



ENDEAVOR

Fall 2023

Building the Annandale Marketplace

www.annandalechamber.com

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Annandale Loves a Parade — Oct 28th

The 2023 Parade is dedicated to all the charitable organizations in Annandale and to the scores of volunteers that devote their time to help those in need in our community.

Cited as one of,

"THE BEST SMALL TOWN PARADES IN AMERICA"

The popular Annandale Parade will be held on Saturday, October 28, 2023, beginning at 10:00 am. Marching along Columbia Pike from the historic white church and the Annandale Shopping Center near Gallows Road, all the way to the Bowling Alley, thousands of participants from Storybook Characters, and Marching Bands to Classic Cars, Fire Trucks, Civic Organizations, Scouts, and beautifully costumed International Dancers will parade before the residents of Greater Annandale. Sponsored by the Annandale Chamber of Commerce, this seventy-two year old tradition only gets bigger and better every year.

The Annual Parade has been an Annandale tradition since 1950. It promotes community involvement and neighborhood camaraderie while celebrating the rich diversity of Annandale.

Mark your calendar, participate or bring the family to view this Annandale tradition. Children are invited to wear their Halloween Costumes, to collect candy, to cheer the participants, and to marvel at the exhibits.

This year the Parade is dedicated to all the charitable organizations in Annandale and to the scores of volunteers that donate their time to help those community members in need.

On the reviewing stand the Reunion Music Society's Jazz Ensemble will entertain and further heighten the atmosphere. The quartet will feature alto saxophonist,

Herb Smith, pianist, Christopher Johnston, percussionist, Clay Richardson, and bassist, Andrew Johnston performing jazz classics and American songbook standards.

This year hosts new and very exciting groups that are sure to excite the kids.

Classic Cars have also been invited to participate. They always provide a special thrill for the kids and the young at heart. Information and registrations forms at www.annandalechamber.com/theannandaleparade.rhtml Register before 10/14.



Goblin Golf and Ghost Town Spooky Family Fun



Goblin Golf at Burke Lake Park

Kids Korner Nothing Beats a Day at the Pumpkin Patch



Embark on an unforgettable Halloween adventure at Ghost Town in Burke Lake Park on October 28-29, from 11 a.m. to 5 p.m. Secure your spot by grabbing \$15/person online tickets until October 26, and brace for a spooktacular experience complete with Goblin Golf, Carousel rides, Train journeys, Pumpkin Painting, a Bounce House, and the thrilling Trick-or-Treat House. Don't miss out—get your advance tickets now and join us for a day of festive fun that's bound to sell out! All ages of trick-or-treaters are warmly welcomed.

Burke Lake Park
7315 Ox Road
Fairfax, VA 22039

Burke Nursery and Garden Ctr.
9401 Burke Road
Burke, VA
703-323-1188

Cox Farm Market
2599 Chain Bridge Road
Vienna, VA
703-281-0165

Cox Farms
15621 Braddock Road
Centreville, VA 20120
703-830-4121

Krop's Crops
11110 Georgetown Pike
Great Falls, VA
703-430-8955

Meadows Farms
10618 Leesburg Pike
Vienna, VA
703-759-3900

Nalls Produce
7310 Beulah St.
Alexandria, VA
703-971-4068

Ghost Town
Burke Lake Park

Saturday & Sunday, October 28 & 29, 2023
11 a.m. - 5 p.m.

Tickets are \$15/person online until October 26 • Day of Tickets are \$20
Advance Tickets are recommended as the event is expected to sell out.

- Goblin Golf
- Carousal
- Train Ride
- Pumpkin Painting
- Bounce House
- Trick-or-Treat House

Trick-or-Treaters of all ages welcome!

BURKE LAKE PARK
7315 Ox Road • Fairfax Station, Va. 22039
www.fairfaxcounty.gov/parks/burke-lake
703-324-8563 • TTY Va. Relay 711

Calling All Classic Cars
We want you at the Annandale Parade

Columbia Pike
Saturday, October 28, 2023 - 10:00 AM - Noon

www.annandalechamber.com

Event organized by the Annandale Chamber of Commerce. The Annandale Parade will be accessible to people with disabilities.

The Annandale Food Pantry Food Drives this Fall



The need for food donations is greater than ever before. Your support will go a long way in helping to bring relief to our most vulnerable neighbors. The Annandale Food Pantry has planned 2 special food drives this fall.

Cash Donation - A cash donation allows ACCA to purchase fresh foods and hygiene products to supplement donated items. Donate online, use PayPal, or send a check. .

Food Donations - visit one of our upcoming Food Drives to make a donation of non-perishable foods and hygiene products that ACCA can deliver to our nearby families. Find out what is most needed here.

Food drives are scheduled from 10:00 a.m.-1:00 p.m. on the following dates:

- October 5
- November 2

at Giant Food at 7137 Columbia Pike, Annandale. Food will be collected in the Mason District Police cruiser parked at the curb. A collection box will also be available in the conference room at the Mason District Government Center from September through November during NARFE Chapter 1159 membership meetings.

We will be collecting food donations on Tuesday-Friday from 1:30-4 pm at the ACCA food pantry located at 7200 Columbia Pike (trailer separate from the day care center) in Annandale. Please do not drop off food if a volunteer is not available.

Do you have a garden? ACCA can also distribute fresh produce to clients from your home gardens. Please deliver to the pantry on Tuesday – Wednesday between 1:30 and 4 p.m. (so the produce is delivered to clients before the weekend). Thank you for your support

Annandale Christian Community for Action (ACCA)
7200 Columbia Pike Annandale, VA 22003
703-256-0100 info@accacares.org
<https://accacares.org/foodpantry/>

Roads and Rage

Fairfax Connector launch of first Electric Bus



On September 28th, Fairfax County Connector Service launched its first Electric Buses at their West Ox Operations and Maintenance Center in Fairfax.

In a step forward toward a zero-emissions vehicle fleet, Fairfax County will buy a number of new all-electric county vehicles using \$4.4 million in state grant funds.

The money will specifically go toward four electric Fairfax Connector buses, four solid waste trucks and one medium-duty truck, as well as installing electric charging stations for these vehicles. These demonstration projects will advance the county's efforts to electrify its fleet, helping officials learn more about operating and maintaining these vehicles.

The Virginia Department of Environmental Quality awarded the grant funds through its Clean Air Communities Program. This program accelerates transportation electrification to combat climate change and air pollution, and it was established as part of the state's oversight of the Volkswagen Environmental Mitigation Trust.

Join the Fun & Watch The Annandale Parade Saturday, October 28th - 10 am

Best Fall Destinations in Virginia

- Shenandoah National Park & Valley
- Woodstock
- Charlottesville
- Blacksburg
- South Boston
- Fredericksburg
- Staunton
- Culpepper
- Harrisonburg
- Williamsburg & Yorktown



Jake's Ice Cream

As soon as you enter, you are greeted with warmth.

By: Robin Rearxon



Jake's Ice Cream offers artisanal small-batch ice cream made on the premises. We have house-made waffle cones, sundaes, shakes, floats, and delicious confections. Many of our staff are differently-abled adults and we rejoice in their pride. We love making ice cream and helping the community.

The genesis of our shop starts during the pandemic when my previously employed differently abled nephew Jake found himself unemployed and stuck at home. We were hoping for a reasonable resolution for this and when none came we made the bold decision to open a new business from scratch. It took a year to find a location, build out and get our occupancy permit.

It took no time at all to find a lovely group of people wanting to work. We got started, made accommodations, trained for new skill sets, learned a lot about food service, working with the public and how to run a cash register. We have had help along the way with job coaches and several groups of highly skilled students from Poolesville High School who developed a "make change" app for the staff to run the register with.

In addition to ordering ice cream at our shop at the Barcroft Shopping Plaza, we also offer catering of our delicious ice cream brought to your location - or packed and ready for pick-up for a bulk order. We will cater events of any size and will provide your choice of flavors, sauces, toppings and more. Let us know if you want us to deliver and serve at your event or if you will pick up the order yourself to serve. We can loan you a cooler with frozen gel packs if you are picking up and cannot

bring your own.

Our staff create hand-decorate cake pops and Oreo pops daily at the shop that reflect holidays, animals, sports, cartoons and whimsical fancy. We offer many flavors and decorations, and if you purchase 12 or more, there is a discount. You can custom order flavors or colors for events, parties or just because that's what you want. We also make special order ice cream sandwiches, ice cream cakes and ice cream pies. Hot cocoa bombs - a 3" orb of low melting point chocolate for the shell, cocoa powder and marshmallows inside - are available in the winter months.

We can arrange for small private parties in the shop or reserve space for groups at certain times during the week. We even offer a very popular "Create Your Own Ice Cream Flavor" event where small groups can reserve a time to come into the shop to make a flavor of their own choice.

In 2023 Jake's Ice Cream was awarded "Best of NoVa Ice Cream/Gelato Winner" by Northern Virginia magazine. We also received the "Catalyst of Change" award from The Arc of Virginia in Richmond and the "Eleanor Sue Finkelstein Award for Service to the Disability Community" from the Pozez JCC. We have been featured on local, national and international TV and print media for both our affirming mission and our delicious confections.

From the beginning our mission has been to create employment for differently-abled people so that they may aspire to all of the same things that most of us adults want: a sense of accomplishment, a sense of community and a sense of autonomy. We are having fun while we are learning skills in the kitchen and working with the public.

We started by opening Jake's Ice Cream in the Barcroft Plaza Shopping Center in August 2021 and have expanded with the opening of Jake's Gourmet Popcorn in the Seven Corners Shopping Center in 2023. We continue to make all of our products by hand in our shops. "Crafted with pride by loving hands", we look forward to becoming your favorite place to enjoy delicious ice cream and gourmet popcorn.

