MPA ArtFest in McLean Draws Crowds

On Domestic Violence: ‘Make the Call’

500 Runners Take Part in McLean 5K Run
Del. Kathleen Murphy (D-34), shared, for the first time, that she is a survivor of sexual assault. “I want you to know in this Sexual Assault and Domestic Abuse Awareness Month, there are a lot of stories out there that have never been told. That doesn’t mean they didn’t happen.”

Del. Kathleen Murphy (D-34), elected in 2010, has sponsored bills dealing with campus sexual assault and getting the Commonwealth’s Attorney involved to be sure each case is investigated thoroughly.

County Urges Public to ‘Make the Call’

“Stop domestic violence and sexual assault for your friend, your neighbor, yourself.”

Del. Kathleen Murphy
The Connection

On October 4 presentation offered personal perspectives from five Fairfax County leaders at the hour-long event. Presenters addressed domestic violence in their own way, either as moderate Tom Goodwin said, “by telling a story because it is in the interest of advancing understanding of the dangers and challenges posed by domestic violence, or whether it is to advance public policy.”

The county’s 2017 campaign “Look Again” helped the public recognize that domestic violence occurs between people of all ages, races, ethnicities, creeds and statuses, Goodwin said.

By Mercia Hobson
The Connection

The county’s 2017 campaign “Look Again” helped the public recognize that domestic violence occurs between people of all ages, races, ethnicities, creeds and statuses, Goodwin said.

The 2018 campaign, “Make the Call” was a “logical continuation which would feature not only the 24-hour hotline number 703-360-7273 but also information on how victims react and who has become sufficiently engaged and involved.”

The presentation was planned by the county’s Domestic and Sexual Violence Services and Domestic Violence Prevention, Policy & Coordinating Council.

BRADDOCK DISTRICT Supervisor John Cook emphasized domestic violence is not someone else’s issue. It impacts a significant portion of the population.

One in four women and one in seven men are victims of abuse, and “then there are the children,” he said. Whenever there is a victim of domestic violence, Cook noted, there is also a perpetrator. A quarter of the population is impacted by domestic violence.

“Children, even if they’re not directly the recipient of violence, by being in a home where there is violence, by observing violence, because they are young, even infants have been proven to have lifelong impacts,” said Cook. “If we don’t help early and now, we will see them again in the criminal justice system; we’ll see them in the human services system.”

This month the county launched an ini
MPA ArtFest in McLean Draws Crowds

McLean Central Park transformed into mini art galleries showcasing artwork from 40 artists.

By Steve Hibbard
The Connection

With beautiful weather, several thousand people attended the 12th annual MPA Art Fest on Sunday, Oct. 7, 2018, at McLean Central Park in McLean. The park was transformed into a landscape of mini art galleries showcasing artwork from 40 artists from the Mid-Atlantic region. Highlighting the day was an Art Walk sponsored by the New Dominion Woman’s Club, which featured artwork from students in the Langley and McLean Pyramids. The event also offered STEAM (STEM+Art) and art activities to engage creative minds and captivate art-lovers of all ages. In addition, seven bands, under the direction of musical director Ken Avis, performed. And, seven food vendors from local restaurants were on hand as well.

“It’s a great coming together of so many community organizations and supporters,” said Deb Bissen, Director of Communications and Development, McLean Project for the Arts. “It is a little bit of a fund-raiser but it’s more of a fun-raiser too. We get generous sponsorships that help provide money that defrays some of the costs,” she added.

According to Jennifer Salopek, President, New Dominion Women’s Club, there were 150 students who participated in the student Art Walk set up along the walkway. “New Dominion Women’s Club has been proud to sponsor the Children’s Art Walk for over five years. We collect artwork that has been selected by the art teachers at all of the elementary schools at the Langley and McLean Pyramids, including private schools and parochial schools. We mount them, label them and display them here along the walkway and it’s known as the Children’s Art Walk. And it really is so incredibly gratifying to us when we see our young artists out here standing next to their work, having their picture taken, and very proudly showing their family and friends their work.”

Added Bissen of the Art Walk: “I think it’s a fun thing for young children in the area who are interested in art to aspire to and a fun way for them to show their friends and their parents and grandparents what they are doing.”

Del. Kathleen Murphy (D-34) sponsored a booth that highlighted the work of three special needs/autistic artists: Lee Jaworek (autistic), Jasmine Iskander, a contemporary abstract artist, and Conner Cummings, an autistic photographer. “I put this together because all of these kids have put their artwork on display down in the General Assembly and I’ve admired it for a long time and I thought it was really important for them to become part of the larger art community that we have up here in McLean,” she said. “And this was a good opportunity for them to display their art and hopefully even sell it, because several parents have mentioned to me that they are wanting to make sure their kids can make a living going forward. And I think this is a great idea.”

Amalia Cristina Munoz Gonzalez with her daughter Kim Alderman, 9, a fourth-grader at Franklin Sherman Elementary School. Her work is titled “Time Flies.”

