Equal Rights Amendment, which would pass on the floor of the House and the Senate in the session beginning Jan. 9, 2019, if opponents don't prevent the vote by tying it up in committee.

The Equal Rights Amendment Verbatim:
Section 1. Equality of rights under the law

shall not be denied or abridged by the United States or by any state on account of sex.

Section 2. The Congress shall have the power to enforce, by appropriate legislation, the provisions of this article.

Section 3. This amendment shall take effect two years after the date of ratification.

The ERA has been introduced into every Congress since the deadline, and beginning in 1994, ERA advocates have been pursuing two different routes to ratification:

❖ the traditional process described in Article V of the Constitution (passage by a

two-thirds majority in both the Senate and the House of Representatives, followed by ratification by three-quarters of the states), and

❖ the "three-state strategy" (ratification in three more of the 15 state legislatures that did not ratify the ERA in 1972-82, based on legal analysis that when three more states vote yes, this process could withstand legal challenge and accomplish ratification of the ERA). Virginia could be the third and final state needed to pursue this strategy were the Equal Rights Amendment to pass in the 2019 General Assembly session.

How To Vote

Every year is election year in Virginia; early voting begins Sept. 21.

So many local elections, and critical policy that follows, have been decided by so few votes, no one can reasonably say that their one single vote does not matter.

Just one example: Control of the entire Virginia General Assembly came down to a single delegate race which was so close, it was declared a tie after a recount. It was awarded to the Republican by literally pulling a name out of hat.

Vote early if you qualify. Vote Nov. 6 if you haven't already voted by then. Make a plan.

First, be sure you are registered. Oct. 15 is the deadline to register, and to check your registration. Many voters across the country have discovered that they have been unexpectedly dropped from the voter rolls, so be sure to check at elections.virginia.gov

Absentee Voting in Person Begins Sept. 21

Voting early if you qualify is a good choice. There are 20 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: <https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

There are two ways to vote absentee, in-person and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date.

If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

Early Voting Locations, Dates and Hours

Scheduled to begin Friday, Sept. 21, through Saturday, Nov. 3 at the government center, and Oct. 13-Nov. 3 at the satellite locations.

Fairfax County Government Center, 12000 Government Center Parkway, Conference Room 2/3, Fairfax, VA, 22035

Sept. 21-Oct. 12

Closed Monday, Oct. 8, Columbus Day
Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.
Thursday, 8 a.m. to 7 p.m.
Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

Oct. 15-Nov. 3

Monday-Friday, 8 a.m. to 7 p.m.
Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

All Satellite Locations:

Oct. 13 - Nov. 3

Weekdays: Monday thru Friday, 3 p.m. - 7 p.m.
Saturdays: 9 a.m. - 5 p.m.
Sundays: Closed

- ❖ Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310
- ❖ Lorton Library, 9520 Richmond Highway, Lorton, VA 22079
- ❖ Mason Governmental Center, 6507 Columbia Pike, Annandale, VA 22003
- ❖ McLean Governmental Center, 1437 Balls Hill Road, McLean, VA 22101

ELECTION DAY, TUESDAY, NOV. 6, 2018

On Election Day, polls are open from 6 a.m.-7 p.m., Nov. 6.

To determine whether eligible and registered to vote in this election, visit the Virginia Department of Elections website at elections.virginia.gov/ or call Fairfax Elections office at 703-222-0776.

To vote on Tuesday, Nov. 6, 2018, 6 a.m.-7 p.m. (General Election)

- ❖ Register/update address by: Monday, Oct. 15.
- ❖ Request absentee ballot by mail by: 5 p.m. Tuesday, Oct. 30.

- ❖ Vote early, in-person absentee, by appearing in person by 5 p.m. Saturday, Nov. 3

For more information on voting in Fairfax County: Fairfax County Office of Elections
12000 Government Center Parkway Suite 323
Fairfax, VA, 22035

Voter Registration: 703-222-0776, TTY 711

Absentee Fax: 703-324-3725

Email: voting@fairfaxcounty.gov

Election Officer Info: 703-324-4735, TTY 711

For 24-hour recorded information call 703-324-4700

FAIRFAX COUNTY PUBLIC SAFETY BOND

TEXT: Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds in the maximum aggregate principal amount of \$182,000,000 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 stations owned by volunteer organizations, and the acquisition of necessary land?

\$73 million would be earmarked for improvements to four fire stations — Mount Vernon (\$16 million), Fairview (\$16 million), Gunston (\$13 million), and Seven Corners (\$13 million) — that are all 37 years or older. An additional \$15 million would be used to improve one of the eight volunteer stations that is more than 40 years old.

The Fairfax County Police Department would receive \$59 million: \$18 million to renovate and expand the Mason District Station which was built in 1975; \$18 million to renovate and upgrade its Criminal Justice Academy, and \$18 million to renovate, expand or

- ❖ Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria, VA 22306

- ❖ North County Governmental Center, 1801 Cameron Glen Drive, Reston, VA 20190

- ❖ Providence Community Center, 3001 Vaden Drive, Fairfax, VA 22031

- ❖ Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151

- ❖ West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

Absentee Voting By Mail

To track the status of your absentee ballot application and ballot, you can view your Virginia Voter Record, vote.elections.virginia.gov/VoterInformation

The deadline to apply for an absentee ballot online, by mail, by fax, or by email is seven days prior to Election Day by 5 p.m.

