



Following his remarks at the Innovate! 2016 Conference, Gov. Terry McAuliffe was standing alone while many seemed too shy to approach him. Then Northern Virginia Community College student Niquita Dowell decided to take the opportunity – and request a “selfie” with the Commonwealth’s number one elected official.

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OBITUARY

Harriet L Connors, 96, Dies

Harriet L. Connors died Monday, June 27 at her home in Winchester, VA. She was 96. Harriet Pearl Ludwigson Connors was born Aug. 31, 1919 in Minneapolis, Minn. She and her husband, Robert C. Connors, were married in 1955. In the early 1960s they moved to Fairfax, which they called home until the late 1990s. She lived a long, full life as a U.S. Army recruiting officer, a devoted wife, and a loving mother and grandmother. Her passions included bowling, golfing, square dancing, and sewing. She is predeceased by her husband, Robert C. Connors.

She is survived by her beloved children Patti Thurston (Scott), Vicki Graves (Martin) and Sandra Connors (Jean-Michel Coughlin); her cherished grandchildren Chelsea and Amber Graves, Peter, Ryan and Rachel Coughlin, to whom she was affectionately known as "Grams"; and her sister, Elaine Harder. Funeral service Tuesday, Oct. 25 11 a.m., Fort Myer Old Post Chapel, 204 Lee Ave #335, Fort Myer, VA 22211. Interment with military honors immediately following service, Arlington National Cemetery. Memorial contributions may be made to Alzheimer's Association at alz.org.

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Nov. 8, 7-8 p.m.** Share your experiences, gain support and get important information without having to travel. Register beforehand at www.fairfaxcounty.gov/olderadults and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

30th Annual Northern Virginia Dementia Care Consortium Caregivers Conference, Friday, Nov. 11, 8 a.m.-3:30 p.m. The conference "Gems: A Treasure Chest of Ideas" will have speakers and resources on topics important to caregivers. The \$30 fee includes continental breakfast, lunch, materials, and certificate of attendance. First Baptist Church of Alexandria, 2932 King St., Alexandria. Find out more at www.fairfaxcounty.gov/olderadults and click on Caregivers Conference.

The **Fairfax Commission on Aging** meets on **Wednesday, Nov. 16, at noon** at the Kings Park Library, 9000 Burke Lake Rd., Burke. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call 703-324-5403, TTY 711 for meeting access needs.

Fairfax County's free Caregiver Seminar/Webinar Series features experts in Medicare, dementia care, mental health and wellness, nutrition and elder law. **Register online at** www.fairfaxcounty.gov/olderadults and click on Caregiver Support and Respite Programs or call 703-324-5205, TTY 711.

10 Legal Issues Caregivers Should Know About, Thursday, Nov. 3, 7-8:30 p.m. Caregivers often

make health and financial decisions for loved ones. Learn what documents loved ones need in place, if the document age matters, and what happens if the documents fail or can't be drafted. George Mason Regional Library, 7001 Little River Turnpike, Annandale.

When is it More Than Just a Bad Day? — webinar, Wednesday, Nov. 9, Noon-1 p.m. Learn how to identify, cope, and find partnerships to support your family if depressive symptoms hit you or your loved one.

Simple Meals for Healthy Eating — webinar, Wednesday, Nov. 16, Noon-1 p.m. Learn tips to simplify meal preparation and eat healthy during the holidays and beyond.

Medicare Enrollment Event, Tuesday, Nov. 1, 10 a.m.-4 p.m. Lewinsville Senior Center, 1515 Great Falls St., McLean.

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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 46th 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 educa-



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.



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.



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.

tional opportunities and the need for 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

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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NO to regressive taxes! NO to the meals tax!



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Committed to Innovate

FROM PAGE 3

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.”



PHOTO CONTRIBUTED

Following his remarks at the Innovate! 2016 Conference, Gov. Terry McAuliffe was standing alone while many seemed too shy to approach him. Then Northern Virginia Community College student Niquita Dowell decided to take the plunge – and request a “selfie” with the Commonwealth’s number one elected official. Dowell will be transferring to George Mason University to pursue her nursing degree when she completes her NOVA studies. “Events like these are great. They’re a chance to learn even more about the biotech and medical fields and certainly a great way to network.”

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Vote No Later than Tuesday, Nov. 8

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

Who 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 in the area:

- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
- ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
- ❖ West Springfield Governmental Center -

6140 Rolling Road, Springfield

- ❖ Mason Governmental Center - 6507 Columbia Pike, Annandale
- ❖ 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.

EDITORIAL

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

Reject the Meals Tax

BY TOM DAVIS
FORMER U.S. REPRESENTATIVE

On 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.

Where Are the Details on Social Security?

To the Editor:

After listening to the final Presidential debate, I believe that both candidates should explain themselves better and give more details on what they will do to update Social Security.

Because most Northern Virginians pay into Social Security every year, we should know how the candidates will keep it strong for us, our kids, and our grandkids. Social Security is critical to my retirement right now, and it is becoming more critical every year. I am disabled; some days I can operate without people even noticing there is anything wrong with me, and days I cannot get out of bed.

That is the main reason why I am urging every presidential candidate to lay out their plan to update Social Security. If our leaders do not act now, future retirees will lose up to \$10,000 per year in benefits. We deserve to know where the candidates stand on this important issue before we decide who to elect. To all the candidates I ask: “Where are the details?”

George Cupp
Springfield

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Murder Charge Goes to the Grand Jury

BY BONNIE HOBBS
THE CONNECTION

Caterer stabbed after E.C. Lawrence Park wedding.

On the surface, an argument over folding chairs after an Aug. 6 wedding at Cabell's Mill in Ellanor C. Lawrence Park led to a woman's fatal stabbing and a man charged with murder. But according to a witness and a video of the seven

minutes leading up to the tragedy, tensions between the man and the wedding party had been simmering all during the event.

