



PHOTO BY MIKE SALMON/CONNECTION

Houses going up in Lorton, Fairfax County from the \$900,000s, as the sign says. 18 Single Family Homes from 3000-5000 square feet with 4-6 bedrooms. <https://www.christophercompanies.com/community/hollybrook-farm/>

Real Estate Prices Close the Door For Some, Others Get Creative

Homeowners adding on or taking advantage of county programs to stay put.

BY MIKE SALMON
THE CONNECTION

On the eastern side of Telegraph Road in the Newington area, crews recently broke ground on the community of Hollybrook Farm, a small community of homes in southern Fairfax County that are nearly \$1 million each.

On the other side of Telegraph Road, a homeowner is putting on a very large addition that is itself bigger than many houses. These are some examples of the housing dilemma that's facing residents in county.

According to the Northern Virginia Association of Realtors, Fairfax County is still a hot market. The average price of a house that sold in September was \$695,154 which is up 2.4 percent in the last year, and the median price for houses in September was \$598,950, up 1.7 percent.

At nearly \$1 million, Hollybrook Farm is only affordable to the high earners, many times that means a two-income family making about \$200,000 a

year. On a \$900,000 home, with 10% down, meaning \$90,000 in cash, the monthly payment is somewhere around \$8,000 a month.

To be able to afford a given home, lenders require the homeowner to have enough income to pay the housing expenses and still have enough money left over to provide for basic needs like food, clothing and medical care. Ideally housing expenses should not exceed 30% of your income. If \$8,000 was about 1/3 of the monthly income, that would be an annual salary of \$288,000. This is out of reach for a majority of county residents, where only 26.8% of households are bringing in over \$200,000, according to "Demographic Reports 2020," put out by Fairfax County.

Home Additions

One way homeowners are adapting to the increase in housing needs is to build additions onto their current homes. Across Telegraph Road from the Hollybrook Farm construction, a homeowner off Newington Road is in adding on a lot of square footage.

To make additions like this in Fairfax County, the builder is re-

quired to obtain a residential addition building permit, mechanical permit (for new heating and air conditioning system), electrical permit and plumbing permit (if new plumbing fixtures are installed), the county said. These are all found on the county website, but they recommend hiring a professional builder who can take care of all the permits required. With additions like this, a fire alarm must be installed also and linked to a monitoring company.

North Hill and the Arden

Last year there was progress on affordable homes in the Richmond Highway corridor. Two locations, named North Hill and the Arden Building, are in the Huntington and Hybla Valley area. Officials broke ground at The Arden in 2020, and the project consists of 126 affordable units, including 10 efficiencies, 26 one bedrooms, 76 two bedrooms, 14 three bedrooms, and 11 fully accessible units in the transit-oriented neighborhood.

Wesley Housing is building
SEE REAL ESTATE. ON PAGE 4

Female Stranger Remains a Mystery

Cryptic crypt continues to confound city.

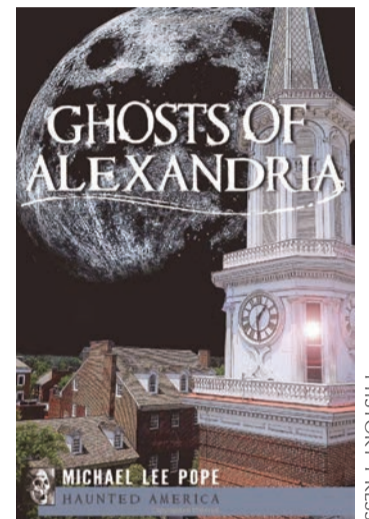
BY MICHAEL LEE POPE
GAZETTE PACKET

Readers of the Alexandria Gazette learned about an auction of salt and a house for rent at the corner of Washington Street and King Street. They even read about a 50-pound bar of iron that was discovered on King Street and the horse races that were scheduled to happen at the Port Tobacco Jockey Club. But unfortunately, the issue released on Monday Oct. 14, 1816 gave no indication at all about events that ended up being perhaps one of the most important things that ever happened in Alexandria: the death of the Female Stranger.

Visitors to the St. Paul Cemetery in Old Town are greeted with one of the most bizarre headstones in the history of funerary. No name appears on the tabletop tombstone. Instead, there in large capital letters, it says "FEMALE STRANGER."

"Of all the legends and tales of old Alexandria, the most poignant is the mysterious story of the Female Stranger," wrote the late Alexandria historian Ruth Lincoln Kaye. "It's the greatest mystery of them all."

Every Oct. 14, the mystery is renewed, and every year the list of possible explanations becomes



HISTORY PRESS

For more about the legend of the Female Stranger, check out "Ghosts of Alexandria" by Michael Lee Pope.

more elaborate. The recent success of the musical "Hamilton" has underscored one of the theories — that she was the daughter of disgraced former Vice President Aaron Burr, who was cancelled after he tried to start an insurrection against the United States government. Another popular theory is that she was Blanche Fordan, the center of an international love triangle between two brothers from England.

"I suppose it's sort of like a crossword puzzle," the late city historian Michael Miller once quipped. "You don't want to leave it until you've solved the puzzle."

It's not just the Female Stranger whose identity remains shrouded in mystery. There's also the Male

SEE FEMALE. ON PAGE 5



PHOTO BY MICHAEL LEE POPE/GAZETTE PACKET

The mysterious tombstone of the Female Stranger at the St. Paul's Cemetery includes no name, and it says she died on Oct. 14, 1816.

McEneaney Associates has always had one motto in mind... not to be the biggest, but the best. For more than 40 years, our Associates have lived in and supported Alexandria, helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit www.WeAreAlexandria.com

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www.WendySantantonio.com



Alexandria City | \$1,225,000

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**Fords Landing
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Sparkling 3-bedroom, 2-bath home features hardwood floors, 2 gas fireplaces, handsome moldings, custom built-ins, and a sunny stainless kitchen. Luxurious primary suite with vaulted ceilings, multiple closets, and expansive bath. Lovely deck and off-street parking for 2 cars. 722 Battery Place

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OPEN SAT 10/16 & SUN 10/17, 12-2PM

**Yates Garden
 \$825,000**

This charming 3-level, 2-bedroom, 2-bath home was fully renovated in 2016 including refinishing the original hardwood floors and preserving door hardware to keep with the charm of Old Town living. Beautiful fully fenced brick patio and finished basement. 709 S Royal Street

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**Colecroft
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NEWS

PHOTOS BY SUSAN LAUME/GAZETTE PACKET



The Noman Cole Jr. Pollution Control Plant, celebrated 50 years of service in 2020.



Virginia Master Naturalists observe the Grit Train mechanism that removes materials heavier than water which are hauled to the landfill.

Local Naturalists Tour Cole Pollution Control Plant

BY SUSAN LAUME
GAZETTE PACKET

Wrap your head around the fact that the water coming out of your kitchen tap today is the same water that has been on the earth for four billion years. Falling rain may seem new and fresh, but the earth is a closed system; no new water is being added to our planet. To keep water safe for drinking and other uses, the earth's huge natural recycling system gets a helping hand from the Noman M. Cole Jr. Pollution Control Plant, in Lorton. Owned and operated by Fairfax County, the 400 acre treatment center operates 24/7 all year; one five plants serving the area. The plant celebrated 50 years of service in October 2020.

Virginia Master Naturalists touring the plant on Oct. 1, got an up-close look at the operations that assure reused water meets or surpasses national and state water quality requirements. In the process of water treatment, wastewater and sewage go down your house pipes, entering a system about 3,000 miles long; reaching the Cole plant in four to five hours by gravity, assisted by 63 pumping stations. Upon reaching the plant, the first filtration pass, through mechanically controlled screens, separates out debris, such as sticks, rags, and other objects harmful to the system, which is hauled to the landfill; at a rate of 2 to 3 tons per day. The next step separates out other grit and sand matter, heavier than water. The screened waste water then goes into large tanks, covered for odor control, for about four hours, where solid matter either settles or floats, and is removed by mechanical rakes. That filtered liquid flows to eighteen foot deep aeration



Plant Director Mike McGrath, (white hat) explains one of the primary processes where solid matter and floating materials are separated in covered tanks.

tanks to supply oxygen to natural bacterial microorganisms which feed on organic matter and nutrients in the filtered water.

About 100 million pounds of bacteria assist the cleansing process. Some microorganisms are collected for reuse; the excess biosolids are collected, burned, and hauled to the landfill where they are contained in ash pits. The cleaned water flows to either a five- or seven-million-gallon holding pond. At that point it is sufficiently clean to meet water quality standards. Water birds, and the occasional fish likely dropped by Ospreys nesting on site, can be seen enjoying

the ponds.

Cole uses yet another bio-filter, beyond the filtration done at many treatment plants: Moving Bed Biologic Reactors (MBBR). The plant was the first to use this large scale microbiological model for sewage treatment in the U.S. Multi-surfaced plastic objects in large numbers churn in an aerated tank, providing increased surface for growth of food to sustain the microorganisms relied upon to bring down nitrogen levels, which otherwise would be harmful to aquatic systems and the environment.

In the final step, the water is disinfected



Mid process tanks introduce aeration to stimulate bacteria used to breakdown matter in the wastewater.

with either sodium hypochlorite or ultraviolet light. The treated wastewater can then be released into Pohick Creek, soon reaching Gunston Cove and entering the global recycling system.

It is no small job to keep our water clean. Cole, with a capacity of 67 million gallons per day, usually treats and releases approximately 40 million gallons of treated waste water per day; the equivalent to 60 Olympic sized swimming pools. About 170 employees work at the plant; others monitor businesses to assure regulatory compliance. The plant operates an in-house State certified laboratory for daily testing of nitrogen, phosphorus, and other pollutant levels. Employees and contractors check sewer lines using closed circuit television to avoid costly pipe failures. Residents can do their part by keeping grease, pesticides, paint, wipes, medicine, dental floss, paper towels, feminine hygiene products, and other items harmful to the system away from drains and toilets. For more information, see www.fairfaxcounty.gov/publicworks/wastewater/what-you-can-do.

Free Halloween Lyft Rides

Free Halloween Lyft rides (up to \$15) will be offered to deter impaired driving throughout the Washington-metropolitan area, beginning Saturday, Oct. 30, 2021.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the Halloween SoberRide program will be in operation beginning at 10 p.m. Saturday, Oct. 30 until 4 a.m. on Sunday October 31, 2021 as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this six-hour period, area residents age 21 and older celebrating with alcohol may download the Lyft app to their phones, then enter the SoberRide code in the app's "Promo" section to receive their no-cost (up to \$15) safe transportation home. WRAP's Halloween SoberRide promo code will be posted at 7 p.m. on Saturday, Oct. 30 on www.SoberRide.com.

"Well over one-third (41%) of all U.S. traffic fatalities during Halloween from 2015 to 2019 involved drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Erickson, WRAP's President.

During the 2019 Halloween holiday (COVID-19 prevented last year's campaign), a record 1,122 persons in the Washington-metropolitan area used WRAP's SoberRide program rather than possibly driving home impaired. The charity also offers its

SoberRide program on St. Patrick's Day, Cinco de Mayo, Independence Day and the winter holidays.

Since 1991, WRAP's SoberRide program has provided 80,407 free safe rides home to would-be drunk drivers in the Greater Washington area. www.SoberRide.com.

Mount Vernon-Lee Chamber of Commerce

Meet the local candidates running for the Virginia House of Delegates as you prepare to vote. For those unable to attend in person, the program may be viewed as a Facebook Live event on the Chamber's Facebook page that morning.

Thursday, Oct. 21, 8 - 9:30 a.m., Belle Haven Country Club

The Virginia House of Delegates is one of the two parts of the Virginia General Assembly, the other being the Senate of Virginia. It has 100 members elected for terms of two years. The House of Delegates is the modern-day successor to the Virginia House of Burgesses, which first met at Jamestown in 1619.