Allegra Valenti, 7, a second-grader at Franklin Sherman Elementary School with her “Self-Portrait.”

McLean Art Society Past President Judith Landry with her “Beached at Sunset” oil on canvas with Luda Del Rose, Treasurer.

Del. Kathleen Murphy (D-34) with special needs/autistic artists Lee Jaworek (autistic) and Jasmine Iskander, a contemporary abstract artist. (Not pictured): Conner Cummings, an autistic photographer.
n initially cloudy sky gave way to a particularly bright October sun, and the folks gathered beneath that sun at the Town Green in Vienna on Sunday afternoon couldn’t have been more pleased.

“I love the motto for this walk,” said Vienna Mayor Laurie DiRocco as she addressed the gathering. “We walk because they walk”.

Mayor DiRocco went on to describe an experience she had in Kenya in 2009. There, she was able to go on a water walk with the women and girls who made a mile-long march for dirty water five times a day.

“[I love the motto because] it speaks to community, and the strong sense of community we have here in Vienna”.

Following the speeches from Mayor DiRocco and others, live folk music played from the Green’s amphitheater and over the Walk’s 1:15 p.m. registration, an occurrence that was absent during last year’s event.

“Last year there was just basically a virtual walk,” explained Jayne McLaughlin, a volunteer at the event.

This year, however, members of five different Vienna congregations came together under the sponsorship of Church World Service (CWS) to make the CROP Walk more of a tangible community affair.

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“Now, it’s community-wide, and it’s great,” continued McLaughlin.

While the Vienna walk is certainly special, CROP walks sponsored by Church World Service have been taking place in communities across the U.S. since their inception in 1969. The first CROP (Christian Rural Overseas Program) Walk took place in Bismarck, N.D. on Oct. 17 of that year.

Today more than 2,000 American communities take part in more than 1,000 Crop Walks each year.

“We focus on the most desperate situations,” said Rev. Patrick Walker, the CWS representative who aided in the establishment of the Vienna walk.

“As we know, there is hunger and poverty everywhere,” Rev. Walker continued, “We try to address issues that will help the community continue on a path of development and self-sufficiency”.

With connections in seventy-five countries around the world, two of those issues addressed by CWS are world hunger and thirst. While twenty-five percent of the funds raised on Sunday will be used to alleviate those issues in Vienna, the remaining seventy-five percent is used by CWS to combat them around the globe.

“Twenty-five percent stays here,” said Rev. Walker, “and because we’re working in so many other communities there’s not another that will receive a larger portion of what’s raised here than Vienna.”

At 2 p.m. the participants, clad in “CROP Walk” t-shirts as warm and yellow as the day’s sun, gathered for a quick photo before setting out in solidarity.
News Briefs

Cancelled: 10th District Candidate Forum

The League of Women Voters of the Fairfax Area announced they had to cancel the 10th Congressional District Candidates Forum that was to be held on Oct. 24, 7-9 p.m. "While Senator Jennifer Wexton has accepted, Congresswoman Barbara Comstock, the co-host for the 10th District Congressional Candidates Forum, has not replied to our invitation. Therefore, in accordance with the non-partisan policy of The League of Women Voters, wherein we neither support nor oppose any candidates for office or any political parties, we are unable to host an event with only one candidate in attendance. Our co-host for the 10th District Congressional Candidates Forum, the Sully District Council of Citizens Associations, concurs; it has the same policy," said The League of Women Voters of the Fairfax Area in their statement.

Fatal Pedestrian Crash in McLean

Crash Reconstruction Unit detectives are investigating a fatal crash involving a pedestrian in the intersection of Dolley Madison Boulevard and Madison McLean Drive. Philip John Dietz, 75, of McLean, was attempting to cross Dolley Madison Boulevard around 9:55 p.m. Oct. 2. According to FCPD, the driver of a 2002 BMW was traveling southbound in the right lane of Dolley Madison Boulevard when he hit Dietz in the intersection. Investigators are working to determine if Dietz used the marked crosswalk with the pedestrian signal at the time of the crash. Speed and alcohol do not appear to be factors for any one involved. The driver remained at the scene and was taken to the hospital with non-life-threatening injuries. Once the investigation is complete, the Office of the Commonwealth Attorney will review the case and determine if the driver will be charged.

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 code is valid for the first 1,500 Lyft users.

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 the risk of obesity. For more information, visit www.fcps.edu/walktoschool.
Opinion

Check Voter Registration

Confirm your voter registration before Oct. 15; vote early if you qualify.

If you plan to vote in Virginia, you should hop online now to check that you are still registered to vote at your current address. Nevermind that the last time you went to the polls, you were able to vote. You should check again. Monday, Oct. 15 is the deadline. Go to elections.virginia.gov or call your local Elections Office. The Fairfax County Elections office at 703-222-0776.

