

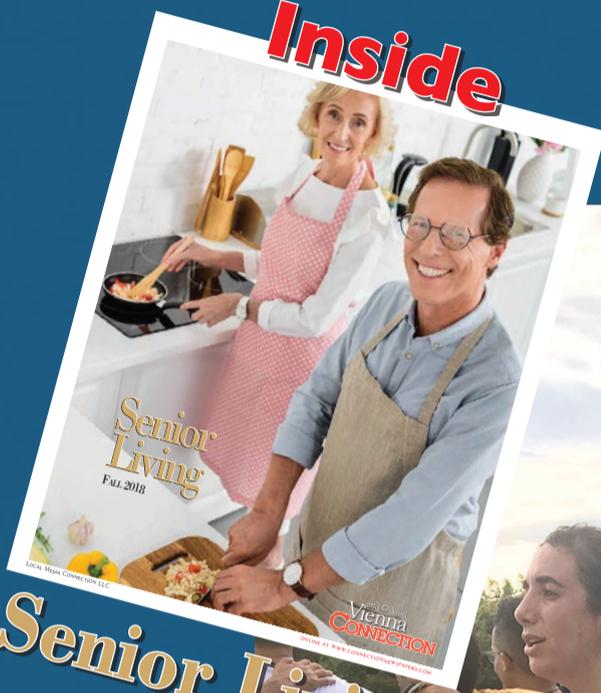
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Vienna and Oakton CONNECTION



Tysons Corner residents Zena Mikdadi and her sister, Lina Kanaan, came to the race to support UNRWA, a relief organization which focuses on Palestinian refugee children.

Senior Living

Runners Raise \$178,105

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NEWS

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.

"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-run

"This is a president who's really dominating the narrative every news cycle. That creates a very difficult environment for candidates to be heard in their own voice, be they Democrats or Republicans this year."

— Stephen Farnsworth, director of the Center for Leadership and Media Studies at the University of Mary Washington

'E-Day' on the Horizon

County readies for Nov. 6 elections.

BY ANDREA WORKER
THE CONNECTION

On Tuesday, Nov. 6, voters will go to the polls to choose a United States Senator, representatives for Congress, Town officials in Herndon, and vote on several referendums.

The Fairfax County Electoral Board held a Media Briefing session on Sept. 17 to provide important information regarding the election process and voting in Fairfax County. With "E-Day" on the horizon, they want to help voters avoid any confusions or pitfalls that could cause unnecessary inconvenience or even the denial of their vote.

In-person absentee voting for the midterm elections began on Friday, Sept. 21, at the Fairfax County Government Center at 12000 Government Center Parkway in Fairfax and the first mailing of absentee ballots is scheduled to go out on the same date. The Office of Elections is ready, even as they continue preparations for actual election day action.

"Thank goodness we just got the ballots in," said Electoral Board Secretary Kate Hanley. "They came from New Bern, North Carolina!" a town particularly devastated by Hurricane Florence.

Election officials want to be sure that voters are ready to exercise their right to vote.

To that end, a voter information notice including a sample ballot, precinct locations and other pertinent information is being mailed to both active and inactive registered voters - but that won't do you much good if you haven't yet registered to vote.

Hanley reminds that the deadline to register to vote is Oct. 15. To be eligible to register, you must be a citizen of the United States, a resident of Virginia, and at least 18 years of age by the next general election. Voters will need to provide a valid photo ID to vote in person.

New registrants can obtain the voter application form from a myriad of places, including the Elections Office in Government Center, DMV offices, and public libraries. The registration application must then be mailed as instructed to the Office of Elections. Registrants can also apply online at www.vote.elections.virginia.gov. The County reports that 95 percent of voter registrations are now done electronically.

VOTING can be done in person on Election Day, by in-person absentee voting or via a mail-in absentee ballot. There are 20 valid reasons accepted to vote absentee in Virginia and several different time ranges that apply, depending on a person's circumstances. All of these requirements are clearly outlined on the



From left: Fairfax County General Registrar Gary Scott, Kate Hanley, Secretary of the Fairfax County Electoral Board, Board Chairman Stephen Hunt, and Vice-Chairman Bettina Lawton host members of the media at a meeting on Sept. 17.

www.elections.virginia.gov website. If voters determine they meet the absentee voting criteria, the application for the absentee ballot can be downloaded from the site and there is even a video on the site showing how to fill out the application.

"It's important to realize that the ballot itself is still mailed to you," noted Electoral Board Chairman Stephen Hunt. "Some people just keep hitting the 'Apply' button, waiting for the ballot to download. It doesn't work that way."

Hunt wants voters to plan for that and give themselves ample time to receive the absentee ballot, complete it, and send it back. As of Sept. 17, the County reports having received almost 8,000 mail-in ballot applications. The deadline to apply for a mail-in absentee voting ballot is Oct. 30 at 5 p.m., but that doesn't leave much time for your ballot to be received by Election Day. Mailed-in absentee ballots are counted on election night in the Central Absentee Precinct.

Regardless of how you plan to cast your vote, the first port of call should be that www.vote.elections.virginia.gov website to check your voter status and to update your information if need be.

Hunt said that there have been instances where address changes or other incorrect information have caused problems for the voter. "Check everything in advance."

In addition to the Government Center location, registered voters can vote in-person absentee before Election Day at 9 other satellite locations: The Lorton Library; The Providence Community Center; the Govern-

mental Centers of: Franconia, Mason, McLean, Mount Vernon, North County (Reston), Sully, West Springfield

The Government Center Offices will be closed on Oct. 8 for Columbus Day. All locations are closed on Sundays and the hours for each are posted on the County website at www.fairfaxcounty.gov/elections/absentee.