Monday afternoon, in Fairfax County General District Court, defense attorney Peter Greenspun argued that his client, Kempton Bonds, had no malice toward

Tyonne Johns, the woman he allegedly stabbed to death. If anything, said Greenspun, the crowd there was verbally abusing and threatening Bonds. But ultimately, the judge found probable cause to believe Bonds is guilty as charged and certified his case to the grand jury.

Johns, 35, of Washington, D.C., was the event's chef and caterer. Bonds, a 19-year-old Clifton resident, is a 2015 Robinson Secondary School graduate and was a seasonal employee of the county Park Authority. Police had already responded to the Chantilly park around 9:24 p.m., after Bonds re-

ported the wedding guests' disorderly conduct. But the next call they received, about 10:50 p.m., was about the stabbing.

THE CHAIRS for the wedding were supplied by both Chef Tyonne Catering Co., owned by the victim, and the Park Authority. Witnesses said Johns was starting to pack up the folding chairs, but Bonds told her the chairs belonged to the park, and the two began to argue.

Johns's assistant, Shaina Mason, testified Oct. 31 that "There was a conversation about the chairs and the bride was upset and yelling." She said that after Johns asked Bonds why he was upsetting the bride, Johns "yelled at him and he stabbed her and she stepped away and said, 'You stabbed me!' Mason said she didn't see the actual stabbing, but saw Johns back away from Bonds, "who had a knife in his hand." She also said Johns never touched him.

Mason then called 911. After that, she said, crying, "Someone put [Johns] in a chair, and [Bonds] went down the steps on the side of the building."

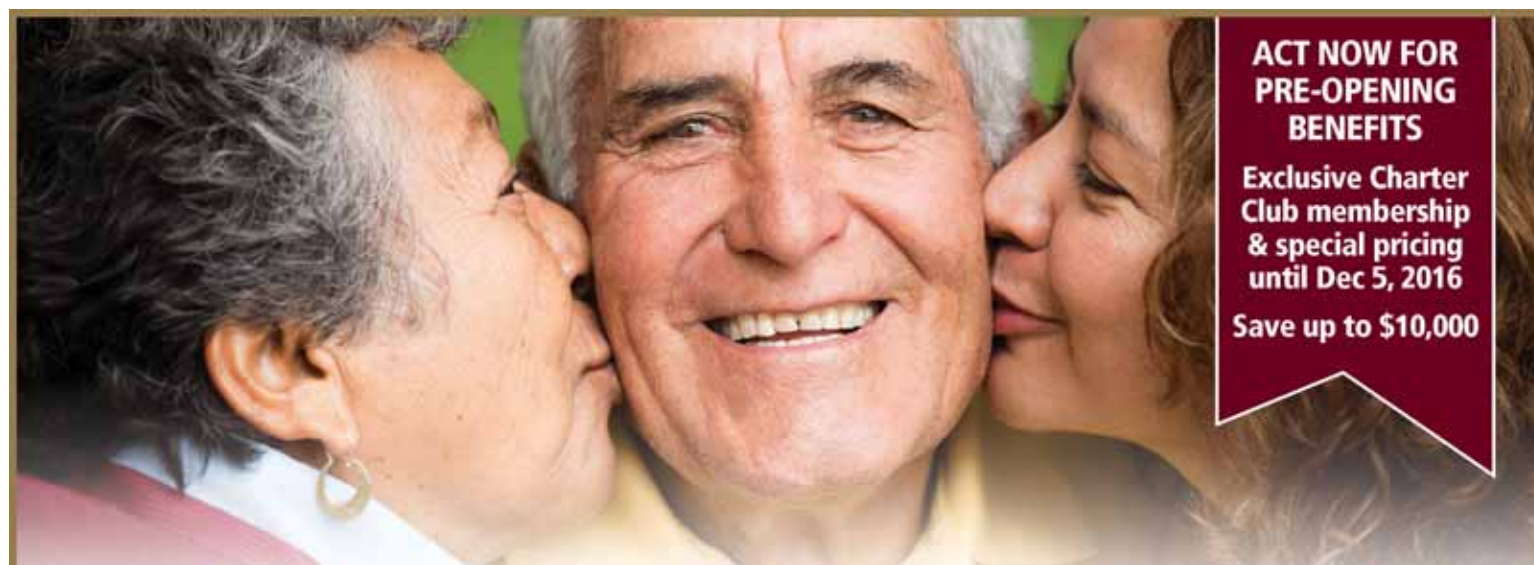
Under Greenspun's cross examination, Mason said that during the event, guests were upset with Bonds turning off the music and taking down the decorations. She said for 10 to 20 minutes, people were yelling and cursing at him. She also said that Bonds didn't curse, scream or threaten anyone, but "he was rude."

During the seven minutes or so before the stabbing, Bonds videotaped on his phone what the others were saying and doing, and Greenspun played that tape in court. In it, the bride yells at Bonds, "Boy, I'm about to f*#k you up, I swear to God, on my wedding day."

Then the groom yells at Bonds, "I guarantee, you'll be fired; you ruined my whole wedding." He and another woman also call Bonds derogatory names, and a female tells him, "I'm going to knock you out."

Next is the stabbing, and Bonds says, "Stay away from me." Mason said she couldn't tell one voice from another on the tape and was in the driver's seat of a U-Haul during the altercation. However, Greenspun got her to admit that, when she heard a voice threaten to "f*#k [Bonds] up," Johns was "within arm's reach" of him.

"It wasn't Bonds who was acting out of control, with malice, it was the group," said Greenspun.



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DocTalker Family Medicine
Dr. Steve is a physician who makes housecalls to bring medical care to homebound adults.



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CEO, Senior Sherpa
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SEE WEDDING, PAGE 9



Kempton Bonds



Chef Tyonne Johns



Tyonne Johns, the victim

Wedding Night Stabbing Goes to Grand Jury

FROM PAGE 8

County police officer Jason Reichel was the first officer responding to the stabbing. “There were people running and screaming, all over the place,” he said. Reichel said they told him their friend had been stabbed and they pointed out Bonds as the culprit, so Reichel handcuffed him.