You can apply for your absentee ballot online, vote.elections.virginia.gov/VoterInformation

Or print, complete, and sign the absentee ballot application, www.elections.virginia.gov/Files/Forms/VoterForms/VirginiaAbsenteeBallotApplication.pdf

Absentee ballot applications are also available for in-person visits at county governmental centers as well as Fairfax County library branches.

ON THE BALLOT

Fairfax County, Nov. 6, 2018

UNITED STATES SENATE

Corey A. Stewart (R)
Timothy M. Kaine (D)
Matt J. Waters (L)

HOUSE OF REPRESENTATIVES

District 8
Thomas S. Oh (R)
Donald S. Beyer, Jr. (D)

District 10

Barbara J. Comstock (R)
Jennifer T. Wexton (D)

District 11

Jeff A. Dove Jr. (R)
Gerald Edward Connolly (D)
Stevan M. Porter (L)

replace the Police Evidence Storage Building used to store evidence for court cases, and also houses the warrant desk and the victim services section. The Adult Detention Center needs \$45 million of improvements to three wings, including plumbing, electrical, HVAC, elevator and fire protection systems as well as security and camera equipment. \$5 million would be used to improve the Jennings Judicial Center.

TWO VIRGINIA CONSTITUTIONAL AMENDMENT BALLOT QUESTIONS

State Ballot Question One

Question: Should a county, city, or town be authorized to provide a partial tax exemption for real property that is subject to recurrent flooding, if flooding resiliency improvements have been made on the property?

State Ballot Question Two

Question: Shall the real property tax exemption for a primary residence that is currently provided to the surviving spouses of veterans who had a one hundred percent service-connected, permanent, and total disability be amended to allow the surviving spouse to move to a different primary residence and still claim the exemption?

Send in the completed application:

Scan then email the application to absenteeballot@fairfaxcounty.gov or mail the application to the Office of Elections at Box 10161, Fairfax, VA 22038 or Fax the application to the Office of Elections at 703-324-3725

Once your completed application is received and accepted, your absentee ballot will be sent to you in three business days. If you have questions about your ballot, call the Office of Elections at 703-222-0776 (TTY 711).

Absentee ballots must be returned to the Office of Elections by 7 p.m. on Election Day, Nov. 6, 2018 in order to be counted.

Virginia Voter ID

You must show identification to vote. Acceptable forms of valid identification: Virginia driver's license, Virginia DMV-issued photo ID, United States passport, Employer-issued photo ID, Student photo ID issued by a school, college, or university located in Virginia, Other U.S. or Virginia government-issued photo ID, Tribal enrollment or other tribal photo ID, or Virginia Voter Photo ID card

Need a Photo ID?

SEE HOW TO VOTE. PAGE 10

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Virginia Tire & Auto Celebrates Re-opening of Its Springfield Location

Virginia Tire & Auto (www.vatire.com), the Fairfax-based leading full-service provider of automotive maintenance, repair and tire services, celebrated the grand re-opening of its Springfield facility at 6620 Backlick Road (at the corner of Backlick Road and Calamo Street).

Located in Fairfax's Springfield Commercial Revitalization District Development, Virginia Tire & Auto completed a demo and rebuild featuring façade improvements, landscaping and lighting, and re-opened on Aug. 24, 2018.

A Sept. 11 Ribbon Cutting Ceremony featured guests including: Supervisor Jeffrey C. McKay (D-Lee District), Del. David Bulova (D-37), James Migliaccio, Planning Commissioner, Fairfax County, Lee District; Doug Loescher, Revitalization Manager for the Fairfax County Office of Community Revitalization.

For more information about Virginia Tire & Auto, visit www.vatire.com or www.facebook.com/VATIREANDAUTO.

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Navigating the Tween Years

Child development experts offer suggestions for a difficult period of development.

BY MARILYN CAMPBELL

One of the most unsettling times in a parent-child relationship can be the period of adolescence when children are growing into adulthood. During this period say mental health professionals, teens may exhibit defiance and disrespect while parent might experience hurt and question the quality of their parenting abilities.

This period of time in the lives of both parents and adolescents can be fraught with confusion, pain and disappointment. Understanding the reasons behind the sudden shift is one of the keys to navigating this life change. "One of the most important developmental tasks during adolescence is for the child to discover who they are apart from their parents in preparation for eventually living as an adult," said Melissa K. McCeney, Ph.D., professor of psychology at Montgomery College. "They are working to define their own values and goals, and part of that process involves questioning authority."

"It's a natural part of separation from parents," added Linda Gulyn, Ph.D., professor of psychology at Marymount University. "In fact most behaviors described as rude or disrespectful are the teen's way of expressing her desire to be her own person; not an extension of the parent."

Understanding what a child of this age might be feeling and experiencing can make parents more empathetic prepare them to help guide their children through this developmental period. "Adolescents also tend to be very idealistic and absolute in their thinking, which may lead them to become critical of parents who can't possibly live up to unrealistic standards," said McCeney. "Brain development during adolescence can make teens less sensitive to how other people are feeling and more sensitive to their own feelings. Consequently, they may behave in self-centered and inconsiderate ways without even realizing it."