If for any reason you didn’t vote on the last Election Day or the one before that, and you might have missed a possible postcard asking you to confirm your residence, it’s important to check that you are registered to vote. A Supreme Court decision specifically allows states to move forward with purging voters under some relatively common circumstances. Whenever names are purged from a list, the likelihood of mistakes is present. Voting is so important, no matter what your inclinations, this year. Check your registration now.

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

To vote on Tuesday, Nov. 6, 2018, 6 a.m.-7 p.m. (General Election)
❖ Register/update address by: Monday, Oct. 15. Or ...
❖ Request absentee ballot by mail by: 5 p.m. Tuesday, Oct. 30. Or ...
❖ Vote early, in-person absentee, by appearing in person by 5 p.m. Saturday, Nov. 3. Really. If you qualify for any of about 20 reasons to vote absentee, there is no reason to wait until Election Day Nov. 6 to vote.

Early voting is already well underway. One of the 20 reasons is if you might be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/index.html

There are two ways to vote absentee, in-person and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date. If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

Early Voting Locations, Dates and Hours

Through Saturday, Nov. 3 at the government center, and Oct. 13-Nov. 3 at the satellite locations.
❖ Fairfax County Government Center, 12000 Government Center Parkway, Conference Room 2/3, Fairfax, VA, 22035
Until Oct. 12: Monday, Tuesday, Wednesday, and Friday, a.m. to 4:30 p.m.
❖ Thursday, 8 a.m. to 7 p.m.
❖ Oct. 15-Nov. 3, Monday-Friday, 8 a.m. to 7 p.m.
❖ Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

Satellite Locations are open Oct. 13 - Nov. 3

Weekdays: Monday thru Friday, 3 p.m. - 7 p.m.
❖ Saturdays: 9 a.m. - 5 p.m.
❖ Sundays: Closed
❖ Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310
❖ Lorton Library, 9520 Richmond Highway, Lorton, VA 22079
❖ Mason Governmental Center, 6507 Columbia Pike, Annandale, VA 20030
❖ McLean Governmental Center, 1437 Hills Ball Hill Road, McLean, VA 22101
❖ Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria, VA 22306
❖ North County Governmental Center, 1801 Cameron Glen Drive, Reston, VA 20190
❖ Providence Community Center, 3001 Vaden Drive, Fairfax, VA 22030
❖ Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151
❖ West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

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

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

Forgot your photo ID on Election Day?
If you get to your polling place without an acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count. A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card.

For more information on voting in Fairfax County:
❖ Fairfax County Office of Elections 12000 Government Center Parkway Suite 323 Fairfax, VA, 22035
❖ Voter Registration: 703-222-0776, TTY 711
❖ Absentee Vote: 703-324-3725
❖ Email: voting@fairfaxcounty.gov
❖ Election Office Info: 703-324-4735, TTY 711
❖ For 24-hour recorded information call 703-324-4700

Letters to the Editor

Meeting on VDOT Proposed Pilot

To the editor:

VDOT’s Proposed Pilot Project to limit access to the Beltway off Georgetown Pike between 2 and 7 p.m. on weekdays will be discussed at an upcoming public meeting on Oct. 18, 2018 at 7 p.m. at the McLean High School.

This proposal is designed to relieve the cut-through traffic currently adversely impacting residential neighborhoods in Great Falls and McLean without adversely impacting peak hour traffic over the American Legion Bridge into Maryland.

In northern Virginia, rapid economic growth in eastern Loudoun County and the Tyson’s Corner areas have greatly increased evening traffic and the numbers of vehicles seeking to enter Maryland via the American Legion Bridge via the Georgetown Pike causing significant problems in residential neighborhoods in the area. Long term traffic problems will continue to grow worse until the number of lanes crossing the Potomac River is expanded. Early engineering studies of these issues in both Virginia and Maryland are underway, but actual construction seems years or even decades away. Thus we need interim solutions. Thus we need interim solutions. We hope that all concerned citizens will attend the Oct. 18 public meeting, learn more about VDOT’s analysis about the impacts of the proposed action and register comments on their support of or opposition to this proposal.

Vie Kimm
McLean

Northern Virginians Deserve Better

To the Editor:

Over the past 19 months a Republican Congress and Administration have continued to chip away at Obamacare (Affordable Care Act) with U.S. Rep. Barbara Comstock (R-10) toeing the party line. Cutting subsidy payments, shortening the enrollment period to sign up, eliminating funds to nonprofits that assist with enrollment and ending the employer mandate have meant higher costs for families. Already high, premium costs are predicted to spike next year. Cigna and CareFirst BlueCross BlueShield, both of which offer plans in Virginia under Obamacare, have filed for increases with the Virginia Bureau of Insurance. CareFirst requested a 64 percent increase; Cigna an average premium hike of 15 percent.