JAKE'S ICE CREAM

6353 Columbia Pike at Barcroft Plaza

571-378-1855

www.sweetjakesicecream.com

School Year Hours:

Monday/Tuesday 3 PM to 8 PM

Wed thru Sunday noon to 8 PM

Patient First

Allergy Sufferers Need Relief in the Fall

Grand Opening and Tours October 11th 4-6 pm



Summer is gone with the wind. The heated dog days are being replaced by a crisp, cool breeze, but autumn brings little relief for many allergy sufferers. Ragweed pollen is one of many environmental triggers that trouble millions of allergy sufferers. Others include mold from damp leaves, wet basements, and dust mites. Don't confuse allergic reactions with cold symptoms.

What Are Allergies?

According to the Mayo Clinic, an allergic reaction occurs when your body comes into contact with a foreign substance- an allergen (bee venom, pollen, etc.). Your body identifies this substance as harmful, even when the threat is minor. When you encounter that allergen again, your body reacts to it with allergy symptoms.

Recognize The Symptoms

Allergy symptoms vary from person to person, depending on their particular sensitivity. Some common symptoms include:

- Itchy, watery eyes
- Sneezing
- Runny Nose
- Congestion

Know The Difference

While suffering from these symptoms may seem like a common cold to you, allergy and cold symptoms differ in two respects.

Colds generally include a fever; allergies do not.

Colds typically last 7-10 days; allergies symptoms may be present for an entire season.

Reducing Allergy Symptoms

Here are 9 steps you can take to reduce allergy symptoms:

- Stay indoors on dry, windy days. The best time to be outdoors is after a rain, which clears the air of pollen.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- After spending time outside, take a shower to rinse pollen from your skin and hair, and put on clean clothes.
- Wear a face mask if you do outside chores.
- Take over-the-counter antihistamines when high pollen

counts are forecast, even before your symptoms start.

- Use air conditioning in your house and car.
- Use high-efficiency air filters, and change them frequently.
- Keep indoor air dry with a dehumidifier.
- Clean floors frequently with a vacuum cleaner.

Treatment

If your seasonal allergies are usually mild, nasal sprays and oral antihistamines can help manage the symptoms. Your body, however, may eventually build up a tolerance to an over-the-counter (OTC) medication. If OTC treatments don't reduce your symptoms, it may be time to talk to a physician. You may need a prescription or other treatment.

Patient First doctors are available to talk about fall allergies, and ways to avoid them. Contact Victoria Soriano at (571) 340-1594 or Victoria.Soriano@patientfirst.com to set up an in-person interview, or via Zoom.

About Patient First

All Patient First Medical Centers are open 8 a.m. to 8 p.m. every day of the year, including holidays. Patient First provides non-appointment urgent care for routine injuries and illnesses, as well as primary care for patients who do not have a regular physician. Each Patient First center has on-site digital x-ray, on-site laboratory, and on-site prescription drugs. Patient First currently operates medical centers in Virginia, Maryland, Pennsylvania, and New Jersey.

Patient First in Annandale

Grand Opening and Open House (You are invited!)
October 11th— 4 pm –6 pm
7042 A Little River Turnpike (at John Marr Drive)

www.facebook.com/PatientFirst
twitter.com/PatientFirst
<https://www.instagram.com/patientfirst/>

Vote Absentee, In-Person, or Curbside, BUT VOTE

Election Day, Tuesday, November 7th (6:00 am—7:00 pm)



If you have not yet registered to vote you can do so online, or by downloading an application and returning it on time. **If you are not yet registered to vote**, you can do so online at <https://www.elections.virginia.gov/registration/voter-forms/>

Registering to Vote:

Voter Registration Deadline: October 16 by 11:59 pm

online or postmarked by mail October 17th for this November's election. Register online using the Virginia Department of Elections Citizen portal at <https://vote.elections.virginia.gov/VoterInformation> Or you can download a voter registration application and return it via US Mail.

Absentee Ballots

Anyone can vote early. The General Assembly has implemented no-excuse absentee voting.

All the information you need can be accessed here: <https://www.fairfaxcounty.gov/elections/absentee> Questions: voting@fairfaxcounty.gov or www.elections.virginia.gov

After applying, you can check to see if your absentee application was received, your ballot sent or received by going to the citizen portal. They will be mailed to you by September 23rd. The last day to request an Absentee Ballot is October 22nd by 5 pm. This deadline applies to both online submissions and in person submissions.

If you vote absentee or early, your ballot will be counted and reported on election night. Since 2007, the County has had a system in place to preprocess absentee ballots so they can be tallied on Election Night.

Returning your Absentee Ballot

Deadline for Return of Vote by Mail Ballots:

- ◆ November 7 by 7 p.m. if hand-delivered in-person
- ◆ Postmarked on or before November 7 and received by noon on November 14 if by-mail.
- ◆ Visit the Vote by Mail page at the Fairfax Office of Elections website for complete details. Ballots can be returned by mail, by commercial delivery, or at Drop Boxes.

Early Voting

Early Voting In-Person: Begins September 22, ends November 4 for the Nov. 7, 2023 General Election. Any registered Fairfax County voter may vote early at any Fairfax County early voting location at the Fairfax Co. Gov't Center, South County Gov't Center and at the Mt. Vernon Gov't Center. If you received a ballot in the mail, you must bring it with you and surrender it to vote in person.

Extended Early Voting (Oct. 26-Nov. 4)

- Fairfax County Government Center—12000 Government Center Pkwy, Conference Rooms 2/3, Fairfax 22035
- Burke Centre Library - 5935 Freds Oak Rd, Burke 22015
- Centreville Regional Library - 14200 St. Germain Dr, Centreville 20121
- Franconia Governmental Center - 6121 Franconia Rd, Alexandria 22310
- Gerry Hyland Government Center - 8350 Richmond Hwy, Alexandria 22309
- Great Falls Library - 9830 Georgetown Pike, Great Falls 22066
- Herndon Fortnightly Library - 768 Center St, Herndon 20170
- Mason Governmental Center - 6507 Columbia Pike, Annandale 22003
- McLean Governmental Center - 1437 Balls Hill Rd, McLean 22101
- Providence Community Center - 3001 Vaden Dr, Fairfax 22031
- Sully Governmental Center - 4900 Stonecroft Blvd, Chantilly 20151
- Thomas Jefferson Library - 7415 Arlington Blvd, Falls Church 22042
- Tysons-Pimmit Regional Library - 7584 Leesburg Pike, Falls Church 22043
- West Springfield Governmental Center - 6140 Rolling Rd, Springfield 22152

Hours of operation for Early Voting Locations:

See: www.fairfaxcounty.gov/elections/early-voting

Election Day

On Election Day, all precincts will be open from 6am-7pm. Again, you will be able to drop off mail-in ballots at drop-off boxes. Photo ID will be required.

Curbside Voting

Curbside voting is available for those who are 65-years-old or older, or any person with a physical disability. Curbside voting doesn't put you at the front of the line and voters should expect to wait. Best to go to the Fairfax County Government Center with 20 curbside spaces set aside in a separate queue and handled in the order of the request. It can take some time to process each voter, so if you decide to vote at the Government Center, be prepared to wait.

AA PLUS DRIVING SCHOOL

Driver's Edu, for Teens & Adults

Get 5+ Points Back

Adult Waiver Classes Offered
(DMV Road Test Waived)

5021B Backlick Road
Annandale VA 22003



703-642-0104 Main 703-642-0105 Fax

Email: info@Aaplusdrivingschool.com

Web: www.Aaplusdrivingschool.com



Haven

of Northern Virginia, Inc.

support for the bereaved and seriously ill

4606 Ravensworth Road
Annandale, VA 22003

703-941-7000
Fax 703-941-7003

www.havenofnova.org



Lee's Hapmudo Martial Arts Studio

7036 Columbia Pike . Annandale, VA 22003
703-750-3330 . webmaster@hapmudo.net
www.hapmudo.net

FIND HARMONY OF THE MIND, BODY AND SPIRIT



Annandale Photo & Camera

Cameras, 1 Hr. Processing, Custom Lab
Digital Restoration & Printing

EGAN DEL
7044 Columbia Pike
Annandale, VA 22003

Phone: 703-750-2501

Smart Key Express

Don't Panic, We are Here to Help

Smart Key Express is located in Annandale and answers calls for replacing, duplicating, and repairing damaged or broken car keys.

Need a Smart Key duplicated? Go to Smart Key Express located next to McDonald's 7540 Little River Turnpike. They will expertly duplicate your car keys in advance of ever losing one. Duplicating a car key in your possession is cheaper and more convenient than losing one and experiencing the stress, inconvenience, and additional cost involved.

However, if you do lose your key without a back-up they will come to your rescue and not leave you stranded. Call us at (571) 660-9700 or call our cell phone (703) 898-9903

What about a damaged key? Smart Key Express can help customers repair any broken or damaged car keys. .

Smart Key Express is also able to fix flashing theft/security problems and program transponder & FOB keys. They can also diagnose, repair, reprogram & flash BCM's, ECM's, PCM's, Skim, Skreem, Remotes, Transponder Keys, and more.

Smart Key Express is located in Annandale where both English and Spanish are fluently spoken. Visit their storefront to see what services they have to offer or contact them today with any inquiries.