During this period, some parents may question their parenting skills or style. "These things will happen regardless of parenting style because they're a normal part of the developmental process," said McCeney "Parenting style could affect how difficult this transitional period is, though. Children whose parents are overly permissive or demand immediate compliance with no discussion under threat of punishment are more likely to become teens who are very rude and disrespectful. Parents who have consistently had high expectations for their children within the context of a warm and nurturing relationship have already laid the groundwork for more constructive conflict resolution."

Gulyn suggests that parents exhibit authority, but avoid extremes. "Always set limits and boundaries,

but do it in a way that you maintain a warm relationship with your child," she said. "Research shows that authoritarian, that is strict and punitive, and permissive, having no rules or boundaries, result in the most disrespectful and difficult rebellious behaviors."

When adolescents rebel, the way a parent responds can set the tone for the eventual outcome. "In my opinion, the parent needs to diffuse that moment with empathy or at least an expression of understanding how it must be for the teen," said Gulyn. "[For example,] 'I know it's frustrating trying to keep all those homework assignments straight ...'"

"I also believe the teen needs feedback that his rudeness hurts," continued Gulyn. "[For example,] 'Wow, that really made me feel bad when you talked to me that way.' You are the parent. You need to help your teen develop empathy and understand the consequences of their behaviors."

Encourage children to think about the effect their behavior might have on others, suggests Jerome Short, Ph.D, associate professor of psychology at Marymount University. "Parents should ask their children, 'How would you feel if someone did that to you?' or 'How do you think that person feels after you did that?'," suggests Short. "These questions increase a focus on empathy and compassion. Parents should make it clear that they value kindness and respect and want their children to value those principles too."

Reinforcement is more effective than punishment, advises McCeney, but she underscores the reality that actions have consequences, and sometimes they're unpleasant. "When punishment seems appropriate, try to stick with natural consequences as much as you can," she said. "For example, a teen who is being hateful at the dinner table

might need to eat alone. If your child is insulting to you while you drive him to a party, perhaps you should turn around and go back home instead."

McCeney advises against consequences without warning. "If you go the punishment route, though, it's important to make sure your teen knows in advance exactly what the consequence will be and how they need to change their behavior in order to avoid it," she said. "For example, instead of making an unexpected screeching U-turn, say, 'What you just said to me was really rude, and I don't see why I should do you a favor if you're not going to be nice. If you speak disrespectfully to me again, we'll turn around and go home.' Then follow through as necessary. If you know your kid is likely to act up in a particular situation, lay out the rules ahead of time," continued McCeney. "If they tend to be rude to you to show off to their friends, let them know that if it happens at tomorrow's movie night at your house, they won't be able to have company over next weekend. Then they can make their own informed choices."

Addressing Rude Teen And Tween Behavior

- ❖ Model appropriate behavior. If your child yells at you and you respond by raising your own voice, they will seethe at your hypocrisy. Don't allow them to tempt you to stoop to their level.
- ❖ Choose your battles. If they actually do their chores, it won't hurt "not to notice" that they rolled their eyes and grumbled under their breath while they did them.
- ❖ Enforce appropriate boundaries. If your child is being rude and disrespectful, refuse to engage no matter how hard they push. Say something like, "I'll be happy to discuss this with you when you can speak to me respectfully," and then calmly walk away.
- ❖ Say yes when you can. Grant more independence as your child demonstrates that they can be trusted with it. Help them to understand that handling conflict respectfully is a sign of maturity and that you'll respond to it as such.
- ❖ Show them that you still care. Continue to be affectionate toward them and connect with them however you can despite the fact that they're not always behaving in the most lovable ways at this time. Often, teens feel lonely and vulnerable under their prickly exterior. Be generous with hugs, and remember that this is only a season. It will pass.



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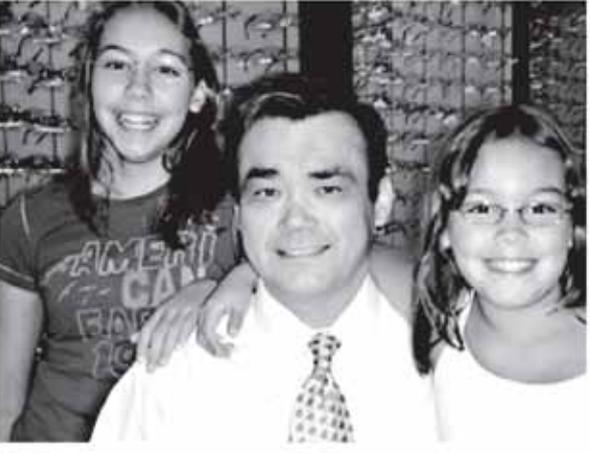
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JOHN BORDNER/THE CONNECTION

Lt. Governor Justin Fairfax, Board of Supervisors Chairman Sharon Bulova, Supervisor Penny Gross, Supervisor Jeff McKay, State Del. Eileen Filler-Corn and Supervisor Pat Herryty listen to remarks at the grand opening ceremony of The St. James sports and wellness complex Sept. 15 in Springfield.