Confirmed participants: Paul Krizek, Richard Hayden, Mark Sickles, Edward McGovern, JD Maddox. Also invited participants: Kathy Tran, Brenton Hammond, Elizabeth Bennett-Parker.



PHOTO BY MIKE SALMON/CONNECTION

A large addition under construction just off Newington Road.

Real Estate Prices Close the Door For Some, Others Get Creative

FROM PAGE 1

the seven-story building at the intersection of Huntington Avenue and Biscayne Drive. They will begin accepting rental applications in spring 2022 from the public and referrals from individuals coming from the Fairfax County Redevelopment and Housing Authority.

On July 31, 2020, officials broke ground on the Residences at North Hill project in the Hybla Valley section of Fairfax County. Mount Vernon Supervisor Dan Storck and the Fairfax County Redevelopment and Housing Authority were behind this \$174 million development that includes 216 affordable rental

apartments, 63 affordable senior independent living apartments, 175 market rate townhomes and a 12-acre public park. This project is still under construction.

According to McLaughlin at NVAR, they are trying to find ways to enable voluntary or market-rate affordability by allowing more units to be built or preserved at a lower cost, which includes incentives for builders and redevelopers to add affordable units.

"There is always a balance here in preserving private property rights and providing incentives for builders and those redeveloping to offer some less expensive housing," he said.

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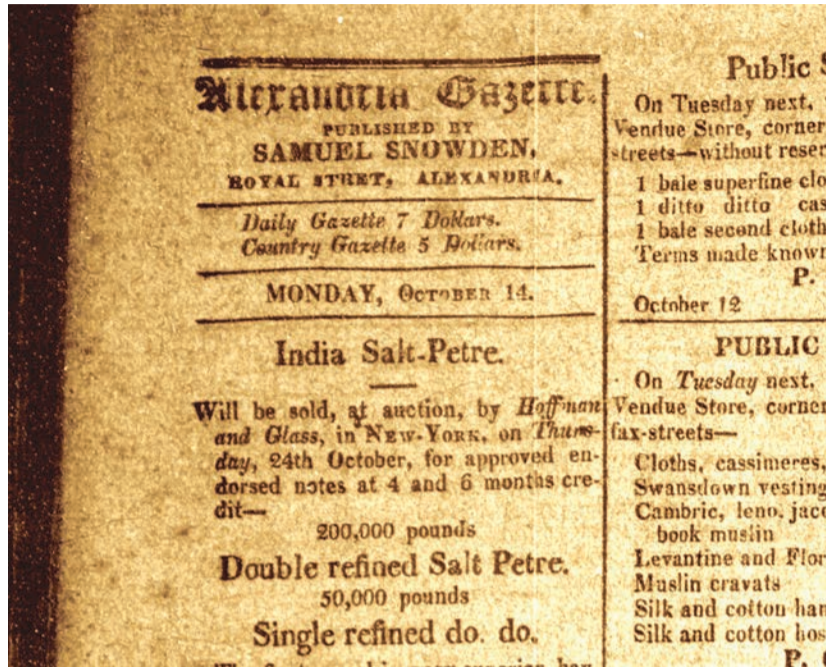
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Female Stranger Remains a Mystery

FROM PAGE 1

Stranger, the guy who accompanied her to town and arranged to have this amazingly peculiar headstone erected in St. Paul's Cemetery. According to legend, he skipped out on paying the bill for the headstone and his stay in town. Searching through the archives of the Alexandria Gazette, Miller found an 1861 article that seems to indicate he was a roguish neerdowell named Clermont who was later imprisoned at Sing Sing.

"Maybe someday, we'll find a new piece of evidence and solve the mystery," Miller said in a 2010 interview. "Until then, we can only speculate."



The Oct. 14, 1861 issue of the Alexandria Gazette gives no indication about who the mysterious Female Stranger may have been or why it was so important to keep her identity a secret.

"Of all the legends and tales of old Alexandria, the most poignant is the mysterious story of the Female Stranger. It's the greatest mystery of them all."

— Ruth Lincoln Kaye



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Chamber Golf Classic Raises Money for Scholarships

Local business and community leaders gathered at Laurel Hill Golf Club on Sept. 22 for the 23rd Annual Chamber Golf Classic hosted by Mount Vernon Lee Chamber of Commerce to raise money for the Chamber's Scholarship Fund.

Winning the competitive field was the team from Genuario Construction Co. with Rick Genuario, Sue Genuario, Robert Hines, and Dick Alderson. Robert Hines is the owner of Sun, Sew, Vac in Mount Vernon Plaza.

"Our members work so hard to support the scholarship program," said Chamber Executive Director Holly Dougherty. "The golf event is the main fundraiser for the scholarships and is a great example of local businesses working together for the community."

Special recognition was given to Luca Farina, Cisco and Niko Alexious, Clearpath Solutions Group for their contributions to the Mount Vernon Lee Education Partnership. Both businesses have been presenting sponsors of the golf event for several years.

With a close second place score was a team from Burke & Herbert Bank consisting of Travis Clarke, Chris Talbert, Jake Barney and Casey O'Hearn.

Winners for longest drive and closest to the pin were Christine Morin, Office of Supervisor Storck; John Peitler, Clearpath Solutions Group; Jeff Kelly, CDI; Jack Dziak, InfoLock; Kevin Neary, Cisco; and Jen Gulman, Wegmans.

The Chamber began awarding \$500 scholarships in 1998 to local high school seniors seeking further education in a business-related field with the amount of the scholarship growing to \$2,000 awards. Since 1998, more than \$260,000.00 has been given to help students with their education.

"An investment in education is an investment in the future of our community," Dougherty said. "The Chamber has an active interest in developing business and community leaders."



Genuario Construction Co. wins first place with Robert Hines, Dick Alderson, Sue Genuario, and Rick Genuario.



Second Place went to Burke & Herbert Bank's Chris Talbert, Jake Barney, Travis Clarke, and Casey O'Hearn.



Supervisor Rodney Lusk and Chairman Jeff McKay spoke to the golfers before the event began. Left - right: Alison Ross Tompkins, The Fairfax; Supervisor Rodney Lusk, Lee District; Jeff McKay, Fairfax County Chairman; Rick Genuario, Genuario Construction Company.



Luca Farina, Cisco and Niko Alexious, Clearpath Solutions Group were recognized for their contributions to the Mount Vernon Lee Education Partnership.



Individual contest winners were Christine Morin, Office of Supervisor Storck; John Peitler, Clearpath Solutions Group; Jeff Kelly, CDI; Jack Dziak, InfoLock; Kevin Neary, Cisco; and Jen Gulman, Wegmans.

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Indigenous Peoples' Day

BY DELEGATE PAUL KRIZEK

Earlier this week, Governor Northam proclaimed for the second year in a row that Virginia will officially recognize the second Monday in October as Indigenous Peoples' Day. Governor Northam said in his video announcement, "As a country and as a commonwealth, we have too often failed to live up to our commitments with those who were the first stewards of the lands we now call Virginia — and they have suffered historic injustices as a result. Indigenous Peoples' Day celebrates the resilience of our tribal communities and promotes reconciliation, healing, and continued friendship with Virginia's Indian tribes."

This year, President Biden became the first U.S. President to formally recognize Indigenous Peoples' Day as a national holiday, by signing a presidential proclamation.

Indeed, Indigenous Peoples' Day is a day to celebrate the heritage of our first people here in Virginia and around the country, and for both native and non-native residents to celebrate the many aspects of native culture, both historic and contemporary. Knowledge of the history of American Indians is essential to understanding our collective story. Yet, it is also an opportunity to change the narrative about colonialism into a deeper look at historical truths about the genocide and oppression of indigenous people in America.

Since South Dakota began celebrating "Native American Day" in 1989, some version of Indigenous Peoples' Day has replaced the recognition of Columbus Day in thirteen states and the District of Columbia, and dozens of cities and counties across the country. Here in Virginia, in 2017, Charlottesville and Falls Church became the first localities in the Commonwealth to observe Indigenous Peoples' Day, followed by Alexandria City and Richmond City in 2019.

Columbus Day has been observed as a federal holiday each second Monday of October since 1934, but each local government can choose



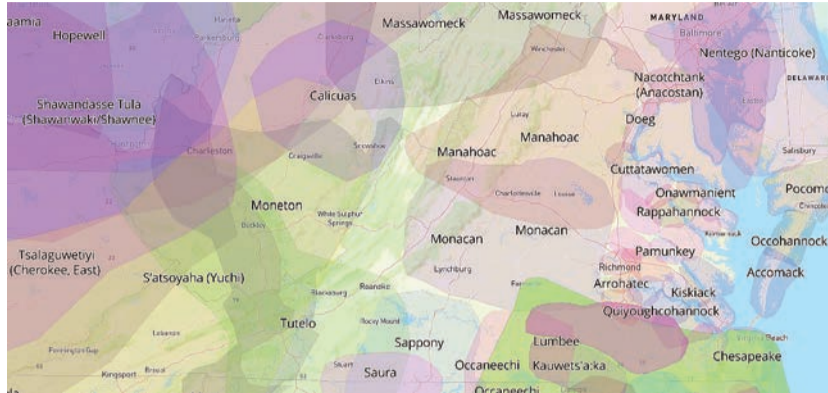
Krizek

whether or not to celebrate it — or, like Virginia, can decide to amend the name and objective for the holiday. Today, Indigenous Peoples' Day is dedicated to celebrating the rich and diverse cultures and traditions and acknowledging the important contributions of Native people throughout the country.

The lands that would later become known as Virginia have always been home to indigenous people, with an estimated population of 50,000 comprising at least 15 separate nations prior to the arrival of the English settlers. Many of those tribes, like the Dogue in our region, were exterminated due to treaties broken and ignored.

Below I have listed the 11 state-recognized tribes in Virginia. The first seven tribes below are also federally recognized.

- Pamunkey (Pamunkey River/King William County)
- Chickahominy (Charles City County)
- Eastern Chickahominy (New Kent County)
- Upper Mattaponi (King William County)
- Rappahannock (Indian Neck/King & Queen County)
- Monacan Indian Nation (Bear Mountain/Amherst County)
- Nansemond (Cities of Suffolk and Chesapeake)
- Mattaponi (Mattaponi River/King William County)
- Cheroenhaka (Nottoway) (Courtland/Southampton County)



A snapshot of Virginia's native tribal lands courtesy of <https://native-land.ca/>

- ampton County)
- Nottoway of Virginia (Capron/Southampton County)
- Patowomeck (Stafford County)

As Delegate, I will continue my legislative work in Richmond to honor Virginia's tribes with respect and support for their tribal sovereignty, educate the public on their rich histories, and seek justice for wrongs done in the past. One example is to reintroduce my bill for the Tribal Land Repatriation Program and Fund, which would allow Virginia tribes to apply for grants to purchase and recover their historic lands. When Europeans arrived, tribes were met with violence and many were forcibly moved, including the Nansemond and Rappahannock. Last year, the Chickahominy Tribe acquired 105 acres of land in Charles County that belonged to their ancestors. The Chickahominy join two other Virginia tribes, the Pamunkey and the Mattaponi, who currently own small pieces of their original homeland. In too many instances, the government confiscated or was sold tribal land cheaply and did not fully compensate the tribes. We will never be able to undo that colonial oppression, but we can ensure that these tribes receive future support for the restoration of their homelands, especially that land on the open market with significant cultural and historical connections to the tribe.

Supporting Key Values: Service, Peace, Sacrifice 60th Anniversary of the Peace Corps

BY DON BOILEAU

Sept. 22 was the 60th anniversary of the Peace Corps, the day that President John F. Kennedy signed into law legislation creating the agency. With one stroke of a pen President Kennedy deepened our nation's ability to live out key values — values like service, peace, sacrifice, commitment, and learning from those we hope to serve. I am proud to be one of more than 8,315 Virginians who have served in the Peace Corps, joining more than 240,000 nationwide over these last 60 years.