THE OFFICER then found Johns slumped over in a chair. “I tore her shirt and saw a wound underneath her left breast,” he said. “I applied pressure to her wound and supported her head to protect her airway.” When more officers arrived, he directed them to take custody of Bonds and he returned to the victim. “The only thing she said to me was, ‘I can’t breathe,’” said Reichel. Then an ambulance came and rushed Johns to a hospital, where she was pronounced dead.

Also testifying was Officer Jason Deal, who arrived at the scene to find Bonds on his knees, in handcuffs. “Officer Reichel said it appeared he’d stabbed someone, and Bonds said, ‘Yes, that’s correct; that was me.’ I found a folding pocket knife on him – about 4 inches, folded up.” He then took Bonds to the Adult Detention Center, where he was arrested and charged with second-

degree murder.

Summing up, Greenspun said, “This is clearly a tragic situation, but there’s no evidence of malice. There was a blistering, ugly, aggressive, assertive assault by numerous people there. But [Bonds] didn’t invite or provoke this horrible, verbal assault. It was the vitriol, hate and aggression of the words – and Johns gets in his face, as he’s backing up to the railing, and yells at him. If it’s anything, it’s manslaughter, not murder.”

But Assistant Commonwealth’s Attorney Brandon Shapiro stressed that Bonds “had a knife in his pocket – a deadly weapon. He had the ability to leave and didn’t. There was no physical altercation; at no point was Bonds touched. There’s probable cause for second-degree murder.”

Agreeing, Judge Michael Lindner said, “Words can be very hurtful, [but] the defendant’s responses to the anger were not words of peace. There was a knife inside someone’s body. There’s a fair probability that Mr. Bonds killed somebody in malice.”

Lindner then certified the case to the grand jury for possible indictment. He also continued Bonds’s bond of \$250,000 plus house arrest.

WEEK IN FAIRFAX

Silverthorne’s Case Continued

In August, former Fairfax Mayor Scott Silverthorne was arrested and charged with two drug offenses. His preliminary hearing was set for Monday, Oct. 31, but was continued at the assistant

commonwealth’s attorney’s request. The new court date is Feb. 8, 2017.

Applications Accepted for Citizens Police Academy

The Citizens’ Police Academy (CPA) is now accepting applications for spring session. The academy is a 10-week program that is free for anyone who lives or works in Fairfax County. The CPA typically offers two sessions a year, one in the spring and one in the fall. The spring session will run from March 16 – May 20, 2017. Classes will be held on Thursday nights from 6:30 p.m. to 10 p.m., except the last class, that will be on Saturday, May 20, from 8 a.m. to 12:30 p.m. The class locations will rotate to various police facilities, giving residents a look at all the different areas in Fairfax County.

Class size is limited to 40 participants all of whom are required to undergo a background check. The participants have to commit to attending at least eight of the 10 classes. Applicants should submit their application no later than Dec. 15 for consideration for the spring session. Applications may be sent to cpa@fairfaxcounty.gov or Fairfax County Police Department Citizens Police Academy I/C Operations Support Bureau 3911 Woodburn Road Annandale, VA 22003.

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Suquamish/
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Fee: Waived for 2016 workshops

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NEWS



PHOTO COURTESY OF SUZY MCCARTHY

Katherine Iooss and Buz Ringler play Judy Haynes and Phil Davis.

Getting into the Holiday Spirit

Lord of Life Lutheran Church presents 'White Christmas.'

BY BONNIE HOBBS
THE CONNECTION

To Go

With their former, WWII Army commander in danger of losing his country inn in Vermont, song-and-dance team Bob Wallace and Phil Davis come to the rescue. They join with singing sisters Judy and Betty Haynes to put on a sparkling holiday show that, hopefully, will save the inn.

That's the storyline of "White Christmas," the upcoming Irving Berlin musical being performed by Lord of Life Lutheran Church, across from Little Rocky Run, near Centreville High. Set in the 1950s and featuring a cast and crew of 50, it'll take the stage Nov. 4-12.

"We have four fantastic leads, and the whole cast is amazingly talented at not just acting, but also singing and dancing," said Director Suzy McCarthy. There's also a live combo including pianist Michael Thompson, who plays at the church regularly.

"People will enjoy seeing this beloved story performed in front of them," said McCarthy. "They'll catch the energy and excitement of live stage. We like to do something Christmas-themed to get everybody in the holiday mood."

Fairfax resident Katherine Iooss, an FCPS elementary-school music teacher, plays Judy Haynes. "She and her sister Betty are looking for their big break," said Iooss. "Judy tries to make it happen by getting Phil and Bob to come see them perform in New York. Then they all end up performing at the inn

Show times are: Friday, Nov. 4, at 7:30 p.m.; Saturday, Nov. 5 at 1:30 and 7:30 p.m.; Thursday-Friday, Nov. 10-11, at 7:30 p.m.; and Saturday, Nov. 12 at 1:30 p.m. Tickets are \$15; call Judy Treichel at 703-323-5389. Homemade refreshments will be served during a reception at intermission. Lord of Life Lutheran Church is at 13421 Twin Lakes Road, off Union Mill Road, near Centreville High.

together, and Phil plays match-maker between Bob and Betty, while he and Judy connect."

"Judy is fun-loving and outgoing, but Betty's more straight-laced," continued Iooss. "Judy's smart, wants a career for a while and wants to help her big sister make it in show biz. She sees Betty as the real starlet."

Saying she's "having a blast" with her role, Iooss said, "It's fun to find out I can do some things I didn't think I could, like dancing onstage. My late mom was a dancer, and I carry her makeup case onstage with me. I teach music to kids all day long; but every night, I get to do it, myself."