JOHN BORDNER/THE CONNECTION

The Washington Capitals mascot Slap Shot drops the puck to begin the first youth hockey game Sept. 15 at The St. James sports complex in Springfield.

Let the Games Begin

St. James mega-sports complex opens in Springfield

BY JEANNE THEISMANN
THE CONNECTION

The stars of sports and politics aligned Sept. 15 as The St. James, a 450,000-square-foot sports, wellness and active entertainment complex, celebrated its grand opening in Springfield.

“This is a major investment in our youth,” said Virginia Lt. Governor Justin Fairfax, who attended the College of William and Mary with co-founders Craig Dixon and Kendrick Ashton. “The St. James sends a signal to our county and to the country what it means to have a vision and to dream big.”

Super Bowl champion Darrell Green and Stanley Cup champion Alex Ovechkin, a founding member of the St. James, were on hand for the opening day festivities.

“This is a great place to spend time with the family,” Ovechkin said “It’s a place to help raise sport, be healthy and just have fun.”

Located on a 20-acre campus at the intersection of I-395 and I-495 in Fairfax County, The St. James combines sports training and competition venues with wellness, lifestyle, hospitality and active entertainment services. The 24-hour center is membership based but non-members are able to sign up for programs.

Fairfax County Board of Supervisors Chairman Sharon Bulova praised the impact the facility has had on the county.

“This is a game changer for Fairfax County and the region,” Bulova said. “I am grateful for the more than 300 jobs The St. James has

brought to the county.”

Opening day showcased the facilities at The St. James, which includes a Field House with a FIFA regulation-sized turf field, four full-length regulation basketball courts that convert into nine volleyball courts, two NHL regulation-sized ice rinks, a 50-meter Olympic regulation-sized competition pool, six batting cages and pitching machines, a squash and golf center, gymnastics center, a climbing and bouldering wall, a water park and a 50,000 square-foot health club.

Also on site are a medspa and a retail store featuring performance activewear. Celebrity chef Spike Mendelsohn will open a cafe in November and a MedStar Health and Sports Medicine Center is slated to open in the Spring.

Following their time together in college, Ashton pursued a career in finance and Dixon a career in law. Five years ago, they collaborated on their vision for The St. James.

“We participated in youth sports and now we are parents of kids participating in youth sports,” Dixon said. “We are the customer and we tried to create an environment that is special.”



JOHN BORDNER/THE CONNECTION

Co-founder and co-CEO Kendrick Ashton welcomes the crowd to the official opening of The St. James sports complex Sept. 15 in Springfield.



JEANNE THEISMANN/THE CONNECTION

Streamers rain down on the crowd as The St. James sports and wellness center officially opens to the public Sept. 15 in Springfield.

The St. James, which is backed by diversified real estate investment firm Cain International, expects to open a second flagship destination in the northern suburbs of Chicago in early 2021 and is working to bring The St. James to additional markets around the country.



JOHN BORDNER/THE CONNECTION

Lt. Governor Justin Fairfax, center, with co-founders Kendrick Ashton and Craig Dixon at the Sept. 15 opening of The St. James sports facility in Springfield.

“Today is incredibly gratifying,” Ashton said. “We had a vision to provide a deep array of services to the DC region – to bring together all ages and all walks of life. Today shows that is possible.”

For more information, visit thestjames.co. The St. James is located at 6805 Industrial Rd., Springfield, VA 22151; 703-239-6870



JOHN BORDNER/THE CONNECTION

Brothers Sydni and Celess Otey of Lorton perform a gymnastics feat Sept. 15 in the gymnasium of The St. James sports complex.

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ENTERTAINMENT



Cocktails by Candlelight

Kick-off the weekend at Cocktails by Candlelight event an after-hours event where visitors learn to make and sip on period cocktails in Gunston Hall's hearth kitchen. Converse and be merry around the fire with friends and loved ones, and enjoy a candlelit tour. Friday, Oct. 5, 6-9 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. Tickets are sold online (bit.ly/2NhKLDk) or at the door for \$35, \$25 for Friends of Gunston Hall. All attendees must be 21 or older.

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

ONGOING

Farmers Market. Saturdays, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit www.facebook.com/SpringfieldFoodworks/.

Second Saturdays. 6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk is the perfect time to meet nearly 85 Resident and Associate Artists, creating art in the studios or exhibiting in our galleries. Experience performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in classes in the art of mixology or cuisines from around the globe. Enjoy art exhibitions in nine galleries of the region's finest sculpture, painting, glass, ceramics, and fiber art works. Visit www.workhousearts.org/.

FRIDAY-SUNDAY/SEPT. 21-23

Adult and Virginia Room Book Sale. Friday, 10 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; and Sunday (bag sale), 1-3 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Thousands of gently-read books in all categories including arts, history, cooking, etc. Virginia Room topics include Civil War, Virginia history and genealogy. Cash or check only. Free admission. Call 703-644-4870 or visit www.fairfaxcounty.gov/library/branches/friends-of-city-of-fairfax-regional.