Other than the deadlines, voting requirements, and where to find the necessary information, the Electoral Board members had a few other cautionary notes and reminders.

Some of those reminders were aimed at college students, possibly living away from home on Election Day.

Using George Mason University as an example, Hunt and Hanley said that even though there is a voting poll on campus, students cannot vote there if they are registered elsewhere in the Commonwealth.

"Several hundred denials have resulted from voters attempting to vote at a precinct different from where they are registered," said Hunt.

The chances of being able to race from the wrong polling place to the correct one in time are fairly slim. Mail-in ballots can be sent to any address, but in-person voting must take place where the voter is registered - still another good reason to check your information on the Virginia voter's website.

Also, said Fairfax County Information Officer Lisa Connors, "remind students to bring stamps!" Lack of access to stamps or a post office was reported as a problem

when the County held a college intern brainstorming session this summer.

Hunt also took time to assure residents that while there have been incidents of missassigned voters, every effort is made to avoid those mistakes, including close collaboration with the Department of Motor Vehicles, the County departments involved in geographic information systems, and "a lot of manual checking and double-checking." Hunt said that even one voter denied their voting rights because of clerical error "is one too many."

THE BALLOTS are printed with instructions and information in Spanish, Korean and Vietnamese. There are also translators on phone "standby" that can assist voters at the polls.

Also on hand at the meeting was Travis Potter, Acting IT Manager, and a handout was available on "Voting System Security." The Electoral Board assures voters that the County's voting systems have been "rigorously tested...and certified by the U.S. Assistance Commission and Virginia Department of Elections."

No part of the certified system is connected to the internet - no modems, no Wi-Fi capabilities to allow hacking. Elections results are never transmitted but instead, are called into the office.

It's also important to note that election night results are not considered "official" until County election officers review the machine tapes for every ballot scanner and compare that information with the results reported.

Before the briefing concluded, Secretary Hanley updated the media on the Board's position to move the June primaries to the third Tuesday in the month. The Board officially adopted this position in July, and sent a letter of recommendation to the Board of Supervisors, the Fairfax County School Board, and the members of the Fairfax Delegation to the General Assembly in August.

Hanley said, "165 of the County's 243 precincts are located in schools." Numerous reasons, not the least being the call for increased security at schools in recent times, have convinced the Electoral Board that for the June primaries, it is in the best interests of students and voters to move the date to when most schools have already finished the academic year.

"I think the recommendation is gaining traction," reported Hanley.

There's a lot of information involved in the act of casting your vote.

The Elections Office of Fairfax County is there to help on the web, by email at voting@fairfaxcounty.gov, in person, or by calling their offices at 703-222-0776.

PHOTO BY ANDREA WORKER/THE CONNECTION

Vienna Police Highlights

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna Police Department from Sept. 21 – Sept. 27, 2018.

INCIDENTS

Suspicious Event — AT&T Wireless 211 Maple Avenue, East Between May 1 at 9 a.m. and Sept. 24 at 10:30 a.m. An employee reported that during an inventory of the store they discovered a display phone was missing. **Suspicious Event — Vienna Baptist Church** 541 Marshall Road, SW Sept. 14 between 5 p.m. and 6 p.m. On Sept. 24 an employee at the Church reported that on Sept. 14 she observed a vehicle in the parking lot near the tree line occupied by several men. She stated one of the men exited the vehicle and began to urinate along the tree line.

Animal Case – Quarantine — 500 Block Kramer Drive, SE Sept. 16, 12 p.m. A resident, who works at an animal hospital in Fairfax County, was bitten on the hand by the cat during a medical procedure. The cat resides in Fairfax County. Fairfax County Animal Control will follow up on this quarantine. **Suspicious Event — Commons Drive and Nutley Street, NW** Between Sept. 17 at 9:30 a.m. and Sept. 23 at 3 p.m. A resident

reported teenage juveniles frequenting the playground area of the townhome community and believes they may be trespassing.

Animal Case — 800 Block Follin Lane, SE Sept. 21, 6:17 a.m. A citizen found a dog running at large on Follin Lane and brought the dog to the Vienna Police Station. Officers were unable to locate an owner for the dog.

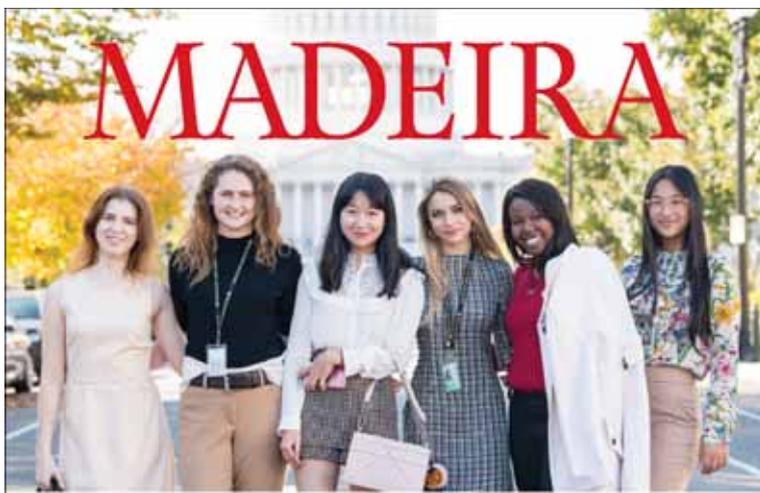
The dog was transported to the Fairfax County Animal Shelter.

Burglary — 500 Block Stephen Circle, SW Sept. 21 between 10 a.m. and 9 p.m. A resident reported that an unknown person entered the residence and rummaged through some of the rooms. A few items were noticed missing from one of the resident's purses.

