



# Oak Hill Herndon CONNECTION

## WELLBEING

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There were several costumed characters who wandered through the crowds at the 10<sup>th</sup> – and final - edition of the Bradley Farm Haunted House and Halloween Fair in Herndon on Saturday, but ‘Darth Vader’ was particularly popular. Thankfully, he was on his best behavior, so that even the littlest fair goers seemed unafraid to approach

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PHOTO BY ANDREA WORKER/THE CONNECTION

NOVEMBER 2-8, 2016

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



**VOTE TUESDAY, NOV. 8!**

CONGRESSWOMAN

# BARBARA COMSTOCK

A LIFETIME OF SERVICE IN THE 10<sup>TH</sup> DISTRICT

For 35 years, Barbara Comstock has lived, worked, raised a family, started a business and served as both Delegate and Congresswoman in the 10th District. Whether it was her work as a senior Justice Department official, a small businesswoman, a Mom at home, a senior aide and counsel in Congress, a Member of the House of Delegates or now as our Congresswoman, Barbara knows the challenges facing the 10th District because she has lived them with us and fought for us to get results on our priorities.

## SHE GETS RESULTS

- › Advance breakthroughs in 21st century cures for chronic disease such as cancer, Alzheimer's and diabetes.
- › A 5 year Transportation Bill, signed into law, which will help relieve traffic congestion, provide more transportation funds, and make Metro safer and more accountable.
- › A \$600 billion tax relief package, signed into law, for families, small businesses and our technology and defense businesses.
- › Increased defense and cyber funding to protect us from terrorism.
- › Human Trafficking legislation, signed into law, that cracks down on this growing crime and protects women and children.
- › Started two Heroin Task Forces to battle the heroin scourge in our communities and advancing legislation to increase education, treatment and prevention.
- › Started the "10th Congressional District Young Women Leadership Program" for junior high and high school young women.

**"I ask for your vote on  
Tuesday, November 8th.**

As your Congresswoman, I will continue to work tirelessly to strengthen our national security and protect us from terrorism; advance breakthroughs in 21st century cures for chronic diseases such as cancer, Alzheimer's and diabetes; promote a 21st century economy with more opportunity and higher wage jobs; provide transportation funding and solutions; and fight the growing problem of human trafficking and heroin abuse in our community."

*Barbara Comstock*

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Who knew buckets could be so much fun? Children couldn't wait to get a turn wielding the drumsticks along to "The Monster Mash" on drum buckets provided by sponsor Home Depot.



From left — Sara Bermingham and Lisa Kelly met and became friends as new arrivals to the Bradley Farm neighborhood in Herndon. They had heard that there used to be a Halloween event at the community's pool and clubhouse, so they decided to organize a "little event" 10 years ago, and they just kept going from there. This last edition drew a record crowd of more than 2200 by Saturday afternoon.

## Bradley Farm Haunted House Goes Out With a BOO

BY ANDREA WORKER  
THE CONNECTION

A record crowd attended the 10<sup>th</sup> – and final - edition of the Bradley Farm Haunted House and Halloween Fair in Herndon on Saturday.

Event organizers Sarah Bermingham and Lisa Kelly are calling it quits. The pair agreed that this year's "Spirits of the Past" themed affair was a bittersweet moment. "It has been so much fun, but so much work," said Bermingham. "We work on this pretty much all year long, but from the summer on it's just what we do," said Kelly. "And, October? Well, I can tell you that I am looking forward to celebrating my (October) anniversary for the first time in a long time." It's a good thing that Kelly's husband, Tim, has enjoyed the event as much as she did. On Saturday afternoon he was pulling double character duty, first as "Fred Flintstone," delighting the youngsters who wandered the darkened maze inside the barn, before gearing up in something more ghoulish to "greet" the older crowd for the night time version of the haunted house.

**BERMINGHAM AND KELLY** met when they both moved into the Bradley Farm neighborhood. "It was just one of those kitchen table moments that kind of grew into this," said Bermingham, waving her hand at the flow of costumed kids and parents, the band on stage, and the many vendors and activity centers keeping everyone entertained. "And we also found a way to contribute to our community," added Kelly, referring to the donation that they have made each year to Herndon-Reston FISH (Friendly Instant Sympathetic Help). The non-profit has been the recipient of the Haunted House's proceeds since the very beginning, and all involved are proud to say that they have collected more than \$50,000 for the charitable organization. That number will be significantly boosted when they



Seven-month old Peyton Aboy of Herndon seems somewhat awed by her experience as she meets her Star Wars friends – from the comfort of her very own Batmobile – at the tenth, and final, Bradley Farm Haunted House benefitting the nonprofit Herndon-Reston FISH.

add in this year's take. Ticket sales exceeded previous year's by more than 20 percent - to the point that their pre-printed tickets simply ran out, while the attendees just kept coming. A Sunday Yard Sale, featuring decorations and props from the Haunted House, will add even more to the donation figures.

