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Great Falls CONNECTION

Inside



Senior Living

Colonial Farm Fights to Remain Open

NEWS, PAGE 4

Senate Election As Blast from the Past?

NEWS, PAGE 3

Ford-Kavanaugh Hearing Exposes Sharp Divide

NEWS, PAGE 3

Philip Hosea, a historical reenactor at Claude Moore Colonial Farm, works on the farm, going through the actions that a colonial tenant farmer in 1771 would have done.

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OPINION, PAGE 12 ❖ ENTERTAINMENT, PAGE 11 ❖ CLASSIFIEDS, PAGE 14

PHOTO BY CARLYN KRANKING/THE CONNECTION

OCTOBER 3-10, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Help Stuff the Truck for North Carolina

Great Falls residents are invited to help Stuff the Truck in support of our neighbors in North Carolina. These families have been devastated by Hurricane Florence and are in desperate need of help. Drop off items at the designated locations or by make a donation online at <http://projecthopeinternational.org/donate/>. All donations online are tax deductible.

Where & When: Old Brogue Irish Pub, 760 Walker Rd, Great Falls, Oct. 6, 2018, 9:30 a.m. – 6 p.m.

Items in need:

- ❖ cleaning supplies (Clorox wipes, mops, buckets, bleach)
- ❖ toilet paper

- ❖ paper towels
- ❖ laundry detergent and dish detergent
- ❖ canned goods (pop tops)/non-perishables of all kinds that are ready to eat (peanut butter & jelly in plastic jars, cereal, cereal bars, pancake mix/syrup, cheese, ramen noodles, canned meats)
- ❖ Box fans
- ❖ baby wipes (for babies and also for adults to “wash” if they don’t have access to showers)
- ❖ bottled water
- ❖ twin/double blankets, sheets, pillows, towels (new)
- ❖ new underwear for men, women, chil-

dren (adults in L, XL, XXL)

- ❖ new socks
- ❖ baby diapers (especially size 4/5), formula
- ❖ feminine products
- ❖ deodorant
- ❖ grocery bags (for people to use when filling their items)
- ❖ flashlights with batteries
- ❖ contractor bags for yard debris
- ❖ tape (electrical, duct and packing)
- ❖ Tarps
- ❖ Utility knives and leather works gloves
- ❖ Hand sanitizer
- ❖ Beef jerky

A special thank you goes to the Community Partners: LAuberge Chez François, AV

Architects + Builders, Boy Scout Troop 673, The Old Brogue, John Nugent & Sons, and Rich Curd.

DROP OFF LOCATIONS:

AV Architects+ Builders
9903 Georgetown Pike, Suite 201, Great Falls, VA 22066

MassMutual Capitol District
1593 Spring Hill Road, Suite 500 East, Vienna, Virginia 22182

Great Falls Auto Service
47064 Harry Byrd Hwy Sterling VA 20164 703-444-9162

Have questions? Contact Rich Curd at 703-759-3269; whooohooo@cox.net or Diana Villarreal at 703-389-5805; diana@projecthopeinternational.org

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.

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app’s “Promo” section to receive a no cost (up to \$15) safe ride home. WRAP’s Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

VOTER REGISTRATION AND EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

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

MONDAY-FRIDAY/OCT. 1-5

Road Closures. 8 a.m.-6 p.m. Valley Wood Road/37th Street North between North Kensington Street and Vermont Avenue will be closed to through traffic (weather permitting) each day for culvert replacement, according to the Virginia Department of Transportation. Residents within the closure area, emergency vehicles and school buses will have access to the closed portion of Valley Wood Road/37th Street North; however, they will not be able to go beyond the point of culvert replacement in either direction.

THURSDAY/OCT. 4

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd’s Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

SEE BULLETIN, PAGE 15

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Honorable David W. Marsden
Honorable Jennifer T. Wexton

Virginia House of Delegates

Honorable Jennifer B. Boysko
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Ford-Kavanaugh Hearing Exposes Sharp Divide in 10th District Race

BY VICTORIA ROSS
THE CONNECTION NEWSPAPERS

Like many Americans, State Sen. Jennifer Wexton (D-33) said she was riveted by Dr. Christine Blasey Ford's testimony before the Senate Judiciary Committee last Thursday accusing Supreme Court nominee Brett M. Kavanaugh of sexual assault.

"I believe Dr. Christine Blasey Ford," Wexton said, adding that she was impressed with Ford's "courage and grace" as Ford quietly detailed her allegations against Kavanaugh.

On Friday, Wexton declared it was "time for people of good conscience to take a stand," praising Ford for her historic testimony.

"Her courage in a situation designed to put her at a disadvantage, and her grace in the face of powerful men who refused to investigate her claims, allow interviews of key witnesses, or even speak to her were extraordinary," Wexton said.

U.S. Rep. Barbara Comstock (R-10) Comstock, who is friends with Kavanaugh and said he was "an excellent choice" when he was nominated for the high court in July, did not walk back that endorsement when she issued a statement a few hours after Wexton's statement on Friday.

"Both Judge Kavanaugh and Dr. Ford have been ill served by this process," Comstock said.

Comstock blasted Senate Democrats, accusing them of abusing the confirmation process and creating an "overall toxic partisan environment" by withholding Ford's sexual assault allegations "from both Republican committee members as well as the FBI," and then leaking the information to the press "against the explicit request of Dr. Ford...rather than allow for a confidential review.

"This partisan abuse of the process has been a travesty for all involved," Comstock said.

On Sunday night, Wexton responded to The Connection's request for a comment on Comstock's statement.

"Barbara Comstock purports to be a champion of the 'Me Too' movement and would have a real opportunity here to stand up for the victim and to stand up to members of her party and take a leadership role, but she's not doing that," Wexton said.

"Instead, she is holding her old friend, Judge Brett Kavanaugh, to a much lower standard than the one she set for members of the opposing party. Women who are the victims of alleged sexual violence, like Dr. Blasey Ford, deserve our support."

Political experts said the Ford-Kavanaugh hearings could have a profound effect on the Nov. 6 midterm elections, in which a record number of women – more than 200 – are running for house seats.

Virginia's 10th Congressional District has been held



Both candidates had busy weekends, attending back-to-back events and greeting supporters throughout the sprawling 10th Congressional district.

PHOTOS CONTRIBUTED



"I believe Dr. Christine Blasey Ford."

—Jennifer Wexton

"Both Judge Kavanaugh and Dr. Ford have been ill served by this process."

—Barbara Comstock

by a Republican for 38 years, but Democrats believe demographic shifts in the sprawling district - which include sections of Fairfax and Prince William counties and all of Loudoun County – and growing opposition to President Trump's politics, will lead to a Democratic victory on Nov. 6.

In the 2016 election, Trump lost the district by ten percentage points while Virginia Gov. Ralph Northam, a Democrat, won the district by double digits in 2017.

VA 10TH DISTRICT – BY THE NUMBERS

Total population: 827,279
21% Foreign-born, 37% Virginia-born
61% White non-Hispanic, 6.5% Black or African American,
14% Hispanic, 18.3% Other (including Asian)
54.3% BA or higher
\$120,384 Median income,
3.6% Poverty rate
93% have health insurance
*Source: U.S. Census Bureau

Senate Election Is Blast from the Past

Kaine and Stewart both played key roles in 2016, now they're at the top of the ballot this year.

BY MICHAEL LEE POPE
THE CONNECTION

Elections rarely get do-overs. Winners make victory speeches, and losers slink away to become consultants. But this year's election for U.S. Senate features two key players in the 2016 presidential election that upended American politics. For both sides, it's become a proxy of sorts. Democrats are eager to undo what they see as the damage that happened two years ago. And Republicans are aiming to improve on their lackluster performance in Virginia. And yet even though voters will be confronted by a ballot that includes Democrat Tim Kaine and Republican Corey Stewart, it's likely that voters will view this race squarely as a referendum on President Donald Trump.