Arrest – Drunk In Public — 8616 Park Street, Sept. 21, 10:21 a.m. Officers were searching the area for a man who was reported to be intoxicated. Ofc. Nesbitt located the man at the 7-11, and upon his interaction with the man, the officer detected signs of impairment.

The 36-year-old man, who had no fixed address, was arrested on the charge of Drunk In Public.

He was transported to the Fairfax County Adult Detention Center where he was to be held until he was sober.



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NEWS



PHOTOS COURTESY OF SCOV

From left — Alex Robbins, Congressman Gerald E. Connolly's Office; Michelle Scott, ED, SCOV and Bill Farrell, SCOV Board Chair. Robbins presented a Certificate from the U.S. House of Representatives as entered in the Congressional Record in recognition of the 20th Anniversary of the Shepherd's Center of Oakton-Vienna.

Shepherd's Center of Oakton-Vienna Honors Volunteers

The Shepherd's Center of Oakton-Vienna (SCOV) recently hosted their annual Volunteer Appreciation Luncheon at St. Mark Catholic Church where SCOV had the opportunity to thank the many volunteers that play a significant part in the success of the charity's mission.

The event was supported, in part, by Brightview Senior Living/Great Falls.

The SCOV Pin Award for outstanding service was presented to volunteers Leigh Banducci; Bill Grove; Mary Harrigan; Marta Linares; Scott Schroth; Ann Streb, and Jayne Young. In addition, SCOV chose this opportunity to recognize the continued support of Del. Mark Keam by presenting him with the SCOV Certificate of Appreciation.

Founded in 1998, and celebrating its 20th anniversary this year, the Shepherd's Center of Oakton-Vienna is a volunteer-based non-profit organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. The approach employed by the agency

also allows for mature adults to volunteer their time providing vital services to the more vulnerable seniors needing assistance.

As the country's population is living longer and oftentimes isolated from family support, "aging in place" becomes a challenge. The concept of "Seniors Helping Seniors" truly defines the spirit and purpose of the Shepherd's Center of Oakton-Vienna. Their personal enrichment and volunteer opportunities reaches more than 3,000 older adults (50+) in the region.

Each year more than 250 volunteers at SCOV serve as medical drivers, companion drivers, friendly callers and visitors, health and wellness educators, office assistants, fundraisers, and grant writers. Volunteers also run programs such as SCOV's Lunch n' Life, Adventures in Learning, trips and outings, special events, and the caregivers' support group.

SCOV will be hosting their 20th Anniversary Gala on Sunday Oct. 21, at the Westwood Country Club in Vienna. Tickets and details about the event can be found at <http://www.scov.org/fundraiser-anniversary-gala>.



Michelle Scott, Executive Director SCOV, center, and cast members from the afternoon's entertainment provided by Vienna Singing Princesses.

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OPINION

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 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.

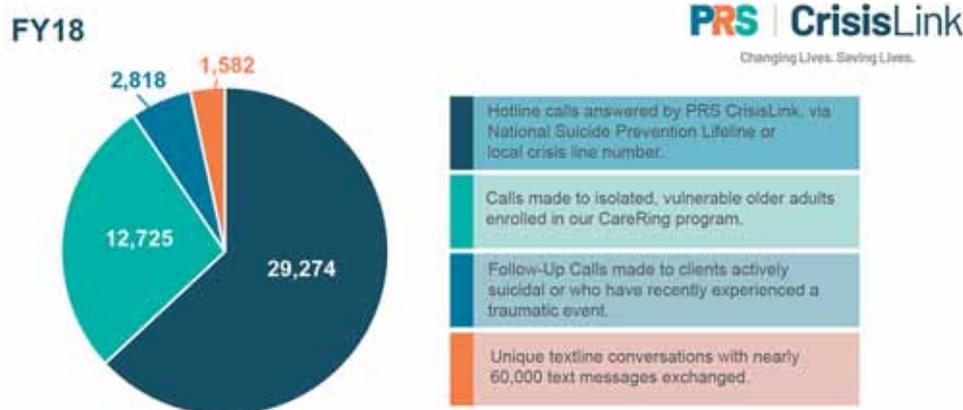
PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will continue to increase with successful outreach.

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% increase) |
| ACTIVE RESCUES Cases in which a caller was at imminent risk of death or injury without emergency resources | 343 | 373 (9% increase) |
| CRISIS CALLS NON SUICIDE Calls about domestic or sexual violence, child abuse, significant trauma, requiring follow-up | 2,031 | 3,046 (50% increase) |
| TOTAL CRISIS CALLS Total suicide and crisis calls combined; all of these calls are eligible for follow-up care. | 5,654 | 8,388 (48% increase) |

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

Who Are You?

BY KENNETH R. “KEN” PLUM
STATE DELEGATE (D-36)

Beginning on Oct. 1, Virginians will be able to obtain through the local offices of the Department of Motor Vehicles a REAL ID that complies with federal regulations to prove their identity. While having state-issued, federally-approved identification to prove who you are is offensive to many, the practical use of the REAL ID will result in most if not all complying with its requirements.

The REAL ID came about from recommendations of the 9/11 Commission studying ways to improve security to prevent other horrible terrorist acts from happening. Half of the Sept. 11 hijackers had received driver’s licenses in Virginia. Congress passed an act to help prevent terrorist attacks

and to reduce the number of licenses issued to undocumented residents. It established the requirements for states to follow in issuing driver’s licenses, and the program is implemented by the Department of Homeland Security. Under the congressionally passed law, states are required to issue licenses only to applicants who provide in-person proof of their identity and legal U.S. residency. The new cards must use the latest counterfeit-resistant security features.