"We are really going to miss the Haunted House," said FISH Executive Director Lisa Groves, who was on hand with a contingent from the organization. "They have been such a support to us over the years



Bridgestreet Global Hospitality was one of the event's sponsors, and team members enjoyed bringing fancies to life with some creative face-painting.

and helped us serve so many in the community."

The organizing friends will be hosting a "thank you" party to express their gratitude to the army of volunteers and sponsors who donated so much time, energy and resources. Event sponsor Moss Building and Design has been officially involved in the construction project of the haunted barn for the past 5 years, although Moss employees were volunteering even before then, said the company's community relations director Jenn Zschunke. Zschunke manned a booth alongside her 10-year-old son James who played the part of "Moss the Builder" with flair and dressed appropriately in costume.

Reston-based Bridgestreet Global Hospitality was also a sponsor for this grand finale, and team members from the company spent hours cheerfully painting faces and applying temporary tattoos. Several restaurants chipped in, as well, so that the fair

goers could fortify themselves with goodies from vendors like Jersey Mike's subs, or Papa John's pizzas before braving the spooky dwelling. Costumed characters roamed the park, posing for photos and a bit of horseplay – or in the case of the Chick-fil-A mascot, a bit of "cowplay" – with crowds of young fans. "Darth Vader" and his faithful "General" were particular favorites. And of course, there was music under a tent supplied by the bands dedwax, and the Franklin Project.

**ONCE THE YARD SALE** concludes on Sunday and the last faux cobwebs are swept away in the barn, the Bradley Farm Haunted House will be retired; the house will be much missed and long remembered by the thousands of Halloween enthusiasts young, old and everywhere in between who visited, and by the community that benefited. Hmmm, wonder if they could be talked into starting an Easter Egg Hunt?



# Dulles Chamber Presents Innovate! 2016

Local experts and elected officials discuss personalized medicine, data flow, analytics, cyber security and their impact on the regional economy.

BY ANDREA WORKER  
THE CONNECTION

PHOTOS BY ANDREA WORKER/THE CONNECTION

In 2014, at a Biotech conference in California, then new Governor Terry McAuliffe discovered that the Commonwealth of Virginia ranked 46<sup>th</sup> on the list of states recognized as best places to do biotech business – as he sat on a stage between the governors who represented the first and second spots on that list. “Never again. We are not going to be beat here in Virginia. No excuses!” declared McAuliffe as he delivered the opening remarks at the fifth annual “Innovate!” Conference on Oct. 28.

The event was presented by the Dulles Regional Chamber of Commerce in cooperation with the Northern Virginia Technology Council and held at the new Inova Translational Medicine Institute in Falls Church. Titled “Intersections: Healthcare, Informatics and Personalized Medicine,” the event featured many of the key players and experts in medicine, research, informatics, cyber security and academia, from both the public and private sectors.

Dr. Keith Crandall, Director, Computational Biology Institute at the George Washington University and the “Innovate! 2016” Chairman made the introductions of McAuliffe and of Congresswoman Barbara Comstock, who also spoke in the opening section that focused on “Federal and State Intersections” with the other disciplines under discussion.

**THE GOVERNOR** insisted that cooperation among all the stakeholders is essential for the success of each individually and for the state and its citizens as a whole, and the foundation that had to be tended and improved, he said, was in the arena of education. “We need to teach the skill sets that are needed for today’s high-tech jobs,” he cautioned, or risk losing out to other areas of the country, or other parts of the world. The Governor said that there were some 36k high tech jobs “starting around \$88k” currently vacant around the state. “I need to fill them, or they’ll go away,” he warned, “but we need an educated workforce” ready to take on these positions.

McAuliffe also reminded the audience that another round of sequestration could be looming on the horizon. Every effort was required by all to champion this region as the Biotech, Cyber Security and Informatics hub. The Governor praised the quality and the numbers of Virginia’s high tech companies, schools and universities, and its medical centers, but concluded his remarks by stressing the need for tech-centric educational opportunities and the need for



**U.S. Rep. Barbara Comstock (R-10) spoke on the government’s obligation to reduce obstacles to innovation at the Innovate! 2016 Conference and echoed the Governor’s call to reform Virginia’s educational system to prepare students for employment in a high-tech environment.**



**A distinguished panel answered questions and discussed the obstacles to collaboration among the biotech, information technologists, medical, research, education and government personnel. From left: Edward Abrahams, Ph.D., Will Fitzhugh, Praduman Jain, Brig. General (ret.) Klaus Schafer, and moderator Dr. Alex Carlisle.**

greater collaboration, and less competition among all parties to achieve the common goals.