"This is a president who's really dominating the narrative every news cycle," said Stephen Farnsworth, director of the Center for Leadership and Media Studies at the University of Mary Washington. "That creates a very difficult environment for candidates to be heard in their own voice, be they Democrats or Republicans this year."

Kaine, a former governor, worked his way up in Virginia politics by serving as mayor of Richmond and lieutenant governor before becoming governor and ultimately U.S. senator. Stewart is a chairman of the Prince William Board of Supervisors who became a lightning rod in the immigration debate after leading the charge to have officers in his county check the citizenship for everyone suspected of violating state or local law. Kaine was on the ticket in 2016 as Hillary Clinton's running mate. Stewart served as the chairman of Trump's campaign in Virginia until he was fired after leading a protest at the Republican National Committee.

"When Corey Stewart says 'Take Virginia Back,' Virginians don't want to go back," said Kaine during a recent debate in Northern Virginia. "There's nothing in the rearview mirror

that looks better to Virginia than what we can see in the windshield going forward."

Stewart has been trailing in the polls for months, and the latest poll from the University of Mary Washington has Kaine leading the race by 16 points. Kaine has a 15-to-1 fundraising advantage, in part because a lot of the big-money Republican donors are staying away from Corey Stewart — people like the Koch brothers, for example, or the National Republican Senate Committee. And as the campaign stretches into the final few weeks heading into Election Day, Stewart is amping up the rhetoric and vowing to live up to the promise he made before securing the Republican nomination that he would run a "vicious" campaign against Kaine.

"What about the \$17 million you paid in hush money to the 268 separate complaints, senator, against you and other members of the U.S. Congress?" Stewart asked Kaine during the Northern Virginia Chamber of Commerce debate in Tysons Corner.

"You just tried to slip in that there were complaints against me," Kaine shot back. "And that is completely false."

"Well how do we know that?" replied Stewart.

"Oh, so you think you can just make it up without any facts," responded Kaine.

After the debate was over, both candidates took questions from the media at the Capitol One Center. Stewart was pressed for any evidence that anyone had ever filed any kind of complaint against Kaine. He was unable to present any, an indication that the final few weeks of the campaign might end up being a wild ride for Republicans. Earlier this year, the party's chamber-of-commerce faction failed to gain any traction against the Trump wing of the party that Stewart has been leading since long before the New York developer and reality TV star announced for president.

SEE BLAST FROM THE PAST.
PAGE 6

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NEWS

Claude Moore Colonial Farm Fights to Remain Open

Closure date less than three months away.

BY CARLYN KRANKING
THE CONNECTION

With a long stick, Philip Hosea prods the fire, ducking his head as he leans into the fireplace. He is dressed head to toe in clothes that poor tenant farmers would wear in the 18th century: a linen shirt, work smock and breeches, complete with buckle shoes and wool socks, despite the summer's heat. This scene, which looks like it's been taken straight out of 1771, is part of the living history experience at Claude Moore Colonial Farm in McLean, where Hosea works as a historical reenactor.

"I'm reading, researching, practically constantly," Hosea said. "It's quite a bit, but it's very much a labor of love."

The National Park Service has said Claude Moore will close Dec. 21, but the Farm is fighting to stay open. If the Farm closes in December, Hosea will lose his job and seek a similar type of employment elsewhere.

But this is a risk Hosea was aware of when in July, after years of volunteering at Claude Moore, he accepted the full-time job of being



PHOTO BY CARLYN KRANKING/THE CONNECTION

Philip Hosea, a historical reenactor at Claude Moore Colonial Farm.

an 18th century farmer.

"Despite knowing there was this December deadline and there was a possibility of the Farm closing, I still wanted to work here," Hosea said. "So that's how much I believe in the Farm."

THIS DECEMBER DEADLINE was imposed by the National Park Service after fruitless negotiations to work out a new agreement for Claude Moore's operation. The Farm's original 30-year agreement expired seven years ago, and has since been extended on short-term agreements during negotiations.

Ultimately, the Park Service presented the Friends of Claude Moore Colonial Farm with its standard

SEE DEADLINE, PAGE 14



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NEWS

“Mirrored Lilies” captures the exquisite reflection of water lilies in the pond. This photo will be on display at the Great Falls Library, Oct. 1-31, 2018



PHOTO BY DEE LEGGETT

‘Water, Water Everywhere’ Photography Exhibit by Dee Leggett at the Great Falls Library

“Water, Water Everywhere” is a photography exhibit portraying many scenes where water brings beauty to our lives. Through Dee Leggett’s photographs the viewer can hear the falls, smell the ocean, feel the raindrops and spray, and sit peacefully along the water’s edge.

The scenes — on exhibit at the Great Falls Library, Oct. 1-31 — include: ocean sunrises, peaceful rivers and ponds, the roar of Great Falls, raindrops on roses and iris, reflections in ponds of trees, flowers, and

clouds, water fountains.

Dee Leggett has been photographing nature for more than ten years, both in the Great Falls area and around the world. She is a member of Great Falls Studios and will be participating in the Great Falls Studio Tour the weekend of Oct. 20-21. To see more of Leggett’s work, contact Dee at 703-861-3335 or DeeLeggett@aol.com

Visit her website at <http://deeleggettphotography.vpweb.com>

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www.connectionnewspapers.com/Calendar

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NEWS

Blast from the Past

FROM PAGE 3

“You had the same battle with Oliver North. You had the same battle with Ken Cuccinelli,” said Republican consultant Dan Scandling. “It’s a long-standing, long-running arch-conservative versus the quote-unquote establishment conservative.”

BEHIND THE RHETORIC and the insults, much of the campaign is a rather garden variety contest between red and blue. Kaine supports universal background checks for gun purchases while Stewart supports ditching gun-free zones. Kaine supports the ongoing investigation into Russia’s role in influencing the 2016 election; Stewart invited a round of unintentional laughter during a debate earlier this year when he suggested Trump was “standing up to Russia.” Perhaps one of the starkest policy distinctions is international trade, a topic where Stewart is on board with the president’s tariffs.

“Go visit the Ikea plant in Danville,” Kaine said to Stewart at one debate earlier this year. “Go visit other advanced manufacturing facilities in Danville that I worked on when I was governor. I know that you haven’t.”

In response to that moment on the campaign trail, Stewart scheduled a press conference in Danville. Standing in front of a shuttered factory, Stewart defended the president’s protectionist policies.

“We’ve had enough,” Stewart said. “And let the word go out there on behalf of the president of the United States and all those who are standing up for American workers: We’ve had enough, and we’re bringing back manufacturing to Danville and in fact all of the United States of America.”

It’s that sense of urban versus rural that is at the

heart of the campaign between Kaine and Stewart. Polling suggests that Kaine is doing well in the population centers, especially along the Interstate 95 corridor or east of it. These are places where Democrats have picked up popularity and support since 2016. Stewart, on the other hand, is doing well in Southwest Virginia. That’s a part of the state that’s actually experiencing somewhat of a “red wave.” Last year’s election returns showed this part of Virginia has actually become more Republican since Trump was elected.

“He’s doing very well in places where there aren’t as many people,” said Farnsworth. “That’s not a recipe for a statewide election victory.”

KAINE AND STEWART are not the only names on the ballot. Libertarian Matt Waters is also on the ballot, but he’s struggling to raise money and gain attention. The University of Mary Washington poll has Waters at 6 percent, and campaign finance records show he’s raised about \$30,000. Election returns from recent statewide elections show Libertarians ending up with anywhere from 7 percent to 1 percent of the vote. Back in 2014 Libertarian Robert Sarvis received 2.4 percent during his bid for U.S. Senate. On the campaign trail, Waters has advocated doing away with restrictions on guns and abolishing the federal income tax.