Half the states are now in compliance with the new federal law, and others like Virginia have been working hard to put the new system into place. Beginning in the fall of 2020, persons who want to board a commercial flight must present a REAL ID or an alterna-



COMMENTARY

tive form of acceptable identification. Likewise, persons entering federal facilities must present a REAL ID. The DMV-issued credential will meet the requirement of REAL ID and will allow holders to access federal buildings, including military installations, and board commercial flights.

Obtaining a REAL ID when you renew your driver’s license is voluntary. That is what I intend to do. I do not want to have to remember to make a special trip to the DMV in the future to prove my identity for a REAL ID when I can do it as part of renewing my driver’s license.

To get a REAL ID you must apply in person and provide DMV with physical documentation of identity, such as an unexpired U.S. passport or a U.S. birth certificate and provide your legal presence through the same documentation.

And yes, there is an additional one-time fee of \$10 to help pay for the new cards. Hopefully you can visit a DMV office when they are not too busy. But you do need to go in person and take the time to meet the requirements.

Important news for those who do not drive and hence do not have a driver’s license: You can get a REAL ID through the same process just described to use for entering federal facilities, boarding commercial flights and voting.

Need more information? The DMV website is filled with full details, https://www.dmv.virginia.gov/drivers/#real_id.asp Check my interview with Commissioner Rick Holcomb of the DMV on You Tube after Oct. 10 or watch it on Reston Comcast Channel 28 for public service programming or Verizon Channel 1981 at 7:30 p.m. on Tuesday, Oct. 23 or at 10:30 p.m. on Wednesday, Oct. 24.

Vienna & Oakton CONNECTION

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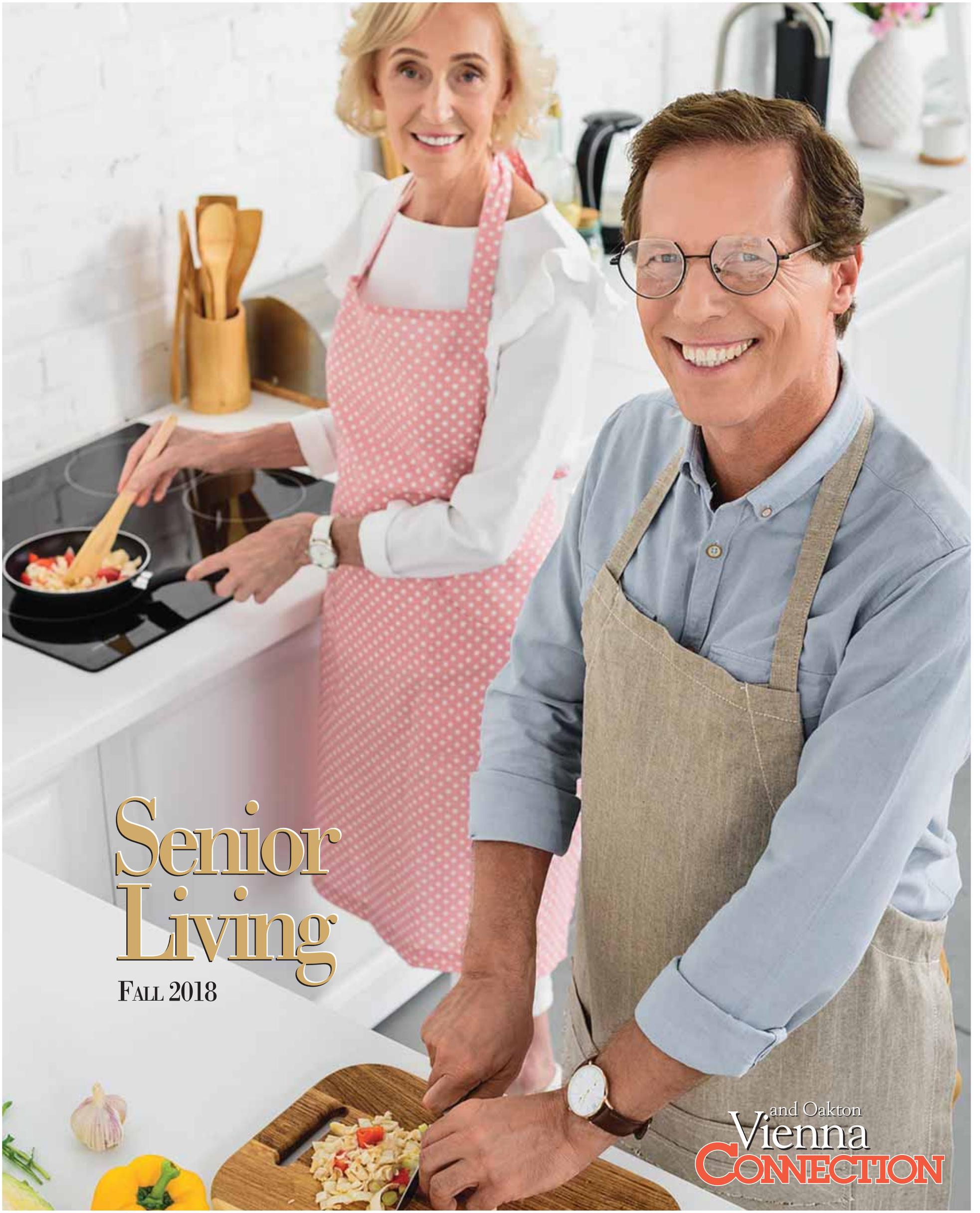
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SENIOR LIVING

Fall's Line-up of Learning Opportunities

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 (Mediterranean Diet, French Desserts, Japanese Soups), a series on Alzheimer's Disease, as well as classes on Social Security and Baby Boomer Retirement Planning. Check out their wide range of classes focusing on job training and personal enrichment offered throughout the county or 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 Library provides workshops on a variety of topics as

well as author talks, wellness activities, reading programs, lectures, technology workshops and more. Call your local library for class availability or visit the library webpage. 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.