SATURDAY/SEPT. 22

Kayak the Marsh at Lake Accotink. 7:30-9:30 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. "Kayak Tour-Wildlife of the Potomac" is designed for participants age 13 to adult. Glide past bad eagle nests to get an early morning view of wildlife. No previous experience is required. A single-seat kayak and life preserver are provided. \$31 per person. Boaters younger than 16 must be accompanied by an adult registered in the program. This program will be canceled in the event of rain or unfavorable water levels. Call 703-

569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink.

Mosby Civil War Bus Tour. 8:30 a.m.-5:30 p.m. Sponsored by the Stuart - Mosby Historical Society; tour leader will be Don Hakenson, Eric Buckland with special guest Tom Evans. The bus will leave Truro Parish (10520 Main St., Fairfax City). Will be visiting Mosby's Grave, Clover Hill (supposedly a safe house for Nick Carter), Wolf's Craig (the home of General Turner Ashby), The Mountain Home in Front Royal. Cost for Stuart-Mosby Historical Society members is \$65; non members is \$75. Reserve a seat by sending contact info to Don Hakenson at dhakenson@verizon.net.

Treasures Revealed. 9:30-11:30 a.m. and 12:30-2:30 p.m. at Army Navy Country Club, 3315 Old Lee Highway, Fairfax. The Salvation Army Ladies Auxiliary of Fairfax County hosts "Treasures Revealed," an art and antiques valuation event. Register and reserve a time slot at Give.virginiasalvationarmy.org/Fairfax-Treasuresrevealed.

Slugfest. 2-3:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. By popular demand the only celebration of slugs on the East Coast oozes back. There will be slug racing, crafts, fortune telling, and slime tossing. \$10. Email casey.riley@fairfaxcounty.gov or call 703-451-9588.

Pig Roast. 5:30-7:30 p.m. at American Legion Post 176, 6520 Amherst Ave., Springfield. The Springfield American Legion is hosting the 2nd Annual Pig Roast in support of the 8th Annual Virginia, State-Wide Motorcycle Rally for the Legion Riders. \$25. Tickets are available at www.facebook.com/Squadron176 ("Events" tab), at the Post lounge, or at the time of the event. All are welcome and there is ample parking. Call 703-440-0336 or visit www.facebook.com/Squadron176.

SATURDAY-SUNDAY/SEPT. 22-23

Bull Riding Invitational. Saturday, 6:45 p.m.; Sunday, 1:45 p.m. at Eagle Bank Arena, 4500 Patriot Circle, Fairfax. For the first time in league history, PBR's (Professional Bull Riders) elite tour, featuring the top 35 bull riders in the world and rankest bucking bulls in the nation, will invade Fairfax, Virginia. Tickets start at \$25. Visit www.eaglebankarena.com.

SATURDAY-TUESDAY/SEPT. 22-25

Lord Fairfax Motorcycle Ride Fundraiser. Multiple options to join Lord Fairfax and trace the boundaries of the original Lord Fairfax Land Grant with one-, two- and four-day options. Participants will cover their own expenses. Visit www.lordfairfaxride.org for details and registration for Ride and/or Car Rally.

SUNDAY/SEPT. 23

Food Truck Ruckus. Noon-3 p.m. at Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. Enjoy sweet and savory food trucks, moon bounce, the Delaney Hall Band, corn hole, table trivia, and other games while helping to combat world hunger. Bring canned food items or dry goods to help stock the food pantry for ECHO in Springfield and help prepare bags to feed local at-risk school children on the weekends from 1:30-2:30 p.m. Free admission. Call 703-764-0456 or visit www.BurkePresChurch.org.

Memories of the Orange and Alexandria RR. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A special exhibit in cooperation with the Burke Historical Society will highlight the legacy of the Orange and Alexandria Railroad - the railroad the Fairfax Station was constructed to service. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

TUESDAY/SEPT. 25

Fall Art Lessons for Youth. 5:15-6:15 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin teaches drawing and watercolor for children 8 and older. Visit www.czartlessons.com or call 703-250-6930.

Fall Drawing Plus Color Class. 6:15-7 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin explores drawing and watercolor with children 5-8 years old. Visit www.czartlessons.com or call 703-250-6930.

WEDNESDAY/SEPT. 26

DAR Genealogy Workshop. 6:30-9

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ENTERTAINMENT

p.m. at Pohick Library, 6450 Sydenstricker Road, Burke. Anna Maria Fitzhugh Chapter, NSDAR, will host a free genealogy workshop for women interested in DAR membership. Free. Email jcleson@hotmail.com or call 703-690-7136.

FRIDAY/SEPT. 28

Dessert on Broadway. 7-10 p.m. at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. "Dessert On Broadway" is an annual fundraiser for the Lake Braddock Chorus Department. The event will include desserts, performances and a silent auction. \$10 pre-sale, \$12 at the door. Email jbach5050@gmail.com or call 703-470-0026.

SATURDAY/SEPT. 29

Kayak the Marsh at Lake Accotink. 7:30-9:30 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. "Kayak Tour-Wildlife of the Potomac" is designed for participants age 13 to adult. Glide past bad eagle nests to get an early morning view of wildlife. No previous experience is required. A single-seat kayak and life preserver are provided. \$31 per person. Boaters younger than 16 must be accompanied by an adult registered in the program. This program will be canceled in the event of rain or unfavorable water levels. Call 703-569-3464 or visit fairfaxcounty.gov/parks/lake-accotink.