Congresswoman Comstock echoed much of the Governor’s sentiments. “We need a new structure. We need to move at the speed of innovation.” She maintained that researchers spend as much as 40 percent of their time on paperwork and that State and Federal governments should commit to finding ways to reduce the redundancies.

After a networking break, a panel took questions from moderator Dr. Alex Carlisle, Senior Scientific Advisor for Northrop Grumman’s Health IT unit and from the audience and discussed “Opportunities for Industries Big and Small.” The panellists shared the realistic obstacles to collaboration among the various invested parties. Concerns about intellectual property were a major stumbling block when trying to get “competitors” to work together. “Don’t put



**Virginia Governor Terry McAuliffe gave the opening address to the attendees of the 2016 Innovate Conference at the Inova Translational Medicine Institute in Falls Church. Skill-specific education and a commitment to high-tech job preparation are essential ingredients for keeping Virginia on a path of growth and economic and personal success, he asserted.**

it under the rug,” advised Praduman Jain of Vibrant Health. “Discuss what is the motivation for all parties...who wants what outcome and what piece of the pie.” William Fitzhugh of 5AM Solutions noted that today’s tracking systems were designed to handle more simple data, but that the actual data flow of today has grown exponentially to millions of data points. Despite the challenges, Fitzhugh is optimistic, saying that the need to handle this new information highway presents great opportunities for companies to develop systems with this increased capability and for others to form and grow by developing complementary technologies and services.

The terms “Data Islands and Formats,” and “Silos” were used often by all the panellists. Brigadier General (ret.) Klaus Schafer, Chief Medical Officer for CACI International cited the “serious problems” of differing systems between related agencies and organizations like the Veterans Administration and the Department of Defense. Schafer said it was difficult to collaborate, or even function efficiently, when their data systems differ so widely, even within their own network and between regions, but he remains proud of the region and the work being done here. “We could be the Life Sciences Center if we collaborate. There’s a hell of a lot we can do here.”

Solving these problems for our future growth and welfare will take sustained investment at all levels and a commitment to re-configure the entire system according to

SEE COMMITTED, PAGE 5

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# Committed to Innovate

FROM PAGE 4

panellist Edward Abrahams, Ph.D., president of the Personalized Medicine Coalition.

**DEMONSTRATING THE SPIRIT** of cooperation that was a key ingredient of the event, Dr. Rebecca Farkas of Medimmune, headquartered in Gaithersburg, made a presentation on how her company is “building a strong local ecosystem. “Our mission is to help this region become a Top 3 Biotech Hub by 2023.” Farkas willingly shared Medimmune’s blueprint for building this reputation for the area. The company decided not to “wait for someone else or some government agency” to get the ball rolling, and has developed a new logo and regional brand material that they want to “get into the collective conscious.” They are “meeting their neighbors in their own backyard” to lead the way to their goal.

For those in the audience who were still awaiting a deeper dive into the “personalized health” topic that was part of the event’s title, final speakers James McClain, Acting Chief Technology Officer for the National Institutes of Health Precisions Medicine Initiative, and Dr. John Niederhuber, CEO of host Inova Translational Medicine Institute did not disappoint. McClain went into significant detail on the NIH’s “All of Us” Research Program which will grow to capture enormous amounts of data on one million volunteer participants for years to come. The project will not focus on a particular disease, and by allowing easier access to the data, will provide resources for researchers, participants, and citizen-sci-


entists on a variety of conditions. Precision, personalized medicine is the next great frontier according to McClain and his colleagues. “Imprecise medicine costs everyone time, money and health.”

Niederhuber spoke to the fact that medicine and the treatment strategies of today generally begin at “acute” – when the patient is already ill. “And we’ve been treating for the ‘average’ since we began,” while each person is a unique entity. Personalized medicine, based on an individual’s DNA, risk factors, environment, behavioural choices and other person-specific factors makes prevention the goal, and customized and more effective treatment the new norm when prevention is not possible.