“I want to give American workers a seven to 10 percent pay raise by ending the federal income tax and replacing it with nothing,” said Waters in his campaign announcement. “Which is more important, being forced to pay for the Department of Education and Agriculture, or keeping more of our hard-earned money? Our paychecks do not belong to Washington. They belong to us. It is our money, our property.”



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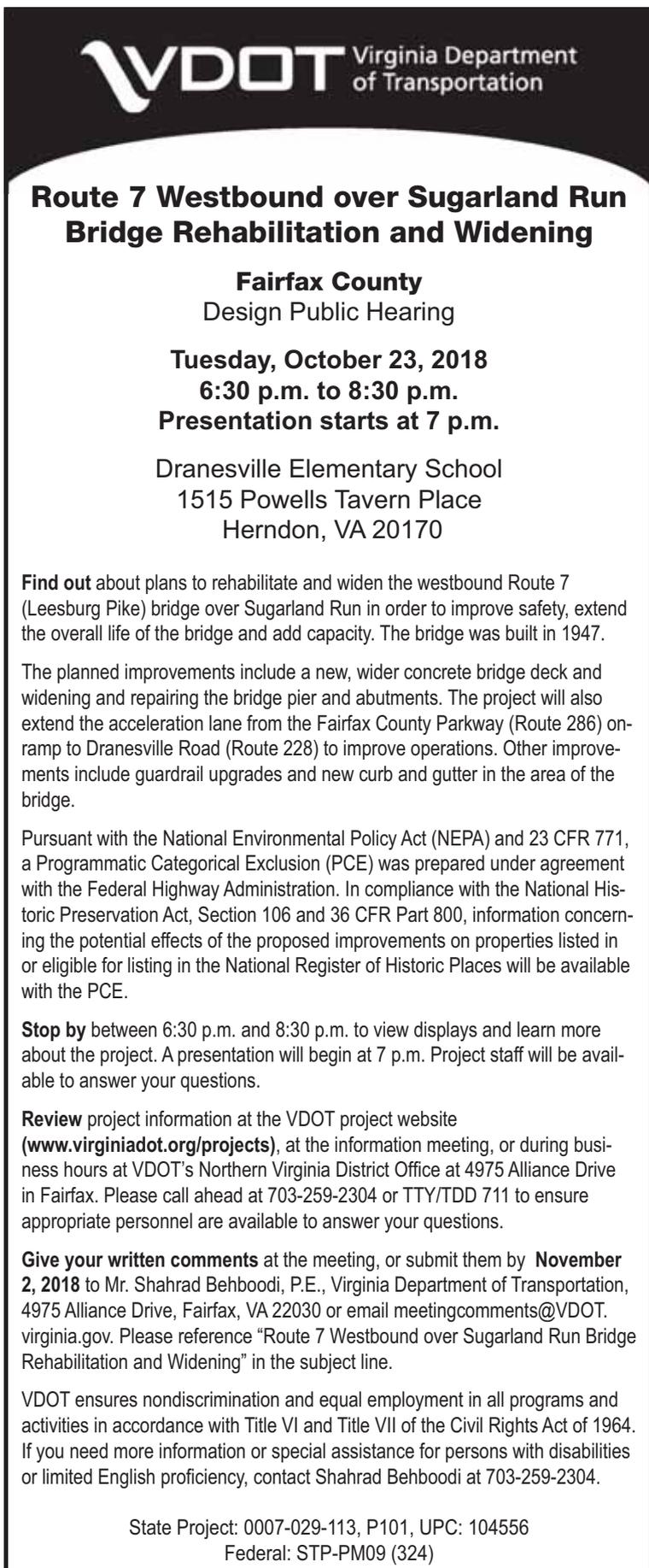
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VDOT Virginia Department of Transportation

Route 7 Westbound over Sugarland Run Bridge Rehabilitation and Widening

Fairfax County
Design Public Hearing

Tuesday, October 23, 2018
6:30 p.m. to 8:30 p.m.
Presentation starts at 7 p.m.

Dranesville Elementary School
1515 Powells Tavern Place
Herndon, VA 20170

Find out about plans to rehabilitate and widen the westbound Route 7 (Leesburg Pike) bridge over Sugarland Run in order to improve safety, extend the overall life of the bridge and add capacity. The bridge was built in 1947.

The planned improvements include a new, wider concrete bridge deck and widening and repairing the bridge pier and abutments. The project will also extend the acceleration lane from the Fairfax County Parkway (Route 286) on-ramp to Dranesville Road (Route 228) to improve operations. Other improvements include guardrail upgrades and new curb and gutter in the area of the bridge.

Pursuant with the National Environmental Policy Act (NEPA) and 23 CFR 771, a Programmatic Categorical Exclusion (PCE) was prepared under agreement with the Federal Highway Administration. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places will be available with the PCE.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT’s Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2304 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **November 2, 2018** to Mr. Shahrad Behboodi, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email meetingcomments@VDOT.virginia.gov. Please reference “Route 7 Westbound over Sugarland Run Bridge Rehabilitation and Widening” in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Shahrad Behboodi at 703-259-2304.

State Project: 0007-029-113, P101, UPC: 104556
Federal: STP-PM09 (324)

WEEK IN GREAT FALLS

Great Falls Senior Center to Host Technology Workshop

Great Falls Senior Center and the Fairfax County Department of Neighborhood & Community Services (NCS) are teaming up to help you understand the mobile technology world.

They invite the residents to attend the technology workshop on Monday, Oct. 22, 1 - 3 p.m. at Great Falls Library, 9830 Georgetown Pike; Great Falls. Bring your mobile devices. Technical experts

will help you get the most out of mobile technology in a welcoming and fun learning environment. Free and open to all. Registration is required. RSVP to: GFSCTECH@GMAIL.COM then

Email your questions regarding photo management or one on one help to GFSCTECH@GMAIL.COM

Space is limited; RSVP early, no later than Oct. 15, 2018

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Senior Living

FALL 2018

Great Falls
CONNECTION

SENIOR LIVING

Reflection of Fairfax County's 50+ Community Action Plan

Donna Lopez, Assistant Director at the Herndon Senior Center, offers insight on what is available at all Fairfax County Senior Centers.

MERCIA HOBSON
THE CONNECTION

This week is the Connection Newspapers Senior Living Focus edition. The Connection invited local senior program specialist(s) and citizens of all ages to engage in open conversation on how seniors experience well-being on a personal level, how best to promote well-being later in life and what factors might be culprits for lower well-being.

The following were possible 'Conversation Starters given to Donna Lopez, Assistant Director at the Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services on Saturday, Sept. 29, 2018, as she worked with seniors at the center.

❖ Although you are as old as you feel, what age do you consider to be the senior-citizen

threshold and why?

❖ What factors might be culprits for lower well being, those that have the most substantial negative impact on a senior's well-being?

❖ How best in the local community, are factors such as physical, mental and spiritual needs, the more "subjective factors of a senior's well-being," met or not met? What about more objective needs, such as financial stability/ wellbeing

❖ On a scale of 1-10, how well do you think a senior's voice and opinions, talents and skills are solicited and respected in the community and ultimately incorporated?

Donna Lopez is Assistant Director at the Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services. The following reflects



**Donna Lopez,
Assistant Director
at the Herndon
Senior Center**

Fairfax County's 50+ Community Action Plan, as well as the broader variety of programs not only at the Herndon Senior Center but at all of the county's 14 senior centers including the Sully



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services is one of 14 county senior centers, all of which provide a welcoming and safe environment for older adults to socialize and engage.

Senior Center, as presented by Lopez.

Fairfax County's population of adults aged 50 and older is estimated to reach around 452,000 by 2040 – that's about 33 percent of the total county population. With this trend in mind, Fairfax County has adopted the 50+ Community Action Plan to identify and address the needs and interests of older adults 50 and over, and to plan for their continued engagement in the community.