SMART KEY EXPRESS

7540 Little River Turnpike, #D202
Annandale, VA 22003
703-898-3318 . www.smartkeyexpress.com

Cynthia Urquidi



*We Repair
or Replace
any key*

Se Habla Español



7540 Little River Turnpike. - #D 202 Annandale, VA 22003

703-898-3318

www.smartkeyexpress.com

The Golden Years

Eat Well, Eat Healthy, and Stay Hydrated

By: Deena Imbriglia



As we get older, it's important to eat well. Changes in your body result in lower energy and caloric requirements. It is, therefore, important to reduce portion sizes if activity is low, and to cut down on sugary snacks. Here are some of the best selections of foods from a variety of food groups.

What to Eat? No single food provides all the nutrients you need. It is important to have a wide variety of foods from the following food groups.

Fruits & Vegetables; Potatoes, breads, rice & pasta; Cereals; Dairy (or alternative products); Beans, peas & lentils; Fish, eggs and other proteins; Oils & spreads.

“Superfoods” are minimally processed foods that are nutrient dense and usually contain healthy fats, vitamins, minerals, antioxidants and other compounds found to promote good health and prevent illness and disease. Here are some of the best ones to include in your daily diet.

Dark leafy greens (Kale & Spinach); Cruciferous vegetables (Broccoli, Cabbage, Brussel Sprouts); Blueberries & Avocados (Help delay cognitive decline and rich in antioxidants); Nuts & Seeds (Chia, Hemp & Flax seeds are rich in Omega-3 fatty acids and fibers which fight inflammation); Eggs (High in Protein); Fatty fish (Salmon, Herring, Trout & Maceral are great sources of protein); Plain Greek yogurt (high in Protein, calcium & Probiotics to aid digestion and prevent infection).

Older adults are living longer. Making an effort to eat healthy can help you continue to enjoy an active lifestyle well into your 80s and 90s.

Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our hearts. Dehydration can be a

serious condition that can occur when you don't consume enough fluids for your body's needs. This can cause Urinary Tract Infections (UTIs), heat stroke, heart problems, kidney failure and blood clot complications.

Seniors are more vulnerable to dehydration and up to 40% may be chronically underhydrated, often due to the following issues.

Appetite and thirst tend to diminish with age. Older adults experience body composition changes over time that, initially, leave them with less water in their bodies. Seniors are likely to take medications that increase dehydration risk.

Older adults' bodies don't regulate temperature as efficiently as younger people and may dehydrate through sweating during an activity or exercise.

Symptoms of Dehydration: RECOGNIZE THE WARNING SIGNS!!

- Dark-colored urine; urinating less frequently.
- Fatigue or feeling weak. Irritability, dizziness, headaches or dry mouth.
- Muscle cramps in arms or legs. Confusion and decreased cognitive functions.
- Tiredness and lack of coordination from dehydration may lead to falls and injury.

How to Stay Hydrated every day.

As a general rule, take one-third of your body weight and drink that number of ounces in fluids, but it's best to consult your doctor for the proper amount specifically for you. Choose foods with high water content.

- Keep water with you – always!!
- Avoid or reduce your alcohol intake.
- Build hydration into your daily routine.

HOME INSTEAD SENIOR CARE

7058 Columbia Pike, Annandale, VA 22003
703) 750-6644

www.homeinstead.com/location/624/

(In the Annandale Shopping Center at Gallows Road)

Haven of Northern Virginia

Are You or Someone You Know Grieving the Loss of a Loved One?



There is a wonderful resource in Annandale that offers emotional support to those going through the difficult process of grieving the death of a loved one. That resource is Haven of Northern Virginia, a non-profit all-volunteer organization that has been providing grief support for 39 years.

Haven offers help to those who have lost a spouse, child, parent, sibling, or friend. Losses may be the result of an illness, accident, suicide, or natural causes. Whatever the cause of death, Haven is there to help. Haven's services includes individual support, walk-in support, bereavement groups, grief workshops, and community presentations.

Six-week bereavement groups are held in the spring and fall. There separate groups for widows/widowers, general bereavement (for the loss of a friend, child, sibling or parent) and suicide loss. Registration is required.

There is also a bi-monthly drop-in group for those who have lost a loved one to suicide. The group meets on the first and third Saturdays of each month from 11:00 AM to 12:30 PM. No registration is required. Because the holidays can be difficult for those grieving, every November Haven gives a presentation, called "Coping with the Holidays." Registration is required.

Haven operates out of a small house on Ravensworth Road in Annandale. Haven has no paid staff. Trained volunteers provide all services. After going through a comprehensive screening process, volunteers complete thirty hours of training in grief support. Last year Haven's trained volunteers provided over 5,500 hours of support through Haven programs. This support was provided to more than 500 clients in our programs.

Haven does not charge for any of its services. It relies solely on donations to sustain its modest operation, providing com-

munity presentations through a Speaker's Bureau. The Bureau helps to spread the word about Haven and assists with fundraising. Haven's goal is to not only provide caring support but also to provide educational materials and information about other resources available in the community.

Haven is a unique organization. There are few other organizations with the size and scope of its grief programs. As a result, Haven receives referrals from many community organizations, including hospitals, physicians and psychiatrists, psychologists, social workers, funeral homes, schools, police and emergency services, churches, hospices, other grief support groups, past clients, and friends. Clients also find Haven on its website. Currently, Haven is reaching out to community groups like the Chamber, seeking financial support in order to respond to the growing need for bereavement services in the area.

For additional information, please contact Haven at 703-941-7000 from 9:30 AM to 2:30 PM Monday through Friday. Or contact Haven by email at havenofnova@verizon.net. You may also visit Haven's website: www.havenofnova.org for more information on its programs, books, articles and resources related to grief.



**Free transportation for Annandale-Springfield
seniors to local medical appointments**

7610 Newcastle Drive . Annandale 22003
703-941-1419 . shepherdscas@vacoxxmail.com



Terry Shuping Angelotti
Strategy Director, Annandale
Opportunity Neighborhoods

10700 Page Avenue, Building B
Fairfax, VA 22030
Phone: 703-352-3269
Fax: 703-352-5088
TAngelotti@FacetsCares.org
www.FacetsCares.org

Connect with us... 

Elder Care in Our Community

Shepherd's Center



The Shepherd's Center of Annandale Springfield (SCAS) is a non-profit interfaith organization sponsored by area congregations and community groups to serve seniors aged 50+ in the Annandale, Springfield, and a few areas in Alexandria, Virginia. Our primary purpose is to provide services to assist senior adults aged 50 and above to continue to live independently in their homes and to offer programs which supply opportunities for enrichment, learning and socialization.

Our motto is "Seniors helping Seniors". The majority of Board members and volunteers are seniors and have been helping seniors in our community since 2003.

Our primary service is to provide transportation to those seniors who no longer drive or have no transportation support. This is a joint program with the Annandale Christian Community for Action (ACCA). Our drivers, who are community volunteers, generously give their time and effort to provide services such as transportation to and from medical appointments during the week and to shopping and banking on weekends. In 2021 the drivers provided over 600 rides driving over 14000 miles. We currently have 110 riders and 38 drivers.

We receive ride referrals from Fairfax County, local doctor and dentist offices, dialysis centers, and friends and relatives of people that no longer drive. We are signing up new riders every week. There is a growing need for drivers to keep up with the demand.

Our services also include our Handy Helper program. Handy Helpers perform minor home repairs to help keep homes safe and

livable for seniors. Services are available to seniors in our community free of charge. Volunteers for this service are also needed.

We also make referrals to local community services for requests that we receive that we are unable to fulfill. Let us know if you want to be added to this list.

Our programs provide socialization as well as continuing education such as: *Lunch N' Life* where luncheons are held regularly with guest speakers or musical programs. This is a social event that provides good programs, good food, and good company.

All events open to the public and are posted on our website or our Facebook page and in our bi-monthly newsletter.

Our financial position resources are derived from support from in-kind and financial donations from faith communities, civic groups, and local businesses, as well as donations from many individuals, continue to provide a firm foundation for all that we do.

First Presbyterian Church of Annandale which provides office space. We are supported by local churches and businesses. See our website for current listing. If any church or business wants to help support SCAS just call the office.

Contact us:

To volunteer- we have openings on the Board and committees, drivers, and office staff.
To make a contribution.

Please join the Shepherd Center in this effort and really make a difference in the life of someone in your community. Please call the office at 703-941-1419 Monday through Friday between 10:00 am and 1:00 pm.

7610 Newcastle Dr., Annandale, VA 22003
Shepherdsacas@vacoxmail.com

Annandale Parade
Watch the Fun
Sat. Oct 28th - 10 am
Columbia Pike

Help End Alzheimer's

One in three seniors dies with Alzheimer's or another dementia.



Did You Know that Alzheimer's Is Destroying Our Families, Our Finances, and our Future?

We've seen some action, but Alzheimer's isn't stopping, and neither should we! PLEASE help me fight this cause by participating in the 2023 Walk to End Alzheimer's - Washington, DC to raise awareness and funds for Alzheimer's care, support and research.

There are ways you can help:

- ⇒ JOIN OUR TEAM – Home Instead/Annandale, and WALK with us on SATURDAY, OCTOBER 14TH, 2023.
- ⇒ Go to our Walk Page and DONATE.
- ⇒ SHARE our Team Page with friends and family and social media accounts.

Place Home Instead/Annandale DC Alzheimer's Walk Team Link in your browser: https://act.alz.org/site/TR/Walk2023/DC-NationalCapitalArea?team_id=822523&pg=team&fr_id=16447

- ◆ Find: the Home Instead/Annandale Walk Team Page:
- ◆ Search: Walk to End Alzheimer's DC – 2023
- ◆ Under "Find A Team" type Home Instead/Annandale Then click "Search."