Fall Art Lessons for Youth. 9:15-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin teaches drawing and watercolor for children 8 and older. Visit www.czartlessons.com or call 703-250-6930.



Students of Carol Zeitlin explore still life drawing.

Fall Art Classes

Lessons for children, teens and adults with instructor Carol Zeitlin explore drawing, watercolor, Chinese Brush and portfolio development. At Woods Community Centre, 10100 Wards Grove Circle, Burke. Visit www.czartlessons.com or call 703-250-6930.

Azalea Auction and Sale. 1-4 p.m. at Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. The Northern Virginia Chapter of the Azalea Society of America (ASA) will be holding its 11th Annual Public Azalea Sale and Auction. The Silent Auction starts at 1 p.m. followed by the live auction at 2:30. The plant sale will run 1-4. Call 703-505-5733 or 703-860-5676.

SUNDAY/SEPT. 30

50+ Expo. Noon-4 p.m. at Springfield Town Center, 6500 Springfield Mall, Springfield. This annual expo is designed for older adults and their families, featuring the winning works of the Beacon's Celebration of the Arts contest, as well as free health

screenings (glaucoma, blood pressure, bone density and balance), fitness classes, flu and pneumonia vaccines, door prizes and entertainment for older adults and their families. Dozens of informative exhibitors — including government agencies, nonprofits and local businesses — will provide giveaways and helpful information. Free. Visit www.thebeaconnewspapers.com.

Burke Historical Society General Meeting. 3:30-5 p.m. at 6540 Sydenstricker Road, Burke. Mary Lipsey, Fairfax County History Commissioner, speaks about Fairfax County men who served and died in the Great War, and about how the war was commemorated here and nationally. Free. Visit www.burkehistoricalsociety.org.

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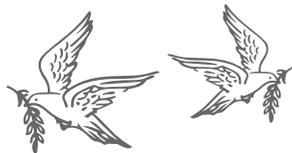
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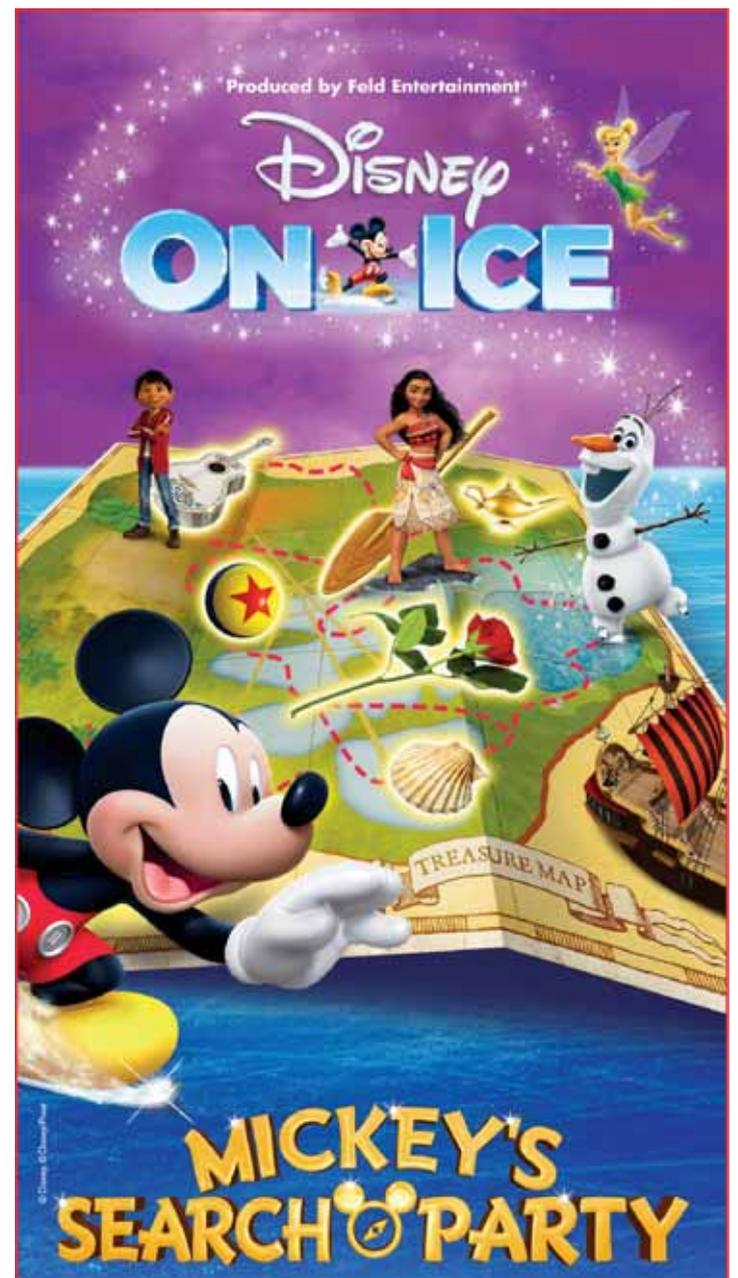
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How To Vote

FROM PAGE 4

If you don't have an ID, go to your voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to complete a photo ID application, have your photo taken and to sign a digital signature pad.