In the September 2017 report of the 50+ Community Action Plan, several of the common challenges facing older adults in Fairfax County include health-related issues, isolation and loneliness, mobility and transportation, limited financial resources and being the target of criminal activity.

Fairfax County's 14 senior centers provide a welcoming and safe environment for older adults to socialize and engage.

Programs, activities and events – each tailored to the specific interests and needs of the center's surrounding community – afford older adults opportunities to pursue hobbies, set and achieve health and fitness goals, learn new skills, and cultivate friendships with others in the community.

All centers offer inclusion services, which provide assistance to participants with minor cognitive and physical disabilities to participate in day-to-day activities as well as offer guidance and referrals to additional programs and services that meet evolving needs. We pro-

vide participants with options for transportation and meals as well.

Each senior centers has a participant-led advisory council, which offers insight into the needs and interests of each community. Together with our advisory councils, our center staff plan activities, guest speakers and workshops to address a myriad of topics such as learning about how to use a smartphone or email, understanding Medicare, or even learning to protect themselves from potential scammers.

Speaking for Fairfax County's senior centers, we certainly value our participants' talents and welcome their suggestions and engagement. The opportunities we provide are the result of constant collaboration and partnership with the communities we serve, and we make every effort to ensure that our spaces afford everyone, regardless of age, background or ability, the chance to share their talents, cultivate new ones and enjoy being part of a community of fellowship. We welcome any and all suggestions and questions, just contact your local senior center to learn more.

You can find us online at www.fairfaxcounty.gov, just use the search tool and look for senior centers.

For more information on services, recreational activities and volunteer opportunities, go to www.fairfaxcounty.gov/OlderAdults. You will also find a subscription link to the free monthly Golden Gazette.

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SENIOR LIVING



Dixon Hemphill with Laurie Strickland, fitness director at South Run Rec Center in Springfield.

Run, Dixon, Run

BY MARY JANE DYE
GOLDEN GAZETTE

“He leaned and I didn’t,” says 93-year-old Dixon Hemphill, appraising last year’s upset loss in the 60-meter dash.

The race took place at the 2017 USA National Masters Indoor Track and Field Championship in New Mexico. Hemphill was facing just one competitor, Orville Rogers. Hemphill had already beaten Orville in four other events. A YouTube video, which went viral, continues to tell the story of the 60-meter dash. At the shotgun start, Hemphill blazes ahead, confident and steady. Suddenly, 99-year-old Rogers kicks it up a bit, and ... they are neck and neck. As they near the finish line, Hemphill clearly remembers thinking he’d still win.

But then, Orville stretches his upper body forward, just a bit, and edges him out by a fraction of a second. The winning time for Orville was 18.00 seconds to Dixon’s 18.05.

Runner’s World wrote about the race and rivalry, posting the video under the headline, “99-Year-Old Upsets 92-Year-Old in Thrilling Sprint.”

HEMPHILL SAYS THAT, despite the loss, he was impressed that a man seven years his senior could beat him. Nevertheless, losing by a mere fraction of a second immediately nagged at him. Dixon wanted a rematch. “I was not going to let Orville beat me ever again.”

So, he began to strategize for the next race. “It’s just the way I am. I knew that I could improve.” Hence, the sport’s newest and oldest rivalry would continue in Landover, Md. at the 2018 National Masters Indoor Track and Field Championships.

According to Hemphill, the two World War II Navy veterans genuinely like each other. When possible, they go out to dinner. They discuss future races via email. “He bought my dinner after I lost the race in Albuquerque. He’s a good guy. We care

about each other.”

Originally from Connecticut, Dixon is practically a native to Fairfax arriving in 1965. He spent many years owning and operating two running centers—one in Fairfax and one in Alexandria, while also raising four children with his wife. After selling his businesses, he went into race management.

Since age 50, he has competed in more than 60 triathlons and won many championships. Before that, he played a little golf and tennis, however in his youth, he was a college athlete.

At 74, he was hit by a car while training on his bike for a triathlon. He spent more than a month in the hospital, but that did not deflate his enthusiasm for running.

“I was seriously injured, but knew I’d compete again.

“You know, you can get a lot done from age 50 to 90,” he laughs.

Laurie Strickland, fitness director at South Run Rec Center, says Dixon has a shuffle when he runs; common for older runners. To address this, she said, “I helped him to increase the length of his stride by improving flexibility.”

Obviously he did something right. Because when the rematch took place last March he beat Rogers handily.

“I knew he had slowed down,” he said. “After all, he is 100 now.”

With no longevity in his genes, Dixon attributes his full and long life to always having a goal along with a positive attitude. “I really see the glass as half full.” Hemphill likes to talk with groups about exercise, diet, hobbies and the importance of attitude.

“You are never too old to start something new.” In fact, at 94, he turned his hobby of converting wind-up clocks into electric ones has turned into a business.

“Why not?” he says.

For information on services, recreational activities and volunteer opportunities, go to www.fairfaxcounty.gov/OlderAdults. You will also find a subscription link to the free monthly *Golden Gazette*.

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— Vincent Van Gogh —



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SENIOR LIVING

Life After Retirement Staying engaged, connected and active.

BY MARILYN CAMPBELL

Oliver Moore couldn't decide between code breaking during the Civil War, the music of 20th century French composers or instruction on transforming his own ideas into poetry. He weighed his options while perusing the class listings at centers at two local colleges and finally decided in favor of pursuing his literary predilections and chose a poetry class at The Osher Lifelong Learning Institute (OLLI) at George Mason University.

"I spent 40 years practicing law and when I stopped working, suddenly there was this void that my work and my colleagues used to fill," said Moore, a 72-year old who lives in Fairfax. "My daughter reminded me that I'd always had all these ideas of things I thought were interesting and wanted to learn about but never had time. I enjoy the cultural and social activities and meeting people whose backgrounds and interests are similar to mine."

A recent study by the American Academy of Neurology confirms Moore's observations. Researchers found that staying socially active and engaged reduced the risk of dementia, depression and other mental and physical illnesses among seniors. Moore's quest to fill his days with engagements that mirrored the energy and mental rigor of those offered by his law career could actually boost his brain health, according to a report by the National Institute of Mental Health, which found cognitive decline was 70 percent lower in seniors who maintained social connections.

However, due to factors like retirement, physical limitations, and the death of a spouse or close friends,

"For working adults, the place of employment provides an outlet for social interaction. Those in retirement have to be intentional in building and maintaining social networks"

— **Natasha Sacks, Lifelong Learning Institute, Montgomery College.**



PHOTO COURTESY OF MONTGOMERY COLLEGE

Centers like the Lifelong Learning Institute, Montgomery College offers seniors opportunities for invaluable social connections, says program director Natasha Sacks.

staying connected is fraught with complications.

"For working adults, the place of employment provides an outlet for social interaction. Those in retirement have to be intentional in building and maintaining social networks," said Natasha Sacks, a mental health therapist and, Program Director for Lifelong Learning Institute, at Montgomery College.

"The research shows that social interactions are invaluable for emotional well-being, brain plasticity, and support in cri-

sis or everyday living."

"Opportunities for social interactions are especially important to seniors, who are at risk of becoming isolated as they age," said Sue Fitzgerald, Ph.D, a geriatrics counselor in Arlington. "It takes extra effort to stay connected, but doing so is so very critical. It's easy to get depressed and fall into a downward spiral of loneliness and isolation. Sometimes you have to be creative in finding opportunities to engage with others, and it might even feel contrived at first, but the benefits are well worth the effort."

Like Moore, one of the ways that seniors stay active and socially connected is through educational institutes established for older adult like OLLI and the Lifelong Learning Institute, Montgomery College.

"I enjoy learning just for the sake of learning and exploring something new," said Alma White, a retired nurse who lives in Bethesda and has taken classes with the

Lifelong Learning Institute, Montgomery College.