703-642-5173

www.fairfaxcounty.gov/parks/greenspring

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 (from Understanding Opera to Remodeling for Retirement), lectures and tours this fall. Classes include health, art,

SEE BRIEFS, PAGE 11

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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.”

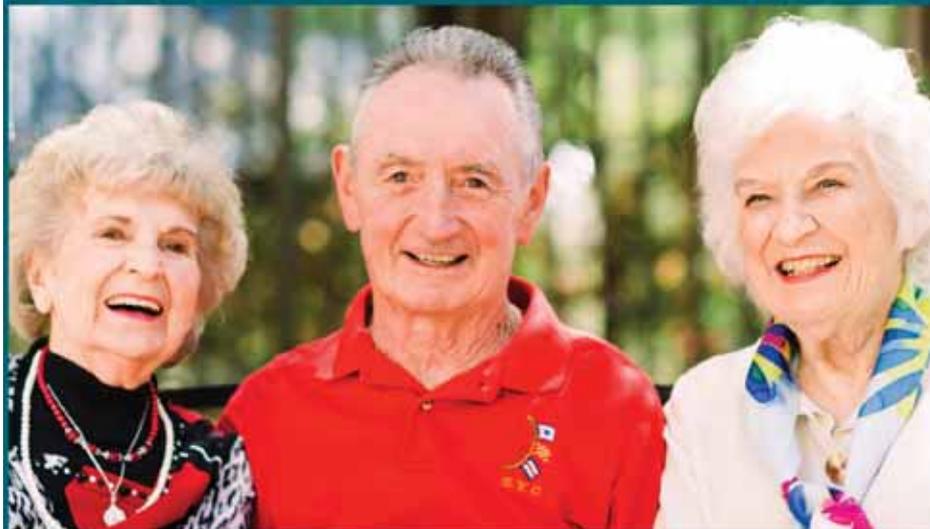
With no longevity in his genes, Dixon attributes his full and long life to always having a goal along with a positive attitude. “I really see the glass as half full.” Hemphill likes to talk with groups about exercise, diet, hobbies and the importance of attitude.

“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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BROUGHT TOGETHER
— Vincent Van Gogh —



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THE CONNECTION
NEWSPAPERS

SENIOR LIVING



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 Centers, Part of County's 50-Plus Community Plan

BY MERCIA HOBSON
THE CONNECTION

licit and respected in the community and ultimately incorporated?

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 so-

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



Donna Lopez,
Assistant Director
at the Herndon
Senior Center

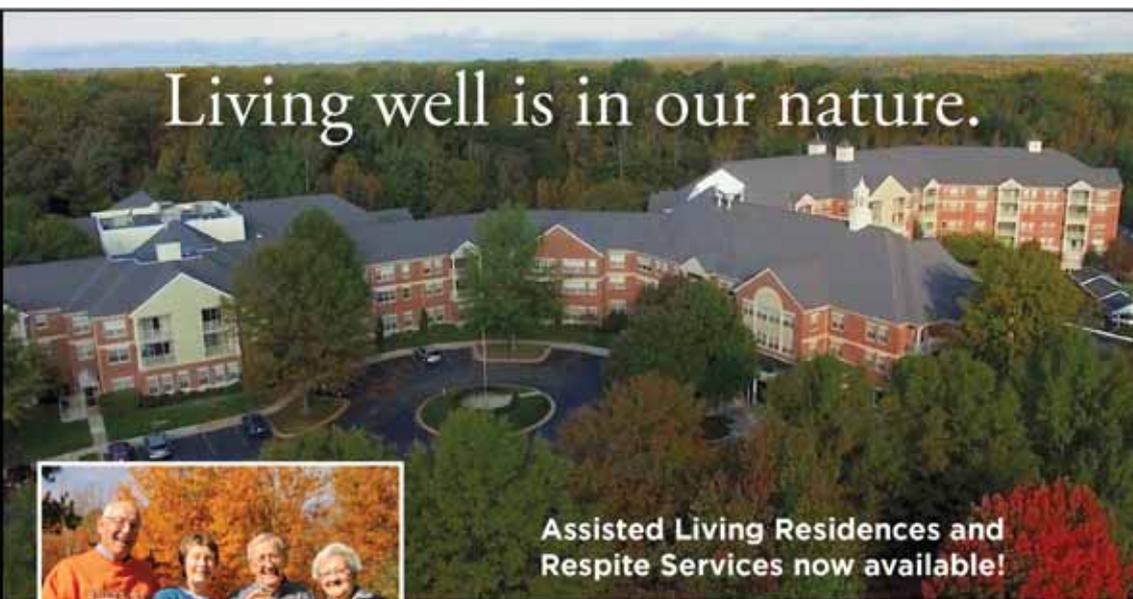
Fairfax County's population of adults aged 50 and older is estimated to reach around 452,000 by 2040 – that's about 33 percent of the total county population. With this trend in mind, Fairfax County has adopted the 50+ Community Action Plan to identify and address the needs and interests of older adults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

In the September 2017 report of the 50+ Community Action Plan, SEE NEXT PAGE

SEE NEXT PAGE

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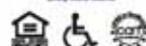
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SENIOR LIVING

50-Plus

FROM PREVIOUS PAGE

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 provide participants with options for transportation and meals as well.

Each senior center 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 BRIEFS

FROM PAGE 8

science, Learning Opportunities 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

Shepherd's Centers of Fairfax/Burke, Oakton/ Vienna and Annandale/Springfield offer the popular Adventures in Learning programs and Lunch n' Life lectures. Topics cover the gamut of art, travel computer skills, financial security issues and more.