Neatly tying the topics and the considerations of the day’s events into a closing bundle, Niederhuber reiterated that personalized healthcare will require a collaborating team of experts, who were equally expert at being a team. Doctors, patients, researchers, information technology and cyber security experts, engineers, academics, students, and government at all levels will need to contribute to make personalized care a reality and to reap its benefits in our lives and in our region’s wellbeing and continued growth.

And as for where the Commonwealth now ranks on biotech matters? Governor McAuliffe says we are making great strides. To prove his assertion, he was pleased to tell the audience that in June of this year, at the 2016 Bio International Convention in California, he received the 2016 Governor of the Year award in recognition of leadership and commitment to strengthening the biosciences industry within Virginia. “And we are just starting to put our foot on the gas.”

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Reston Hospital Center  
Classroom C, West Wing

**“The Latest Advancements in Total Shoulder Replacement”**  
**Christopher Annunziata, MD and David Novak, MD**  
Tuesday, November 15, 6:30 – 7:30 p.m.  
OrthoVirginia Tysons Office



[orthovirginia.com/joints](http://orthovirginia.com/joints)



# OPINION

## Vote No Later than Tuesday, Nov. 8

**Vote early (“absentee in person”) through Saturday, Nov. 5.**

**W**ho knows what will happen on Election Day? Voters can avoid the uncertainty of possible traffic gridlock, bad weather or other impediments by voting “absentee-in person.” If you work, you qualify to vote absentee because of the possibility you could be commuting and working for 11 hours on Election Day. There are many other reasons voters qualify to vote early in Virginia.

Voters can vote absentee-in person at Fairfax County Government Center, Conference Room 2/3, 12000 Government Center Parkway, Fairfax, now through Friday Nov. 4, 8 a.m. to 8 p.m. and Saturday, Nov. 5, 9 a.m. to 5 p.m.. Nov. 5 is the last day to absentee vote in-person.

Absentee voting is also available at 10 satellite locations, now through Friday, Nov. 4, 2-8 p.m. and Saturday Nov. 5, 9 a.m. to 5 p.m.

Satellite voting locations:

- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
- ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
- ❖ McLean Governmental Center - 1437 Balls Hill Rd., Community Room, McLean
- ❖ North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston

### EDITORIAL

- ❖ West Springfield Governmental Center - 6140 Rolling Road, Springfield
- ❖ Mason Governmental Center - 6507 Columbia Pike, Annandale
- ❖ Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria
- ❖ Sully Governmental Center - 4900 Stonecroft Blvd., Chantilly
- ❖ Lorton Library - 9520 Richmond Hwy., Lorton, Saturdays only.

### VOTING ON THE QUESTIONS:

Here are our recommendations:

Vote YES for the MEALS TAX. Fairfax County needs to find alternatives to the real estate tax, and in Virginia, there are not many options allowed to localities. This is one of the few alternatives available, and it requires a referendum.

Vote YES for the three Fairfax County Bond Questions: Vote YES for Transportation; vote YES for Parks; Vote Yes for Human Services.

Vote NO on on Question One. This anti-union language is already Virginia law; it doesn't belong in the Virginia Constitution.

### For Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, or you face any other challenge to voting at your polling place, don't panic or give up. You will be given the opportunity to vote a provisional ballot. Ask for a provisional ballot if one is not immediately offered. You

will then have until Monday, Nov. 14 to resolve the issue and demonstrate your right to vote.

After completing the provisional ballot, you will be given written instructions from the election officials on how to submit a copy of your identification so that your vote can be counted.

A voter will have until noon on Monday, Nov. 14, following the election to deliver a copy of identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Monday, or the provisional ballot cannot be counted.

Also by noon on Monday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a temporary identification document. This document may be provided to the electoral board to suffice the identification requirement.

### CORRECTION

Voters who do not present photo ID and vote by provisional ballot have until noon on Monday, Nov. 14 after the election to present their identification. Previous coverage reported that the cutoff was Friday.

— MARY KIMM  
KIMM.MARY@GMAIL.COM

### LETTERS TO THE EDITOR

## Comstock Fights for the Most Vulnerable

To the Editor:

For 25 years, I've had the honor and privilege of living in the United States of America and enjoying the opportunities and freedoms that so many take for granted. That was not always the case. I was 15-years-old when the Iranian Revolution changed my home country forever. The mullahs who stole the revolution imposed dictatorship. I was arrested and

imprisoned in the early 1980s, but was lucky to survive. Ultimately, I immigrated to the United States. Today, I am always proud to participate in the democratic process, an opportunity so many people will never enjoy.