I entered the Peace Corps in 1967 hoping to help others. However, I left enriched and grateful for what I had learned from the many Koreans I had come to serve. Due to a hous-

ing shortage, volunteers in Korea were assigned to live with families. This became an exchange for me as the youngest daughter lived with my parents in Oregon for a year on her way to graduate work.

Because of the pandemic, Peace Corps will observe the 60th anniversary without Peace Corps Volunteers in the field. But returned volunteers have continued with Kennedy's dream by being engaged in many projects.

For the fifth time, Northern Virginia Volunteers have a booth at the Reston International Festival. This same group of people do a quarterly trail clean up in Reston. President Kennedy rightly understood the need for returned volunteers to be active in serving their communities.

Many volunteers selected ca-

reers in international work from the State Department to business and international organizations. Others returned to the states to become involved indirectly in international activities.

Over the last 60 years, nearly a quarter of a million Peace Corps volunteers have made a tremendous contribution to the individuals and communities in which they served, and to our planet. We are fortunate that our local Representatives [Connolly, Wexton, and Beyer] and U.S. Senators [Warner and Kaine] have supported increased funding for Peace Corps. Peace Corps has had a lasting influence not only on the countries and peoples it serves but has had a major impact on the ways returned volunteers have participated in our communities.

Don Boileau served Peace Corps from 1967-1969 in South Korea and is a George Mason University Emeritus Professor. He is a member of the Northern Virginia Returned Peace Corps Volunteers, and lives in Reston.

VOTE EARLY:

EARLY IN-PERSON voting locations are open Sept. 17 - Oct. 30 at three government center sites: Fairfax County, Mount Vernon, and North County.

Any registered Fairfax County voter may vote early at any Fairfax County early voting location.

Early in-person absentee voting is available for the November 2021 General & Special Elections at the following three locations from now through Oct. 30.

❖ Fairfax County Government Center, 12000 Government Center Pkwy, Conference Rooms 2/3, Fairfax

❖ Mt. Vernon Governmental Center, 2511 Parkers Ln, Alexandria

❖ North County Governmental Center, 1801 Cameron Glen Dr, Reston

Thirteen additional early in-person voting sites are open Oct. 21 - Oct. 30.

www.fairfaxcounty.gov/elections.

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Selling Like Hot Cakes At the Native Plant Sale

BY SHIRLEY RUHE
THE GAZETTE

Jane Hull, plant volunteer and Tree Steward, stands on the sidewalk outside The Church of St. Clements on Saturday answering questions from newcomers looking for a *Lobelia siphilitica* to fill that blank space in the backyard garden or a Spotted beebalm to attract butterflies and birds. The annual Northern Alexandria Native Plant Sale is in full swing on Oct. 2. Enthusiasm has built up since the cancellation of the spring sale which had been scheduled for April 24.

But it's only 9:30 a.m. "Better get in there now; things are going fast," she says. Paul Cusumano, owner of Meadowsweet native plant farm in Pennsylvania says he has been coming for 12 years and he always orders twice as many plants as he brought the year before. He says the best sellers so far have been the native shade perennials.

Eight-year-old Elaine Wirtz stands patiently in line at Cusumano's stand with her elderberry tree waiting to pay and take it home for the backyard. Her mother says in their house it's impossible not to garden. A customer asks for a *Rudbeckia hart*. "Don't have any black-eyed Susan but do have a tribola, a brown-eyed Susan."

Linda Hayes Bennett is standing by the curb, her bag loaded with a profusion of plants including chelone or pink turtlehead (rhymes with baloney) and an overloaded cardboard box nearby. She has bought them for her best friend Priscilla who went to Tennessee to help her parents. They are a showy plant with tubular two-lipped shaped flowers.



Eight-year-old Elaine Wirtz with her elderberry tree at the native plant sale Saturday, October 2.



Jane Hull, plant volunteer and Tree Steward (left) with St. Clements native plant sale customer Linda Hayes Bennett.

"You can get them over there," Hull says, "but better hurry, they are popular and will be gone soon."

Bennett explains, "These colors look like an aria. It's the power of music and art to embrace us." Bennett says while her friend was gone she redid her friend's place with a feel good kitchen in these colors. So she bought the plants to match, "to make a fairy, mystical place."

Parking is tight so a few people are walking blocks back to their car down Crestwood next to the church while balancing small trees and cardboard boxes of phlox. Others wait by the curb with their red wagon "plant taxi" loaded with their native plants for a pick up.

Over a dozen vendors from Virginia, Maryland and Pennsylvania fill the space next to the church with vines, shrubs, perennials. Got shade or an arid corner of the

yard? Want a splash of color or a flower garden that rotates colors as a succession of plants blossom all spring and summer?

The native plant movement has exploded in recent years as gardeners and landscapers have realized the value of thinking beyond the color and shape of plants to promoting diverse habitats and food sources for pollinators and birds. Swamp Milkweed attracts butterflies and hummingbirds and is an important food source for the monarch caterpillar while the *Heuchera americana* attracts small bees which in turn work as pollinators.

Planting a variety of native plants can attract a diversity of insects that serve as a food source for birds as well as pollinators that promote the growth of plants. It makes the garden function like a system.



Paul Cusumano searches for a *Lobelia siphilitica* at his Meadowsweet native plant farm stand.

Jessica D. Aber Is U.S. Attorney for Eastern District of Va.

Jessica D. Aber was officially sworn in today as the 63rd United States Attorney for the Eastern District of Virginia by Chief United States District Judge Mark S. Davis and United States District Judge M. Hannah Lauck at the federal courthouse in Norfolk.

"I am grateful to the President for my nomination and to Senators Warner and Kaine for their recommendation and endorsement," said Aber. "After serving as an Assistant U.S. Attorney for more than a decade, I am honored to lead this tremendous district with its dedicated public servants and to help preserve public safety with our law enforcement and community partners. I look forward to working in support of the mission of the Department of Justice and toward the realization of fair and equal justice for all."

U.S. Attorney Aber was nominated by President Joseph R. Biden Jr. on Aug. 10 and unanimously confirmed by the Senate on Oct. 5.

Aber began her service to EDVA in 2009 as an Assistant U.S. Attorney, handling a variety of financial fraud, public corruption, violent crime, and child exploitation cases. She has served as the EDVA representative to the Richmond Division's drug court for her entire tenure. From 2015 to 2016, she

served on a detail assignment as counsel to the Assistant Attorney General for the Criminal Division of the Department of Justice. Since 2016, Aber has served as the Deputy Chief of the Criminal Division for EDVA.

Prior to joining the Department of Justice, Aber was an associate at McGuireWoods LLP from 2007 to 2008. She served as a law clerk for then-Magistrate Judge M. Hannah Lauck on the United States District Court for the Eastern District of Virginia from 2006 to 2007.

Aber received her J.D. from William & Mary Law School in 2006 and her B.A., magna cum laude, from the University of Richmond in 2003.

According to the Richmond Times Dispatch, Acting U.S. Attorney Raj Parekh, in charge of the office since U.S. attorney, G. Zachary Terwilliger's departure in January, did not apply for the position.

As U.S. Attorney, Aber supervises the prosecution of all federal crimes and the litigation of all civil matters in which the United States has an interest. She leads a staff of approximately 300 prosecutors, civil litigators, and support personnel across four Divisions located in Alexandria, Richmond, Norfolk, and Newport News. The district serves over six million residents.

ALIVE! Walkathon

The 40th Annual StepALIVE! Walkathon is Sunday, October 17, 2021, at 2 p.m. The 5-mile group walk through Old Town Alexandria will start and finish at the parking lot of First Christian Church located at 2723 King Street, Alexandria, VA 22302, which is also the main office for ALIVE!. Pre-registration and T shirt pick-up begins at 1:15 p.m. on walk day and the post-walk celebration is from 3:30 - 4:30 p.m.

StepALIVE! supporters can also walk in solidarity with ALIVE! on their own or in a small group with their congregation, family, or community

members in neighborhoods, places of worship, local parks, or other locations of their choice. All are asked to maintain safety and health guidelines.

Walkers are encouraged to register in advance through the StepALIVE! website www.stepalivewalk.org. Individual walkers and teams can raise money through their fundraising pages. Make a tax-deductible donation in support of a walker or team, or to StepALIVE! in general. There will be prizes for the team with the most walkers and most money raised.

SEE ALIVE!, PAGE 15



PHOTO CONTRIBUTED

Former Washington Football Team linebacker Andre Collins will be the featured speaker at the Oct. 20 meeting of the Alexandria Sportsman's Club.

ASC to Host Andre Collins

20th annual Football Night to be held Oct. 20.

Andre Collins, a former NFL linebacker who started in Super Bowl XXVI for the Washington Football Team, will be the featured speaker at the Oct. 20 meeting of the Alexandria Sportsman's Club.

Now in its 20th year, the annual ASC Football Night will be held in person at the Old Dominion Boat Club.

Collins played 10 seasons in the NFL as an outside linebacker. He currently serves as Director of Retired Players for the NFL Players Association, where he works to ensure retirees make successful post-football transitions.

A standout inside linebacker at Penn State, Collins was named a 1989 All-American and a Butkus Award finalist. He played at

Cinnaminson High School in New Jersey and was in the first group of inductees to the Cinnaminson High School Athletics Hall of Fame. He went on to earn a Bachelor of Science in Health Policy and Administration from Penn State in 1991.

Collins will talk about his experiences in the NFL as well as his post-NFL career and there will be time for Q&A.

The meeting will be held Oct. 20 at the Old Dominion Boat Club, 200 Strand Street, with complimentary dinner and drinks beginning at 6:30 p.m. All are welcome and the meeting is free and open to the public. For more information, visit www.alexandriavasports.org.

— JEANNE THEISMANN

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PHOTO BY MIKE SALMON/CONNECTION



PHOTO BY MIKE SALMON/CONNECTION

The project is off the sidewalk but occasionally one lane on Lee Chapel Road is blocked at the site.

Restoring the stream aims to thwart bank erosion and stop trash from heading downstream.

Stream Restoration Is Part Of a Bigger County Stream Program

BY MIKE SALMON
THE CONNECTION

Just off Lee Chapel Road in Burke, a section of stream area is surrounded by cones cordoning off another stream restoration project, one of many stream restoration projects throughout the county as the development faces off with stream erosion in a contest of wills — mother nature vs. development.

On paper, this project is described as “The Peyton Run at Longwood Knolls project,” located between Bestwicke Road and Lee Chapel Road. It is a Fairfax County Stormwater Planning project that involves retrofitting an existing stormwater detention basin to create a constructed wetland. This is “restoring” approximately 2,841 linear feet, more than half a mile, of eroded stream channel using natural channel design techniques, the county said. This work includes addressing a large bank failure which poses a safety hazard to the adjacent residential community and contributes excessive sediment downstream.

The county said the project, scheduled to be completed next summer, will improve water quality, restore the ecological function of the stream, improve instream habitat, and create a sustainable and safe stream valley.

The county’s streams are getting overloaded by increased runoff due to all the streets, parking lots and sidewalks that are in Fairfax County, impervious surfaces. When it rains, the rainfall doesn’t soak into the ground in those areas, so there is much runoff, and it ends up in the streams, eroding the banks at a higher level than it would have if it soaked into the soil.



This Fairfax County picture shows what a typical stream restoration entails. Opponents say this is the wrong way to manage local streams.

The engineers of the county’s Soil and Water Conservation District are trying to lessen the impact of this runoff, which not only causes erosion, but carries trash, and toxic materials from the roads that harms the stream wildlife.