Workhouse Arts Center offers courses in visual, performing and culinary arts, as well as art events and lectures. 703-584-2900, www.workhousearts.org

Free Medicare 101 Workshops

Register now for the county's free Medicare 101 Workshops and learn how to get the most out of the 2019 Medicare coverage. Medicare's annual election season for changing health and prescription plans runs Oct. 15–Dec. 7. Registration required. Use the phone numbers below to register. For more information and dates, go to www.fairfaxcounty.gov/familyservices/older-adults and click Insurance Counseling–VICAP.

Thursday, Oct. 11, 7 – 8:30 p.m.
Chesterbrook Residences,
Falls Church
Rita Evrony, 703-896-7910 or
revrony@jssa.org

Friday, Oct. 12, 2 – 3:30 p.m.
Reston Community Center
Karen Brutsché, 703-390-6157

Thursday, Oct. 18, 9:30 – 11
a.m., Unitarian Church, Oakton
703-281-0538

Tuesday, Oct. 23, 12:30 – 2:30
p.m. McLean Community Center
Sydney Duberstein, 703-790-
0123



Neighborhood Health

Health Equity Award

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| Honorable Barbara A. Favola | Honorable David W. Marsden |
| Honorable Janet D. Howell | Honorable Jennifer T. Wexton |
| Honorable J. Chapman Petersen | |

Virginia House of Delegates

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| Honorable Charniele L. Herring | Honorable Mark D. Sickles |
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ENTERTAINMENT

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

ONGOING

Art Exhibition: Colors in Memory.

Through Oct. 26, gallery hours at Aryan Gallery, 2236-C Gallows Road, Vienna. Colors in Memory featuring art by Rafat is open to all. Opening reception Sunday, Sept. 30, 5-8 p.m. is limited to adults. Call 202-391-1669 or visit www.rafatart.com.

Vienna Farmers Market.

8 a.m.-noon, Saturdays, through Nov. 3 at Vienna Community Center, 120 Cherry St. S.E., Vienna. The Vienna Farmers Market, hosted by the Optimist Club of Greater Vienna, has more than 30 vendors from across the region, the Vienna Farmers Market provides locally-sourced fruits and vegetables and homemade eats. Throughout the year, great music will be featured. Visit optimistclubofgreatervienna.org/.

Oakton Farmers Market.

Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

The Freeman Store & Museum

Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

Bingo Night.

Sundays, 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S., Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga.

Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

WEDNESDAY/OCT. 3

Author Event: Nancy MacLean.

7:30-9 p.m. at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Nancy MacLean will give a presentation on her new book "Democracy in Chains: The Deep History of the Radical Right's Stealth Plan for America." The book discusses an organized campaign by radical libertarians to seize the agendas of the nation's universities and political institutions, aided by money from the Koch brothers. Free. Tickets at www.eventbrite.com/e/nancy-maclean-on-democracy-in-chains-tickets-49888104664.

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



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.

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.

SATURDAY/OCT. 6

Toy Train Show.

9 a.m.-2 p.m. at Vienna Firehouse, 400 Center St. S., Vienna. 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. \$5 per adult; free for children under 12. Call 571-445-3662 or visit www.wba-tca-eastern.org.

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.

Author Event: Kim Ventrella.

1-2:30 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. 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. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4122764.

Live Music: Hot Lanes Big Band.

1 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Performance will feature all original music by bandleader Bobby Jasinski. Visit www.jamminjava.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.

Live Music: Nora Jane Struthers.

7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. A performance by Nora Jane and her band is full to the brim with unexpected arrangements that blur the lines between folk, roots, and rock. \$15-25. Visit www.jamminjava.com.

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

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ENTERTAINMENT

Time Campers Program offers an 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 fristtimecampers@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.

THURSDAY/OCT. 11

Dig Pink Event. 4-9 p.m. at Oakton High School, 2900 Sutton Road, Vienna. Oakton High School will host its 10th annual Dig Pink event in support of the Side-Out Foundation. Varsity, junior varsity, and freshman volleyball teams will come together to play Westfield High School to support bringing more awareness and funding for stage IV breast cancer. The players, coaches and school administrators welcome all members of the community to attend. \$5. Email kris.mehuron@gmail.com or call 301-523-8926.

Hitchcocktober: Shadow of a Doubt (1943). 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.

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



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.

slightly uneven terrain. Bring binoculars. Rain or shine. Call 703-759-9018, or stop by the Visitors' Center front desk to register.

SATURDAY/OCT. 13

Bulb Sale. 8 a.m.-noon at Town of Vienna Farmers Market, on the grounds of the Vienna Community Center. The Ayr Hill Garden Club presents its annual bulb sale supporting the community gardening efforts of the Ayr Hill Garden Club. Email emilielarson@rcn.com.

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.

Halloween on the Green. 10:30 a.m.-12:30 p.m. on the Town Green. The Town of Vienna is getting in early on spooky fun for children ages 2-10. Costumed kiddos are invited to haunt away at Halloween on the Green. The fun includes crafts, games and prizes, storytelling, moon bounces, a petting zoo, goodies, two Vienna Singing Princesses, and a chance to carve or paint pumpkins. Free and open to the public. In the event of inclement weather, call 703-255-7842 for event status.

14th Annual Merrifield Fall

Festival. 11 a.m.-6 p.m. at Mosaic District. Presented by the Greater Merrifield Business Association (GMBA), in conjunction with URBNmarket and Mosaic, and held will be in the heart of the Mosaic District with food vendors, a beer garden, music and entertainment, as

well as a pre-holiday handmade and vintage market. Children's activities including: Vienna Singing Princesses, pumpkin painting, face painting, hair braiding, sack races, karate, peace mural painting, carnival games and more. Visit greatermerrifield.org/merrifield-fall-festival.