I strongly believe that protection of civil liberties and assurance of civil rights, particularly in case of women, immigrants, minorities, and the disadvantaged; social, economic, and cultural justice; access to quality education and health care system; immigration laws and strong leadership in national security and foreign policy are critical to the well-being of Iranian-Americans and the future generations.

This November, I am voting for my Congresswoman Barbara Comstock because she not only supports these values but also because she understands and believes in the strength of freedom and opportunity for all. She supports efforts to create a peaceful Middle East and opposes the dictatorial rule of the Iranian mullahs. Comstock fights for the most vulnerable – those battling drug addiction or the voiceless caught up in

human trafficking. This work demonstrates her compassion and love for all human beings.

Comstock has supporters from all backgrounds and walks of life. She knows that what unites us all is our commitment to freedom, not the color of our skin or the religion we practice. On the issues, Comstock always puts our community first. But votes and political positions matter so little compared to the importance of character. Congresswoman Comstock is a woman of great character, and I am proud to call her a friend.

**Shirin Nariman,**  
a 10th District resident of Vienna, was a political prisoner in Iran from 1981 to 1983.

## Tireless Advocate for the Community

To the Editor:

I am proud to go to work at a local small business. Small business is the backbone of the American economy, employing 55 percent of Americans. However, I've

watched it become increasingly more difficult to survive under the onslaught of federal regulations and taxes thrown on small businesses. I work at a small technology company that provides learning solutions for non-profit, corporate and government clients. I see firsthand the burden that my hardworking employers carry every day. They have to navigate local government regulations, tax implications and the rising cost of providing insurance to employees

We need leaders in Washington who are going to relieve this burden and support small business. Congresswoman Barbara Comstock has shown tireless commitment to the community and small business owners. In my past dealings with her, I have found her to be extremely approachable, quick to respond to requests, and a tireless advocate for our community.

In November, I encourage not only small business owners, but also small business employees, to support Barbara Comstock for reelection because she listens and takes action.

**Diane Perrino**  
Vienna

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Send to:

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Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail:  
vienna@connectionnewspapers.com

## Oak Hill & Herndon CONNECTION

www.ConnectionNewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

**Published by**  
**Local Media Connection LLC**

**1606 King Street**  
**Alexandria, Virginia 22314**

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## SPORTS

**Brandon Guyer - 9<sup>th</sup> inning walk off hit vs. Kansas City as the Indians worked towards securing a playoff spot.**



PHOTOS CONTRIBUTED

## A Hornet Playing in the World Series

**B**randon Guyer (Herndon High School Class of '04) is the first Hornet to reach baseball's pinnacle match up. He is playing for the Cleveland Indians in this year's World Series vs. the Chicago Cubs.

Before heading to the University of Virginia to play baseball, Guyer graduated from Herndon in 2004 as the Hornets' all-time career home run hitter (13). He also holds Herndon's single-season home run record with eight in his senior year. Guyer led Herndon to a 15-5 season as a senior and was also a part of the Hornets' 19-4 Concorde District championship squad in 2002 — the last time Herndon won a district title. In all three of Guyer's years on the Herndon baseball team, the team posted a 45-17 record. As a senior, Guyer chipped in 23 RBI, scored 10 runs, a .483 batting average and was walked 19 times.

As a Herndon football player he rushed for over 1,000 yards as



**Brandon Guyer as a Hornet footballer.**

tailback in both his junior and season seasons. As a senior, he set the single-game touchdown record for Herndon when he scored seven touchdowns during a 285-yard rushing performance on homecoming night (Oct. 4, 2003, Herndon 44, West Potomac 26). Guyer helped Herndon break a six-year Northern Region playoff



**Brandon Guyer is playing for the Cleveland Indians in this year's World Series vs. the Chicago Cubs.**

drought leading the Hornets to a 7-4 season. He was a third team all-state pick as a junior and a second team all-state pick as a senior.

### WEEK IN HERNDON

## Middleburg Real Estate | Atoka Properties Opens Office in Ashburn

Middleburg Real Estate | Atoka Properties announces the grand opening of their fourth office location in Ashburn, located at 21020 Sycolin Road, Suite 100, in the Goose Creek Village Shopping Center. "We are excited to be moving into Ashburn, an area that represents the vitality, progress and sophistication that we emulate as a company," said Managing Partner and Owner Dan Kaseman. Middleburg Real Estate | Atoka Properties now has four locations in key strategic areas across Northern Virginia, including its new office, as well as offices in the downtown historic areas of Leesburg, Purcellville and Middleburg. For more information about the new Middleburg Real Estate | Atoka Properties office location, contact Dan Kaseman at 703-217-0664. If you are interested in joining the rapidly growing firm, contact Principal Broker Allan Marteney at 571-442-

4321. Visit Middleburg Real Estate | Atoka Properties online at AtokaProperties.com, by email at info@atokaproperties.com, on Facebook (atoka.properties.real.estate) or Instagram (@atokaproperties & @middleburgrealestate).