Jennifer Wexton, candidate for the 10th Congressional District and
Rain was in the forecast for Sept. 7, the first Friday of the new academic year at The Potomac School, but sunny skies prevailed, allowing the school’s traditional Opening Assembly to be held outdoors as planned.

The annual ceremony includes a procession of seniors and kindergartners, remarks of welcome, and the presentation of Potomac’s Excellent Teaching Award. This year, something special and entirely new was added to these traditions: a ceremonial groundbreaking for the school’s Center for Athletics and Community.

Technically, the ground at the construction site was broken before the school year began, with site preparation having gotten underway in July. But with the students back on campus, this was the first opportunity for the Potomac community to celebrate this milestone moment together. Head of School John Kowalik notes, “This new building is for the benefit of our students, and we want them to be informed and excited about it. So we decided to hold our groundbreaking at a time and place where the students could be part of the fun.” And fun it was, with all the members of the Potomac School community donning white construction hats and the school’s mascot, the Potomac Panther, distributing the ceremonial shovels and high-fiving the groundbreakers as they prepared to turn over dirt that had been trucked in from the construction site.

Potomac School dignitaries participate in the groundbreaking. From left: Matthew Giuliano ’19, president of the Student Government Association; John Mathews, head of the Middle and Intermediate Schools; Nancy Powell, head of the Lower School; John Kowalik, head of school; Dr. Marjorie Brennan, chair of the Board of Trustees; Tim Jaeger, assistant head of school; Doug McLane, head of the Upper School; Daija Yisrael ’19, vice president of the Student Government Association.

POTOMAC SCHOOL’S 76,500-square-foot Center for Athletics and Community will include a gymnasium with one competition basketball court and three practice courts; an indoor jogging track; seven squash courts; a weight room, cardio room, and multipurpose activity room; and flexible gathering spaces. In combination with the school’s existing facilities, the center will support a robust athletics program that fields teams in 26 interscholastic sports. In addition, the new facility will meet the school’s need for an indoor gathering space large enough to accommodate the entire Potomac School community.

John Kowalik explains, “Potomac is committed to being a connected community, and we have events throughout the academic year that are designed to bring our entire K-12 community together. With 1,050 students plus faculty and staff — and, for some events, parents — we do not have an interior space large enough to accommodate everyone. We can hold certain events outdoors; but when the weather fails to cooperate, we have to move into our current gym and decide whom to exclude. Not a happy decision — and one that we will no longer have to face when the new center comes on line.”

He adds, “The limitations of our current athletic facilities also affect scheduling, negatively impacting both athletics and academics. The new center will give us increased flexibility and be an important asset for our overall program.”

Potomac School Breaks Ground for New Center for Athletics and Community
T
ough Halloween is still three weeks away, the holidays are not far behind the ghosts and goblins. Thanksgiving ushers in the start of a season of festive entertaining for family and friends. As the kitchen is often a gathering place and command central for celebratory gatherings, this is the time to give your eating space a pre-holiday spruce-up. Local design aficionados say there is still time to make upgrades to make a kitchen welcoming for guests and functional for the chef.

A refrigerator that is functional, spacious and stylish is at the top of the must-do list of Reston-based interior designer Rachel Grandin’s holiday kitchen spruce-up list. “With all of the delicious food that we make during the holidays, it’s critical that we have a space to store it safely,” she said. “If your refrigerator doesn’t seem reliable, this is the perfect time to replace it. A stainless steel French double-door refrigerator can hold a large turkey and all of the sides, but more importantly it’s eye-catching and chic and will probably be one of the first things guests notice when they enter your kitchen. It’s a quick way to give your kitchen and updated look.”

Lighting is a critical element in any kitchen, advises Potomac-based Anne Walker, “Changing a light fixture might be the easiest and quickest way to make a big design statement before the holidays.” she said. “In a Potomac kitchen I designed, sea glass beaded pendant lights, which reference not only the shimmering aqua glass backsplash tiles, but also the custom Willem Smith bar stools with aqua leather seats.”

New flooring can take the design of a kitchen to the next level, says Alexandria-based interior designer Courtney Grace, “Right now, I see hardwood and ceramic tile flooring as being on trend,” she said. “I just finished a kitchen for a client and we installed ceramic tile that was actually made to look like wood. So she was able to get the look she wanted, but with a material that was more durable. New flooring can really transform a space without the expense and the time of total kitchen remodel. Choose something durable, for the holidays and beyond.”

If you’re on a budget, consider a new kitchen rug, advises Grace. “Rugs can add color and warmth to a kitchen, and an indoor-outdoor rug can stand up to high-traffic and things like spills.”

Cabinets are usually the biggest part of any kitchen design and renovation project, advises Walker “If your cabinets are structurally sound, you can save a lot of money, but make a huge impact by having the cabinets professionally painted.”

Gray is still the most popular color for kitchen cabinets, followed closely by white, suggests Walker. “I recently renovated a small, charming home for resale, and did just this: had the kitchen cabinets painted a soft shade of gray,” she said. “What a difference. You will want to have a professional paint the cabinets for you. This is not the time for DIY. With all of the heat, grease, and daily use, paint can easily chip if not applied professionally.”