VOLUNTEER WORK offers a chance for social engagement that also offers one a sense of purpose, says Carmen LaGrange, LCSW, a therapist who works almost exclusively with older patients. "Having a feeling that you're contributing to something greater than yourself can help people feel like their life has meaning and that they're here for a reason," she said. "Helping other people is a great way to create a sense of purpose and develop gratitude and fend off self-pity and depression."

LaGrange recommends Senior Corps, a government organization that matches seniors with organizations in need of volunteers.

"Many of our students serve on committees and volunteer to give back to the community and in the process build meaningful social connections," added Saks.

Spirituality can also offer a source of companionship while simultaneously boosting one's well being, advises Fitzgerald. "A sense of community is a central to most faith groups," she said. "Relationships are found, made and strengthened through activities like a choir, religious study or prayer groups, where people can spend time with others who are like minded and share some of their beliefs."

For those who had a strong identity attached to work and enjoyed the resulting social connections that it brought, they might consider part-time work.

"Some people have a hard time dealing with a lack of structure and a place to go everyday where others are depending on them," said LaGrange. "In those cases seniors might consider a part-time job that doesn't have the commitment of full-time, high-pressure employment, but does come with mental stimulation, a social benefit of colleagues and other counting on you to be at a certain place at a certain time."

"For those still in the workforce, I would say be methodical about maintaining and growing social connections so that it will come more naturally when you retire," Fitzgerald said.

SENIOR LIVING BRIEFS

Some of the best adult learning opportunities in the country are available this fall in Fairfax County. Contact these programs early for best choice of courses, clubs, lectures and tours.

Adult and Community Education, Fairfax County Public Schools

The fall line-up features cooking classes, a series on Alzheimer's Disease, as well as classes on Social Security and Baby Boomer Retirement Planning. Check out their classes focusing on job training and personal enrichment some offered online.

703-658-1201,
<https://aceclasses.fcps.edu>

Fairfax County Park Authority offers a wide array of classes including genealogy, golf, gardening, dance, sewing, fitness and more. Classes are held throughout the county. Check out the popular fall tours including one to the Shenandoah Skyline. 703-222-4664

www.fairfaxcounty.gov/parks/parktakes

Fairfax County Public Libraries provides workshops on a variety of topics as well as author talks, wellness activities, reading programs, lectures, technology workshops and more. 703-324-3100, www.fairfaxcounty.gov/library

Fairfax County Senior Centers offer classes, trips and tours, health and wellness

programs and opportunities to socialize with neighbors. 703-324-4600, www.fairfaxcounty.gov/ncs

Green Spring Gardens offers programs in arts and crafts, gardening, yoga, historical workshops, tastings and teas, social programs, trips and more. Classes are held throughout the year. www.fairfaxcounty.gov/parks/greenspring 703-642-5173

Jewish Community Center of Northern Virginia's Adult Learning Institute offers social and self-development programs and activities for adults of all backgrounds and ages. 703-323-0880, www.jccnv.org

Lifetime Learning Institute of Northern Virginia begins a new season of classes, lectures and tours this fall. Classes include health, art, science, personal development and more.

703-503-0600, <http://lli.nova.org>

Osher Lifelong Learning Institute at George Mason University offers diverse intellectual, social and cultural experiences with daytime courses and special events. After Aug., 24, registration is still available but selection may be limited. 703-503-3384, olli.gmu.edu

For information on services, recreational activities and volunteer opportunities, go to www.fairfaxcounty.gov/OlderAdults. You will also find a subscription link to the free monthly Golden Gazette.

ENTERTAINMENT

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

ONGOING

Row by Row Junior. Through Oct. 31, local quilt shop proprietors like Jinny Beyer Studio (776 Walker Road, Great Falls) are welcoming children participating in Row by Row Junior to their shops. It's the junior version of the summertime travel event for quilt making fans known as Row by Row Experience. Kids visit shops in person, collect a free sewing pattern, and find inspiration in colorful, creative world of sewing. At home, families can find free tutorial support and activities online by visiting www.rowbyrowexperience.com or jinnybeyer.com for local quilting.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org.

Colvin Run Mill open 11-4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

Fishing Rod Rentals. Riverbend Park, 8700 Potomac Hills St., Great Falls. Rentals available during Visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/.

THURSDAY/OCT. 4

Hitchcocktober: Rear Window (1954). 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmcenter.com.

HVI Fall Membership Meeting. 7:30 p.m. in Patriot Hall, American Legion Post 180, 330 Center St. North, Vienna. "Finding Treasures on your Bookshelves" with speaker Cameron Rittenhouse-Smith, antiquarian book dealer. There will be a brief Historic Vienna, Inc. business meeting. Refreshments will be served. Visit www.historicviennainc.org, email historicviennava@gmail.com or call 703-938-5187.

FRIDAY/OCT. 5

Raise Region Gala. 6:30-10 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Join 600 business, philanthropic, and community leaders to celebrate the Community Foundation for Northern Virginia's 40th Anniversary at the annual Raise the Region Gala event recognizing the growth of philanthropy in the area and its potential to help shape the future of the region. \$300. Call 703-879-7636 or visit www.cfnova.org/gala.



Author Event

Immaculée Ilibagiza will speak at Oakcrest School about finding God in the midst of the horrors of the Rwandan genocide. Ilibagiza will share her odyssey of hope and healing in the wake of tragedy, and explain how she found the strength to forgive those who took everything away from her. This event is free and open to the public. There will be a book signing after the program. Wednesday, Oct. 10, 7-9:30 p.m. at Oakcrest School. Seating is limited, pre-registration at bit.ly/oakcrestimmaculee is required. Learn more at Oakcrest.org.



Toy Train Show

Annual Toy Train Show at Vienna Firehouse; all gauges for sale; new and used; trains appraised and repaired; train parts available and running train layout; door prizes. Saturday, Oct. 6, 9 a.m.-2 p.m. at Vienna Firehouse, 400 Center St. S., Vienna. \$5 per adult; free for children under 12. Call 571-445-3662 or visit www.wba-tca-eastern.org for more.

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Demand Increasing, But Not Resources

Suicide prevention efforts need more funds, volunteers.

September was Suicide Prevention Month, and the Connection sponsored outreach efforts of PRS, the local nonprofit that provides CrisisLink service and trained volunteers and staff to answer the “hotline” in Northern Virginia.

It’s clear that demand is increasing for crisis call services, but resources are not.

When Kate Spade died of suicide on June 5 this year, and Anthony Bourdain died of suicide June 8, crisis calls spiked around the country. High profile deaths locally and of celebrities will always trigger more calls and more people seeking help.

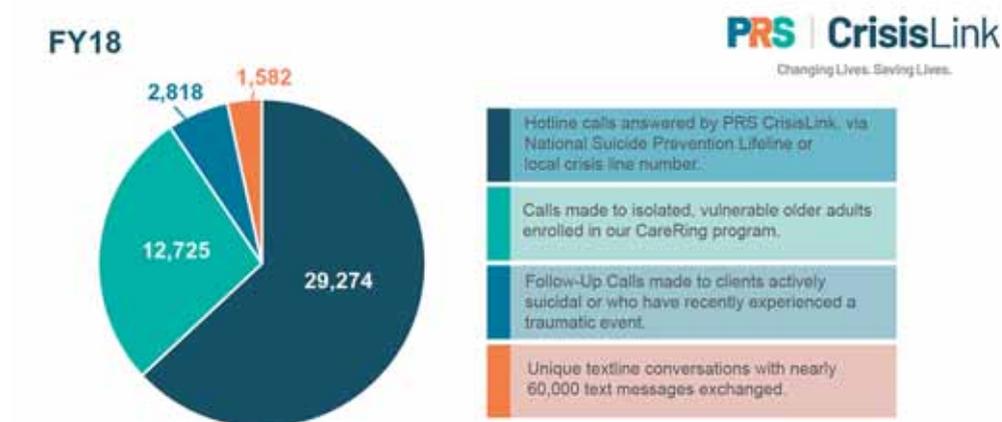
PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will continue to increase with successful outreach.