She loves singing the harmonies in "Sisters" and "I Love a Piano." Because she's a soprano, she doesn't usually get to perform harmonies. So, said Iooss, "This lets me challenge myself, and it's fun." She said this cleverly written show will let the audience escape from the serious news of today's world into a simpler time. "They'll love the music and our fabulous pianist — the whole experience," said Iooss. "And with the witty lines, plus the songs of Irving Berlin, you can't go wrong."



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ENTERTAINMENT

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

Adventures in Learning Shepherd's Center of Fairfax 8:30 a.m. - 2:45 p.m. every Monday for 6 weeks, Oct. 3, 2016 - Nov. 7 these events take place at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. start with gentle exercise, followed by speakers on topics such as health, history, community, personal development, finance, and more. Afternoon breakouts are book club, bridge, canasta, and mind games. Bring a brown bag lunch. Cost: \$30 for 6 weeks (Mondays). To register: call 703-426-2824 www.scfbva.org.

Senior Line Dancing 1 - 2 p.m. Little River Glen Senior Center 4001 Barker Ct, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. barbriba@hotmail.com 703-524-3739

The Farmer's Market at Springfield Town Center. May 7-Nov. 19, 10 a.m.-2 p.m. Through November. Corner of Spring Mall and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. springfieldtowncenter.com.

Fairfax Rotary Club Meeting. 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and



PHOTO CONTRIBUTED

This man who performs with the Shanghai Acrobats has an impressive combination of balancing skills. The Shanghai Acrobats will perform a variety of trampoline, ariel and juggling maneuvers on Friday Nov. 5 at 8 p.m. and have two Saturday performances one at 2 p.m. and the other at 8 p.m. at the George Mason University's Center for the Arts. 4400 University Dr. Fairfax.

program. fairfaxrotary.org.
Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

FUN-Exercise. Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands

and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

EXERCISE PROGRAM Mondays and Fridays at 9:30 am year-round at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern

Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

Smoke Free Bingo (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. www.fairfaxvd.com. 703-273-3638.

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp>

First Sunday Jazz Brunch 11 - 2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit: <http://www.fxva.com/listing/bazins-on-church/1686/>

Stories From Strawberry Park 10 - 11 a.m. Tuesdays in Mosaic - Strawberry Park 2910 District Avenue, Fairfax. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Recurring weekly on Tuesday. Visit: <http://www.fxva.com/listing/mosaic-district/2326/>

FRIDAY/ NOV. 4 & SATURDAY/ NOV. 5
Shanghai Acrobats Friday 8 p.m. &

Saturday at 2 p.m. and 8 p.m. at the George Mason University's Center for the Arts. 4400 University Dr. Fairfax. Trampoline artists, aerial acrobats, juggles, contortionists and martial artists of Shanghai Acrobats of the People's Republic of China. <http://cfa.gmu.edu/calendar/2276/>

SATURDAY/NOV. 5

Mission Marketplace at Burke United Methodist Church 10 - 3 p.m. 6200 Burke Centre Parkway, Burke. Join us for a handmade craft festival - with a purpose. Local artisans and handicrafts from around the world will be on display. Proceeds benefit local, national, and international missions efforts. Bbq lunch also for sale. www.burkeumc.org

FACETS' A Taste of Fall 7 p.m. Sherwood Community Center 3740 Old Lee Highway, Fairfax. FACETS is hosting its 17th Annual Taste of Fall with FACETS, food, fun, entertainment, and a live and silent auction to raise funds to help families and individuals in Fairfax County and City who are suffering the effects of poverty and homelessness. Attendees at the Nov. 5 fundraiser can sample food and drink from a variety of Fairfax-area restaurants, wineries and breweries. Cost \$50 www.FacetsCares.org

SAT NOV. 5 & SUN/ NOV. 6 11 - 5 PM

2nd Annual Mini Maker Faire with The Flint Hill School Robotics Team 11 - 5 p.m. at Barnes & Noble Fairfax 12193 Fair Lakes Promenade Dr. Fairfax. Our weekend long celebration will feature coding and programming, 3D drawing, exploration of mechanical builds, motorized enhanced mechanisms, augmented & virtual reality and more.

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Special thank you to **THE CONNECTION** NEWSPAPERS

Alexander Hamilton Brought Back to Life by Rap Music?

Musical historian shares the unlikely story with Fairfax audience.

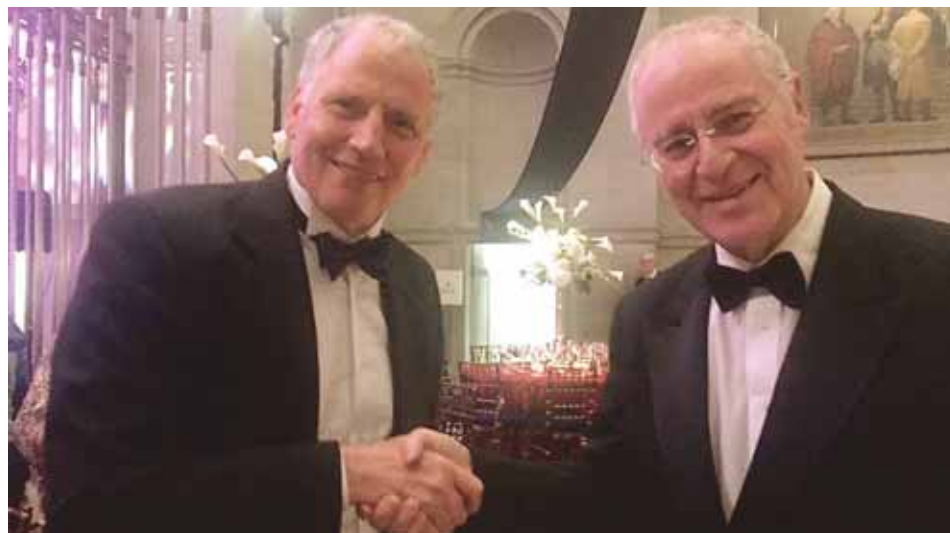
BY DAVE RYAN
OLLI AT GMU

Let's face it: A couple of years ago, how many younger — or even older — Americans would have bothered even crossing the street to voluntarily learn anything about a musty old historical figure like American founding father Alexander Hamilton.