## Herndon-Monroe Kiss & Ride Relocated

Effective Monday, Oct. 31, 2016, the Herndon-Monroe Park and Ride surface lot will be closed for construction. Due to the surface lot closure, the Kiss and Ride area along with the slugline pick-up will be temporarily relocated to the Level 1 of the parking garage. Commuters are encouraged to consider the Reston South Park and Ride as an alternative to parking at Herndon-Monroe during construction activities. To stay informed of the construction activities at the Herndon-Monroe Park and Ride, sign up for text and/or email "Commuter Alerts" (under the "Transportation" category) at [www.fairfaxcounty.gov/alerts](http://www.fairfaxcounty.gov/alerts).

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## WELLBEING

# Managing Holiday Weight Gain

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL  
THE CONNECTION

**H**oliday weight gain between Halloween and New Year's Eve is not only common, a new study published in the New England Journal of Medicine found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?'"

What different ways can I celebrate?" In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing

tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon, she said. "It forces a kind

of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?'" said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said. "It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it."

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

"Some people ... just give up on [weight management] during the holiday season. ... Some people say, 'I'm just going to deal with it in the New Year.' It's easy to get derailed that way."

— Domenica M. Rubino, M.D.



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## ONGOING

**Exercise for Parkinson's** Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free.parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

**Beginning / Intermediate Oil Painting** - Vicki Blum Thursdays 7 - 10 p.m. Sept. 15 - Nov. 10, 2016. ArtSpace Herndon, 750 Center Street, Herndon. Learn contemporary and classical methods of painting. Recommended for artists who want to improve the realistic appearance of their work. www.artspaceherndon.com 703-956-9560

**Shih Chieh Huang. Synthetic Transformations** Sept. 16 - Nov. 16. Tuesday through Saturday, 11 a.m. - 5 p.m. Greater Reston Arts Center. Reston Town Center, 12001 Market St #103, Reston. Dynamic gallery experience by Shih Chieh Huang, sponsored by Leidos and the Arts Council of Fairfax County. Huang will present an installation featuring elements created from a variety of media including LED lights and materials such as plastic bags and Tupperware. Cost: Free. info@resonarts.org 703-471-9242.

**Manganelli Solos at PenFed Realty** October and November 2016 at the

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## NextStop Theater Presents 'Eurydice'

**NextStop Theater presents "Eurydice" at 269 Sunset Park Drive, Herndon. Performances Oct. 27 - Nov. 20, 2016. Thursdays, Oct. 27, Nov. 10 and 17 at 7:30 p.m., Fridays at 8 p.m., Saturdays, Nov. 12 and 19 at 2 p.m. and 8 p.m. with Saturday performances on Oct. 29 at 7 p.m., Nov. 5 at 8 p.m. Sundays at 2**

**p.m. with performances on Sunday, Nov. 6 at 2 p.m. and 7 p.m. Tickets: \$35. Call 866-811-4111 or visit [www.nextstoptheatre.org](http://www.nextstoptheatre.org) Pictured: Emily Kester as Eurydice in the NextStop production of "Eurydice."**

office of PenFed Realty, 1886 Metro Center Dr., Reston. The exhibit is free and the office is open to visitors Monday through Friday from 9:00 a.m. - 5:00 p.m. leagueofrestonartists.org

**Gypsy Takes The Stage at Reston Community Players** The "Mother of all Musicals" opens RCP 50<sup>th</sup> Anniversary Season. October 21

through November 12. Performance Dates Nov. 4, 5, 6\*, 11, 12 2016. Shows start at 8 p.m. Please note: Nov. 6 matinee has a 2 p.m. curtain. It's known as one of the most classic American musicals of all time. Broadway productions have starred legends ranging from Ethel Merman, Bernadette Peters, and Patti LuPone. While, the motion picture versions

were led by Merman and Bette Midler. Now, Gypsy takes the stage at Reston Community Players. Restonplayers.org

**Reston Photographic Society Meetings** from 7:30-9:30 p.m. Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston. Takes place the third Monday of each month through Nov. 31. The meeting date is changed if the third Monday falls on a holiday. Photographers of all skill levels are invited to share info and enjoy guest speakers, workshops and group critiques. Nonmembers welcome. www.leagueofrestonartists.org

**Team Trivia at Kalypso's.** Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsosportstavern.com.

**Open Mic Night at Kalypso's.** Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers come out and perform. 703-707-0660. www.kalypsosportstavern.com.