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

Indie Author Day Celebration. 3-5 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Northern Virginia is fertile ground for writers. Drop in and meet some of them. Find new books and authors. Learn about the experiences of independent writers in developing their craft and getting their work published. Featured authors include: Russell Ginns (Children's Fiction), Joyce C. Grand (Fiction); Aimee Hix (MYS), Margaret Placentia Johnston (Religion); Donna Migliaccio (Fantasy), and Martin Wilsey (SciFi). All ages. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4402316.

SUNDAY/OCT. 14

Live Music: Bobby Long. 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. British singer-songwriter Bobby Long (www.musicbobbylong.com/) has established a reputation as a consistently engaging performer since relocating to New York nine years ago. Visit www.jamminjava.com.

Here's What's Happening at MCC!

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"Jurassic Park" Movie, 7 p.m.
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MCC Class Programs Office
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McLean Traveler Day Trip



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MONSTER MASH
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Obituary



Pamela M Frantz

On August 24, 2018 Pamela Frantz of Stafford Va. (formally of Vienna Va.) Passed away suddenly at the age of 38 years. Pamela will be forever remembered by her parents Louis and Wendy Frantz of Burr Hill Va. And her brother Kenneth Frantz (Brandy) of Stafford Va. Pamela will also be forever remembered by her extended family and dear friends at Core Legal Concepts. A celebration of life will be held on October 20, 2018. For information go to www.johnsoncares.com

You can read any of this week's 15 papers digital editions here:

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NEWS

Rwandan Genocide Survivor and Bestselling Author to Speak at Oakcrest School

On Oct. 10, New York Times bestselling author 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 will be Immaculée's second visit to Oakcrest. In 2008, she delivered the commencement address for the school's graduating class.



Immaculée Ilibagiza.

PHOTO CONTRIBUTED

Immaculée Ilibagiza is a survivor of the 1994 Rwandan genocide that took the lives of nearly one million Tutsis. Men, women and children, including her entire family except for one of her brothers, were massacred at the hands of Hutu marauders. Immaculée found shelter at a pastor's home, where she and seven other women hid from the deadly rebel mob in a 3-by-4-foot bathroom for 91 days. During those 91 days of unimaginable suffering, Immaculée found her faith, taught herself English, and most incredibly, committed herself to a life of peace, hope and forgiveness, even for

those who had murdered her family. Immaculée's first book, "Left to Tell; Discovering God Amidst the Rwandan Holocaust" (Hay House) was released in March of 2006 and quickly became a New York Times bestseller. To date, it has been translated into seventeen languages and has sold over two million copies. Immaculée has gone on to work at the United Nations, receive five honorary doctoral degrees, write six more books about her faith and her life journey, and is the recipient of the Mahatma Gandhi International Award for Reconciliation and Peace.

This event is free and open to the public, and there will be a book signing after the Oct. 10 program. Seating is limited, so those interested must pre-register at bit.ly/oakcrestimmaculee.

Oakcrest School is an independent school for girls in grades 6-12 guided by the teachings of the Catholic Church. For over 40 years, the school has provided an exceptional liberal arts education to girls of all faiths while fulfilling its mission to grow, challenge and inspire its students to thrive in college and throughout their lives. Learn more at Oakcrest.org.

Blast from the Past

FROM PAGE 2

ning 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 popu-

lation 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."

BULLETIN

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, valid for the first 1,500 Lyft users who enter the code.

VOTER REGISTRATION AND ID 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.

WEDNESDAY/OCT 3

CarFit. 9 a.m.-1 p.m. at Vienna Volunteer Fire Department (parking lot), 400 Center St. S., Vienna. Program offers older adults the opportunity to check how well their personal vehicles "fit" them (by adjusting the car's safety features). Schedule an appointment at 703-255-7801. www.car-fit.org.

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. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

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. 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 See above.

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.

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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.

Runners Raise \$178,105

Mental health for Palestinian children is focus of Gaza 5K this year.

BY EDEN BROWN
THE CONNECTION

Arlington resident Janine Ali was standing at the starting line at the Gaza 5K race on Saturday morning, Sept. 22, to support her son and grandson. Ali is a Palestinian-American, born in Dearborn, Mich. Her son, Jihad Ali, now lives in Centreville. A 2002 graduate of Yorktown High School, where he was on the varsity football team, Jihad Ali reminisced fondly about his coach at YHS, Bruce Hanson, and wondered if he were still the coach there; he also remembered how, being at YHS on 9/11 meant he had to deal with some stereotyping, especially given his name. His son, Faris, almost 2, got up early to come to the race and was one of the youngest over the finish line.

The Gaza 5K was a fun, family friendly event with many families walking with strollers or running the 5 kilometers along the Anacostia Riverwalk Trail. The river was overflowing its banks in sections along the route. Despite the rainy morning, the atmosphere was like a family reunion — old friends reuniting, good-natured humor about fitness levels and stories of how summers were spent, a playlist of Arab hits blasting out over the muddy park. But there was also commentary about the U.S. administration's decision to cease funding for UNRWA, a relief organization which focuses on Palestinian refugee children.

Waliha Gani, of Fairfax, said she has always been passionate about the Palestinian cause although she is of Pakistani origin. She went to Palestine last month after



PHOTOS BY EDEN BROWN/THE CONNECTION

Tysons Corner residents Zena Mikdadi and her sister, Lina Kanaan, came to the race to support UNRWA, a relief organization which focuses on Palestinian refugee children.

teaching English in Qatar. That experience brought home the reality of the Palestinian people's suffering, so she wanted to raise funds for the children of Gaza. She also did "Teach for America" for a year.