But then the young son of Puerto Rican immigrants in New York did the unlikely thing of writing a smash hit Broadway musical, drawing heavily on rap music, that brought to vibrant life for many Americans the fascinating story of our first Secretary of the Treasury.

Speaking Saturday at the Church of the Good Shepherd in Burke to the Osher Lifelong Learning Institute at George Mason University, over 150 OLLI members listened to economics PhD and avid local musical theater historian Dan Sherman describe this improbable genesis of the wildly popular musical "Hamilton." He played many songs from the show and explained how well the 2 and ½ hour musical compressed the story of Hamilton's complex life.

AN INCREDIBLY AMBITIOUS, motivated and hard-driving character with a chip on his shoulder, Hamilton, a poor immigrant orphan born illegitimate in the Caribbean, stood in stark contrast to most of America's founding fathers, who were rich, well-educated and came from prominent families. Despite his background, Hamilton was a brilliant writer, Revolutionary War hero, and of course, our first Secretary of the Treasury. He was very close to George Washington, serving as his personal



From left — OLLI class instructor Dan Sherman and Ron Chernow, author of bestselling biography, *Alexander Hamilton*.

secretary during the war, and played a key role in convincing the reluctant "Father of our Country" — who longed to return to Mount Vernon — to become president. Hamilton never thought our new nation would become strong under its first governing principles, the Articles of Confederation, and fought hard for the convention that wrote our current constitution. Author Ron Chernow, in his best-selling book, *Alexander Hamilton*, said, "...Hamilton is the foremost political figure in American history who never attained the presidency, yet he probably had a much deeper and more lasting impact than many who did."

Despite these accomplishments, Hamilton faded into the mists of American history, and was known to most Americans only as the man on the ten-dollar bill who was shot

by Aaron Burr.

Enter Lin-Daniel Miranda, the 36-years-old son of Puerto Rican immigrants, who grew up in New York City. His parents loved Broadway shows, so he grew up listening to Broadway cast albums — as well as rap songs. He combined these interests in a musical about — of all people — Alexander Hamilton, which opened in Jan. 2015 with a mostly African American and Latino cast, and the rest is show business history.

American playgoers used to the flowery, ornate writing of 18th century historical figures were probably surprised and intrigued to hear the character of Hamilton expostulating in rap rhythm against Thomas Jefferson in a hip-hop debate:

"Thomas, that was a real nice declaration, welcome to the present, we're running a real



PHOTO BY DAVE RYAN

Instructor Dan Sherman teaching the class.



OLLI member Wendy Campbell: 'I loved every minute of the class.'

COURTESY PHOTO

nation, would you like to join us or stay mellow doing whatever the hell it is you're doing at Monticello, do we assume the debt, the union debt that you might have said is a financial diuretic, how do you not get it ..."

Sherman said that some African Americans who've seen the play told him that they felt Hamilton is really a hip-hop story — both Hamilton and Miranda came from an inner city culture and they both managed to make it.

OLLI MEMBER Wendy Campbell added:

"What a magnificent tribute to two men - Lin Manuel Miranda and Alexander Hamilton... I loved every minute of the class."

OLLI MASON, which sponsored Sherman's talk, provides educational opportunities for citizens of Northern Virginia. For more about OLLI Mason and its events can be found at olli.gmu.edu

Autopsy Report Yet to Come for Deputy-Involved Shooting

Administrative investigation to follow.

BY TIM PETERSON
THE CONNECTION

Law enforcement officials are still waiting to receive the final autopsy report for Yovani Amaya Gomez, 29, who was shot dead by Fairfax County Sheriff's Deputy MDS Patrick McPartlin outside Inova Fairfax Hospital on Aug. 15 of this year.

Police had previously reported Gomez's name as Jovany Martinez, but released an update on Nov. 1 that Homicide detectives confirmed his true legal name with help from the Honduran embassy and family members in Honduras.

Gomez first approached a Fairfax County Police cruiser and officer during the day on Aug. 15 in Annandale. The officer suspected he was having either a mental health episode or a heat-induced medical emergency, and called in Fairfax County Fire & Rescue and a team of medics.

Gomez was taken to Inova Fairfax to be further evaluated. The transport investigation finished around 4 p.m.; medical staff said he wasn't in mental distress.

That evening, Gomez was discharged from the hospital and escorted to the bus stop by Inova security. An Inova spokesperson would not say why he had an escort or elaborate on any condition he may have

had.

After he was left at the stop, security received reports of a man at the bus stop threatening people with an apparent weapon. When security responded to the scene, Gomez attacked a guard with a metal sign post, police reported.

Sheriff's Deputy MDS Patrick McPartlin responded to a backup call from the guards and attempted to de-escalate the situation. But officials said Gomez ran at McPartlin and swung the sign post in an attempt to strike him.

Gomez allegedly didn't respond to repeated attempts to stop advancing on the deputy, so McPartlin shot him several times while tactically retreating.

McPartlin was carrying neither a taser nor a beanbag gun, which are less-lethal options

for deputies outside the Adult Detention Center but not mandatory for the Sheriff's Office. He was put on administrative leave after the shooting.

Police report their criminal investigation is complete. Once they receive the autopsy report, the case file will go to the Commonwealth's attorney for a decision on whether there was any criminal liability in the shooting.

FCPD spokesman MPO Don Gotthardt said there were no additional details of the criminal investigation to be released, and that there's no expected timeline for receiving the medical examiner's report.

Now that the criminal investigation is complete, the Sheriff's Office will conduct its own administrative investigation of the shooting.

NEWS

Fairfax County Office of Elections General Registrar Cameron G. Sasnett stands watch as Juniors of Girl Scout Troop 2066 learn how to mark their cards on the ExpressVote machine on the right then cast their paper ballots into the optical scanner of the DS200, shown left.