Forgot your photo ID on Election Day?

If you get to your polling place without acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person, or through the mail or commercial delivery service. The copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be

counted.

Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document can be provided to the electoral board for the identification requirement.

Upcoming Events to Register and Get Voter ID

The Office of Elections is open daily during normal business hours to provide residents the opportunity to register to vote or obtain a free voter photo ID if needed. 703-222-0776, 12000 Government Center Parkway Suite 323, Fairfax, VA 22035

The following events will also provide opportunity to register and/or get a Virginia Voter card:

❖ Wednesday, Sept. 19, 10 a.m. - 2 p.m., Greenspring Retirement

Community, 7410 Spring Village Drive, Springfield, 22150

❖ Monday, Sept. 24, 10 a.m. - 2 p.m., Goodwin House Bailey's Crossroads, 3440 South Jefferson Street, Falls Church, 22041

❖ Tuesday, Sept. 25, 11 a.m. - 2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke, 22015

❖ Wednesday, Sept. 26, 10 a.m. - 2 p.m., Herndon Senior Center, 873 Grace St #1, Herndon, 20170

❖ Thursday, Sept. 27, 10 a.m. - 2 p.m., Lewinsville Retirement Residence, 1515 Great Falls Street, McLean 22101

❖ Thursday, Oct. 4, 10 a.m. - 1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale, 22003

❖ Saturday, Oct. 6, 10 a.m. - 2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane Alexandria, 22306

❖ Tuesday, Oct. 9, 10 a.m. - 2 p.m., Arleigh Burke Pavilion at Vinson Hall Retirement Community, 1739 Kirby Road, McLean, 22101

League of Women Voters Supports No-Excuse Absentee Voting

The League of Women Voters of the Fairfax Area is submitting this statement of support for No Excuse Absentee Voting to the Joint Subcommittee on Election Review. The league's support of equal and easy access for voting across the Commonwealth includes legislation to allow all registered voters to vote absentee prior to Election Day without specifying a reason. This support covers absentee voting either by mail or in person.

Reasons to Support No Excuse Absentee Voting

- ❖ All voters should have equal access to the ballot.
- ❖ No voter should have to provide personal unrelated information to cast a ballot.
- ❖ Voters have found it very confusing about their eligibility to vote before Election Day.

❖ Voting absentee in-person is as secure as voting on Election Day.

❖ Local Election Offices have had success in reducing long lines on Election Day by encouraging absentee voting.

❖ For voting absentee in-person, eliminating the cumbersome process of completing the absentee application would save time as well as the expense of printing the form.

❖ Extra personnel are needed to explain the form and check it for completion before a voter can proceed to checking in.

❖ Eliminating the use of the application form would speed the voting process considerably.

The league believes that the cost of providing equal access for voting throughout Virginia is a responsibility shared by both the

Commonwealth and local governments. Legislators and members of local governing bodies should adequately fund elections. After meeting with local general registrar, the league anticipates an increase in both types of absentee voting if No Excuse Absentee Voting is enacted, with a gradual decrease of voters on Election Day at the polls. Given this shift, it would likely result in an eventual "wash" with regard to resource needs.

The League of Women Voters of the Fairfax Area is a nonpartisan political organization that encourages informed and active participation of citizens in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. Learn more at <http://www.lwv-fairfax.org/>

Fairfax County Police to Investigate Inmate Death

Detectives from the Fairfax County Police Department are investigating the in-custody death of 68-year-old inmate Haywood Summers. Summers was taken from the infirmary at the Fairfax County Adult Detention Center to the hospital for additional medical attention on Thursday, Sept. 6. The medical examiner will examine the body, but preliminarily, police reported that there were no signs of foul play.

The inmate had been incarcerated at the ADC since Sept. 4. The Fairfax County Sheriff's Office and our department are working collectively to gather all information and to thoroughly document the situation.

We investigate all Fairfax County Sheriff's Office in-custody deaths.

The sheriff's office released the following on Sept. 14:

On Sept. 6, 2018, a 68-year-old African American inmate, Haywood Summers, was transported to the hospital from the Fairfax County Adult Detention Center infirmary. He had been in Sheriff's Office custody for two days. At approximately 5:25 p.m. on Sept. 13, the inmate experienced a medical emergency at the hospital. Hospital medical staff performed CPR without success. The inmate was pronounced deceased at 6:03 p.m. Fairfax County Sheriff's Office policy dictates that an in-custody death must be investigated by the Fairfax County Police Department. The investigation is currently underway.

BULLETIN BOARD

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

THURSDAY/SEPT. 20

Gentle Yoga. 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. This yoga protocol is facilitated by Pat Fitzsimmons RN, C-IAYT, E-RYT 500, an instructor specifically trained to work with cancer patients who will adapt traditional yoga practices to meet the physiological and psychological needs of cancer patients. No registration required. It is recommended that participants dress comfortably and bring a yoga mat, towel(s), and water. Visit www.sentara.com for more.