PRS provides a variety of mental health services. Crisis calls and texts are answered mostly by volunteers who can respond with the empathy and understanding that someone in crisis needs right then. Answering local calls means these volunteers can connect those in need of crisis help to local resources for care. “Most of these voices are volunteers from our community — neighbors and friends — who share the gift of listening to those who hope to be heard,” Gradison said.

Call or text to the crisis hotline or textline: (800) 273-TALK [8255] or text “CONNECT” to 85511.

PRS is the northern Virginia call center to respond to the National Suicide Prevention line when calls come in to 1-800-273-TALK from local area codes.

Centers like PRS CrisisLink are provided an



VOLUME CHANGES AT PRS CRISISLINK

	FY15	FY18
ACTIVE SUICIDE CALLS Calls in which a client responds to “Are you currently thinking of suicide?” with “yes”	3,623	5,342 (+47%)
ACTIVE RESCUES Cases in which a caller was at imminent risk of death or injury without emergency resources	343	373 (+9%)
CRISIS CALLS NON SUICIDE Calls about domestic or sexual violence, child abuse, significant trauma, requiring follow-up	2,031	3,046 (+50%)
TOTAL CRISIS CALLS Total suicide and crisis calls combined; all of these calls are eligible for follow-up care.	5,654	8,388 (+48%)

annual stipend to provide the Lifeline and rely heavily on local government, donations and a volunteer workforce to offset the financial challenges centers face to participate in the Lifeline. If centers like PRS CrisisLink are unable to answer the calls distributed to the center from the Lifeline, a caller will wait longer and longer each time the call is queued or sent to another center, usually outside the state. When

sent out of state, callers are not necessarily connected with local resources.

And the efforts to provide help in a crisis save lives. For every death, more than 275 people who attempt suicide or have thoughts of suicide survive and recover.

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Candidate in Tune with Voters’ Views

To the Editor:

In the upcoming race for the U.S. House of Representatives in Virginia’s 10th Congressional District, by far the best candidate for the seat is Jennifer Wexton. The reasons are many, not the least of which is the fact that U.S. Rep. Barbara Comstock (R-10) has been working hand in glove with President Trump in support of much of his agenda.

Beyond voting nearly 98 percent of the time in support of Trump’s position, Rep. Comstock has supported the rollback of important consumer and worker protections as well as laws protecting women. Rep. Comstock has advocated for the removal of state transportation officials whom she found to be too sympathetic to workers’ interests; has voted more than once to

defund Planned Parenthood; and supports overturning Roe v. Wade. As a state delegate, she voted for a Virginia law that was considered one of the most restrictive in the nation for first trimester abortions.

Her opponent – Jennifer Wexton – is not only a strong supporter of Federal employees (35,500 live in the 10th Congressional District), she is also a strong supporter of the Affordable Care Act and a woman’s right to choose. And, as someone who has demonstrated her commitment to a clean and healthy environment, Wexton, unlike her opponent, would fight Trump’s EPA efforts to slash and undercut laws and rules protecting our clean air and water.

In short, voters have an opportunity to elect someone far more in tune with their views on worker protections, the environment and the rights of women.

Ed and Susy Rothschild
McLean

Comstock’s Tax Cut 2.0

To the Editor:

Donald Trump’s major tax cut for the uber-wealthy and big corporations isn’t even a year old yet but the Trump Administration decided Sept. 28 was the right time to vote on a second tax cut bill in the House.

This is the same Administration which has done nothing to shore up our failing infrastructure and has looked the other way as 72,000 Americans died last year of opioid addiction.

The first tax cut law had no hearings and no benefit of expert testimony. The same was true for last Friday’s vote in the House. A mere 18 days after the bill was introduced, it passed the House.

Barbara Comstock voted for it. Her vote is not touted on her con-

gressional website, her twitter account, or her campaign site. There is no press release applauding the bill’s advantages. No surprise there.

Comstock talks a good line about supporting hard-working families in VA-10. When push comes to shove, however, she is silent about adding an additional \$3 trillion in national debt to the first law’s \$2.3 trillion debt. She doesn’t explain to constituents why she voted to make permanent the \$10,000 cap on their individual state and local tax deductions. Rich people got their tax cuts. Good people are left to fend for themselves about rising health care premiums and the likelihood of deeply compromised Social Security and Medicare payments in the future.

Roxaneh Chamlou
McLean

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ENTERTAINMENT

FROM PAGE 11

SATURDAY/OCT. 6

Astronomical Things to Hear and See. 11 a.m.-noon at Turner Farm, 925 Springvale Road, Great Falls. There's always something new to hear and see in space. Learn about cosmic noise and what it says about the sun, the magnetic structure surrounding some of this system's planets and the strange decametric radio signals from Jupiter and its moon Io. Program is for participants age nine to adult. \$8 per person. Call 703-324-8618 or visit www.fairfaxcounty.gov/parks/turner-farm.

2018 DC-Metro Modern Home Tour. 11 a.m.-5 p.m. The 9 homes on this year's tour are located in the following towns and neighborhoods: Takoma Park, Bethesda, Chevy Chase, Pinehurst Parkway Park, Arlington, and McLean. Modern Home Tours give people a chance to explore and view examples of modern architecture via a self-guided tour. 12 and older. \$40. Visit www.dcmetromodernhometour.com.

Oktoberfest. 6-9 p.m. at Claude Moore Colonial Farm, The Pavilions of Turkey Run, 6310 Georgetown Pike, McLean. Enjoy a Bavarian-themed festive event with all proceeds benefitting the local living history museum and working 18th century farm. DJ, music and dancing. Cider and beer tasting. Catered meal and cash bar. Silent auction. Adults, \$35; farm volunteers, \$25; children 6-12, \$12; children under 6, free. Purchase tickets in advance at 1771.org/events-item/oktoberfest/ or e-mail Catherine Anderson at canderson@1771.org.

SATURDAY-SUNDAY/OCT. 6-7

"A Tuna Christmas." Friday, 8 p.m.; Saturday, 2 p.m. at Vinson Hall Community Building Ballroom, 1735 Kirby Road, McLean. The McLean Community Players will present "A Tuna Christmas" by Jaston Williams, Joe Sears, and Ed Howard. "A Tuna Christmas" is the second in a series of comedic plays set in the fictional town of Tuna, the third-smallest town in Texas. MCP's cast of seven will play 22 roles. \$18-\$20 at 1-800-838-3006, www.McLeanPlayers.org or at the door.

SUNDAY/OCT. 7

MPAartfest 2018. 10 a.m.-5 p.m. in McLean Central Park, 1468 Dolley Madison Blvd., McLean. During the one-day juried fine art show and sale, McLean Central Park is transformed into a landscape of mini art galleries showcasing and offering for sale the work of over 35 artists from the Mid-Atlantic region and beyond. MPAartfest offers food from local restaurants and a variety of arts and STEAM (STEM+Art) activities to engage creative minds and captivate art-lovers of all ages. Free admission. Visit www.mpaart.org/ or call 703-790-1953.

Vienna CROP Hunger Walk.

Registration, 1:15 p.m.; walk, 2 p.m. at the Town Green, 144 Maple Ave. E., Vienna. The Vienna CROP Hunger Walk seeks 150 Walkers committed to end hunger and poverty locally and worldwide. The Walk's goal is to raise \$35,000 from those who sponsor a walker (or themselves) and from online donations. Visit CROPHungerWalk.org/viennava.