PHOTO BY MARTI MOORE/THE CONNECTION

Girl Scouts Vote in 'Mount Rushmore Special Election'

The Girl Scout Troop 2066, fourth graders from Fairfax Villa and Laurel Ridge elementary schools in Fairfax toured the Office of Elections General Registrar, 12000 Government Center Parkway in Fairfax Nov. 1 to earn their Election Connection Patch — for which they learned about the passage of laws, the U.S. Constitution, the Electoral College and the General Election process. The students voted Tuesday in the "Mount Rushmore Special Election"

where George Washington, Abraham Lincoln and a write-in candidate won a 3-way tie for Mayor of Mount Rushmore with two votes each. Alexander Hamilton and Betsy Ross beat Benjamin Franklin, Patrick Henry, John Hancock and Paul Revere for two seats on the Mount Rushmore Park Authority. The students also voted yes for a proposed change to Mount Rushmore in the mock election designed for election officer training.

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Fairfax students are in 'James and the Giant Peach Jr.'

BY BONNIE HOBBS
THE CONNECTION

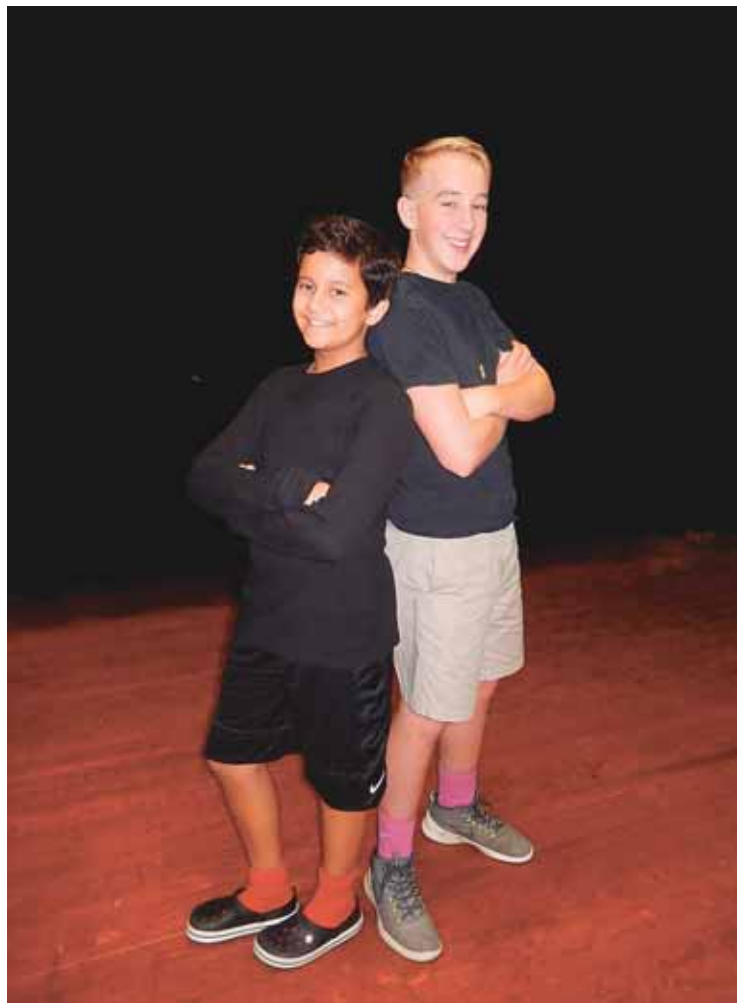
Alliance Theatre's upcoming musical, "James and the Giant Peach Jr.," is about courage and self-discovery. Featuring a cast and crew of 35, it'll be presented Nov. 5-20, at Mountain View High in Centreville – and two of the lead roles are played by Fairfax students.

When 10-year-old James loses his parents, he has to live with his two mean aunts. But things get better when he discovers a magic potion that grows a gigantic peach. James then befriends a collection of singing insects that ride the peach on an adventurous journey across the ocean.

All the actors are in grades three through 12, and Director Maggie Swan says they're talented thespians, singers and dancers. "Those playing insects even had to study the insects they're portraying and put their characteristics into their roles," she said. "And we're using costume pieces and hats, more than makeup, to show who they are. So, for example, the grasshopper wears a green tuxedo and the ladybug wears a pillbox hat. The characters are so cute and fun that everyone will love them."

A magical narrator will help tell the story and make things happen. And, said Swan, "The set will be a huge peach that's really a jungle gym with different levels. And it'll be like looking inside a peach." She said the audience will like "all the quirky characters, plus the story about how James finds a whole, new life and family in some unusual ways. People of all ages will be able to relate to this show."

Portraying James is Noah Tajudeen, 11, a sixth-grader at Fairfax Villa Elementary. "James is very lonely, but naïve," said Noah. "He's curious about things, but also sentimental because his parents passed away without saying goodbye to him. But as the story progresses, he gets more adventurous and confident and makes lots of new



(From left) are Noah Tajudeen, who plays the title role, and narrator Will Mosier.

PHOTOS BY
BONNIE HOBBS/
THE CONNECTION



Fairfax High's Noelle Buice

friends."

Noah likes his role because, he explained, "In real life, I can be loud and rambunctious, but James is shy. He has a lot of growth in this story and goes through many changes, including heartbreak, which I find interesting to play and explore. And it's exciting having the lead role – that's pretty cool."

His favorite song is "On Your Way Home," which he sings at

the beginning. "James is wanting to go home and wishing his parents were still alive," said Noah. "He's sad because he doesn't have any family and wants someone to love him." Overall, though, he said, "This show is so incredibly funny and all the characters each have hilarious lines that will make the audience laugh. It also has a sweet message that family and love are the most important things."