**Karaoke at Kalypso's.** Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. www.kalypsosportstavern.com.

**Mr. Knick Knack.** 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. restontowncenter.com. 703-579-6720

**All-comers' Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market Street,

Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999

<https://potomacriverrunning.com>. **Herndon Regional Wind Ensemble Practice.** Every Tuesday 7-9 p.m. through May. Herndon Middle School, 901 Locust St., Herndon. For advanced high school students, college students, and adults who play a brass, woodwind or percussion instrument. 703-904-4800 HerndonRegionalWindEnsemble@gmail.com Cost: Free

**Through the Eye of the Needle Quilt Show** Oct. 31 - Nov. 28. 9 a.m. to 6 p.m. Reston Community Center, Lake Anne Plaza, 2609 Washington Plaza N, Reston. The Cotting Quilters, an active Reston group who focuses on traditional and modern designs, presents its first quilt show.

The exhibition, with no hard and fast rules, features full sized quilts, art quilts, wall hanging, table runners and other fabric art. A reception will take place on Sunday November 6 from 2 to 4 p.m. Free. Email ablowen@gmail.com for more information.

## FRIDAY/NOV. 4

**Teen and Adult art class: Color explorations.** 4:15 - 5:45 p.m. Artspace Herndon, 750 Center Street, Herndon. The face and human figure - studies in drawing and then moving to painting. Creating a self-portrait or other portrait working from a photograph and mirror. Cost: \$60. Please reserve your place in class by emailing Denise Dittmar, denise.dittmar@gmail.com. More information at 214-924-8755. www.artspaceherndon.com

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## Not a Week In the Knees



By KENNETH B. LOURIE

This is an easy week. No 24-hour urine collection on Tuesday. No pre-chemotherapy lab work on Wednesday. No stress on Thursday waiting for the lab results (to determine if I go in for chemotherapy on Friday). No chemotherapy infusion on Friday. No subsequent side effects: fatigue, general discomfort, eating challenges, etc., for the following Saturday to 10-days-later-Monday. No CT Scan. No P.E.T. Scan. No M.R.I. of the brain and/or liver. No anxiety concerning the results, and no follow-up appointment with the oncologist to assess the damage/discuss the results from all of the above. And most importantly, no strategy session (with my oncologist) to consider the treatment options because things have changed for the worse, which at least for this quarterly moment in time, they have not! For a cancer patient undergoing treatment for an incurable disease, this week is as good as it gets.

Given my chemotherapy infusion intervals: alternating between four and five weeks; my CT Scan intervals: occurring quarterly; my P.E.T. Scan and M.R.I. intervals: every six months — and not every infusion/scan is on a similar day/date schedule, I probably experience the kind of relative calm I described in the opening paragraph, one to two weeks out of every four or five weeks (depending on my infusion schedule) per quarter. Every third month, this 'relative calm' is interrupted by my recurring scans and M.R.I.s. To try and summarize, I would say there's probably three to five of these one-to-two-week intervals over the course of six months when I can semi inhale and breathe normally (lung cancer-related issues notwithstanding). Hey, I'm not complaining; it's a living and one I'm incredibly lucky to still have, nearly eight years post diagnosis. I'm just saying.

And though I'm generally not in the chicken-counting business (nor am I in the collecting my eggs-in-one-basket business, either), I am happy take my life one day at a time, and count myself fortunate to do so, never presuming any facts not in evidence. Nor do I expect any guarantees or clarification concerning my present/future treatment and/or any side effects, challenges, compromises, relating to yours truly having cancer. As Linda Hunt as Stella, a k a "The Midnight Star" (she "always shines at night") said to Kevin Kline — as Paden, in a bar scene from the movie "Silverado": "The world is what you make of it friend. If it doesn't fit, you make alterations."

As a cancer patient, 'alterations' is exactly what you make. Every day. Every night. Every lab. Every infusion. Every scan. Every appointment with your oncologist. Change, as has often been said, is the one constant. To expect consistency or predictability — or dare I say, normalcy — in your cancer life, is out of the question and beyond the realm of possibility. Thinking otherwise is creating additional stress regarding an outcome/eventuality which not only is beyond your control, but totally unrealistic, too.

Cancer is like a roller coaster, but one without any tracks; and one that rarely returns to the station to allow you to get off and get your bearings. For cancer patients, the trip is non-stop, with few opportunities to change direction. All you can do is buckle up and enjoy the ride, sort of. Much easier said than done, I admit.