SUNDAY-MONDAY/OCT. 7-8

First Time Campers Program. Sunday, 8 a.m. through Monday, 4 p.m. at Wolf Trap National Park (Filenes Center), 1551 Trap Road, Vienna. The Wolf Trap NPS First Time Campers Program offers an



Author Event

Kim Ventrella, who worked at Patrick Henry Library, is now a Scholastic-published book author of *The Skeleton Tree*. Learn more about Stanly Stainwright's life and the inexplicable presence of a bone growing in his backyard. Books available for sale and signing. Grades 3 and up. Sunday, Oct. 6, 1-2:30 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4122764 for more.

opportunity for students in 5th and 6th grade to gain confidence in camping, nature and great outdoors. This program is designed for novice campers with an emphasis on the development of their outdoor skills and confidence. Scholarships are available for underserved youth. Participant registration at fall2018-ftcp-campers.bpt.me. Learn more at www.fowt.info or contact the Camp Director at firsttimecampers@gmail.com.

MONDAY-SUNDAY/OCT. 8-14

Vienna Wireless Society

Celebrates. This year marks the 55th anniversary of the Vienna Wireless Society (VWS), the premier Amateur Radio Club in Northern Virginia. The club will commemorate its "birthday" with "on the air" radio contacts, a dinner for members and guests, and other events. Using the special call sign, W4V (V for Vienna), issued by the Federal Communications Commission specifically for the event period, the club will publicize its anniversary and strong affiliation with the Town of Vienna with various operating events from Oct. 8-14. Learn more about amateur radio or VWS at viennawireless.net.

WEDNESDAY/OCT. 10

Author Event: Immaculée

Ilibagiza. 7-9:30 p.m. at Oakcrest School. Immaculée Ilibagiza will speak at Oakcrest School about finding God in the midst of the horrors of the Rwandan genocide. Ilibagiza will share her odyssey of hope and healing in the wake of tragedy, and explain how she found the strength to forgive those who took everything away from her. This event is free and open to the public. There will be a book signing after the program. Seating is limited, pre-registration at bit.ly/oakcrestimmaculee is required. Learn more at Oakcrest.org.

Great Falls Historical Society

Program. 7 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Speaker Carole Herrick is author of "Ambitious Failure: The First Bridge Across the Potomac River." Free and open to the public. Visit gfhs.org.

FRIDAY/OCT. 12

Riverbend Bird Walks. 8-10 a.m. at Riverbend Park - Visitor Center, 8700 Potomac Hills St., Great Falls. Riverbend Park is offering free birding walks in October. Participants should be prepared to walk about two miles in comfortable, closed-toed shoes. There likely will be gentle uphill and downhill stretches on slightly uneven terrain. Bring binoculars. Rain or shine. Call 703-

759-9018, or stop by the Visitors' Center front desk to register.

Movie: "Jurassic Park" (1993).

7 p.m. at The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Revisit (or discover) the Spielberg movie that spawned a whole army of sequels. Then, join The Alden on Saturday, Nov. 17, for "Hold on to Your Butts," the ingenious and hilarious live, two-person-plus-Foley-artist, scene-for-scene recreation of the movie. \$4; \$2 MCC district residents. Call 703-790-0123 or visit www.mcleancenter.org.

SATURDAY/OCT. 13

LOOK. LISTEN. LEARN. 10 a.m.-4 p.m. at all Fairfax County Fire Stations. In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House. Stop by a local station that day to meet firefighters, see the fire trucks, join in the activities and learn about fire safety. Find a local Fairfax County Fire & Rescue Department Fire Station at bit.ly/2ReXaHk.

Opening Concert: Tysons McLean

Orchestra. 7:30 p.m. at The Falls Church Episcopal auditorium, 115 E. Fairfax St., Falls Church. Opening concert of Tysons McLean Orchestra's 49th season. European Travelogue featuring Miriam Burns, Music Director and Conductor with soloist Sean Lee, violinist performing Rossini *L'italiana in Algeri*; Wieniawski Violin Concerto Number 2 in D. minor. Adults \$40, seniors \$30, youth/educators \$15. Visit tysonsmcleanorchestra.org or call 703-893-8646.

SATURDAY-SUNDAY/OCT. 13-14

Make a Scarecrow. Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Make a "friend" for the garden or lawn. Bring pants and a shirt to outfit a scarecrow, plus an old pair of panty hose for the head and body. The folks at Colvin Run will supply the stuffing and know-how. No reservations required. \$6 per scarecrow. Panty hose can be purchased on site for an additional \$1. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

"A Tuna Christmas." Friday, 8 p.m.; Saturday, 2 p.m. at Vinson Hall Community Building Ballroom, 1735 Kirby Road, McLean. The McLean Community Players will present "A Tuna Christmas" by Jaston Williams, Joe Sears, and Ed Howard. "A Tuna Christmas" is the second in a series of comedic plays set in the fictional town of Tuna, the third-smallest town in Texas. MCP's cast of seven will play 22 roles. \$18-\$20 at 1-800-838-3006, www.McLeanPlayers.org or at the door.

Here's What's Happening at MCC!

Sign Up Now!



McLean 5k, 8 a.m.
MCC Admin Offices
6631 Old Dominion Dr.
\$35 through October 5,
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Old Firehouse Teacher Work Day Trip



iPlay America, 8 a.m.-7 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$80/\$70 MCC district residents

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"Jurassic Park" Movie, 7 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$4/\$2 MCC district residents

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Improv Master Class for Teens
featuring Chris Ulrich
11 a.m.-12:30 p.m.
MCC Class Programs Office
6645 Old Dominion Dr.
\$8/\$5 MCC district residents

McLean Traveler Day Trip



Fall in the Amish Farmlands
7 a.m.-7 p.m.
\$155/150 MCC district residents

5th & 6th Grader Party



7 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$35/\$25 MCC district residents



The McLean
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www.aldentheatre.org
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NEWS

Mr. Little Kitty, affectionately named by a group of schoolchildren, likes to relax in the BookShop at Claude Moore Colonial Farm.



PHOTOS BY CARLYN KRANKING/
THE CONNECTION

Deadline Approaches for Colonial Farm

FROM PAGE 4

agreement, but the Friends felt they could not operate under its terms.

“We looked at it and we said, “That will kill the park,” said Virginia Norton, president of the Friends. “That will flat kill the farm.”

Elliott Curzon, a member of the Farm’s board of directors, said the proposed standard agreement would have reduced the Farm’s ability to generate income and also prevented long-term planning, since it was only a 10-year agreement. In particular, the Farm wants to upgrade the bathrooms and install a sewer system.

“It’s a substantial investment, which we’re prepared to make, but we don’t want to make it if we can’t get a long-term agreement,” Curzon said. “It just makes no sense from a capital investment standpoint to invest the hundreds of thousands of dollars the sewer system would cost if it’s likely to be taken away from us in less than 10 years.”

When the Friends refused to sign the agreement, the Park Service communicated that the Farm would be closed on Dec. 21. At that time, the entire site is to be vacated, leaving only the empty buildings.

When Norton was nominated to be president of the Friends last fall, she told the Friends that she would accept the nomination under one condition.

“And that is that we use every avenue available to us – legislative, administrative, private, public – whatever it takes to keep this farm open,” Norton said.

Since she became president, that is exactly what the Friends have done. They are speaking to community groups, including local Rotary Club and DAR chapters, posting on social media and talking to the press. About 7,800 people have signed a change.org petition to Secretary of the Interior Ryan Zinke called “Save the Claude Moore Colonial Farm.”

Legislation introduced by U.S. Rep. Barbara Comstock (R-10) would allow the Farm to continue operating past the end of the year.

Norton said the Friends hope that the bill will be passed by October.

Curzon believes the Farm is important because of the way it differs from other history museums in the area, such as Mount Vernon, which show how the wealthy minority lived.

“It is a well-loved, award-winning, living history museum that depicts the life of a low-income colonial family,” Curzon said. “And it’s unique in that aspect because most other living history museums of that type usually depict wealthy families.”