Fairfax High sophomore Noelle Buice

To Go

Show times are: Nov. 5, 6, 12, 13, 19, 20 at 2 p.m., and Nov. 18 at 7:30 p.m., at Mountain View High School, 5775 Spindle Lane (off Braddock Road) in Centreville. For ticket prices and other information, go to www.thealliancetheatre.org.

plays a ladybug. "She's very maternal, sweet and loving and turns the group of insects into a family," said Buice. "She also steps in to become James's 'mother' after his parents die."

Buice loves her character because, she said, "I'm always looking out for my own friends. And she's so kind and considerate of everyone, and helps settle conflicts, that I feel like I can relate to her. She also wants everything perfect and in order; otherwise, she gets anxious."

She says audiences "will love the show's whimsy. It's funny, but with an underlying message of caring and acceptance, and that everyone can find their true family."

H Mart Grocery Store Opens in Burke Nov. 9

The building formerly occupied by the Giant Food supermarket in Burke Village Center will re-open Nov. 9 as Asian-inspired grocery store H Mart.

H Mart is short for "Han Ah Reum," which translated means "One Arm Full of Groceries." The chain started in Queens, New York in 1982.

The ribbon-cutting and grand opening

are scheduled to kick off at 9:30 a.m. Festivities will include Korean percussion music, Chinese lion dance, traditional Vietnamese dance, face-painting, balloons and other giveaways.

The new H Mart supermarket is located at 9550 Burke Road, in Burke.

—TIM PETERSON



The building formerly occupied by the Giant Food supermarket in Burke Village Center will re-open Nov. 9 as Asian-inspired grocery store H Mart.

PHOTO CONTRIBUTED

Making and Baking Challah Bread

In a fun evening of Jewish spirituality, the first Northern Virginia Great Big Challah Bake, will take place on Thursday, Nov. 10 at 7 p.m. at Congregation Olam Tikvah in Fairfax. The event will bring together women from around the Northern Virginia area to enjoy the aroma, taste, and spirituality of making challah bread together.

It is anticipated that, like in other cities and countries, this challah bake will attract a diverse group of local Jewish women who will experience the Flour Power, as they knead, braid, and share in the tradition of making and baking Shabbat challah. The theme of this year's bake is "keeping it together," tying together this ancient practice that all Jews will enjoy taking part in.

The admission fee of \$18 includes baking supplies, instructions, braiding demos, music, light refreshments, an apron and a take-home package. For a \$36 donation, a tribute can be made to honor a woman who is special in someone's life. To register for this empowering experience, visit www.challah.brownpapertickets.com.

Each Great Big Challah Bake participant will receive a mixing bowl containing all premeasured ingredients, and an apron. Women will mix, knead, and braid the dough while learning about the ancient art of bread-making and its spiritual significance.

When the dough is ready, together the participants will say the 4,000 year old traditional blessings that the biblical matriarch Sarah said as the first Jews baked challah. Each participant will leave with the braided dough loaves to bake in her own home and also contribute a portion of their dough to donate baked challahs to those in need.

"Shabbat enables us to momentarily set aside the distractions, demands and pressures of daily life, offering us the time and space to renew our inner selves and to reinvigorate our most important relationships," said Rabbi Warren Goldstein, Chief Rabbi of South Africa and founder of the Shabbat Project.

The Great Big Challah Bake is a precursor to a larger, international event on Friday and Saturday, Nov. 11 and 12. This Shabbat Project is like a global flash mob, a coordinated action taking place at the same time in 500 cities around the world that all Jews can be part of, but is not necessary to attend this event.

Presented by the Jewish Community Center of Northern Virginia, Chabad of Northern Virginia, Congregation Olam Tikvah and Geshur Jewish Day School. This event is supported by a grant from the Jewish Food Experience, a program of the Jewish Federation of Greater Washington; Whole Foods Market and in collaboration with synagogues and other organizations.

FAITH NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to

understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by both traditional and con-

temporary worship services at 10:30 a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspringfield.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 10 a.m. and Cup of Fellowship at 11 a.m. Nursery care is provided from 9:45-11:15 a.m. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., Latin mass at 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. Additional mass offered Monday-Friday at 6:30 a.m. (except on Federal holidays) and 8:45 a.m. 703-817-1770 or www.st-andrew.org.

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WELLBEING

Managing Holiday Weight Gain

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL
THE CONNECTION

Holiday 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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According to the Lease by and between Jadrien Wallace (of unit 1074) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: bag, totes, ect. Items will be sold or otherwise disposed of on Friday November 18, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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According to the Lease by and between Gustavo Reyes (of unit 3113) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: furniture, rug, bed frame, table, ect. Items will be sold or otherwise disposed of on Friday November 18, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Vocal musicians from 12 Fairfax County public schools have been named to the Virginia Honors Choir for 2016. This select choir is open only to the top 125 singers from around the Commonwealth of Virginia, and is the highest honor a choir student can attain during his or her high school career. Thirty-one Fairfax County Public Schools (FCPS) students were selected for the choir, and five students were named as alternates. The choir will perform at the Virginia Music Educators Association (VMEA) convention to be held at the Omni Homestead Resort in Hot Springs, Nov. 17-19. FCPS students named to the 2016 Virginia Honors Choir include the following students from our area schools: **Woodson High School:** Megan Humes, Caroline Grass, Jacob Lamb, Lucas Valdes, and Marc Manaloto and **Hayfield Secondary School:** Jessica Pressley.

Jonathan Whittington, Kathryn Herring, Emma Zettlemoyer, of Springfield; **Bridget Ray and Kirsten Chase**, of Burke; received \$2,000 scholarships from the Scholarship for Military Children Program in July 2016.

Jane Gibbins-Harding, of Springfield, was named to the dean's list at Bethany College for spring 2016.

U.S. Air Force Airman **Brian A. Zamfino** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Zamfino is the son of Joanne and Joseph Zamfino of Springfield. He is a 2015 graduate of West Springfield High School.

Thomas Miskimins, of Fairfax, graduated with a master of arts, in Spring 2016 from the University of New Haven.