In 2003, Fairfax County embarked upon a long-term project to develop comprehensive Watershed Management Plans for each of the county’s watersheds. According to the county, there are 30 major watersheds — such as Accotink Creek, Difficult Run and Bull Run, in the western part of the coun-

ty, and Long Branch. Wakefield Run and Kingstowne Stream in the eastern part. The 30 watersheds contain 980 miles of streams that all drain to the Potomac River and Chesapeake Bay.

Is It Enough?

The Environmental Protection Agency thinks these restoration methods may lack in nutrient retention, and still may be letting too many harmful chemicals get to the Chesapeake Bay.

EPA ecologist Paul Mayer has been in-

involved, and he found the amounts of reactive nitrogen and phosphorus may be a problem. He found that a technique called regenerative stormwater conveyance triggers filtration by routing stream flow over a series of shallow pools lined with substrates of permeable sand overlying a mixture of organic materials such as wood chips. This may be limited though, and each stream has its own characteristics.

“What they found is that regenerative stormwater conveyance can be an important choice for stormwater management and a best management practice for nutrient reduction — but does not offer a one-size-fits-all approach across the watershed,” the EPA said.

Is It Right?

Opponents of natural channel design techniques (see the photo above) say that it is detrimental to local streams, leads to removal of thousands of trees that are critical to the ecosystem, and fails to address the problem of stormwater runoff. Stormwater control should be done by non-destructive practices outside of streams, they say.

“Natural channel design is mainly applicable to large order streams and rivers, especially the kinds one finds in the American west,” wrote 10 concerned scientists and environmental advocates last year. “Applying it to small order, upper headwater stream channels of the deeply dissected Fall Zone of our area is a misuse of the methodology, ... and an unacceptable loss of irreplaceable native forest, wildlife, and landscape memory.” <http://www.connectionnewspapers.com/news/2020/sep/26/opinion-letter-editor-wrong-approach-stream-restor/>

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PHOTO CONTRIBUTED

Inova Mount Vernon Hospital's therapeutic recreation team won a \$3,000 grant to continue building the horticultural therapy program at the hospital. From left: Ginger Myers, PT; Jan Lane, HTR; and recreational therapists Paula Berntsen, Ted Denning and Maria Bruce.

Inova Mount Vernon Wins National Garden Therapeutic Garden Grant

After receiving thousands of votes from the public, Inova Health System is proud to announce that the Inova Mount Vernon Therapeutic Recreation Team has won first place for the National Garden Bureau (NGB) Therapeutic Garden Grant. The grant awards \$3,000, plus a variety of tools from the grant's sponsors.

The Therapeutic Garden Grant is a philanthropic program of the National Garden Bureau dedicated to supporting therapeutic gardens across North America. Inova Mount Vernon Hospital's horticultural therapy program is one of only a few programs in the Northern Virginia region.

"Horticultural therapy is a unique program within our renowned inpatient rehabilitation center," said Roberta Tinch, MHA, FACHE, President of Inova Mount Vernon Hospital and Administrator of Inova's musculoskeletal services. "Over the years, the program has evolved from a small raised garden to a therapeutic pavilion, where multidisciplinary teams of therapists use gardening tasks to work on individual patient goals. It is just one of the

many programs we offer our rehabilitation patients to help them regain the skills needed to return to their fullest lives."

Inova Mount Vernon Hospital's horticultural therapy program started in June 2019 as part of the therapeutic recreation department and in partnership with Jan Lane, HTR, of GardenLane, LLC. Horticultural therapy is a weekly, year-round program that centers on the ways in which plants and nature relate to a patient's experience in rehabilitation and healing. This grant funding will go toward helping to procure equipment and supplies needed to grow the horticultural program and improve the outdoor garden space.

"Horticultural therapy offers patients a number of benefits including improved memory, cognitive abilities, task initiation, language skills and socialization. It can also help strengthen muscles and improve coordination, balance and endurance," Lane said. "It is a joy to see patients get such a sense of accomplishment as they work to complete a project and make progress toward their therapeutic goals as well."

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.

SATURDAY/OCT. 16

Sherwood Regional Library is Turning 50 Celebration. 11 a.m. - 3 p.m. At 2501 Sherwood Hall Lane, Alexandria. Inside the library they will invite people to participate in a scavenger hunt, learn about the history of the library, participate in papermaking or a children's craft and explore our Tech Lab. Outside the library they will be hosting a children's performer, Groovy Nate at 11 a.m., Mount Vernon High School Varsity Singers Choir at 1 p.m. and a Mariachi Band (Maria-

chi Aguila DC) at 2 p.m. Additional parking will be available adjacent to the library and Whitman Middle School.

VIRGINIA HOUSE OF DELEGATES DISTRICT CANDIDATE FORUM

The League of Women Voters of the Fairfax Area invites the public to join Virginia House of Delegates District Candidate Forums, to be held online in September and October. These events are free and open to the public. Register and address questions to candidates at: <http://www.lwv-fairfax.org/2021-candidate-forum>. The Candidate Forums are nonpartisan.

SEE BULLETIN, PAGE 22

CALENDAR

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

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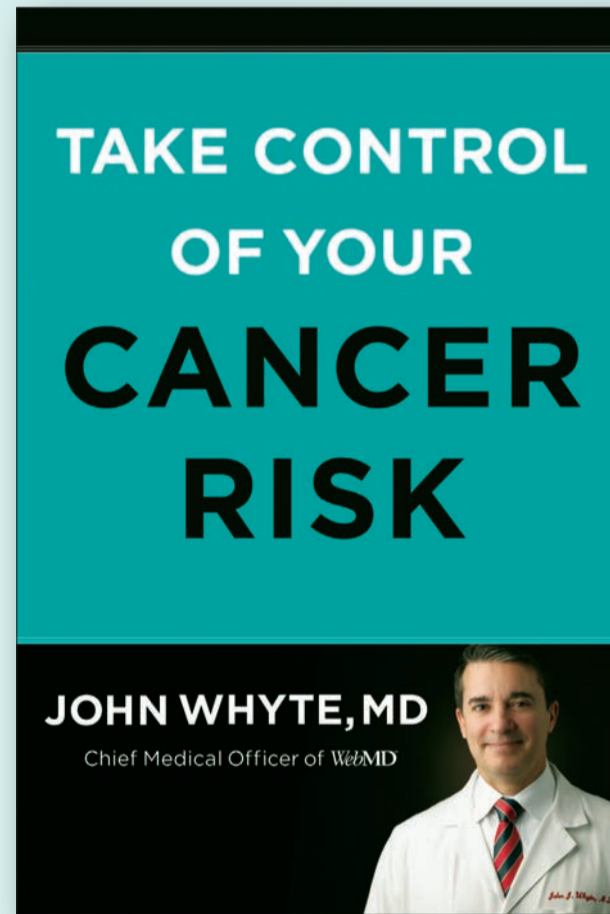
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Cows Go For the NASCOW Green

Frying Pan Park hopes to use funds for feeding the animals and operating the farm.

By SUSAN LAUME
THE CONNECTION

It's the running of the bovines. In a live streaming event at Frying Pan Park on Oct. 22, nine cows, ranging in age from nine months to four years old, will run, or mosey, to be first across the field finish line. Eevee, Florence, Hokie, Iris, Helene, Rain, Polly, Brandy, and last year's champion, Marybelle, a Guernsey, run not for the gold, but for the green — a special mix of sweet brewery grain.

Although there will be no roaring crowds in the stands, Marybelle and her competitors have been practicing and expect to put on a 'mooving' show. Supporters may select their favorite or favorites from the nine 'racer' profiles with a donation to support the farm. No money or prizes are awarded except to the cows, who all take their winnings in grain.

In the past, Frying Pan Park's annual Farm Harvest Days event raised funds for needed food, bedding, veterinary bills, and equipment to grow crop food to support its farm animals. The popular event, typically drawing 8,000 people a day, could not be held safely in 2020. With about 100 hungry mouths to feed, an alternate was needed. Fortunately, last year eleven farm cows were up to the challenge. They raised almost enough to feed the farm for that year. The NASCOW race was born and is expected to become an annual event



Brandy, center, practices her 'win by a neck' stretching strategy while training for her second NASCOW appearance at Frying Pan Park hoping to win the day and enough donations to support park farm animals for the coming year. <https://friendsoffryingpan.org/nascow>

annual event

This year's goal is \$50,000. Sponsorships are available before and after the race at <https://friendsoffryingpan.org/nascow>. Consult the same site for coming race viewing information.

At the time of our farm visit, Brandy was the favorite to win. Look out, Marybelle.

The farm is open for visits to the cows, and many other farm animals, from 9 a.m. to 5 p.m. Who will be your favorite racer?



Marybelle, the 2020 NASCOW winner, possibly considering her race strategy for the Oct. 22 rematch. <https://friendsoffryingpan.org/nascow>

Burke & Herbert Will Donate to GrandInvolve

Burke & Herbert Bank is pleased to announce that GrandInvolve, a local non-profit operating in Fairfax County, Virginia, will be the recipient of the Bank's "Scores for Kids" donation during the 2021-2022 National Hockey League (NHL) season. Burke & Herbert Bank will donate \$100 for every goal scored by the Washington Capitals during the regular season to GrandInvolve as part of the Bank's sponsorship program with NBC Sports Washington, broadcasters of the hometown Capitals. The 2021-2022 hockey season marks the seventh season during which the Bank as teamed up with NBC Sports Washington to raise awareness and direct funds to a worthy local non-profit.

Recognizing the need for

more consistent volunteering in Title I schools and the desire to enhance intergenerational activities and understanding, GrandInvolve created an innovative program to place older adult volunteers directly into the area's Title I elementary schools to offer their skills, experiences and talents to students. The volunteers come into classrooms at least once a week for several hours assisting with reading and math, material preparation, library services, mentoring and kindergarten readiness. As a result of these activities, students improve academically, volunteers and students build lasting relationships, and volunteers feel engaged and fulfilled. Prior to the pandemic, GrandInvolve had volunteers in twenty-five (25) Fairfax County Public Schools (FCPS). During the pandemic, GrandInvolve provided

volunteer services virtually.

"We are honored to be selected by Burke & Herbert Bank as this season's 'Scores for Kids' donation recipient," said Dorothy (Dot) Keenan, Founder and Executive Director of GrandInvolve. "The need for volunteers in our schools is greater than ever following a challenging year of virtual learning. This big 'Scores for Kids' assist from Burke & Herbert Bank will enable us to provide additional support to our current FCPS partners and to expand our program to more Title I schools in the county." She added, "We are so grateful to the Bank for their generosity and so excited to watch the Capitals this season. What an honor this is for our whole GrandInvolve team!"

The Bank started its popular donation sponsorship in 2015, in partnership with NBC Sports

Washington, providing both visibility and financial support to a deserving local non-profit organization. Burke & Herbert Bank has now donated more than \$150,000 to local children-focused or housing-focused organizations in the community through this sponsorship. Prior recipients include Most Valuable Kids Inc., Alice's Kids, Inc., Connect our Kids, Inc., Rebuilding Together DC-Alexandria, Homestretch, Inc., and Operation Renewed Hope Foundation.

"We are happy to be able to support the important work of another great non-profit in our community this season through the 'Burke & Herbert Bank Scores for Kids' program," said Terry Cole, Executive Vice President at Burke & Herbert Bank. "As a local community bank, an important piece of what we do is giving back to the communities

in which we do business. We are excited about being able to help children right here in our neighborhood through the Scores for Kids program and this season's partner, GrandInvolve, and delighted about our continued partnership with NBC Sports Washington."

Burke & Herbert Bank is the oldest bank in the Commonwealth of Virginia and the oldest continuously operating bank in the Washington, DC area. The Bank offers a full range of personal and business banking products and services designed to meet customers' banking, borrowing, and investing needs. Burke & Herbert Bank is headquartered in Alexandria and operates more than 20 branches throughout northern Virginia and greater Fredericksburg.