Thank you for your gracious support.

Home Instead Senior Care

7058 Columbia Pike, Annandale, VA 22003

deena.imbriglia@homeinstead.com, 703-750-6644



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LET THE GOOD TIMES ROLL
KONA ICE OF ANNANDALE

VIEW ON NATURE

Clarion Call: Masters of Disguise

By: Stephen Wendt



*Eastern Whip-Poor-Will at Maggee Marsh, Ohio
Photo by Tony Castro*

[Creative Commons Attribution-Share Alike 4.0 International](#)



A Rare Eastern Whip-Poor-Will is a Master of Disguise who will completely erases itself within the forest.

*This one was found in Philadelphia, Pennsylvania
[Creative Commons Attribution-Share Alike 4.0 International](#)*

The luminescence from the half-moon permeated the pre-dawn Spring woods. Long vertical shadows cast by the trees accented the tranquility, the stillness, the forest hush.

That's when the loud, crystal-clear call... 'whip-poor-will, whip-poor-will, whip-poor-will' sounded off. The unmistakably crisp 'whip', the falling 'poor', and the high-pitch 'will', echoing over and over and over.

Male whip-poor-wills, whose name is an onomatopoeia of their call, only 'sing' in pursuit of lifetime mates at night when there's at least 50% moon illumination. The eastern whip-poor-will belongs to a group of nocturnal birds known as "nightjars" named for their nighttime habits and jarring vocalizations. Upon arrival from their wintering grounds, males energetically call at night throughout the mating, nesting and rearing of young periods.

Their loud, repetitive calling is unforgettable. This often-heard but seldom-seen bird seemingly calls endlessly; according to the Audubon Society, one patient observer counted 1,088 consecutive calls without a break!

Whip-poor-wills are nocturnal insectivores that have evolved distinctive features and unique appearance. They have huge, highly adapted night-vision eyes for hunting and maneuverability. Their short, gaping beaks are equipped with two rows of forward-facing bristles to funnel predominantly large moths and other insects into their maws for swallowing whole *during* flight.

This stumpy bird is about the size of a robin with a wide 19-inch wingspan. Whip-poor-wills are temporary residents of the east-

ern forests, spending their winters feeding on insects in warmer southeastern United States. As spring arrives, they migrate north to feed on the seasonal abundance of insects in our eastern woodlands, breed, and rear their young.

For successful hunting and nesting, whip-poor-wills seek deciduous upland forests with special characteristics --less leafy upper tree canopies, and little-to-no understory. Thinner canopies allow moonlight to penetrate the forest, making insect prey more visible; forests with less understory are easier to maneuver within and don't hide lurking predators as well. Large grassy fields and brushy clearcuts which don't match the bird's camouflage coloration are avoided.

Whip-poor-wills are masters of camouflage. Their grey/ brown coloration and ability to remain completely motionless for hours utterly conceals them on the forest floor against predators. As invisible ground nesters, they lay two eggs on the shady leaf litter without constructing a nest. Trust me, you will never, ever discover one of these birds on the ground until, literally, almost stepping on them!

Scientists report a decline in these unique birds in some areas. Some combination of logging, pesticide use, suburban development, moth population declines, and increase in 'edge nest predators' (skunks, raccoons, opossums) are suspected.

I've spent many a spring night dozing off in the Virginia woods and early dawns venturing out on hikes and a trout fishing adventures in company of the seemingly never-ending calls of the whip-poor-will. To me, Springtime in the woods means bluets, trilliums, lady slippers, and wild azaleas in bloom; spring peep-

All About Trees

Fall Foliage Viewing, Planting



Note the specialized forward-facing hairs for funneling insects into the whip-poor-will's wide mouth
 Exum, North Carolina

Creative Commons Attribution-Share Alike 3.0

er frogs and tom turkeys sounding off; and the unforgettable whip-poor-wills calling.

Whereas Ralph Waldo Emerson wrote: “*Earth laughs in flowers*”, to me, the whip-poor-will’s clarion call heralds the woodland Spring has arrived. When Spring 2024 arrives, keep your eyes peeled to see this Master of Disguise in a tree or even on the forest floor.



Autumn is officially here and the estimated 44 million trees in Fairfax County will be putting on a spectacular show of colors lasting a few weeks in October (though this year's drought-like conditions may impact some colors). Headliners include the county’s most common species: red maple, American beech and the tulip tree.

Fall colors are popular everywhere, so check out the Virginia Fall Foliage Report to track where colors are changing across the Commonwealth. www.virginia.org/plan-your-trip/seasons-and-climate/fall/fall-foliage-report/

TREE FACTS

- ◆ Tree cover in Fairfax County is 57 percent.
- ◆ Trees in the county remove 4.5 tons of pollution each year (valued at \$1.8 billion/year).
- ◆ Our trees produce 232,000 tons of oxygen per year.
- ◆ Trees in the county provide building energy savings of more than \$34 million per year.

Everyone has a role in protecting trees – residents, government, business and the whole community. Here are a few ways you can help:

- ◆ Take care of the trees in your yard, including the correct use of mulch (no mulch mountains!).
- ◆ Remove invasive plants, such as vines, that could harm the health of trees.
- ◆ Volunteer as a neighborhood tree rescuer.

Fall is the perfect time to plant trees. Add to the county’s tree cover by planting trees on your own property. Native trees are the most beneficial for a few reasons:

- They are adapted to our local climate.
- They provide habitat and nesting sites.
- They soak up storm runoff and clean our water.

The county has an urban forester available to answer questions at 703-324-1770 M-F from 8 a.m. to 4:30 p.m.



Fairfax County Deer Archery Program

This Licensed Program is managed by the Fairfax County Park Authority



Under the oversight of the Fairfax County Police Department, in collaboration with the Fairfax County Park Authority, NO-VA Parks, and other public landholders, the archery program is conducted in parks and other locations throughout Fairfax County.

The archery program began in FY 2010 and is part of an integrated Deer Management Program to reduce and stabilize the white-tailed deer population in Fairfax County in efforts to minimize safety and health hazards and other impacts related to an overabundance of deer. These impacts include deer-vehicle collisions, potential spread of diseases, and environmental damage attributed to deer that can impact the ecosystem. The program was approved by the Fairfax County Board of Supervisors in 2000 and is recognized as a safe and efficient method of deer population control by the Virginia Department of Wildlife Resources.

Because of its proven track record of safety, archery is a preferred deer management method in Fairfax County. Archery is a compatible use with residential areas and community parks, allowing for deer population management in urban and suburban areas. The Fairfax County Deer Management Program is conducted on approximately 100 properties countywide. Last year, 726 deer were harvested through the use of archery by hunters in the county program. The archery program accounted for 94% of the total deer harvests in the Fairfax County Deer Management Program.

Fairfax County's Archery Program standards require that all archers meet state hunter licensing, education and safety requirements and must pass qualifications to demonstrate skill and marksmanship, in addition to carrying program identification. Archers are also required to have completed additional training through the International Bowhunter Education Program to participate in the Fairfax County Deer Management

Program. All archers must also pass a criminal background check to be eligible for the program. Only hunters that have gone through this screening and selection process with the Fairfax County Police Department may hunt within the designated parks

<https://www.fairfaxcounty.gov/wildlife/deer-management-program>.

- ◆ All archers must comply with state and federal game laws and regulations, local ordinances, and program rules.

Parks remain open to the public during the archery program. Florescent orange signs are posted in parks where hunting is authorized. Hunters can only take shots at deer from elevated tree stands; hunting from the ground level is prohibited in county parks.

Tree stands must not be located closer than 100 feet from property lines or closer than 50 feet from established park trails. Archers are not allowed on private property without permission by the owner or tenant.

Archers are approved to hunt at assigned sites Monday through Saturday during legal hunting hours, 30 minutes prior to sunrise until 30 minutes after sunset. No hunting is allowed on Sundays in county parks.

Illegal hunting activity

To report suspected illegal trapping or poaching, please contact the [Virginia Conservation Police with the Virginia Department of Wildlife Resources](#). You may also contact the Park Authority's Park Operations Division at 703-324-8594.

The Garden Path

Three Essentials Every Outdoor Gathering Space Needs

By Miles Campbell



A waterfall provides visual and audio interest to your landscape. It will also help to block unwanted street noise.

If you want to amp up your outdoor gathering spaces this fall, some essentials will make your outdoor living areas the go-to place for fall fun.

Pairing different hardscape features transforms your outdoor destination space into a multifunctional and relaxing way to bring together friends and family. These pairs include:

- ◆ Patios and water features
- ◆ Synthetic putting greens with walkways and LED lighting
- ◆ Fire pits with seat walls and LED lighting.

As the days get shorter, you want LED lighting to extend the day into night, especially if you're hosting a Sunday Night Football party at your outdoor destination.

Let's see how these three pairings unite to create a gathering space where everyone wants to be this fall.

Perfect Your Patio with Water Features

A patio and a water feature go hand-in-hand when enhancing your outdoor gathering space. The patio serves as the stage for dining, socializing, or simply relaxing.

Use your patio to create sumptuous fall dinners in your outdoor kitchen and sit together while watching the game.

Add a water feature into the mix, elevating the aesthetics and creating a soothing ambiance. The gentle sound of flowing water complements your patio's purpose, offering a balanced blend of elements that captivate the senses.

Water features built near your patio transform your backyard into a versatile, inviting haven perfect for any gathering.

You also want your water feature to be a focal point you can see inside your home. During the winter, you want to be able to see that water feature even if it's not moving water at the moment.