Walker also recommends new cabinet hardware. “Soft brass and bronze has made a resurgence in popularity lately, so if the other elements of your kitchen, [such as] paint color and light fixtures would support it, warm brass hardware would add an elegant, updated look to your kitchen,” she said.

A new coat of paint is a simple change that can make a big impact, advises Walker. “Walls and trim get so much wear and tear in a kitchen,” she said. “It’s the room we use most, and it takes a beating. Make sure to use a medium sheen so it will be wipeable. I most often use Farrow & Ball’s Modern Emulsion in kitchens. Their colors are sublime and the paint holds up well in high traffic areas.”
Prince Edward Comes to McLean

Last month British Royal, Prince Edward, visited Washington as part of a two-week national program of engagements in support of The Duke of Edinburgh’s International Award USA.

The visit included an afternoon of Court Tennis matches at the iconic Prince’s Court at McLean Sport & Health, where His Royal Highness played alongside young Court Tennis players, as well as amateur and professional adults.

Following his own personal Award journey, His Royal Highness has embarked on a series of Real Tennis (also known as Court Tennis in the United States) matches, as part of a program of activity to raise awareness and support for the Award in the United States and around the world.
Citizens Encouraged to ‘Make the Call’

“Make the Call,” the Leesburg police department’s domestic violence awareness campaign, asks local residents to call the police or 911 if they have any doubts about the safety of themselves or others. The campaign aims to prevent and respond to domestic violence in Loudoun County.

Photo by Mercia Hobson/The Connection

“I encourage everyone here to make the call,” said Fairfax County Sheriff Stacy A. Kincaid during the Fairfax County panel presentation in recognition of Domestic Violence Awareness Month 2018. “I was a witness; I was a victim; I am a survivor. It happened to me, it could happen to you.”

Confidentiality is key in cases of domestic violence, Kincaid said. She urged attendees to seek help and support from friends, family, and professionals.

“Why is that possible? Because there were over 11,000 men or people convicted for the second time of violent domestic abuse,” Murphy said.

In sharing that she is survivor of sexual assault, Murphy said her experience echoed other victims of domestic and sexual assault: the fear of not being believed; wanting to hide; social attitudes as the abuser is seen as charming by others; and the fact that assault can happen to anyone.

“I’m here because of the bravery of that woman [Dr. Christine Blasey Ford]. It’s contagious … I believe when we stand together, side by side, when we look at our past and can acknowledge what happened, and we can say it, out loud, ‘We are victims of abuse, domestic violence … we demonstrate bravery. We also demonstrate we can move forward and win … And that is why I strongly support all of the efforts to prevent gun violence toward victims of domestic abuse and why I want to support Eileen’s many bills for keeping our campuses safe for our children. And why I want people to understand you don’t have to be poor. … I want you to know in this Sexual Assault and Domestic Abuse Awareness Month, there are a lot of stories out there that have never been told. That doesn’t mean they didn’t happen.”

DEL. MARK LEVINE (D-45) said that since he had been involved in Domestic Violence Awareness Month, dozens of people have come forward and told him their stories. He also explained how he had seen first hand how two factors, shame and stigma, perpetuate victim blaming and under-reporting of domestic violence and sexual assault.

During the panel presentation, Levine recounted how rape victims themselves are questioned: “Why were you out with that person? Why were you alone? Why were you wearing that dress? The anger isn’t at the bastard who did the crime; the anger is at the victim. I don’t know of any other crime where that happens,” Levine said.

Levine recalled how 22 years ago his sister confided to him that her husband threatened to kill her. “To my everlasting shame, I didn’t think he would do it. She didn’t think he’d do it either. She died because she was ashamed to be with a man who abused her … We should all be ashamed of a culture that gives women that blame.”

After his sister’s murder, Levine’s niece and nephew, then ages 6 and 2 where taken care of by his parents, their grandparents, immediately after his sister’s death. “But he came back for his kids and literally ripped my niece, then age two from his grandmother’s arms crying and screaming … They would eventually end up in Mexico … it was the closest place to run to …” Levine recalled how it took them 10 years to get the children back. “We had to get those kids back home. She was gone, but we had to save their lives … it took us 10 long years to get justice.” Levine said eventually his brother-in-law faced murder charges, and the court found him guilty; he is now serving 56 years in a Tennessee penitentiary.

However, it was not considered child abuse if one killed the mother of a child, Levine said, adding he became the primary lawyer for the case in Tennessee arguing the children should come back to his parents. Contradicting then Tennessee law, Levine maintained to the courts, “If you kill a mother of the child, that counts. That’s child abuse and should be considered in custody decisions. Eventually, Levine pushed a bill to reflect such. “The law passed unanimously in Tennessee, every Republican, every Democrat voted for it,” said Levine. Levine’s current goal is for a similar law to pass in Virginia.