NEWS

ALIVE! Walkathon

FROM PAGE 10

This year's StepALIVE! fundraising goal of \$65,000 will benefit all ALIVE! programs which have responded to increased demand during the ongoing COVID-19 pandemic. The funds raised by StepALIVE! will allow ALIVE! to continue providing food, shelter, emergency financial assistance, and eviction prevention to thousands of Alexandrians struggling with poverty and hunger.

As an interfaith nonprofit founded in 1969, the walking route through Old Town will pass by eight of the 48 ALIVE! member congregations: First Christian Church, Ebenezer Baptist Church, Christ Church, the Basilica of Saint Mary Catholic Church, Old Presbyterian Meeting House, Saint Paul's Episcopal Church, Washington Street United Methodist Church, and Alfred Street Baptist Church. Watering stations will be setup at Christ Church and Alfred Street Baptist Church. Christ Church is also the turnaround point for walkers wishing to walk 5K instead of 5 miles.

Live music will be provided by the Alexandria Citizen Band for the pre-registration and kick off. The post-walk celebration will feature the StepALIVE! Bluegrass Band. Banjoman Frank Cassel will team up with Fred Nelson and Roger Williams (Three Boys Night Out band) and Ginger

Beecher (Taste of Bluegrass band) to sing and pick traditional bluegrass music using banjo, guitar, mandolin, and acoustic bass fiddle.

Sponsors this year include Alfred Street Baptist Church, Blaszkow Legal PLLC, Ruth L. Chamowitz & Michael J. Chamowitz, Fairlington United Methodist Men, and Oliff PLC.



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HOME LIFE STYLE

Building a Better Bar

Local designers share home bar trends.

BY MARILYN CAMPBELL
GAZETTE PACKET

Whether unwinding after a long day or hosting a dinner party for family and close friends, the pandemic has boosted the popularity of home bars, say local designers. Their relatively small size makes home bars a blank canvas on which to unleash design creativity. A few local tastemakers offer ideas to those who are ready to trade-in their bar cart for a full-size version.

“The home bar is no longer just a bar,” said Tracy Morris of Tracy Morris Design in McLean. “It has turned into the new workhorse of the home. Since our clients have been home a bit more, they are looking for secondary kitchen spaces.”

Because home bars occupy only a small area in a home, homeowners can experiment with unexpected colors and textures that might overpower a larger space.

“Saturated colors are among the latest trends in home bar designs. [They] present a great opportunity to be different and creative,” said Danielle Steele, lead interior designer, Marks-Woods Construction Services. “This space is often near the kitchen, which may be white or neutral, so it presents an opportunity to go bold.”

From wall coverings to countertops, options for courageous design abound. “We are using jaw-dropping wallpapers in many of our home bars,” said Morris. “This is the most asked for item. Clients are trying to differentiate their home bars from the rest of the home. One way to do this is with amazing wallpaper.”

Those who enjoy entertaining friends and family know that the kitchen is often a dinner party gathering spot. Home bars offer an alternative space for guests to mingle. “[It] moves them away from the center of a busy and congested kitchen into a second area, which is perfect for conversation and gathering,” said Tom Reineberg, architect. InSite Builders & Remodeling.

In fact, home bars can be equipped with accessories that allow them to serve as extensions of the kitchen. “In one recent Bethesda home, we provided a full walk-behind bar with bar stool seating, said architect

Mark Kaufman of GTM Architects. “The bar has a full array of appliances including an ice maker, refrigerator, dishwasher, sink and power outlets.”

Proper lighting is essential. “Popular choices are LED circular-shaped lights, tape lighting and lighting strips ... [which] create a bright and attractive entertaining area,” said Reineberg. “Open shelving with mirrors behind the shelving and dramatic lighting can be used to display and showcase barware, unique bottles and liquor collections.”

“Since our clients have been home a bit more... the home bar is no longer just a bar. It has turned into the new workhorse of the home.”

— Tracy Morris of Tracy Morris Design in McLean



PHOTO BY REGIS VOGT

The bar in this home by interior designer Danielle Steele of Marks-Woods Construction is fitted with a wine refrigerator and glass front cabinetry, which create a minimalist style.



PHOTO BY STACY ZARIN GOLDBERG

The cabinet-front bar in the family room of this Bethesda home, by Mark Kaufman of GTM Architects, blends seamlessly with the built-in bookcase.



PHOTO BY STACY ZARIN GOLDBERG

Gray and white are popular color schemes, while quartz is often requested for countertops, says Tom Reineberg, InSite Builders & Remodeling.



PHOTO BY STACY ZARIN GOLDBERG

Open shelving, mirrors and dramatic lighting combine to add glamour to this home bar by architect Tom Reineberg of InSite Builders & Remodeling.



PHOTO BY GREG POWERS

Because it occupies a small space, designer Tracy Morris was able to use bold colors and textures in this bar without overpowering the rest of this McLean home.

ENTERTAINMENT

NOW THRU OCT. 30

In the "Expanding the Common Ground: Voices of the Global Majority" art exhibit, themes of people of the global majority reflecting, celebrating, and claiming power over oppression are explored, as well as finding common ground and healing divides. View exhibit at Del Ray Artisans Gallery, 2704 Mount Vernon Avenue, Alexandria. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays 12-6 p.m., and Sundays 12-6 p.m. Details: DelRayArtisans.org/exhibits.

OCT. 1-31

Ghost & Graveyard Tour. 7:30 p.m.; Fridays and Saturdays additional tours at 8:30 and 9 p.m. Admission: \$15 per adult; \$14 for seniors, military and law enforcement; \$10 per child. Tour departs from Alexandria Visitor Center, 221 King St., Alexandria. Follow an 18th-century costumed guide by lantern light through the charming streets of Alexandria's historic district known as Old Town. On this entertaining tour, you'll hear ghost stories, legends and folklore. You will also hear about unsolved mysteries, tales of romance and angry ghosts looking for revenge. Appropriate for ages 9 and up. Visit alexcolonialtours.com

OCT. 8-22

Octoberfest Online Auction. Carpenter's Shelter's Octoberfest Online Auction. Join them online to bid on one-of-a-kind items like trips to wineries, theater tickets, jewelry, gift baskets, restaurant gift cards, and much more. Start your holiday shopping early while supporting children, women, and men experiencing homelessness in Alexandria. Visit <https://carpentersshelter.org/event/octoberfest2021>

OCT. 9-31

St. Luke's Pumpkin Patch. 12 to 5 p.m. At St. Luke's Episcopal, 8009 Fort Hunt Road, Alexandria. Pick up pumpkin bread, soup and pumpkins, and gourds galore. Proceeds support the Navaja Nation who grow our pumpkins and youth and outreach programs. Pumpkins priced by size. Pumpkin bread and soup \$5. Great prices on decorative pumpkins and gourds of all types. Patch open Saturdays starting Oct. 9 at 10 a.m. - 7 p.m., Sundays Noon - 7 p.m. Mon - Thurs 3 - 7 p.m., Fri 1 - 7 p.m. through Halloween or until they sell out.

FRIDAYS IN OCTOBER (15, 22, 29)

Spirits of Carlyle House. 6-8:30 p.m. At Carlyle House, Alexandria. Carlyle House's long and diverse history is full of truths, myths, and rumours that makes it one of the most visited places on Alexandria's ghost tours. Come and experience a uniquely haunting tour of the house and grounds by candlelight, perhaps encounter the departed spirits of notable residents and neighbors, and hear their tales of sadness and triumph. This program is being put on in partnership with the Little Theater of Alexandria. Reservations required due to limited space. Tours are on the half hour.

SATURDAY/OCT. 16

Mariachi Band Concert: Mariachi Aguila D.C. 2-3 p.m. At Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Outdoor performance, part of Sherwood Regional Library's 50th Anniversary Celebration. Other performances:
11 a.m. Groovy Nate (Children's performer)
1 p.m. Mount Vernon High School's Varsity Singers Choral Ensemble

SATURDAY/OCT. 16

Floral Design Workshop: Fall Flowers & Foliage. 1-2:30 p.m. At Green Spring Gardens, Alexandria. (16-Adult) Learn how to create a unique floral design that celebrates the season with the help of certified floral designer Betty Ann Galway. \$40 per person (plus \$30 supply fee). Register online at www.fairfaxcounty.gov/parks/parktakes or call Green Spring Gardens at 703-642-5173. Code 30F.OMB3.

SATURDAY/OCT. 16

Raven's Night at the Birchmere. 7:30 p.m. At The Birchmere, 3701 Mount Vernon Ave., Alexandria. In its 10th year, Raven's Night
WWW.CONNECTIONNEWSPAPERS.COM



The Animal Welfare League of Alexandria is sponsoring Pet Photos with Santa Paws on Oct. 23-24.

creeps, slithers and slinks its way back to The Birchmere. Keep your Halloween season going with a unique soirée featuring fusion belly dance, live music and a pre-show carnival. This year's theme, COVEN, brings the most iconic witched, warlocks and wizards to the stage. Doors open at 5 p.m. with an "All Hallows Eve Exposition," featuring pre-show entertainment including games, palm reading, live performances and more, followed by the "Salon Lunaire" dinner concert at 6:30 p.m., leading up to the main event at 7:30 p.m., "Cabaret Melancholia," a theatrical belly dance program featuring some of the greatest exponents of the art. Please be advised that people under 18 must be accompanied by an adult. Admission: \$45 per person. Visit the website: birchmere.com

OCT. 16-20

Film Screening: "How the Moments Came Down." Discussion on Oct. 20 at 7 p.m. "How the Moments Came Down," produced by Field Studio in association with VPM, Virginia's home for public media, is a timely look at the history of white supremacy and Black resistance in Richmond. The feature-length film — brought to life by history-makers, descendants, scholars, and activists — reveals how monuments to Confederate leaders stood for more than a century, and why they fell. Join a virtual discussion with public historian Laurant Lee and Eugene Thompson, past member of the Alexandria Ad Hoc Advisory Committee on Confederate Memorials and Street Names, about this important film. Register at this website: <https://zoom.us/j/808253409BpkcW>

OCT. 16 TO NOV. 6

"Wait Until Dark." 8 p.m. At The Little Theatre of Alexandria, 600 Wolfe St., Alexandria. Set against the socially turbulent 1960s, "Wait Until Dark" follows the story of Suzy, a blind woman who, while left alone in her apartment, becomes embroiled with a group of con men hatching an elaborate scam. As the tension mounts, Suzy must fend for herself, but the phone line is cut, and the house is plunged into darkness. Can Suzy outwit her murderous visitors? Note: All patrons are required to wear a mask (even if vaccinated) for the duration of the performance. Admission: \$21 to \$24 per person. Visit the website: thelittletheatre.com

THURSDAY/OCT. 21

Halloween Ball and Anniversary Celebration at Barkhaus. 7:30 to 10 p.m. At Barkhaus, 529 E Howell Ave, Alexandria. Celebrate Barkhaus's first birthday with a Halloween ball. Guests will dress formally and add their own Halloween twists to their costumes. Dogs are encouraged to dress up as well. Enjoy hors d'oeuvres, drinks, puppuccinos for dogs, a limited-edition Barkhaus anniversary shirt and more. Admission: \$75 per person. Visit the website: brewskisbarkhaus.com

SEE CALENDAR, PAGE 18

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10/27/2021.....	Senior Living Connection Families: Safe for Halloween
10/2/2021.....	Election Preview
NOVEMBER	
11/3/2021.....	Wellbeing
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- Oak Hill/Herndon Connection
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- Reston Connection
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- Vienna/Dakota Connection

'The Madness of Poe'

Synetic makes spellbinding return.