The following water features pair well with patios:

Waterfall Pond

Consider adding a waterfall if you want an eye-catching feature to go with your patio. The flowing water falling into the basin or creek bed provides visual and audio interest. A waterfall also helps block unwanted street noise, which doubles as a white noise effect. You can add koi to your waterfall pond to enhance your enjoyment and involvement with nature.

Pondless Waterfall

There are many types of pondless waterfalls, from babbling brooks to dramatic waterfalls. A waterfall pond requires little maintenance, is energy-efficient, and attracts a variety of wildlife. Our patio paver's expert installation craftsman can design and build the pondless waterfall to fit your patio's shape and style.

Streambed

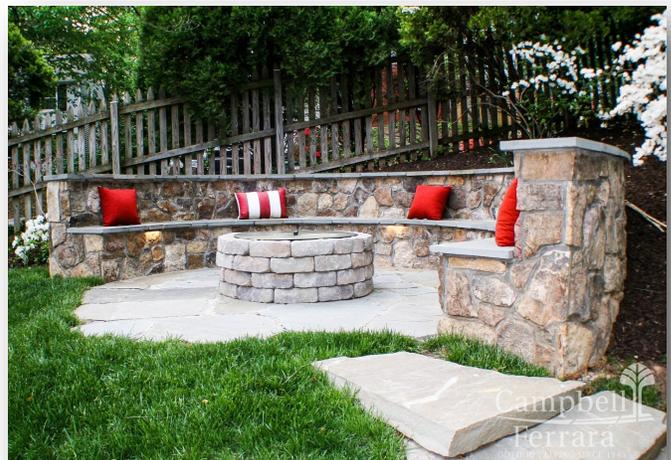
If you want to move water away from your home or love a bubbling brook, add a stream alongside your patio. You can include a waterfall or keep a dry creek bed where water only flows through during heavy rain.

Fountains

A fountain syncs well with any patio, whether that's a large or a small one. The fountain can be formal or informal. You have many choices regarding a fountain, including a wall fountain, to enhance your outdoor gathering space.

Campbell & Ferrara

8351 Richmond Highway, Alexandria, VA 22309
(703) 354-6724 . www.campbellferrara.com



Fire Pits with Bench Wall Seating provide a cozy entertaining spot.

UnCovered: Cookie Cutters and Kitchen Tools

Contributor: Fairfax County Park Authority



Antique Cookie Cutters from the Lahey Lost Valley Collection.

The tradition of baking holiday cookies to share with friends and family dates to the medieval era. Historically, these cookies would be made with fragrant spices such as black pepper, ginger and cinnamon, making them taste similar to modern day gingerbread. The first known recipe for gingerbread came from Greece in 2400 BC.

Gingerbread is claimed to have been brought to Europe in 992 AD by the Armenian monk Gregory of Nicopolis (also called Gregory Makar and Grégoire de Nicopolis). He left Nicopolis (in modern-day western Greece) to live in Bondaroy (north-central France), near the town of Pithiviers. He stayed there for seven years until he died in 999 and taught gingerbread baking to French Christians ⁽¹⁾ It may have been brought to Western Europe from the eastern Mediterranean in the 11th century. ⁽²⁾

The creation of gingerbread men cookies is attributed to Queen Elizabeth I. It is said that she presented visiting foreign officials with gingerbread in their likeness. Gingerbread was also a favored treat at medieval European festivals and fairs, and there were even dedicated gingerbread fairs.

Specialty forms of gingerbread can be found in Belgium, France, Norway, Denmark, Sweden, Germany, the Czech Republic, Ukraine, Poland, Romania, Bulgaria, Russia, and Panama. Some substitute honey for molasses, others add a sweet sauce over the top.

Other forms of gingerbread, such as loaves and houses, have historical ties as well. It is believed that gingerbread houses were popularized by the witch's cottage from the fairytale *Hansel and Gretel*. In America, George Washington's mother, Mary Ball Washington, was known for her gingerbread loaf recipe, which was her hospitality staple. Her recipe called for spices such as ginger, cinnamon, mace and nutmeg, with a surprise hint of citrus from some orange zest.

These cookie cutters are part of Fairfax County's Lahey Lost Valley Collection. In 1940, Richard Lahey and his wife Carlotta Gonzales Lahey bought 45 acres of land in Vienna. Richard Lahey was at one time the principal emeritus of the Corcoran School of Art and a well-respected artist and teacher. Carlotta was a painter, sculptor and teacher. Throughout their lives, they collected historic furniture, folk art and antiques. Carlotta bequeathed 22 acres of land, a house and its contents to the Fairfax County Park Authority in memory of Richard.

The tin cookie cutters in the Lahey Lost Valley Collection offer a unique spin on the standard gingerbread man pose. The assortment includes a depiction of a trumpeter on horseback, a man wearing a top hat, and a dove. They would have been used to cut a variety of cakes and cookies, including gingerbread.

Generally, the more intricate the design of a tin cookie cutter, the more desirable and collectible it has become. The only major design difference to modern cookie cutters is the lack of a handle. Vintage cookie cutters have holes cut in the back of the mold to allow your fingers to push away the dough and lift the cutter. While cookie cutter designs and materials may change, the excitement of partaking in a family tradition, such as making gingerbread, never will.



Gingerbread Cake with Carmel Sauce
[Creative Commons Attribution 2.0 Generic](#)

(1) *A Dictionary of Miracles: Imitative, Realistic and Dogmatic*" by Ebenezer Cobham Brewer

(2) Fiegl, Amanda. "[A Brief History of Gingerbread](#)". *Smithsonian Magazine*. Retrieved 2020-12-20.

UnCovered

Ginger Provides a Range of Health Benefits



*Antique Cooking Tools Used for Baking
Sifters, Gingerbread Cookie Cutter, Hand Mixer*

Some gingerbread recipes produce hard cookies, others soft. Both molasses and honey hardens gingerbread as the sugar absorbs moisture. Gingerbread is rolled out and cut into shapes making them a bit chewier while gingersnaps are rolled into balls and baked a few minutes longer. This creates the snappy crispiness .

According to Emma Slattery at Johns Hopkins Medicine, “Ginger adds a fragrant zest to both sweet and savory foods. The pleasantly spicy “kick” from the root of *Zingiber officinale*, the ginger plant, is what makes ginger ale, ginger tea, candies and many Asian dishes so appealing.

In addition to great taste, ginger provides a range of health benefits that you can enjoy in many forms. Emma Slattery, a clinical dietitian at Johns Hopkins Medicine, talks about all the ways ginger can add flavor to your food and support your well-being. “

Gingerbread Cookies

MIX TOGETHER THOROUGHLY

- 1/3 cup soft shortening
- 1 cup brown sugar
- 1.5 cups dark molasses

STIR IN

- 1/2 cold water

SIFT TOGETHER AND STIR IN

- 6 cups sifted flour
- 1 tsp. salt
- 1 tsp. allspice
- 1 tsp. ginger
- 1 tsp. cloves
- 1 tsp. cinnamon

STIRE IN

- 2 tsp. soda dissolved in 3 Tbsp. Cold water

METHOD

Chill dough Roll out very thick (1/2")
Cut with round cutter or gingerbread men/women cutters
Place on greased baking sheet far apart.
Bake until when touching lightly with finger no imprint remains.

Oven Temperature: 350 degrees

Bake 15-18 minutes

Makes 2.5 dozen round cookies

May wish to double the recipe if making gingerbread figures

Spiced Gingerbread Squares

MIX TOGETHER THOROUGHLY

- 1/2 cup soft shortening
- 2 Tbsp. Sugar
- 1 egg

MIX IN

- 1 cup dark molasses
- 1 cup boiling water

SIFT TOGETHER AND STIR, BEATING UNTIL SMOOTH

- 2.5 cups flour
- 1/2 tsp. salt
- 1 tsp. soda
- 1 tsp. ginger
- 1 tsp. cinnamon

When mixed pour into a greased and floured 9" square pan.

Bake

Cut into 3" squares in pan.

Keep hot and served with sweetened whipped cream.

Oven Temperature: 325 degrees

Bake 45-40 minutes

9 Servings

MEET THE ARTIST: *Lynn Chadwick*

Work on Display and for Sale at the Artisans United Gallery



"I have been a "maker" all my life. I was lucky enough to be encouraged by grandmother and my dad.

My grandmother lived with us and made all my school clothes. Before every school year, she would measure me and cut out the pattern from newspaper. I suspect that I was the only child in the Los Angeles school district that wore a matching crisply ironed pinafore to school every day!

My dad was a furniture maker in his spare time. When I asked my dad for money to buy school clothes he gave me money for patterns and fabric instead. I prided myself on wearing clothes I made myself that looked store-bought. When I was a senior in high school I won the local Singer Sewing Contest which came with a Singer Featherweight sewing machine that is still my only sewing machine.

I sewed all through college. When I joined the working world, I had little time. My life as a maker was suspended.

Some years later, I began seeking a creative outlet, I found a bead stringing class offered by the Fairfax County Adult Education program. I went to class with a box of broken necklaces and fell in love with making jewelry.



Over the years I have developed skills through study at the Corcoran School of Art and workshops with master artists at Arrowmont School of Craft, Touchstone School of Craft and Peters Valley School of Craft. Besides jewelry and metals, these schools offer programs in wood, glass, fiber, paint-

ing, forging. I encourage anyone interested in learning about a craft to check out the week-long residential programs at these schools.

I will never forget meeting the grandson of the famous chief Red Cloud while I was working on the Lac Courte Oreilles Ojibwe reservation in northern Wisconsin. I was very new to making jewelry. He was a master bead worker. When he asked me if I had any questions I said I didn't know enough to have a question. He just smiled and told me to always pick my colors in daylight. That's good advice for every maker and I follow it to this day!