Jordan Ecker, of Fairfax, is on the spring 2016 dean's list at the University of Minnesota-Twin Cities.

Caroline Dickson, of Fairfax, is on the spring 2016 dean's list at the University of Maine-Orono. Allison Righter Moore, and Sarah Ann Hughes Cushing-Spiller, of Springfield, is on the dean's list at Hollins University, for the 2016 spring semester.

James Butler, a Lake Braddock Secondary School graduate, was inducted into the Naval Academy Class of 2020 on June 30, 2016.

Kyle Austin Walsh, of Fairfax, and **Abigail Lynn Lackey**, of Springfield, were named to the honors list for the 2016 spring 2016 semester at Averett University in Danville.

Katherine Marie Hough, of Fairfax Station, is on the dean's list at George Mason University for spring 2016.

Anna Kormis, of Springfield, graduated from Emory and Henry College in spring 2016.

Kyle Austin Walsh, of Fairfax, graduated from Averett University in June 2016. was among the 261 students to receive diplomas during Averett University's May 7 Commencement.

Megan R. Seymour, Megan F. Cummins, Thomas S. Cohen, of Fairfax, **Joshua D. Harlowe, Samantha E. Kinde, Melissa A. Schwartz**, of Springfield; **Sean C. Baird**, of Fairfax Station; graduated from Boston University in spring 2016.

Helene J. Decosse, Alexis J. Fahrney, Jessica M. Ochoa, of Fairfax, are on the dean's list at Boston University for spring 2016.

Seth Lehman, Thet San, of Fairfax, graduated from Furman University in spring 2016.

Luke Hartman, Natalie Heinitz, of Springfield, graduated from Manhattan College in spring 2016.

Maria Larrazabal Carrillo, of Fairfax is on the dean's list for May 2016 at Iowa State.

Kayse McGough of Fairfax is on the dean's list for May 2016 at St. Mary's College.

Jared Rondeau of Clifton, graduated May 2016 Triple Major in Physics, Mathematics, and Chemistry from Emory and Henry College.

Moriah Dreisbach, of Fairfax, is on Union University's president's list for spring 2016.

Irene Martinko, of Springfield, is on the spring 2016 dean's list at Muhlenberg College in Allentown, Pennsylvania.

James F. Agnew, Kyle T. Deivert and Nathaniel Oliver, of Fairfax, are on the dean's list at Hampden-Sydney College.

Cameron Kisailus, of Franconia, graduated from Gonzaga College High School. He will be attending the University of Pittsburgh.

Michael Gerlach's, of Fairfax Station, is on the dean's list at James Madison University for spring 2016.

Kara Anne Crennan, an alumna of West Springfield High School Class of 2011, graduated from the United States Air Force Academy in June 2016.

Liana Ruiz was awarded the Virginia Credit Union Scholarship of \$2,500. She will graduate from Robinson High School in June 2016 and will attend Virginia Tech in the fall.

Ketty Klimchuk, of Fairfax, is on the spring 2016 dean's list at Johnson State College in Vermont.

Abdullah Al Nouman, of Fairfax, graduated with a master of science, biomedical sciences from Iowa State University in spring 2016.

Robel Teffera, of Fairfax, graduated in spring 2016 with a bachelor of science in international business from Quinnipiac University.

May 2016 Oregon State University graduates from Burke include, **Kimberly L. Ogren**, doctor of philosophy, geography; **Jacob M. Sage**, bachelor of science, cum laude, construction engineering management.

Jennifer S. Richards, of Lorton, graduated with a bachelor of science, earth sciences from Oregon State University in May 2016.

Jeffrey A Renner, of Fairfax is on the dean's list for spring 2016 at Baylor University.

Alexandra Hoenscheid, of Springfield, received the University of Mary Washington Alumni Award upon her graduation in May 2016.

Thet San, of Fairfax, is on the dean's list at Furman University in South Carolina for spring 2016.

Natalie Heinitz, of Springfield, received Manhattan College's Gunn Alumni Medal during the 2016 commencement.

Allison Campbell, a 2007 graduate of West Springfield High School, graduated from Washington University in St. Louis Olin Business School in May 2016.

BULLETIN BOARD

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

THROUGH NOV. 4

Sheehy Auto Stores Fall Harvest Food

Drive Sheehy Auto Stores throughout Washington, D.C.; Richmond, Virginia; and Baltimore, Maryland areas will collect canned goods and non-perishable food as part of the company's annual Fall Harvest Food Drive. Feeding America provides low-income individuals and families with the fuel to survive and even thrive. As the nation's leading domestic hunger-relief charity, Feeding America's network members supply food to more than 37 million Americans each year, including 14 million children and 3 million seniors.

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Springfield
Sheehy Nissan of Springfield, 6727 Loisdale Road, Springfield
Sheehy Infiniti of Tysons, 8527 Leesburg Pike, Vienna
Sheehy Ford of Springfield, 6727 Loisdale Road, Springfield
Sheehy Subaru of Springfield, 6571 Backlick Road, Springfield
Patriot Harley-Davidson, 9739 Fairfax Boulevard, Fairfax

FRIDAY/NOV. 4 - NOV. 6

Scouting for Food In support of Scouting for Food Charity Drive

during the weekend of Nov. 4-6. The Cub Scouts will distribute the bags sometime from Friday evening, Nov. 4 to Sunday evening, Nov. 6. Then the Boy Scout pick-up will be on the next Saturday, Nov. 12. Fill the bag with non-perishable foods and leave on your doorstep the following Saturday, Nov. 12th, for Troop 1346 to pick them up. Contact: Cliff Phillips at ctp198@yahoo.com

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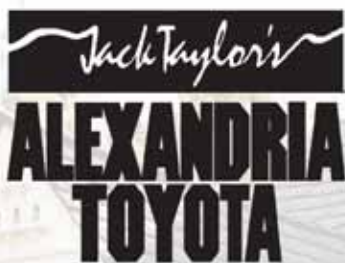
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