VALISHA JACKSON, secretary, Shelter House, said, “As I stand here today, in October 2018, I am happy to say … there is a month dedicated to awareness, resources, …

See ‘Make the Call’: Page II
support and countless individuals and organizations resisting domestic abuse of any kind.”

In 1981, Jackson and her mother survived domestic abuse at a time when there were no laws to protect them, no collective effort to create an escape plan, only, as she acknowledged to the audience, “Friends and neighbors willing to be the lookout while my mother attempted to sleep.”

In 2018, Fairfax County offers a shelter, a network of safe houses, resources dedicated to those surviving domestic violence, a bipartisan push by elected officials to the people of Fairfax County to “Make the Call.”

“We must do more,” Jackson said. Congregations are silent when church leaders tell them their salvation is in jeopardy if they divorce their abuser. Women who defend themselves against their abusers are incarcerated due to mandatory minimums and inflexible sentencing guidelines. Resources are taken away from health and human services, “To make the rich richer, keeping women financially dependent on the abusers, rather than structuring our system to be the safety net and community that we promised to be,” Jackson said.

Jackson pointed out, “We say make the call, but we make the pragmatic fear of police brutality a subject for political debate, with a side to pick, rather than ensuring that nobody hesitates when dialing 911 for fear they or their loved ones will be killed at the hands of those who are sworn to protect them. We say make the call, but we interrogate the victim of abuse.”

FAIRFAX COUNTY Sheriff Stacey A. Kincaid said, “I was a witness; I was a victim; I am a survivor. It happened to me, it could happen to you.” Kincaid told her story as a means to advance the understanding of the dangers and challenges posed by domestic violence. Kincaid shared that after her mother divorced and remarried, all seemed fine. No one knew though what went on behind closed doors.

“The man she married beat her, my brother and he beat me. He blamed and shamed her to the point she actually believed it.”

“This went on for seven years,” said Kincaid. She revealed how they escaped one night, found themselves homeless, and although it took a long time, they rebuilt their lives. Kincaid revealed she first told her story two years ago and was helped through the process.

“This is not the society we expect to have, where people think it’s OK to put your hands on anyone, especially a child. People do not come forward due to fear, embarrassment, and humiliation. And of course, they believe no one will believe them … I believe you, we believe you, there are people that believe you,” said Kincaid.
About 500 runners and walkers took part in the 10th Annual McLean 5K Run, which took place on Saturday, Oct. 6, 2018, at the McLean Square Shopping Center in McLean.

By Steve Hibbard

A bout 500 runners and walkers took part in the 10th Annual McLean 5K Run, which was held at the McLean Square Shopping Center on Saturday, Oct. 6, 2018. Hosted by the McLean Community Center with the support of sponsors Century 21 New Millennium and the Greater McLean Chamber of Commerce, the proceeds, estimated at $15,000, benefitted the McLean Community Foundation charitable organization. Competitive runners, casual runners, walkers, strollers and pets all took part in the race. The first-place male finisher was Omari Daughtridge, 32, of Fort Washington, Md., with a time of 16:16. The first-place female finisher was Alanna White, 31, of Alexandria and originally from McLean. Her time was 22:07.

“I really appreciate everything the McLean Community Center does, especially events like this which creates a sense of community in McLean,” said Supervisor John Foust. “It brings people of all ages together to have fun and do something important and it’s what makes McLean a wonderful place to live in.”

“It’s a fun run; it’s not just about a competitive race. It’s a walk, run, stroll, walk your dogs through this course in and around downtown McLean,” added George Sachs, Executive Director of McLean Community Center.

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The first-place female finisher was Alanna White, 31, of Alexandria and originally from McLean. Her time was 22:07.

Executive Director of McLean Community Center.

“That’s the McLean Community Center. That’s our tag. Here in McLean, it’s put on by us and all the volunteers and the businesses in this community have gotten together to do this as an annual thing; this is our 10th year in doing this race,” he said. Added Janet Tyssen, President of McLean Community Foundation, “All the proceeds from the race will go into the endowment for the McLean Community Foundation. We’ve been around since 1981; we’ve given about $1.5 million to 501-c-3 charities in McLean that benefit McLean citizens — schools, parks, seniors, public safety, and the environment.” She said the all-volunteer Foundation with 11 trustees helps the McLean Community Center and the McLean Fire Department, among other groups, by dispersing funds in McLean.

Added Del. Kathleen Murphy (D-34): “This is really something to bring the community together and energize us and let everybody meet everybody. It’s a way for neighbors to meet neighbors. It’s a great event every year and lots and lots of people show up, and you can run or you can walk or you can watch, which is what I do.”

The top male and female winners won a seven-day Wyndham vacation anywhere in the world, courtesy of Century 21 New Millennium. A third vacation went to a random bib number called at the awards ceremony.