BY JEANNE THEISMANN
THE CONNECTION

Synetic Theater makes a triumphant return to live performances with a spellbinding execution of "The Madness of Poe," a masterful adaptation of the works of Edgar Allan Poe.

Synetic Theater founder Paa-ta Tsikurishvili was greeted with enthusiastic applause as he welcomed the audience on opening night.

"The last year and a half has been a very dark time for so many of us," said Tsikurishvili, before adding wryly, "so we thought we would return with something light."

Directed by Tsikurishvili and choreographed by Irina Tsikurishvili, "The Madness of Poe" will play a limited engagement through Oct. 31.

"Like Shakespeare, Poe has become more than a writer," Tsikurishvili said. "He has become an institution and genre unto himself and tonight we witness the moments before the pen touches the page. We watch how Poe, the inventor of American horror, created some of the most frightening and disturbing stories the world has ever known."

"The Madness of Poe" fuses two of Poe's most famous works -- "The Fall of the House of Usher" and "The Raven" -- creating a bridge between his poetry and prose.

Anchored by a reimagining of Synetic's 2007 hit adaptation of "The Fall of the House of Usher," "The Madness of Poe" hauntingly blends the writer's unhinged reality with the intoxicating imaginings of his stories, including "The Raven." A talented cast brings the sinister tales to life in an evening of macabre suspense.

Ryan Sellers gives a riveting performance as Edgar, capturing Poe's descent into madness over the course of the 90-minute performance. Fellow Synetic company members Alex Mills and Nutsa Tediashvili join Sellers as Roderick and Madeline respectively, with each taking command of the stage with spellbinding performances.

Rounding out the cast are Philip Fletcher as Servant, Maryam Najafzada as The Raven, Megan Khaziran as Lenore, and Chris Galindo, Scean Flowers and Ariel Kraje in the ensemble.

The choreography by Irina Tsikurishvili is powerful and precise, perfectly executed to an appropriately haunting score. The production features scenic and props



Nutsa Tediashvili as Madeline and Alex Mills as Roderick in *The Madness of Poe* at Synetic Theater.



Ryan Sellers as Edgar in *The Madness of Poe* at Synetic Theater.

design by Phil Charlwood, costume design by Alexa Duimstra, sound design by Justin Schmitz and lighting design by Doug Del Pizzo.

For "The Raven" Scott Brown serves as creative associate, director, Najafzada as creative associate, choreographer, and Katherine DuBois as adaptor. Nathan Weinberger created the original adaptation of "The Fall of the House of Usher."

"The Madness of Poe" features mature themes including scenes of intimacy and drug use. If this were a movie, it would be rated PG-13. Proof of COVID vaccine is required, along with photo ID. The process is smooth and goes quickly, adding only a few brief moments to the check-in process. Audience members must wear masks, which can be removed when enjoying refreshments both in the lobby and

the theater. Running time is 90 minutes with no intermission.

"The Madness of Poe" will play a four-week limited engagement through Oct. 31 at Synetic Theater, 1800 South Bell Street in Arlington. Performances are Thursdays, Fridays and Saturday at 8 p.m. and Sundays at 2 p.m. Industry Night is Monday, Oct. 25, at 8 p.m. Tickets are \$10-\$60 and are available at www.synetictheater.org, in-person at the box office located in the underground Crystal City Shops, or via phone at 703-824-8060 x117.

"The tragedies of Poe's life took the light from Edgar Allan Poe," said Tsikurishvili of the author who died at the age of 40 under mysterious circumstances. "The result was a creative mind charged with terror, steeped in longing and filled with some of the bleakest humor ever written."

CALENDAR

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OCT. 22, 23, 29, 30

Grief & Ghost Tour at Lee-Fendall House. At 7, 7:30, 8:30 and 9 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Celebrate Halloween with a look at Victorian mourning traditions coupled with stories of tragic deaths and mysterious occurrences at the Lee-Fendall House. Customs such as draping the mirrors after a death, funeral practices, hair mementos, mourning clothing and séances will be explored. These tours offer a rare opportunity to see the house after dark. Tours groups will be limited to 10 participants and tickets must be purchased in advance. Face masks are required. Admission: \$15 per person. Visit leefendallhouse.org

FRIDAY/OCT. 22

Japanese Garden Gala. 3:30-6 p.m. At The Rectory on Princess Street, 711 Princess St., Alexandria. In honor of the second anniversary of the enthronement of the Japanese Emperor Naruhito -- an avid viola player -- join in a gala inspired by the art and culture of Japan.

Support artists and concerts in the Secret Garden for a fundraising event celebrating the art and culture of Japan, featuring musical selections performed by National Symphony violist Tsuna Sakamoto and Japanese cuisine, sake, Japanese tea and whiskey, and cultural demonstrations. Cost is \$250. Website:

<https://www.classicalmovements.com/secretgardenconcerts/>

FRIDAY/OCT. 22

Tell Me Your Name. 5 p.m. At Carlyle House, Alexandria. Join Carlyle House Historic Park staff for a tour focusing on the experiences of the enslaved community at Carlyle House and his plantations. The guided tour will explore the historical context of slavery in 18th century Alexandria and the importance of ongoing research efforts to connect with descendants. Reservations are required as space is limited. Call 703-549-2997 or email carlyle@nvrpa.org Tickets https://apm.activecommunities.com/novaparks/Activity_Search/4694

SATURDAY/OCT. 23

Garden Talk: Tips on Growing Beautiful Bulbs. 10:30-11:30 a.m. At Green Spring Gardens, Alexandria. (Adult) Colorful bulbs can turn an ordinary garden into extraordinary. Planted in mass displays, small groupings or containers, they are a welcome sight in any garden. Now is the time to plant bulbs for bright, beautiful color next spring. Learn about a variety of beautiful bulbs from Extension Master Gardeners and how to plant and care for them. \$12 per person. Register online at www.fairfaxcounty.gov/parks/parktates or call Green Spring Gardens at 703-642-

5173. Code 9FFD6G5.

OCT. 23-24

Fall Harvest Festival at Mount Vernon. 9 a.m. to 5 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Celebrate the crisp autumn season with 18th-century activities and demonstrations at the Farm at Mount Vernon. During this event, you can explore the farm, meet General Washington, watch beer-making demonstrations, see spinning demonstrations and more. This event is included with admission and is free for Mount Vernon members. Admission: \$28 per adult; \$15 per youth; free for children five and under and for members. Visit mountvernon.org.

OCT. 23-24

Santa Paws Photos. 9 a.m. to 5:30 p.m. At the Animal Welfare League of Alexandria, 4101 Eisenhower Ave., Alexandria. Join the Animal Welfare League of Alexandria and a team of photographers for Pet Photos with Santa Paws, taking place at the AWLA's Holiday Studio at Vola Lawson Animal Shelter. All species are welcome. Pre-registration is required. Sign up your pets at AlexandriaAnimals.org/SantaPaws. Cost: \$50. Website: AlexandriaAnimals.org/SantaPaws

SATURDAY/OCT. 23

Old Town Trick or Treat by Old Town Business Association. 11 a.m. to 5 p.m. At various locations throughout Old Town Alexandria. Bring your little ghouls and goblins to historic Old Town Alexandria for tricks and treats from your favorite boutiques and restaurants. Check the event website for more details and a trick or treat map. Visit the website: oldtownbusiness.org

SUNDAY/OCT. 24

8th Annual Doggie Trick or Treat. 1 to 5 p.m. Meet at The Dog Park, 705 King St., Alexandria. Bring your costume-clad four-legged friends to historic Old Town Alexandria for tricks and treats from your favorite boutiques. Winners receive gift cards from The Dog Park in three different categories. Visit the website: thedogparkva.biz

SUNDAY/OCT. 24

Del Ray Halloween Parade. 2 p.m. Parade begins at Mount Vernon Ave., south of E. Bellefonte Ave., Alexandria. Del Ray's annual Halloween Parade begins at Mount Vernon Ave., south of E. Bellefonte, and continues down to the Mount Vernon Recreation Center play fields. Children, pets and strollers in costumes are invited to march and show off their finest and scariest Halloween garb; awards are given for Best Pet Costume, Best Decorated Business, Best Decorated Home and Best Decorated Stroller. Visit visitdelray.com/halloween

Dream Chasers Catch Their Dream

BY SHIRLEY RUHE
GAZETTE PACKET

It all started over eight years ago with the smell of coffee beans roasting in a friend's skillet. Leo Maggio says, "It filled the room up with aroma and made me wake right up and get going." Gradually Leo began experimenting with his own skillet over the stove.

"In the beginning it was not very good. Like one side was green or yellow." But he decided he wanted to take roasting more seriously instead of just buying. "That's when I started nerding out with the skillet."

Leo and his wife and business partner, Brittani, say they tried different kinds of beans to find the right ones. And Brittani adds, making a face, "in the beginning some could have been better. But I was always behind him." She explains they would test the beans with small groups of friends — "not just us because we know what we would say."

They found they love Ethiopian (the customer favorite at the Arlington Farmers Market), and they loved Brazilian. So they thought "why don't we put them together. It turned out to be a big hit." And during the summer the cold brew coffee was also a favorite at the Arlington market. Leo explains the cold process takes a long time, sometimes up to 17-20 hours. They grind the coffee coarser. It sits in the water for a while to get out the bitter notes. "It's about the undertones — the chocolate, the caramel-y, what each bean tastes like."

Brittani adds, "to get the best flavor from the beans."

Now Saturdays Leo shares a space with Family of Nuts at the Arlington Farmers Market located at Dorothy Hamm Middle School. Other days Leo and Brittani try new things for business so they join forces with a mobile cigar van, a pop-up beer place or man a table at craft fairs.

Today they are making plans to set up their newly-purchased coffee bean roaster situated in shared space at ESP Tea and Coffee on King Street in Alexandria.

Brittani says they hope to begin roasting coffee for ESP within the next few days and have their grand opening event for Dream Chasers Coffee Company in a couple of weeks.

Brittani says they will be at ESP several days a week roasting their beans and serving their signature

drinks. So far she has planned crême brûlée and a dark chocolate peppermint latté and, of course, the popular lavender latté. And the Affogato, which is a scoop of vanilla gelato with a shot of espresso with her own special touch, a sprinkle of caramel chips. "It's really yummy."

CHOCOLATE COVERED coffee beans are another specialty, some dipped in caramel chips that will be perfect for holiday gifts. Brittani is always thinking of new ideas. "Maybe a butterscotch latté could be good, too."

Leo says when this all began he spent a lot of time in ESP while between his sessions as a trainer, and Brittani worked there for a while when she was also a trainer. She lived along his delivery route in his job at the time and he frequently went by her house.

"And our birthdays are one day apart," she adds. But their paths never crossed. As it turns out, they met online and were drawn together by their love of coffee. He says there were so many chances they could have met in person but instead it was online. Like it was meant to be.

It has been a long way from the day Leo and Brittani had their first date at ESP until now when they have a business roasting, marketing and selling a variety of coffee bean products and teas.

"She is the tea and chocolate person," Leo says.

"And he chews on coffee beans," she points out.

IN THE BEGINNING they didn't know any of the technical aspects of beans, only that they loved coffee. So Brittani worked at ESP and Leo immersed himself in extensive research. "I decided I loved the whole idea but I needed to learn more about it." They were so passionate about the idea of coffee that somewhere along the way they thought why not start their own business.

Leo points to their new Artisan 3-e coffee bean grinder, which cost them about \$5,000. "We bought it instead of a honeymoon since we got married during COVID." He explains it doesn't do a lot of volume but you can see right inside so you can see the coffee floating. "It roasts with hot air instead of gas so there are no combustion byproducts and you get a lot more flavor out of the coffee beans." And it isn't as hard on the stomach — less harsh.