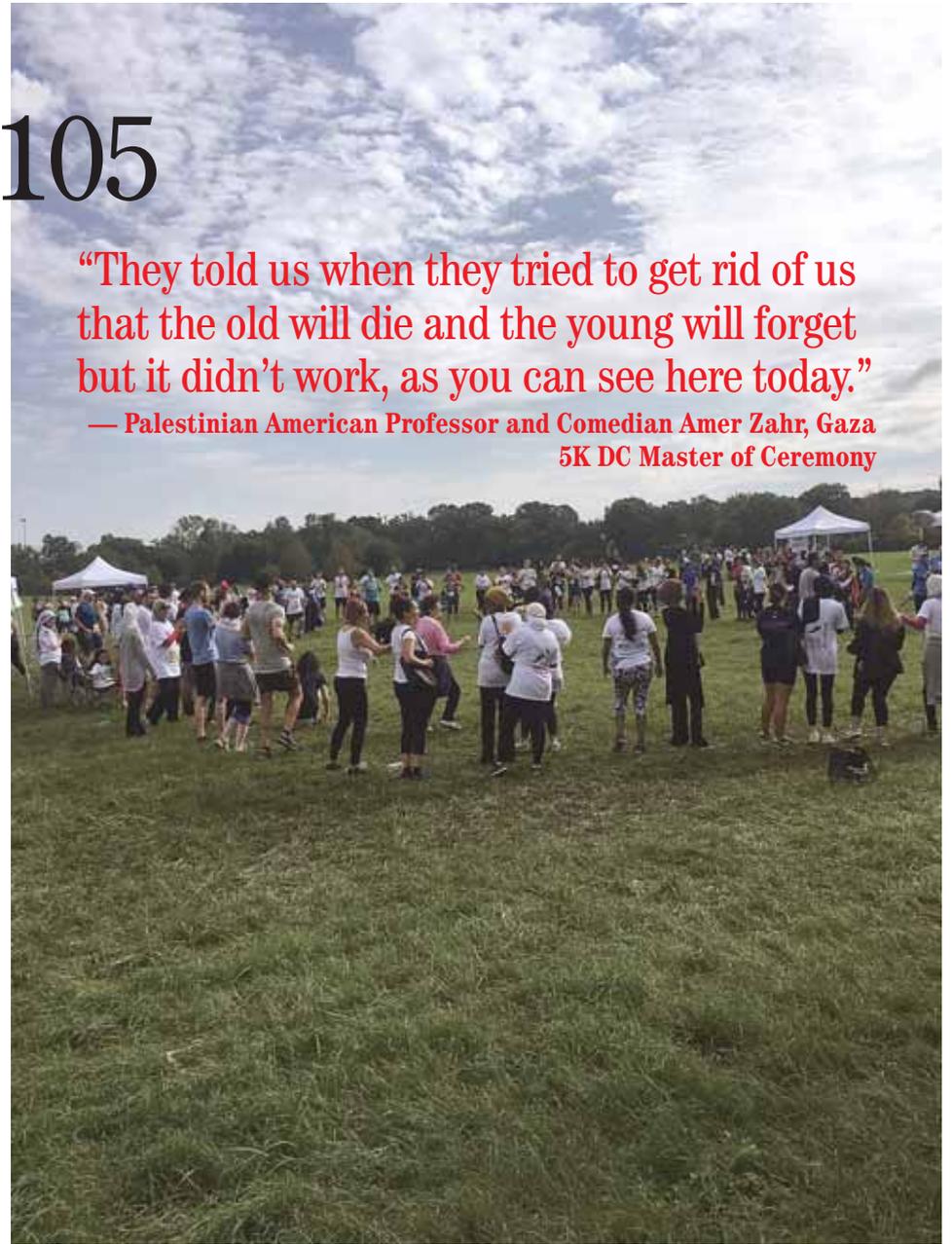
Tysons Corner residents Zena Mikdadi, her son, and her sister, Lina Kanaan, came to the race to support UNRWA given the cuts in funding. The two sisters' parents were born in Nablus and Jerusalem, and when they were forced out of their land in 1948, they moved to Jordan to be close to home and to await the time when they could return. They refused to leave Jordan for the U.S. because they believed they would be able to go home to reclaim their land. Both



Waliha Gani, of Fairfax, said she has always been passionate about the Palestinian cause although she is of Pakistani origin. She went to Palestine last month after teaching English in Qatar.



Arlington resident Janine Ali and her son and grandson, Jihad Ali and Faris Ali.



**"They told us when they tried to get rid of us that the old will die and the young will forget but it didn't work, as you can see here today."
— Palestinian American Professor and Comedian Amer Zahr, Gaza 5K DC Master of Ceremony**

Dancing the traditional Palestinian "Dabke."

parents died in Jordan. Kanaan was the last member of the family to come to the U.S. Her sister had petitioned for her 14 years earlier; that is how long it took for the immigrant visa to be approved.

The Gaza 5K takes place in several U.S. cities — Houston, Washington, and New York. Supporters from Fairfax, McLean, Vienna, Arlington, Centreville, and Reston came out to run and walk, dance the "Dabke," and eat a breakfast of hummus,

olives, pickles and flat bread. There was an UNRWA trivia quiz for those who wanted to enter a raffle for a Palestinian cookbook. Participants were buoyant as they noted UNRWA, despite the U.S. defunding, would continue to be financed by other U.N. members and events like this fundraiser, which raised over \$160,000 of its \$200,000 goal to support mental health efforts for children in the war-torn Gaza strip. For more information, or to donate: see: <https://getinvolved.unrwausa.org/event/2018-dc-gaza-5k>.



Traditional Palestinian breakfast of hummus, flatbread, olives, and pickles.



UNRWA tables offered posters and a quiz about Palestine.



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Chris Arnold
Design Consultant

- Get a tour of the newly remodeled first floor
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 - Meet our client and learn about their experience
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