Historic Fight

FROM PAGE 3

Wirth talked about Inez Milholland Boissevain, a suffragist and well-to-do lawyer, who died from pernicious anemia while she was giving a talk out West on women's voting. "We look at her as the martyr of the Suffragist movement," she said. Her memorial service was in the U.S. Capitol on Christmas Day 1916.

BEGINNING IN JANUARY 1917, women started picketing Woodrow Wilson's White House. By June 1917, Wilson gave word to start arresting the protestors for obstructing the sidewalk.

Lucy Burns, Co-Founder, National woman's Party, was one of the prisoners at Occoquan Workhouse in Lorton, where the conditions were brutal. Women on hunger strikes were force fed through their noses and mouths. "This is what women were willing to do so that we could vote," she said.

The word leaked out to the national press of their horrible treatment, so in November 1917, the women were transported from Occoquan to D.C. and were released from jail. In January 1918, the D.C. Court of Appeals ruled that their arrests were illegal so they were all freed.

Still, women were not included in the Constitution until the 19th Amendment.

It was President Wilson who went to Congress to say we need a National Amendment for the women's right to vote. The House of Representatives voted yea immediately but the Senate waited another 18 months to decide. Thus, began the fight for ratification in 36 states. Ratification came down to one final state: Tennessee. The vote in the Tennessee legislature was 48-48. So, as they were doing the vote count, they got to Rep. Harry Burn, age 26, who had received a note from his mother encouraging him to do the right thing and vote for suffrage. Burn's vote broke the tie in favor of ratifying the amendment. He cast the final vote, giving women the right to vote in 1920.

The ratification of the 19th Amendment led to the largest single one-day increase of potential voters in the history of the United States. It took 72 years to pass and ratify the 19th Amendment, but the Equal Rights Amendment has yet to be adopted to this day.

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A Tail Not of Woe



By KENNETH B. LOURIE

You know what's impossible – or next to impossible? Trying to write a funny non-cancer column while on hold with the Oncology Department waiting for calculations to be made by their pharmacist which will determine if my creatinine levels (kidney function) are low enough to allow me to get my infusion today.

No big deal, really. It's only a matter of life and hopefully my avoiding death.

And to complicate this waiting/holding "interminableness," one of our five cats, "Twinkle," is walking back and forth across my desk, rubbing my writing hand with her head – while I'm trying to write no less, as she steps repeatedly on my writing pad.

Oh. One more thing, she keeps knocking down the wireless land-line phone that I've placed on my desk – which I have on speaker, close enough to hear but far enough, I thought, to keep her at bay. It never ceases to amaze me how cats seem to know where you don't want them go and invariably that's almost always where they seem to end up.

Now back to my original situation: Waiting for the pharmacist to calculate my results.

After nearly 30 minutes on hold, with "Twinkle" having been occupied elsewhere during the last 10 minutes or so. (After I implored her to "Give me some space, please?" she jumped off the desk.) Finally, I have received word that I'm approved for my infusion. And now that I'm no longer on telephone-hold, I doubt I'll be seeing any more of her.

Oh. I was wrong. Here she is again.

This time however, she's brought along "Biscuit," one of the two oldest "buff-colored" brothers we rescued in September '06. But I'm more tolerant of their interference now as I've been given the infusion OKAY. (Not a thrill really, but, as mentioned in previous columns – and confirmed by my oncologist in a reply-email to me, this third dose of chemotherapy in the last seven weeks might have a bearing on the results of my upcoming Sept. 26 CT scan. That sound you heard was me exhaling.)

Another peculiar feline behavior: they seem to know when their behavior is not as bothersome/interfering as it might otherwise be so they refrain a bit. (A bit.)

So now I have nothing to wait for except Godot (who never shows). My results will show up though, on or about Sept. 28, more than likely via email from my oncologist. Important to consider that the 28th is a Friday and given that lines of communication don't flow as often on the weekends, we'd really rather know before the weekend so that we can get on with our lives.

And, as I'm sure you can appreciate, this is no laughing matter and receiving results – good or bad – in a timely fashion does enable us to get on with our lives.

For the moment, however, it's still about waiting and hoping, but no planning – yet. Discussing scenarios before the actual facts are known has never been my oncologist's way. When we know definitively, then we'll act definitively. We've had some preliminary discussions about alternatives going forward, but until further details are known, it's all premature.

For the moment then, my existence is about managing expectations, trying to remain positive and letting go.

I mean, when the scan is finished, the results will be what they will be. I don't imagine there's much I can do about it now. When those results are known, then we'll go to plan "B," or revert to current plan "A."

My life is not likely to change significantly either way in the short term so all I can do is maintain my status quo. There's no panic.

Anxiety? Of course. Anticipation? Yes, in a weird way. I would like to know what treatment/potential side effects and all are in store for me living forward but it's still "early days." Maybe the cats do know something. We've heard it rumored that cats have a sixth sense about sickness and death.

Oh, oh. Here's comes "Biscuit," he's been hanging around me an awful lot lately, very uncharacteristic. Should I be concerned or just appreciative of the attention?

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



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