They buy fair trade coffee mostly from Ethiopia, Brazil and Mexico, Brittani says.



Leo Maggio makes a personalized cup of Ethiopian coffee at ESP Tea and Coffee on King Street



PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

Leo Maggio at Arlington Farmers Market on Saturday, Oct. 9 at the Dream Chasers Coffee Company stand he shares with Family of Nuts.



Leo Maggio pours a cup of the Ethiopian "Motivation," a customer favorite at the Arlington Farmers Market located at Dorothy Hamm Middle School.



Leo Maggio and his wife Brittani show off their new Artisan 3-e coffee bean grinder on Oct. 11 at ESP Tea and Coffee on King Street in Alexandria.

"And I have a five bean espresso," Leo adds.

Currently about 90 percent of their business is online but they expect this to change as they branch out to form partnerships with other businesses and make new connections and as life moves out of COVID.

Brittani and Leo are expecting a daughter in early January. Brittani says the daughter is a kicker and when Brittani is grinding coffee beans, her daughter is especial-

ly active as if she can smell them from inside the womb.

"I'm so proud of how far we've

come."

<https://dreamchaserscoffee.com/>

com/

Ahhhh shucks: It's Oyster Week again



Javier Rodriguez, Chef (left) and Freddy Lopez, manager of Vola's, with oyster martini special for Old Town Oyster Week.

BY SHIRLEY RUHE
THE GAZETTE

An oyster isn't just an oyster. It is a James River (the largest), an Otter Cove from Damariscotta, Maine (the smallest, more salty), a Blue Point from Connecticut (creamy, on the sweet side) or a Salt Pond from Maine (salty and briny).

The favorite of Chef Javier Rodriguez at Vola's Dockside Grill is the Green Torpedo, a local oyster with a nice balance of sweetness and salinity.

"No one else has the Green Torpedo from Occohanock Creek, Virginia. They grow it especially for us."

Rodriguez says he gets a list every week and tries to choose different shapes to see which are the most popular with customers. "The local ones mostly. Same as last year."

Rodriguez says the average customer orders a platter of 18 oysters. "Normally they mix it up. The platter is served with lemon, fresh horseradish and mignonette sauce on a bed of crushed ice. He says the favorites seem to be the local oysters including Chincoteague, James River and Green Torpedo. Although oysters often cost \$3 each (more or less), during happy hour you can get oysters for half price or the James River, as many as you can slurp, for \$1.00 each.

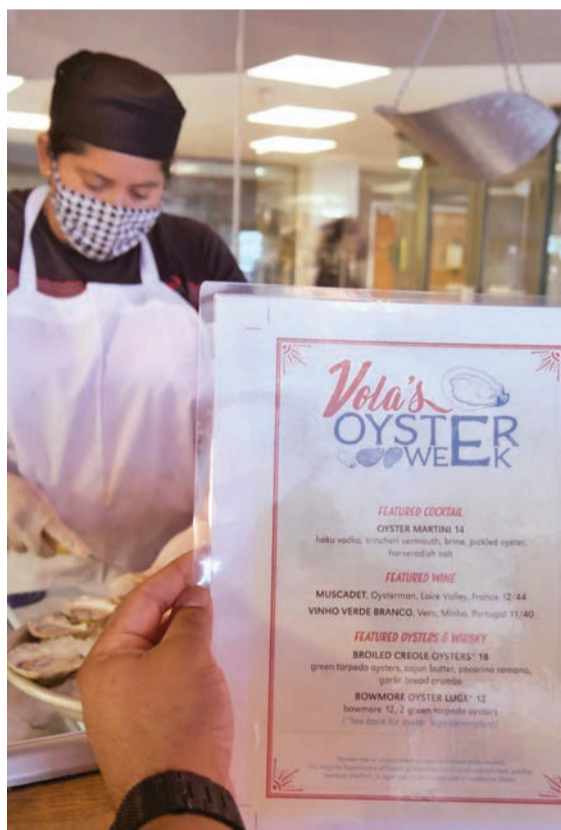
The oyster kitchen has been moved into the main dining room to keep the oysters separate to avoid allergies. Patricia Casteneda is a blur behind the bar, shucking oysters, at an average of 7.35 or so seconds per oyster. Rodriguez says last Friday they sold about 3,500 oysters.

Vola's and nineteen other Alexandria restaurants are gearing up for the 2nd Annual Old Town Oyster Week Oct. 16-Oct. 24. It is sponsored by Old Town Business Association in partnership with the Oyster Recovery foundation and sponsored by Guinness. Participating restaurants will serve pairings of oysters and Guinness.

The week will kick off with an oyster shucking



Patricia Casteneda is a blur as she shucks oysters at 7.35 seconds each and arranges a variety of different oyster selections on a bed of crushed ice.



Vola's Oyster Fest menu features fried oysters with panko herb and garlic crumbs as well as broiled oysters with Cajun seasoning and grated Romano.

competition set to take place on Vola's Airstream Patio at 10 a.m. on Oct. 16. Rodriguez says the week concludes with the Oysterfest on Oct. 24 at Vola's for "whoever can suck the most oysters in the least time." He says you can also sign up for all the oysters you can eat plus, beer, cocktails and wine for \$95.

Freddy Lopez, manager at Vola's, says they are featuring an oyster martini for the week with Haku vodka, Trinchieri dry vermouth and a spray of oyster brine.

"The lip of the glass is horseradish infused salt with a pickled oyster balanced on the rim. Better sign up for Oysterfest early before we sell out."

NOW THRU NOV. 6

Workhouse Haunt. 7-11 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. This year's Workhouse Haunt immerses guests through a highly-themed walk-through experience, as creepy characters deliver contactless scares in multiple scenes. Guests will travel in small groups for a frightening 30-minute experience that brings them next to the site's abandoned, historic buildings and into the dark woods where they will encounter terrifying characters and sights that are not for the faint of heart. Cost is \$25. Occurs Friday, Saturday, and Sunday each weekend from Oct. 3 through Nov. 6. Visit the website: <https://www.workhousearts.org/workhouse-events/2021-workhouse-haunt-the-collection-2/>

OCT. 1-31

Ghost & Graveyard Tour. 7:30 p.m.; Fridays and Saturdays additional tours at 8:30 and 9 p.m. Admission: \$15 per adult; \$14 for seniors, military and law enforcement; \$10 per child. Tour departs from Alexandria Visitor Center, 221 King St., Alexandria. Follow an 18th-century costumed guide by lantern light through the charming streets of Alexandria's historic district known as Old Town. On this entertaining tour, you'll hear ghost stories, legends and folklore. You will also hear about unsolved mysteries, tales of romance and angry ghosts looking for revenge. Appropriate for ages 9 and up. Visit alexcolonialtours.com

THROUGH OCT. 31

"THE MADNESS OF POE" "The Madness of Poe" will play a limited engagement through Oct. 31. "We watch how Poe, the inventor of American horror, created some of the most frightening and disturbing stories the world has ever known," said Synetic Theater founder Paata Tsikurshvili. Synetic Theater, 1800 South Bell Street in Arlington. Thursdays, Fridays and Saturday at 8 p.m. and Sundays at 2 p.m. Industry Night is Monday, Oct. 25, at 8 p.m. Tickets \$10-\$60, www.synetictheater.org, or in-person at the box office located in the underground Crystal City Shops, or via phone at 703-824-8060 x117.

COX FARMS FALL FESTIVAL

THROUGH NOV. 7 Giant slides, hayrides, rope swings, farm animals & their babies, Cornfield adventure, farm chores, kiddie zone, apples & cider, food, entertainment, Imaginature Trail, over 90 acres. <https://coxfarms.com/fall-festival/festival-attractions/>.

FIELDS OF FEAR Not recommended for children under 12 years old. When night falls on the farm, it's time for Fields of Fear. Friday and Saturday nights until Nov. 3. Fields of Fear, the Dark Side Hayride and the Cornnightmare. The Firegrounds feature several bonfires, a six-lane slide,

music, karaoke, entertainment, tasty treats, Foamhenge, and more. All under age 14 must be accompanied by a parent or guardian (18+). Tickets required. Last admission at 10pm. Come alone or in a group. Buy your tickets online or same-day at the door. Proof of age required. See <https://fieldsoffear.coxfarms.com/> for more details on timed entry assignments, rain policy, food options, and complete list of attractions.

SATURDAY/OCT. 16

Raven's Night at the Birchmere. 7:30 p.m. At The Birchmere, 3701 Mount Vernon Ave., Alexandria. In its 10th year, Raven's Night creeps, slithers and slinks its way back to The Birchmere. Keep your Halloween season going with a unique soirée featuring fusion belly dance, live music and a pre-show carnival. This year's theme, COVEN, brings the most iconic witched, warlocks and wizards to the stage. Doors open at 5 p.m. with an "All Hallows Eve Exposition," featuring pre-show entertainment including games, palm reading, live performances and more, followed by the "Salon Lunaire" dinner concert at 6:30 p.m., leading up to the main event at 7:30 p.m., "Cabaret Melancholia," a theatrical belly dance program featuring some of the greatest exponents of the art. Please be advised that people under 18 must be accompanied by an adult. Admission: \$45 per person. Visit the website: birchmere.com

OCT. 16 TO NOV. 6

"Wait Until Dark." 8 p.m. At The Little Theatre of Alexandria, 600 Wolfe St., Alexandria. Set against the socially turbulent 1960s, "Wait Until Dark" follows the story of Suzy, a blind woman who, while left alone in her apartment, becomes embroiled with a group of con men hatching an elaborate scam. As the tension mounts, Suzy must fend for herself, but the phone line is cut, and the house is plunged into darkness. Can Suzy outwit her murderous visitors? Note: All patrons are required to wear a mask (even if vaccinated) for the duration of the performance. Admission: \$21 to \$24 per person. Visit the website: thelittletheatre.com

SOCIALLY DISTANCED

TRUNK-OR-TREAT AT BULL RUN

Trunk-Or-Treat Monday, Oct. 18, from 5:30 p.m. to 7:30 p.m. at Bull Run Regional Park, 7700 Bull Run Dr., Centreville. Cancelled in event of rain. The event is free; register required. Include the number of kids in each car, to ensure enough treats for all the children. During the event, everyone will remain in their car at all times. The attendees will drive through slowly admiring the Halloween trunks/displays. At the conclusion, an officer will offer goody bags to the attendees if they choose to accept one. All goody bags will be prepared and distributed by officers wearing personal SEE HALLOWEEN, PAGE 21

HALLOWEEN

FROM PAGE 20
protective equipment.