From left: Dranesville District Supervisor John Foust, George Sachs, Executive Director of the McLean Community Center; and Del. Kathleen Murphy (D-34).

From right: Ellen Yates of N2 Shape leads exercises before the race with Linda Moran (right).

Ellen Yates of N2 Shape leads exercises before the race with Linda Moran (right).

Members of Cub Scout Pack 1576 from the Adams Islamic Center before the race.
Vienna’s Anne Davis and Team ‘Rudy’s Friends’ are taking part in DogFest DC Benefiting Canine Companies for Independence.

**DogFest Walk ’n Roll DC**

Last year, hundreds joined in the biggest celebration to support Canine Companies for Independence with an agility course, demonstrations, freebies, raffles, and best of all, stories of graduate teams who live and work in and around D.C. Admission is free to the general public. This year’s theme will awaken taste buds to high grown premium tequilas paired treats and a take home tea sampler included. $35. Use class activity code 266 407 0501 and visit viaggione.com/parks/parktalks or call 703-222-4664 to register.

Uncorking a Rich, Full Life - 5 p.m. at the home of Supervisor John Foust and Dr. Marilyn Jerome Foust. Wine, Beer, Tasting and Benefit Auction to raise funds for Langley Residential Support Services programs and activities. Discover the perfect wine or beer for upcoming holiday meals and gatherings, enjoy a delicious spread of cheese, d’oeuvres, socialize and network with interesting people, and bid on great silent and live auction items. $100 per person. Register at langleyresidential.org/wine-beer-tasting-benefit-auction.html.

**SUNDAY-OCT. 21**

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St. N., Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults $10, children 12 and under $4. Call 703-938-6500 or visit viennawireless.net.

Make Our Garden Grow: Music of Bernstein and Sondheim. 8 p.m. at Church of the Holy Comforter, 543 Brabham Road NE, Vienna. Yo-Yo Ma joins the worldwide celebration of the 100th anniversary of Bernstein’s birth in a program of the concertos and hits from Candide, West Side Story, and more, alongside works of his friend and frequent collaborator, Stephen Sondheim. Join the celebration to kick off Voice of the Vienna Orchestra. $25 general admission, $20 age 62+; $30 student (18+); children under 18 free. Call 703-277-7772 or visit www.voice.org.

**SUNDAY-OCT. 22**

Film Screening: “Tidewater.” 7:30-10 p.m. at Wesley United Methodist Church, 800 Maple Ave. E., Vienna. Photographer Ethan Stowell hosts a local screening of his award-winning documentary film, “Tidewater.” After the film, enjoy a no-host cocktail hour featuring water-inspired cocktails. Silent and live auction items. $100 per person. Contact Becky Love at 703-277-7772 or visit www.beckylovefoundation.org for a list of events-1/5K-for-mental-health. See map and more details.

Super H 5K Run, Walk & Wheel drew more than 200 participants in Tysons and raised more than $50,000 this year.

MedStar National Rehabilitation Network’s 15th annual Super H 5K Run, Walk & Wheel drew more than 200 participants and raised more than $50,000 this year. The race, which benefits athletes who participate in MedStar NRN’s adaptive sports programs, was held in very wet, rainy conditions on Sunday, Sept. 23 in Tysons.

MedStar NRN’s adaptive sports programs enable athletes with disabilities to compete in various sports such as wheelchair basketball; wheelchair tennis; adaptive rowing; sled hockey; quad rugby; Boccia ball; hand cycling, and more.

Funds raised from the Super H race have also enabled all of MedStar NRN’s adaptive sports teams to compete at the national level. Their wheelchair basketball team is currently ranked number 3 in the nation. Additionally, one of its players, Trevon Jenifer, is a gold medalist on the U.S. Paralympic basketball team, while Hallie Smith is a member of the U.S. Paralympic Rowing team. MedStar NRN’s programs range from introductory clinics to elite competitions.

“We sincerely appreciate all of the generosity of our sponsors and those who attended this year’s race,” said Joan Joyce, director of recreation therapy and community relations for MedStar NRN. “Our adaptive athletes are very grateful for all of the support they receive as well as those coming for our fitness classes. It really means a lot to everyone.”

Next year’s race takes place in September of 2019. Stay tuned for information on the date and time.

To contribute to adaptive sports even though the race is over go to: MedstarNRH.org/SuperH5K (www.medstar NRH.org/ways-to-give/events/super-h-5k-run-walk-and-wheel/#q={}).
McLean Connection

From Page 2

will speak about their integrative approach for balancing male and female hormones and the various health benefits of acupuncture. Free. Call 571-529-6699, option 3 to RSVP or visit www.rosewellness.com.

8th District Congressional Candidates Forum. 7-9 p.m. at Grace Presbyterian Church, 7434 Barth St., Springfield. Both of the certified candidates – Thomas S. Oh (R) and Donald S. Beyer Jr. (D) (incumbent) – have been invited. The questions for the candidates will be written on cards by the audience and sent to the moderator. This event is free and open to the public. Email votervotesrcfaw@gmail.com.