Local schools take advantage of this learning opportunity each year as students go to the Farm for field trips.

“On any weekday that the Farm is open during school season, you will see a school bus parked here



Many chickens live at Claude Moore Colonial Farm.



The Farm is home to turkeys.

with schoolchildren and their chaperones, touring,” Norton said. “This is our big educational *raison d’etre*: we educate the schoolchildren.”

THE FARM offers a learning experience for more than just young children. According to Dean Howarth, former McLean High School teacher, Claude Moore served as a “learning laboratory” for his living history students, who went to the Farm to learn techniques for historical reenactment.

“I always just thought it was a noble enterprise, even though it was a small-scale operation, to keep that historical aspect of Northern Virginia alive at a time when everywhere you look, neighborhoods are changing and skyscrapers are popping up,” Howarth said.

Before the Farm was there, that land was used as a federal dumping ground. Thirty-seven years later, the site has been cleaned up and is now home to chickens, turkeys, cats and pigs. Three times a year, the Farm draws crowds for its market fair, where visitors can experience what a market would have been like in the 18th century.

“We’ve already come so far,” said Phillip Hanson, book shop manager at the Farm. “We’ve been here almost 40 years. Think of the things we can do with another 40.”

BULLETIN BOARD

FROM PAGE 2

Enjoy Your Strong-Willed Child. 7-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. In this workshop with Celebrate Calm's Kirk Martin, learn specific strategies to: understand a strong-willed child; motivate without power struggles; stop yelling, lecturing, and nagging; enjoy a strong-willed child. For parents of children ages 2-22. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

FRIDAY/OCT. 5

Enjoy Your Strong-Willed Child. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. See above. For parents of children ages 2-22. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

SATURDAY/OCT. 6

Unity of Fairfax Labyrinth Opening. 2-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax is happy to announce the official opening of their outdoor Breamore labyrinth plaza. Community members and labyrinth enthusiasts are welcome to attend the celebration. Plan to walk the labyrinth and stay for refreshments and a tour of the church. The canvas labyrinth will also be on display in the Sanctuary. Free (donations appreciated). Call 703-239-2471 or visit unityoffairfax.org

SUNDAY/OCT. 7

Lox and Lecture. 11:45 a.m.-1:15 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Women of Temple Rodef Shalom present Everything You Need to Know About Mid-Term Elections. Panelists include Jody Rabhan, National Council of Jewish Women (NCJW) and Darcy Hirsh, Jewish Community Relations Council, (JCRC) to discuss local and national issues important to our Jewish community. Lox and bagel brunch precedes the program. Enrollment is limited. \$7 WoTRS members; \$10 non-members, guests. Walk-ins \$12 (if space permits). RSVP at loxandlecturemidterms.eventbrite.com by Oct 3.

Alzheimer's Info Session. 4:30-5:30 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Toni Reinhart, CDP, PAC Certified Trainer and an expert on the subject will speak on Alzheimer's and other dementias, including: signs and symptoms, how to interact with those afflicted and resources to help make the care-giving easier. Free. All are invited to a potluck supper afterward at 6 p.m. which will include a presentation on Habitat for Humanity. Call 703-759-3509 or visit www.AndrewChapelUMC.org.

MONDAY/OCT. 8

Closed: Columbus Day. MCC and the Old Firehouse Center will be closed. The centers will reopen at 9 a.m. on Tuesday, Oct. 9. Call 703-790-0123 or visit www.mcleancenter.org for more.

TUESDAY/OCT. 9

NARFE Chapter Meeting. 1 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Vienna Oakton Chapter of NARFE (National Active and Retired Federal Employees Association) will have a chapter meeting. The Program will be Estate Planning after the new tax laws - James L. Hicks with Capitol Financial Partners, Vienna. Free. Refreshments will be served. Members and guests welcome. Call 703-938-9757 for more.

WEDNESDAY/OCT. 10

Walk to School. Fairfax County Public Schools (FCPS) will participate in International Walk to School Day in an effort to promote physical activity and reduce traffic congestion and pollution near schools. Students and employees are encouraged to bike or walk to school and work. Parents are encouraged to accompany their children to school, and to work with their school and PTA or PTO to assemble bike trains or walking groups for the event. FCPS has compiled information on walking and biking to school, including information on applying for grants and safety tips at www.fcps.edu/resources/safety-and-transportation/transportation-services/safe-routes-school-srts. Motorists are urged to be vigilant of bikers and pedestrians on Bike to School Day.

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

No News is No News



By KENNETH B. LOURIE

Having checked my email inbox fairly regularly (that's an understatement if there ever was one) since my Wednesday morning CT scan with no word yet as to its finding; and given the fact that it's Saturday morning and my column is requested to be in-house on Friday mornings, I am compelled nonetheless to submit one despite its incompleteness.

I would expect that by the time the newspapers go to press (Tuesday) and you regulars read this column (sometime after), to invoke Mark Twain - the results of my scan will not have been exaggerated. They will have been made known via email, with the radiologist's report likely attached, for my review (at least that's what happened the last time, in July).

Not that this method of communication and/or these daze of waiting is atypical of the process. It's not. It is the process.

And not that I'm unable to function/maintain my focus/keep my sense of humor, I am.

It's more that when the stakes are higher than they've been in a few years, this one's ability to embrace life with unbridled joy is difficult. It's almost as if there's an emotional-governor embedded in my brain to control my speed, so to speak. I just can't break out in uncontrollable laughter. Somehow, I'm refrained/disinclined from doing so.

I imagine my subconscious is involved but I'd need Dr. Freud to confirm it. Unfortunately, I don't believe he's seeing patients any more.

Still, in the midst of this information void, I feel duty bound to put pen to paper - literally - and try to write some "thoughtful commentary and insightful humor" as my columns have been characterized by great friend and fellow writer, E.A. Faine rather than writing "Everything in general about nothing in particular," as I once described them.

Considering the slew of cancer-specific columns I've published since June 2009, they've rarely been about "nothing in particular." Nor have they been about "everything in general." They've been about one thing in particular: cancer, and very specifically at that.

And while I've re-mentioned cancer, I've just taken another moment to check my inbox again to see if there's any Saturday-morning news, but unfortunately there's not. I'm still in the dark, sort of, even though the lights are on in the room where I'm writing.

However, all is not lost. "Chino," the brother of "Biscuit," the other of the buff-colored brothers we rescued back in May 2007, is cuddled up against my left forearm as I block his desire to roll on top of my writing tablet. And in his desire to be with me at this stressful time, I am able to draw some comfort as her purrs himself to sleep.

Now let me ask you all a few questions:

How many times/how often should I check my inbox for results? Do I presume my oncologist appreciates the significance of this moment for me? Is he even aware, given how many patients he cares for, of the time-sensitivity of me wanting to know my results before the weekend? Not knowing the answer to any of these questions, is it possible for me to stop wondering about the answers and get on with my life and let the chips fall where they inevitably will?

If you can't answer any of these questions either then you know how I feel.

I've been down this road before though. It's sort of like mental gymnastics. Trying to contort myself emotionally into positions/moods from which there's no rational escape. Occasionally I will get blue and feel the weight of the worry, but mostly, I'm able to put one foot in front of the other and try not to take two steps forward while taking one step backward.

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

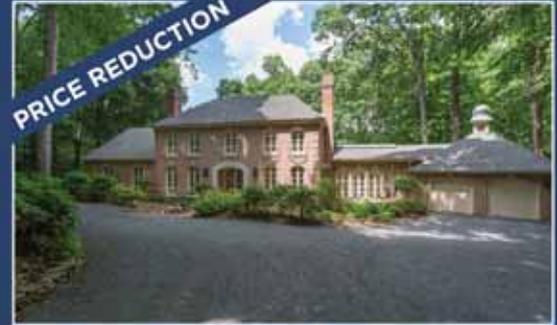
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