THURSDAY/OCT. 21

Halloween Ball and Anniversary Celebration at Barkhaus. 7:30 to 10 p.m. At Barkhaus, 529 E Howell Ave, Alexandria. Celebrate Barkhaus's first birthday with a Halloween ball. Guests will dress formally and add their own Halloween twists to their costumes. Dogs are encouraged to dress up as well. Enjoy hors d'oeuvres, drinks, puppucinos for dogs, a limited-edition Barkhaus anniversary shirt and more. Admission: \$75 per person. Visit the website: brewskisbarkhaus.com

OCT. 22, 23, 29, 30

Grief & Ghost Tour at Lee-Fendall House. At 7, 7:30, 8:30 and 9 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Celebrate Halloween with a look at Victorian mourning traditions coupled with stories of tragic deaths and mysterious occurrences at the Lee-Fendall House. Customs such as draping the mirrors after a death, funeral practices, hair mementos, mourning clothing and séances will be explored. These tours offer a rare opportunity to see the house after dark. Tours groups will be limited to 10 participants and tickets must be purchased in advance. Face masks are required. Admission: \$15 per person. Visit leafendall-house.org

SATURDAY/OCT. 23

Old Town Trick or Treat by Old Town Business Association. 11 a.m. to 5 p.m. At various locations throughout Old Town Alexandria. Bring your little ghouls and goblins to historic Old Town Alexandria for tricks and treats from your favorite boutiques and restaurants. Check the event website for more details and a trick or treat map. Visit the website: oldtownbusiness.org

SUNDAY/OCT. 24

8th Annual Doggie Trick or Treat. 1 to 5 p.m. Meet at The Dog Park, 705 King St., Alexandria. Bring your costume-clad four-legged friends to historic Old Town Alexandria for tricks and treats from your favorite boutiques. Winners receive gift cards from The Dog Park in three different categories. Visit the website: thedogparkva.biz

SUNDAY/OCT. 24

Del Ray Halloween Parade. 2 p.m. Parade begins at Mount Vernon Ave., south of E. Bellefonte Ave., Alexandria. Del Ray's annual Halloween Parade begins at Mount Vernon Ave., south of E. Bellefonte, and continues down to the Mount Vernon Recreation Center play fields. Children, pets and strollers in costumes are invited to march and show off their finest and scariest Halloween garb; awards are given for Best Pet Costume, Best Decorated Business, Best Decorated Home and Best Decorated Stroller. Visit delray.com/halloween

OCT. 24, 30, 31

Halloween Pet Portraits and Trick or Treat. At Village at Shirlington, and Westpost (formerly known as Pentagon Row.) Federal Realty invites kids in costumes to trick or treat (tickets go on sale October 15th and are required), and com-
SEE HALLOWEEN, PAGE 22

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Life I'm Trying to Live



By KENNETH B. LOURIE

Continuing last week's justifiable rant about my less-than-ideal cancer-driven circumstances, I have to look ahead somehow, not behind. I can't change the past and focusing on what happened that possibly didn't need to happen would make yours truly more of a dull boy than I already am. Besides, living my life with constant anger and disappointment concerning how I was potentially harmed serves no real purpose. It can't change the facts. It seems logical to me therefore that what damage I can't change and/or control, and that which medically has harmed me in the past, I must find a way to embrace it somehow so that I can live my present and future life - what there is of it, with some dignity and joy. Easier said than done, I assure you, especially for my wife. Though it's not exactly in the vault for me, it is nonetheless compartmentalized.

Oddly enough, it's this ability to compartmentalize which has likely carried me this long: nearly 13 years from my Feb., 2009 "terminal" diagnosis of stage IV non small cell lung cancer, a killer cancer if there ever was one, and of course, there are many. In fact, annually, more people die from lung cancer than the next four cancers combined. No wonder I was worried when I recall the "13 month to two year" prognosis I was given. Hearing those "you have cancer" words are life changing and in many cases, life ending. Fortunately for me, I was misdiagnosed and only thought I had a few years left to live.

Nevertheless, receiving this kind of life-threatening blast of reality at age 54 and a half is overwhelming. The treatment (heavy-duty chemotherapy) that followed was challenging. The life the patient is forced to live as a result becomes cancer centric. Very little time passes when you are not keenly aware of your circumstances or preoccupied with them or planning/coordinating your life/schedule around something cancer related. All the while knowing/having been told that your chances of surviving beyond two years is in the low single digits. And for many lung cancer patients, particularly stage IV patients, there's very little the doctors can do about it. There is no cure. As my oncologist told me: "I can treat you, but I can't cure you." It was extremely hard to process that statement. I mean, really process it to understand that you are going to die because of this diagnosis. It reminds me of an episode from the M*A*S*H, the television series. It was a long day/night in the operating room and "Hawkeye" Pierce, one of the trauma surgeons, was questioning his ability to save wounded soldier's lives. Lt. Col. Henry Blake and "Hawkeye" are standing outside the surgery taking a break. And Henry, hearing his fellow surgeon's frustration, says to "Hawkeye:" "There are two rules in war. Rule number 1, young men die. Rule number 2, doctors can't change rule number 1." The warning/advisory one hears after getting a non small cell lung cancer stage IV diagnosis is very similar. It's not exactly a rule, but it is a startling reality nonetheless. That reality? Most stage IV lung cancer patients die much sooner than later.

This is the kind of news that you don't want to take to your grave. This is the news however that you must incorporate/assimilate into your life somehow so you can try to go on living a rewarding and productive life. Ignoring your diagnosis seems stupid and irresponsible. And pretending that your future actions will not have consequences for your health seems incredibly naive. The only real choice as I saw it, was integrating these horrible circumstances into my life, somehow. And the only way I could see doing this was to compartmentalize them. Try to control/file them away so everyday is not dreary and depressing. Life can go on by living it, not dying because of it. I made a conscious choice to not give in, and in a way, I've been rewarded for it. I've lived 10 years-plus beyond my original prognosis. Granted, mistakes were made, apparently. But for the 10 years or so until I learned my true diagnosis, I believed as Curly Howard believed in an unrelated Three Stooges two-reeler: "I'm too young to die. Too handsome. Well, too young, anyway."

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

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FROM PAGE 13

The League never supports or opposes any party or candidate. They invite all certified candidates competing for office in their respective districts. Direct any questions about the event to: pr@lwv-fairfax.org
Schedule: October 18, 2021
Virginia House of Delegates District 44
Candidates: Paul E. Krizek (D) and Richard T. Hayden (R)

TUESDAY/OCT. 19

French American Research. 1-3 p.m. Via Zoom. Learn what records were created by early French settlers from Daniel R. Lilienkamp, J.D. at the Mount Vernon Genealogical Society's October 19 meeting. Lilienkamp is renowned for his expertise in African American, German, Swiss, Alsace & Lorraine, French Canadian, Appalachian and Ohio Valley genealogy. Register no later than October 15 to this free Zoom event at <https://mvgenealogy.org/cpage.php?pt=111> OR by emailing contact-us@mvgenealogy.org. Visit www.mvgenealogy.org

WEDNESDAY/OCT. 20

A presentation on Wintering Waterbirds. 7 p.m. on Zoom. The Friends of Dyke Marsh hosts Greg Butcher of the Audubon Society of Northern Virginia and the U.S. Forest Service who will explore the diversity of waterbirds that spend the winter in Northern Virginia. He will review citizen science studies and conservation needs for birds and people along the Potomac River. The program is free and open to the public. Visit www.fodm.org to register. (Home page, left side)

SATURDAY/OCT. 23

Mount Vernon Genealogical Meeting. 9 a.m. to 3 p.m. Via Zoom. Putting off writing your memoir because you don't know where to begin? Or, have you unearthed fascinating stories about your ancestors you want to share? MVGS offers guidance on where to begin telling your story and the stories of your families at its Annual Conference. Cost is \$40. Visit the website: www.mvgenealogy.org

SATURDAY/OCT. 23

Tour de Mount Vernon Community Bike Ride. 8 a.m. to 1 p.m. Woodlawn & Pope-Leighey House has been selected to host the Tour de Mount Vernon bicycle ride this year. Beginning and ending at Woodlawn & Pope-Leighey House, riders can take a scenic

HALLOWEEN HAPPENINGS

FROM PAGE 21

plementary Halloween pet portraits by Pooch Portrait Studios. This photography experience welcomes pets in costumes to capture a Halloween moment. Details:
Sunday, October 24, 2021 at Pooch Portraits at Westpost Plaza (1201 S Joyce Street in Arlington) from 10 a.m.-1 p.m.
Pike & Rose on Saturday, October 30, 2021 with PIKEkids Trick or Treat from 10 a.m.-12 p.m. (*Tickets required).
Sunday, October 31, 2021 a Bark Social Halloween Puppy Parade at 2 p.m. (*Tickets required at www.barksocial.com) Village at Shirlington on Arlington Mill Drive in Arlington.
Saturday, October 30, 2021, Pooch Portraits on the Plaza at Arlington Mill Drive from 12 p.m.-3 p.m. Dogma Bakery Puppy Trick or Treat from 2-4 p.m.
Sunday, October 31, 2021 a Kids Trick or Treat from 10 a.m.-12 p.m.

OCT. 27

VIENNA HALLOWEEN PARADE The 75th annual Town of Vienna Halloween Parade will take place at 7 p.m. Oct. 27. The theme for this year's parade is "The Roaring Twenties." Children and others in costume are invited to march along in the parade, no need to register, meet at 6 p.m. at the United Bank, 374 Maple Ave., E. For sponsorship details, check out the Town's Halloween Sponsor brochure or contact Lily Widman via email or

community bike tour of the Mount Vernon District and have the option of riding the full 32-mile route, or just joining along for the first 17 miles for a shorter route. Over 300 bikers are expected to take part in the ride, food, community activities and music. This ride showcases the many hidden treasures, cultural and environmental resources that the Mount Vernon District has to offer including Woodlawn & Pope-Leighey House. For more information and to purchase tickets, visit the link: <https://www.eventbrite.com/e/6th-annual-tour-de-mount-vernon-tickets-166146339173>

SATURDAY/OCT. 23

Community Bike Ride. 8:30 a.m. Join Mount Vernon District Supervisor Dan Storck for a community bike ride starting and ending at Woodlawn & Pope-Leighey House. The final turn-by-turn route is still being confirmed, but we promise there will be some great places to visit and take Instagram photos. The Tour de Mount Vernon brings cyclists on a fun ride through the northern and central portions of the Mount Vernon District including a scenic route through Fort Belvoir. The route will consist of paved roads, paved trails and will have several challenging sections. Ride monitors and Fairfax County Police will be on hand to help with directions and keep everyone safe.

Route Highlights include:

Short Route (20-25 miles) - Coming Soon!
Long Route (35-40 miles) - Coming Soon!
Fort Hunt Park - Rest stop
Woodlawn & Pope-Leighey House

Grist Mill
River Farm
Fort Belvoir
National Museum of the US Army
Gum Springs
Mount Vernon Estate

NEW this year! All riders and volunteers will receive a voucher for admission to George Washington's Mount Vernon between now and the end of the year. The voucher has no cash value and is non-transferable. A mansion tour is included, but must be booked. Due to daily space limitations, visitors are recommended to call ahead or arrive early.

Registration:

Fee is \$25.00 per rider. They require a first name and last name for each ticket. Event is rain or shine, see policies below. Registration includes Tour de Mount Vernon Socks and a \$5 donation to Fairfax Alliance for Better Bicycling. Register here: <https://www.eventbrite.com/e/6th-annual-tour-de-mount-vernon-tickets-166146339173>

at 703-255-5738.

<https://www.viennava.gov/residents/concerts-and-events/halloween-parade>

OCT. 28 AND 30

Poems and Stories of Edgar Allen Poe at Ivy Hill Cemetery. 7 to 8 p.m. Tour begins at the Ivy Hill Cemetery Office, 2823 King St., Alexandria. "Even in the grave, all is not lost!" The Guillotine Theatre presents "Poe outside the Vault" at Ivy Hill Cemetery. Actors from Guillotine Theatre will read from the works of Edgar Allan Poe. This is a sell-out event in a most suitable atmosphere. Seating is limited. RSVP to info@IHCHPS.org. Admission is \$20. Visit the website: ivyhillcemetery.net

FRIDAY/OCT. 29

Halloween Vampire Ball. At Syntetic Theater, 1800 S. Bell Street, Arlington. Doors open at 7:30 p.m.; Show starts at 8 p.m. Syntetic Theater, in association with the National Landing Business Improvement District, JBG SMITH, and The Freshman, is throwing a VAMPIRE BALL. The festivities start with a performance of The Madness of Poe followed by an indoor/outdoor dance party with all the food, drinks, and candy that a ghoul could ask for. Expect aerialists, Edgar Allan Poe-themed cocktails, dancing, physical theater, spooky Georgian remixes, fun-sized candy bars, and more. Tickets are \$95-\$125 and are available at syntetictheater.org.

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SOLD

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SOLD

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SOLD

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SOLD

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SOLD

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