Nevertheless, viewing one's circumstances without any hope or humor is hardly the positive attitude worth embracing. There's good, as this column seeks to highlight; and more than enough bad, as any cancer patient/others impacted by this terrible disease knows, to go around. As much as I wish it had gone around somewhere else, the reality is, it hasn't and it looks as if it's here to stay; just like me (from my pen to God's eyes).

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

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## OPINION

# Reject the Meals Tax

**“A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering.”**

By TOM DAVIS

FORMER U.S. REPRESENTATIVE

**O**n Nov. 8, Fairfax County voters have an opportunity to cast a powerful vote for themselves, and for better government by voting “no” on the proposed Meals Tax. A “no” vote will send a message to the county Board of Supervisors that higher taxes should not be routine, and that county leaders must focus on better management, and more importantly, the School Board, more efficiency, and greater respect for taxpayers.

The ballot language for the meals tax referendum was carefully worded to avoid guarantees for how the money will be spent, while pro-tax forces want voters to believe it will be used for teacher pay raises and property tax relief.

In fact, there are no guarantees for this at all. To remedy this glaring political error, a public relations campaign has been launched, partially at taxpayer expense, by teacher unions and some on the county board, to try to convince voters that the board’s intentions are to use the new revenue for teacher pay hikes even though no such requirement exists. Voters shouldn’t buy the argument, and they shouldn’t approve the new tax.

A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering. One example is their recent release of an RFP to identify a community convener to “study” and bring about the name change of Jeb Stuart High School, despite the fact that the Stuart-area population and students oppose the change.

There are a number of problems with a new tax on prepared foods and meals, but most troubling is the very regressive nature of this proposed new tax. The tax would be imposed on all meals at restaurants and carry-out, in addition to prepared food sold at convenience stores, food trucks, etc. — meals that are necessities, not luxuries, for many working men and women, and busy families. The new tax would also be levied on all ready-to-eat foods including a long list of items such as deli foods and grocery store rotisserie chickens.

While there are many other problems with the proposed tax, it’s also troubling because it confirms an unhealthy focus by county leaders on higher taxes and more revenue as opposed to better management.

Earlier this year, county leaders passed a \$100 million increase in property taxes — also presumably to fund education. Now, they’re back in front of voters asking for another \$100 million in the form of the Meals Tax.

Easy money makes for bad management. In 1992, as board chair, I supported a meals tax. The county budget was in terrible shape coming off a real estate depression that saw our commercial tax base collapse. Voters rejected the tax, we took the opportunity to reorganize our budget from top to bottom and two years later were named the Best Financially Managed County in America. The budget problems today are nothing of that magnitude. And with no guarantees as to how the money will be spent, plus the current School Board’s spending proclivities. I am voting no.

It’s important that voters reject this, join me in voting “no” on the Meals Tax.

*Tom Davis is former U.S. representative and past chairman of the Fairfax County Board of Supervisors.*

## FAITH NOTES

*Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday.*

**Trinity Presbyterian Church**, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

**Vajrayogini Buddhist Center**, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or [www.meditation-dc.org](http://www.meditation-dc.org).

**St. Anne’s Episcopal Church**, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer.

Nursery, Sunday school and adult education available. 703-437-6530 or [www.stannes-herndon.org](http://www.stannes-herndon.org).

**Washington Plaza Baptist Church** will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

**The Jewish Federation of Greater Washington and the Jewish Outreach Institute** offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha’are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. [ShalomDC.org](http://ShalomDC.org).

**Hope Fellowship Church** will temporarily be meeting at Hyatt Place, 21481 Ridgetop Circle, Sterling. Sunday worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference call is Thursdays at 9 p.m.



# VOTE NO ON THE MEALS TAX!

It raises the total tax on a wide range of meals, carry-out, and prepared foods to **10%**.



**IT'S REGRESSIVE AND HURTS THOSE LEAST ABLE TO PAY.**

**The meals tax hits more than just restaurant meals, it impacts:**

- ➔ **Busy families** with parents working more than one job.
- ➔ **People on low and fixed incomes.**
- ➔ **Families juggling work and school schedules.**

**It's vague.**

**It's expensive.**

**It's written by politicians, for politicians.**

On November 8, send the Board of Supervisors a message:

**NO to regressive taxes! NO to the meals tax!**



[www.stopthefoodtax.com](http://www.stopthefoodtax.com)

Paid for and Authorized by Fairfax Families Against the Food Tax Referendum Committee