Open Membership Meeting. 7-9 at Vienna Community Center, 121 Cherry Street SE, Vienna. Since 1955, the Vienna Woman’s Club has been uniting women in common interests, activities, education, welfare, philanthropy, civic, values and arts. This is a great opportunity to hear a guest speaker and join the Vienna Woman’s Club. Free. Visit www.ViennaWomansClub.org.

THURSDAY/OCT. 18
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 every month, hosted by Shepherd’s Center of Oakton-Vienna, www.soc.org. Contact facilitator Jack Tarr at 703-821-6538 or jsarr5@verizon.net.

Congestion Solutions Meeting. 7 p.m. at McLean High School, 1633 Davidson Road, McLean. Join the Virginia Department of Transportation and Fairfax County for a second community meeting on efforts to identify potential congestion solutions for neighborhoods near I-495 (the Capital Beltway). VDOT and County staff will give an update on input received since the first community meeting in early August and be available to answer questions. Visit www.virginiadot.org/projects/northernvirginia/mclean_traffic_analysis.asp.

SATURDAY/OCT. 20
FACEing the Future Together. 8 a.m.-3:30 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. Family and community engagement (FACE) is at the center of everything that PTAs accomplish. Join the launch of a new effort to welcome and encourage all families throughout Fairfax County to become active participants in their school community. $10 (includes continental breakfast, lunch and snacks). Scholarships are available for the conference and can be requested on the registration form. Interpreters will be available. Go to www.fcpta.org to register.

WEDNESDAY/OCT. 24
MCC Governing Board. 7:30 p.m. at the MCC Administrative Offices, 6631 Old Dominion Drive, McLean. All meetings of the Governing Board are open to the public. Tax district residents (Dranesville District-1A) who wish to speak during the “Citizen Comment” portion of the meeting are asked to call the Center at 703-790-0123, TTY, 711 to be placed on the agenda. Visit www.mcleancenter.org.

LETTERS TO THE EDITOR

From Page 6

currently State Senator (33rd District) has a proven record of working with legislative colleagues in Richmond for affordable healthcare. She worked to expand Medicaid to those Virginians needing care that is expected to bring more than $10 billion back to Virginia’s economy. Underlying Wexton’s effort is her belief that access to affordable healthcare is a right for all Americans. Northern Virginians have a skilled champion ready to work on our behalf. Vote for Jennifer Wexton in November.

Sharon Canner
Reston

News I Know Now – And You Do, Too

By KENNETH H. LOUIE

Stay the course. Meaning, to write short a long story: some week chemotherapy interval, some week microdose, and weekly blood scan to be followed up by usual and customary some post-scan appointment nine days later with my same diagnosis-to-date oncologist.

The request, to lengthen and start paragraph: the tumors had that slowly progressed – which at some point, generally speaking, was not totally unexpected, given the underlying diagnosis, and the previous scan interval.

But the doctors can’t say with any certainty if this ‘significant’ growth occurred during the preceding weeks when my treatment interval had been extended to seven weeks or had it grown during the most recent seven weeks when I had three separate infusions and thus had actually stopped the growth as compared to the October 2017 scan referenced by the radiologist.

Not knowing definitively which scenario was correct, and rather than wallowing in the horse that we rode in on so successfully, we decided to commit to another familiar quarter of Africa every three weeks, etc., and re-issues in 12 weeks when my next typical irregularly scheduled CT scan will occur. Then we can re-evaluate our options.

If in the interim however, I feel this newly acquired tumor growing and pushing on organs in location directly under my Adam’s Apple, it’s likely I will feel something unique. Without any other tumors locally affecting my lungs, I will say, keep an awareness.

To be clear – as clear as lammy Kenny can be after hearing an oncologist’s answer to one of Kenny’s muddled what-it-cancer questions – this currently focused-up tumor does not represent “spread” movement in non-medical terms. And movement “spread” in the cancer-patient’s world is not good. So I as I understand anyway.

However thankful I am that this tumor’s appearance doesn’t indicate “spread,” its growth is nonetheless concerning. Unfortunately, for our sanity, the basic course of action, all things considered, is to fire up the conversation-discussion-agreed-on strategy going forward, is to walk and see.

Handy ideal. But in the cancer treatment business, there is some reactive rather than proactive pursuits.

As much as I want and expect my oncologist to know answers/outcomes in advance, he doesn’t. Unprecedented. Cancer is in control and what it decides to do is anybody’s guess. For my oncologist, it’s an educated guess. For the patient (you truly, anyway), it’s not a guess, it’s hope and you do, too.

Sharon Lawler is an Accredited Representative for The Northern Virginia & The Connection Newspapers.
JD Callander

Direct: (703) 606-7901
Office: (703) 821-1025
jd@newNOVAhome.com
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