I work with metal, beads, fiber, stones and wood. I am inspired by the world around me—particularly the unusual color combinations that occur in nature. My jewelry is whimsical and elegant. At the Artisans United Gallery I am showing dragonfly earrings made from Swarovski crystals as well as copper bracelets, macrame necklaces





and kinetic necklaces combining metal and glass on adjustable leather cords finished with African trade beads.

I pride myself on my lightweight comfortable earrings and easily wearable necklaces and brooches. I always use sterling silver or gold-filled findings. I enjoy the creative feeling of “being in the zone” when I am making my pieces. And I want the people who wear my jewelry to feel that enjoyment too.



ARTISANS UNITED

Annandale’s Treasure Trove of Artisan Gifts



The Craft Gallery of Artisans United is a cooperative endeavor, staffed and run by the independent members of Artisans United, Inc. as well as those individuals belonging to the member Guilds. On a daily basis, visitors will find the Gallery artisans happy to explain crafting techniques and to share their knowledge of where craft materials may be obtained. And, too, visitors will often discover impromptu demos in progress as the artists complete their creations. We are always looking for new craftspeople to join our organization. If you are interested in joining us as a member artist, please ask at the front desk for a membership packet which explains what is expected of you as a member of Artisans United.

If you are looking for gifts, please visit the Gallery where you will find an exceptional range of items appropriate for baby, wedding, mother’s day, father’s day, graduation and housewarmings.

Discover the exciting medium of polymer while learning the basics of this diverse art medium. We will learn how to cover and decorate ink pens, by using techniques for color blending, millefiore, and applying texture. Appropriate for ages 12 and older. Register by calling 703-941-0202 and providing your name and contact details. Cost is \$10, payable by cash or check. “Let your creativity guide you as you discover the possibilities with polymer.”

The next class in the series is on November 11th, Beginner *Wood Carving*.

The Craft Gallery of Artisans United
 4022C Hummer Road Annandale, VA 22003
 (At the Annandale Community Park just off Hummer Rd)
 703-941-0202 . www.augallery.org
 Hours: Tuesday through Saturday: 10 am-4 pm
 Sunday 1-4 pm

New Civic Space Opens in Annandale

Saturday, October 21st 10 am-1 pm



SCAN ME!

GRAND OPENING!

EILEEN GARNETT CIVIC SPACE

(Formerly known as the Annandale Civic Space)

Saturday, October 21, 2023

7200 Columbia Pike
Annandale, VA 22003

EVENT IS 10:00AM - 1:00PM

10:00 AM - Arrive & Explore the Park
10:30 AM - Welcome & Ribbon Cutting
10:45 AM - Free Family-Friendly Programming

For advanced registration and more event information, go to www.fcrevite.org





Walk, Bike, Bus, or Drive to the event!

Visite la página web para información en Español.
 이 정보를 한국어로 확인하려면 웹사이트를 방문하십시오.

All of Annandale is cordially invited to participate in the Grand Opening of the Eileen Garnett Civic Space located between the Fire Dept. and ACCA on Columbia Pike. This is the first green space built in the heart of Annandale and named to honor one of the most active residents who worked for over 30 years to revitalize the downtown of our community.

Eileen also had a long and devoted history with the ACCA Food Pantry and the Meals on Wheels Program. Working for decades, along with her husband Stan, they both offered regular volunteer hours. In fact, Eileen and Stan also supported a Food Pantry associated with their church and spent much of their long married life overseas fighting food insecurity. It was battling this desperate issue of need that became their vocation which they pursued with tireless devotion.

Eileen was one of the founding members of the Annandale Central Business District Planning Committee. It was on an inspection of the Business District in 2022 that Eileen was struck, while walking on a sidewalk, by a distracted driver and died. To the end of her life, she gave constant attention to Annandale, her husband and family, and to those in need.

Eileen Garnett

February 25, 1939 - May 24, 2022



Insurance Insights

Who Is Covered by a Commercial Auto Policy?

By Virginia Kinneman
Kinneman Insurance



Commercial auto insurance provides vital financial protection for businesses. It's important to understand who is covered under an organization's policy.

At its most basic, the insured entity is the business that owns and operates the vehicle, but there may be additional individuals covered under a commercial auto policy. While it's important to review the policy documents for specific details, in general, a commercial auto policy may cover the following:

- Named drivers when operating a covered vehicle
- Business owners driving the insured vehicle for business purposes
- Employees driving the insured vehicle for business purposes
- Volunteers driving the insured vehicle to benefit the business

How to Determine Who Is An Insured

To determine who is insured under a commercial auto policy, refer to the Business Auto Coverage Form included in the policy documents. Look for the section titled "Who Is an Insured." It typically includes three categories of insured individuals:

- The named insured or company listed on the policy
- Permissive users, who are individuals driving a covered vehicle with permission from the insured person or company
- Omnibus insureds, who are individuals who may be held vicariously liable for an accident caused by a permissive user or named insured

If you have concerns about your commercial auto insurance policy coverage, contact your agent promptly.

Is Commercial Auto Insurance Mandatory in Maryland, Virginia and Washington, DC?

Maryland, Virginia and Washington, DC requires commercial auto insurance for companies that use vehicles in their daily business operations. The states mandates minimum liability coverage to assist in covering a company's legal liability in the event of an at-fault accident.

In addition to liability coverage, your agent may recommend additional coverage options to protect your company's vehicles, including:

- Collision and comprehensive insurance to pay for repairs or replacements after a covered accident or incident.
- Uninsured/underinsured motorist coverage to cover damages to your company vehicle in an accident with a driver who lacks sufficient liability insurance.
- Hired and non-owned auto (HNOA) insurance to provide coverage for vehicles used for business purposes that your company does not own, such as rented or borrowed vehicles.

Depending on your circumstances, your agent may also suggest the following policies and endorsements:

- Medical payments (MedPay) coverage or personal injury protection (PIP)
- Umbrella insurance
- Replacement cost vehicle coverage
- Rental car reimbursement
- Roadside assistance
- Inland marine insurance

To obtain commercial auto insurance, reach out to the agents at Kinneman Insurance, serving the Maryland, Virginia and Washington, DC area. They are ready to assist you in creating a tailored insurance plan for your business.

This article is intended for informational and educational use only. It is not exhaustive and should not be construed as legal advice. Please contact your insurance professional for further information.

Kinneman Insurance 703-823-8800 or go online at www.KinnemanInsurance.com



Virginia Kinneman, LUTCF
Agency Owner
Virginia@KinnemanInsurance.com
Phone: (703) 823-8800

50 S. Pickett Street #20
Alexandria, Virginia 22304
1301 Vincent Place
McLean, Virginia 22101

www.KinnemanInsurance.com

Kitchen & Bath Solutions

The Highest Possible Quality in Home Remodeling



Recently opened in the Annandale Shopping Center you will find Kitchen & Bath Solutions, where everything you need to create the perfect space can be found. From cabinets, countertops and appliances, to fixtures and hardware—they do it all. Plus, with years of experience, their team can guide you through the process to make certain your project runs smoothly from start to finish.

Owner Henry Andrade has more than twenty years of experience specializing in the kitchen and bath remodeling field. Personable and knowledgeable, Henry strives to provide quality craftsmanship and exciting materials while working within your budget. From start to finish the project managers at Kitchen & Bath Solutions consult with you every step of the way—planning, designing, ordering and installing. Complete satisfaction is their goal.

Kitchen & Bath Solutions designs spaces to be as flexible as possible so that your lifestyle is reflected expressing your personality and requirements. Many of the popular contemporary kitchen and bathroom offerings are now available and can be viewed in their new showroom.

KBS
KITCHEN & BATH
 SOLUTIONS

KITCHEN & BATH SOLUTIONS
 7024 Columbia Pike, Annandale, VA 22003
 (571) 399-4141 • kbsolutions@kitchensbathsolutions.com
<http://www.kitchensbathsolutions.com/>

Bolero Corporation

Provides a Great Entertainment Experience

Planning a special company event as a team building exercise? Planning a teen or kid's party, or a fun family night out? Book your evening out at Bolero on Markham Street in Annandale where good times become great and great parties become legendary. Bowl, drink, eat, hit the arcade, set your phone to selfie-mode, and get ready for one epic celebration.

In 1997, entrepreneur Tom Shannon purchased the original Bowl or Lanes and revolutionized the industry. His vision for upscale bowling and events turned Bowlmor into a Manhattan nightlife hotspot and catapulted it onto the national stage, resulting in new locations throughout the US.

In 2013, Bowlmor purchased AMF Bowling Centers. The deal rescued AMF from bankruptcy and expanded Bowlmor's portfolio to hundreds of locations across America. The next year, Bowlmor AMF launched Bowlero—a dynamic new brand that would take bowling to an entirely new level.

The company made headlines again that year, acquiring Brunswick Corporation's bowling center business and uniting two longtime industry rivals—AMF and Brunswick—for the first time in history.

Today, the company is **Bowlero Corp**—a global media company and the largest owner and operator of bowling centers in the world. They are over 8,000 strong, with more than 12,000 lanes and 28 million guests visiting annually. Exceptional Service.

The motto at Bowlero Corporation is, *"We strive to be a world-class provider of delightful guest experiences, and to provide a dynamic work environment where talented and ambitious associates will thrive."*

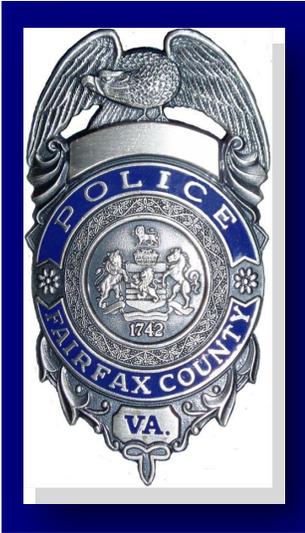
4245 Markham St. Annandale 22003 703-256-2211
www.bowlero.com/location/bowlero-annandale



THE POLICE BEAT

10 Essential Tips for Staying Alert When Using Ride-Share Services

By: FCPD



Ride-sharing services have revolutionized transportation by providing convenient and affordable ways to get around. While ride-shares offer an accessible service for our Fairfax County residents to travel, Fairfax County Police Department reminds community members of ways to prioritize your safety when using these services.

Every year, major rideshare companies document the number of sexual assault incidents reported to their company. Although Fairfax County does not have as many reported incidents as other major metropolitan areas, since the beginning of 2023 FCPD has had three

separate ride-share incidents reported in our communities.

By following these tips, you can minimize the risk of being victimized and enjoy a safe and secure ride. Remember to always trust your instincts, stay alert, and report any concerns or inappropriate behaviors as soon as possible.

Tips on Ride-Share Safety

Verify the driver and car: Before getting into the vehicle, ensure that the driver’s name, photo, and license plate match the details provided on the app. Do not hesitate to cancel the ride if something seems off or unfamiliar.

Share trip details: Let a friend or family member know when and where you are going, along with the driver’s details. Use the app’s share feature to send them a live trip update.

Sit in the back: Always choose the back seat, as it provides a safer distance and allows you to exit the vehicle from either side in case of an emergency.

Stay aware of the route: Follow the route on your phone’s GPS or familiarize yourself with the general direction to ensure the driver is taking you toward your destination.

Check reviews: Before booking a ride, review the driver’s rating and read previous passengers’ reviews to get an idea of their reliability and professionalism.

Trust your instincts: If at any point you feel uncomfortable or unsafe, trust your instincts and ask the driver to stop at a well-lit, populated area. You can also call emergency services if necessary.

Avoid sharing personal information: While it’s essential to communicate with the driver about directions or any necessary information, avoid sharing unnecessary personal details to maintain your privacy and safety.

Be cautious with alcohol consumption: If you’ve been drinking, it’s always better to avoid riding alone. Consider traveling with a trusted friend or using other reliable transportation methods.

Report any issues: If you experience any safety concerns or inappropriate behavior, report it to Uber or Lyft immediately, providing them with all relevant details.

Call the police: If for any reason you feel uncomfortable or think you might need immediate assistance, do not hesitate to call 911.

Anyone with information about criminal incidents involving rideshare trips is asked to contact our Major Crimes Bureau at 703-246-7800. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

Join us on Neighbors by Ring. A place where you can connect with your neighbors, see what’s happening in your neighborhood and share any available surveillance footage with our department.



Join the Fun & Watch
 The Annandale Parade
 Sat. Oct 28th 10 am-Noon

Mobility City

Premier Provider of Mobility Equipment



Mobility City is a premier provider of Mobility Equipment and Products Including Wheelchairs, Hospital Beds, Scooters, Walkers, Lift Chairs, Power Chairs, Vehicle Lifts, & More. Mobility City proudly serve our community's mobility needs with exceptional customer service and quality mobility products both in-store and in-home. If you need mobility assistance, they are just a phone call away. When you need a power chair or scooter battery, their friendly staff is here to help you. We are happy to come to you.

Mobility Equipment Repairs & Maintenance

Trained technicians repair all brands of mobility equipment, including mobility scooters, recliner lift chairs, wheelchairs, power chairs, hospital beds, vehicle lifts, and more. *They fix them all*

Mobility Equipment Rentals

Flexible rental options from daily to long-term rentals are offered. Whether you need a hospital bed, mobility scooter, lift chair, or any other mobility device. *They are here for you*

Mobility Equipment Sales

All top brands of mobility equipment are carried for purchase at competitive prices. Their trained staff provides expert guidance on the best product to suit your individual needs. *They listen to you!*

Mobility Equipment Battery & Charger Replacement

They stock and service all standard battery sizes for mobility scooters, power chairs, and stair lifts. Batteries are on their trucks for a fast repair and remember. *They come to you.*



Mobility City of Alexandria
5586 General Washington Dr.
Alexandria, VA 23502
(571) 339-5218
alexandriava@mobilitycity.com

NOVA Symphony

Schlesinger Concert Hall on Friday, November 11th

By: Chris Johnson

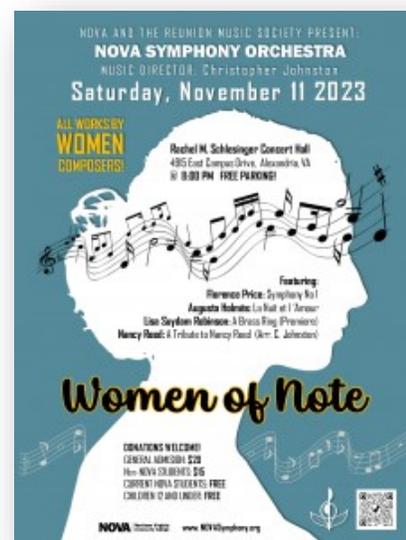


The NOVA Symphony Orchestra has been a pre-eminent part of the Northern Virginia music scene for some twenty-nine years, and was among the very first community college orchestras in the country. Formerly known as the “NVCC-Annandale Symphony Orchestra”, the orchestra recently changed its name to “The NOVA Symphony Orchestra” and is now the official orchestra for all five campuses of Northern Virginia Community College. Originally created through a partnership of the Reunion Music Society, Inc, and the Annandale Campus of Northern Virginia Community College, the orchestra gave its inaugural performance in 1994 and has since been performing to sold-out audiences for the majority of its twenty-nine year history.

Now, as the orchestra begins its 30th season, a Classical Concert: Women of Note— will be performed on Saturday, November 11th, 8:00 PM at the Schlesinger Concert Hall in Alexandria.

All selections in this concert program will be by women composers, including the Symphony No. 1 in E minor by Florence Price.

For more information and tickets, visit www.reunionmusicsociety.org.



Chamber Chat: News, notices & bulletins posted by Annandale Chamber Members

The Annandale Christian Community for Action (ACCA) is a volunteer organization serving neighbors in dire need of assistance, including providing furniture. Please call 703-256-9513 for a pick-up of your donated furniture. The most needed items are mattresses/box springs, (all but king size) sofas (not sleeper types), kitchen/dining tables, and chairs, chests of drawers/dressers, coffee & end tables, and microwaves. They are also in great need of food donations to their Food Pantry. This pantry serves the people of Annandale and Mason District and the need has never been greater for the services of this pantry. Located across the street from Giant Food in the trailer to the left of the main ACCA building.

The Annandale Shopping Center: Visit ALDI, American's Favorite Grocery, Beanetics, Silverado, Tiffany's Bakery, Navy Federal Credit Union, Hair Unik, Collector's World, Eden Nails, Hapmudo, Home Instead Senior Care, H&R Block, Enterprise Rent-a-Car, the Annandale Barber Shop, Annandale Photo, Mathnasium of Annandale, Pupas Express, Cue Club Café, and Sweet Frog Yogurt who are all waiting to serve you. 7000 Columbia Pike at Gallows Road, Annandale www.annandaleshoppingcenter.com.

Annandale Boys & Girls Club: Sign up for email alerts or text "follow annandalebcg" to 40404 on your cell phone for text alerts. Twitter at twitter.com/AnnandaleBGC. 703-941-ABGC Facebook at www.facebook.com/AnnandaleBCG Bingo Fri. & Sat.

American Legion Post 1976: Did you know that if anyone in your family has been in the military, you may be eligible to join the American Legion located behind the firehouse in Annandale, Va. If you would like to know more, just e-mail Diane Ramsey at 703-408-9123 or rpcomm6759@aol.com

Bolero: It's the bowling/dining/nightlife experience that's packed with amusing throwbacks and ready to amaze. Bowlero is a blacklight bowling, retro-inspired hangout powered by interactive arcade games, signature cocktails, an outrageous menu of Oversized Shareables, and... Nostalgia. Forget everything you thought bowling could be—and experience the kind of epic fun that only happens when you go Bowlero 4245 Markham St, Annandale, VA 22003 . (703) 256-2211

Burke & Herbert Bank: Your business means everything to us. Burke & Herbert Bank's experienced, friendly bankers provide the knowledge, flexibility and personal attention that you and your business need to get ahead. Since 1852, thousands of local businesses have counted on Burke & Herbert Bank's staying power while other banks come and go. Stop by 4235 Annandale Road and let Manager James Beeson and his team show you what it's like to work with a bank that's truly invested in the Annandale community. It's better here! Member FDIC 4235 Annandale Rd, Annandale, VA 22003 . (703) 684-1655 . www.burkeandherbertbank.com

The Center for Dentofacial Aesthetics has moved to beautiful new offices at 7617 Little River Turnpike, Suite 900 just one block east of Hummer Road. This friendly dental practice is open for appointments and Teledentistry. If you are looking for Family Dental Care or Specialty Care, this practice is highly recommended. With their team of board certified specialists representing Family Dentistry, Prosthodontics, Periodontics and Endodontics, impressive clinical experience, and dedication to patient education, you will have the opportunity to make a well informed decision on any treatment option presented. 7617 Little River Turnpike, Suite 900. Annandale. 703.256.2556 . office@cdavirginia.com

Demaine Funeral Home, Springfield has been open through the pandemic. Our staff cleans and sanitizes daily to ensure guest safety and comfort. We have been working with families to celebrate their loved ones through live streaming of services along with in-person

services in our newly remodeled facility. Demaine will also be hosting a great Halloween Event open and free to the public called Trunk or Treat. From 5-7 pm. Petting zoo, balloon animals, face painting, food and family fun. Call for info 703-941-9428.

Mathnasium of Annandale is a math only tutoring center conveniently located on Columbia Pike at Gallows Road in the Annandale Shopping Center: Don't wait...call NOW to schedule your free, no obligation assessment (worth \$100). Our qualified, passionate MATH Instructors look forward to teaching Math the way that makes sense to your children. After all, Math is a life skill that is important for your children to master. 571-281-2820

Patient First of Annandale will be celebrating their GRAND OPENING and OPEN HOUSE on Wednesday, October 11th 4-6 pm. Please join them and tour the center. Refreshments will be served. 7042 A Little River Turnpike—at John Marr Drive.

The Craft Gallery of Artisans United is located just inside the front door of the Fred M. Packard Center, in the Annandale Community Park, and is filled with exquisite handmade gifts. Everything from ceramics, to jewelry, knitwear to wood turning, paintings and hand dyed silk garments can be found at this local gallery. Shop here for the holidays. 4022-C Hummer Road, Annandale, VA. For more information, call 703-941-0202 or visit our website www.augallery.org. Tuesday—Sat. 10 am to 4 pm. Classes now being offered, see website.

Patient First

Invites you to attend an
Open House
at our 78th
Neighborhood Medical Center.

Wednesday, October 11, 2023
4 pm to 6 pm
7042A Little River Turnpike
Annandale, VA 22003
(703) 343-7125

There will be tours of the Center
and food served.

The Staff will be there to introduce
themselves to you.

RSVP on the enclosed form or by email
to victoria.soriano@patientfirst.com.

(Directions on the reverse.)



WISA Solutions

Check Your Roof before the Winter Storms Hit



While most roofing work should be left to professionals, there are numerous roof upkeep tips you can perform yourself. However, if you aren't comfortable with any of the maintenance tips on this list, or heights are not comfortable for you, call your preferred local roofing contractor, who will be happy to help.

REGULARLY CLEAN YOUR GUTTERS

Cleaning your gutters is one of the most DIY-friendly roof maintenance tips for any homeowner. It's a pretty straightforward issue to fix, and it's quite easy to spot when gutters get full of debris. Items that can clog gutters include:

- Leaves
- Sticks
- Pine needles
- Branches
- Helicopter seeds
- Shingle granules
- Birds nests

You should clean your gutters at least twice a year, but if you have a lot of foliage on your property, you may want to opt for every three months.

To clean your gutters, have a sturdy ladder and a buddy to hold the ladder still. Only work in small sections at a time so that you don't overextend your reach. Wear a long-sleeved shirt and rubber gloves. You can use your hands to remove the debris, but an ice scooper or old spatula may be safer in case any of the debris is sharp.

Once your gutters are clean, hose them down with water to flush out any remaining debris. While you're at it, check on your downspouts and remove any debris from them as well.

If you don't already have gutter guards on your gutters, consider installing them to lessen the amount of time you need to spend on cleaning. And if you're not comfortable getting on a ladder,

many roofing contractors provide gutter cleaning services.

SPRING CLEANING APPLIES TO YOUR ROOF, TOO

Ah, spring cleaning—when it's time to switch over your seasonal clothes, wash your windows and blinds, and prep your landscaping. Since many homeowners have fleshed-out spring cleaning processes, it's a great idea to incorporate your roof maintenance with the rest of your cleaning.

The roofing business is often a little slower in spring compared to summer, so if you need (or want) a professional's opinion, you might be able to get quicker service or even a seasonal promotion.

If you regularly schedule maintenance in the spring, your roof will be well-equipped to handle more intense storms that come in the summer months.

REPAIR CRACKS AND LEAKS RIGHT AWAY

Keep your eyes peeled for missing or damaged shingles on your roof. While it's usually easiest to spot damage from a ladder, you can also stay on the ground with a pair of binoculars. If you see any cracked or missing shingles, call a professional roofing company right away.

The same goes for leaks. If you notice a roof leak, try to track down its source. Regardless if you can find the source or not, don't delay scheduling roof service to get the necessary roof repairs.

TRIM BRANCHES AROUND YOUR ROOF

Trees add character to your property, but particularly large trees that extend over your roof can cause issues. Tree branches can break off during high winds and other storms, causing extensive storm damage to your roof. Overgrown trees can also lead to clogged gutters.

While you can technically trim tree branches on your own, we recommend leaving it to a professional tree trimming company. Without the proper knowledge and safety equipment, you could end up injuring yourself or killing your tree.

PREVENT ICE DAMS

Ice winters, then you need to pay particular attention to ice dams. Ice dams form when snow melts on an upper part of the roof, flows down, and re-freezes. This causes an accumulation of ice that blocks additional snowmelt from flowing off the roof. They can even break off and bring your gutters down with them. To prevent ice dams, fill long socks with calcium chloride (the same product used on icy sidewalks) and place them vertically on the ice dams to slowly melt them. **PRO TIP:** *Don't use rock salt, as it can damage your roofing materials.*



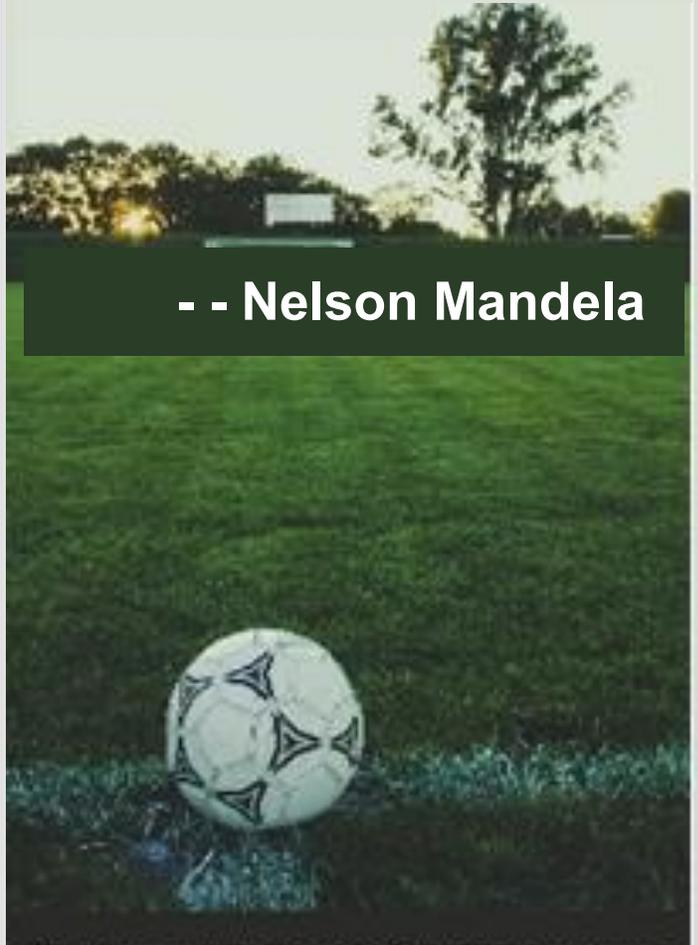
Lambrosmagiafas@gmail.com

Annandale, VA - 703-354-1038

Juneau, Alaska - 907-596-3355

Skagway, Alaska - 907-983-3016

“Sport speaks to youth in a language they understand.”



- - Nelson Mandela

The Annandale Boys & Girls Club engages our community to inspire boys and girls of All ages to get outside, pick up a ball, bat, Stick, glove or pom-pom and

Join the Fun

Learn more about our Programs & Register at abgc.org

Quality Electric Service, Inc.
ELECTRICAL CONTRACTORS

7229-A LITTLE RIVER TURNPIKE HARRY RAYNOR
ANNANDALE, VA 22003 (703) 642-1880



BLUE MOON
ESTATE SALES

JOE ROTONDO
OPERATIONS MANAGER - NE FAIRFAX CTY

571-934-6061
JROTONDO@BLUEMOONESTATESALES.COM
bluemoonestatesales.com

American Legion
Bicentennial Post 1976

Diane Ramsey
Manager

4206 Daniels Avenue
Annandale, Va 22003
703-941-9608 Post
703-408-9123 Cell
703-941-0136 Fax
Rpcomm6759@aol.com
Post1976.org



Collector's
WORLD

Annandale Shopping Center
7006 Columbia Pike, Annandale, VA 22003
703-256-8408 . www.collectorsworldva.com



Lambros Fine Jewelry

7137 Little River Turnpike, Annandale, VA 22003
(703) 354-1038 . www.lambrosgoldsmith.com

The Annandale Parade

Saturday, October 28, 2023
10:00 AM - Noon



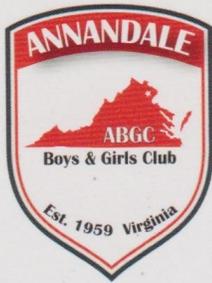
WATCH THE FUN
Columbia Pike

www.annandalechamber.com

Scouts Dancers
Fire Trucks Marching Bands
Antique Cars Storybook Characters
Clowns

Event organized by the Annandale Chamber of Commerce. The Annandale Parade will be accessible to people with disabilities.

Annandale Boys' & Girls' Club, Inc
(ABGC)



4216 Annandale Road
Annandale, VA 22003

Office #: (703) 941-ABGC (2242)
Email: abgc@abgc.org
www.abgc.org