

Fairfax CONNECTION



Thousands thronged to the City of Fairfax on Saturday for the 41st annual Fall Festival.

Fun at Fairfax Fall Festival

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Making a Difference for Local Families

Complete the Circle FOODRaiser is Oct. 29.

BY BONNIE HOBBS
THE CONNECTION

It's tough to be hungry in an area as affluent as Fairfax County, but that's the sad reality for so many families here. So local nonprofits Britepaths in Fairfax (formerly Our Daily Bread) and Lorton Community Action Center (LCAC) are holding an event to collect food for them.

It's the seventh annual Complete the Circle FOODRaiser, and it's slated for Sunday, Oct. 29, from 1-2:30 p.m. at Fairfax High's practice football field, 3501 Rebel Run in Fairfax. Participants will bring food to donate and will create a live, art project that will be photographed from the air.

"It's a wonderful, inter-generational, hands-on event to address food-insecurity in our community," said Britepaths' Executive Director Lisa Whetzel. "And for kids, it's a great opportunity to see community members all coming together around a cause that affects their neighbors in need. It shows them people's compassion and empathy in action."

Register at www.CompletetheCircleFx.org. through event day, but T-shirts aren't guaranteed for late registrants. Admission is \$10 (\$12 for XXL event T-shirt). Attendees are encouraged to bring at least three food-pantry items or a grocery-store gift card to be distributed to community members in need. For more information and a list of the most-needed pantry items, see www.CompletetheCircleFx.org, call 703-273-8829 or email info@britepaths.org.

THE FESTIVITIES begin with live music by Tommy Gann of the group, Cancer Can Rock, plus refreshments and children's activities. Then, wearing certain colors of T-shirts, participants will create a living, Art for the Sky project designed by internationally renowned artist Daniel Dancer. Placed in bins all around them will be the food donations brought that day to literally "complete the circle" of giving and hope.

"It's fun to see it all in action, and kids especially get such a kick seeing the crane lift up the photographer," said Whetzel. "And when they receive the image in a postcard, a few weeks later, they try to find themselves in it."

Approximately 1,000 people participated in last year's event and donated nearly 8,000 pounds of food and supplies and more than \$1,500 worth of grocery-store gift cards and financial contributions. This year's goals are 1,200 participants, 15,000 pounds of food and \$15,000 in donations to help the county's working poor.

"The battle against hunger in our community is stronger than ever before," said LCAC Executive Director Linda Patterson.



Participants crouch down according to the color of their T-shirts to create a previous year's Complete the Circle design.



A collage of some of the participants and fun during last year's FOODRaiser.

"And part of it is because food insecurity continues to grow, especially for families not eligible for food stamps, because they make just too much to qualify for them, but not enough to necessarily eat every day."

"It's incredible to think that, in wealthy Fairfax County, there are about 60,000 people who don't know where their next meal will come from," added Whetzel. "Many of them are children, and it's heartbreaking to think of how their parents must feel when they work so hard to make ends meet, but have to put their kids to bed with empty stomachs."

She said that's why participating in Complete the Circle is "a joyful way for community members to be part of the solution to the very real problem of hunger and need in our midst. We welcome community members to join us that day and to make the event even more meaningful by bringing a team of family, friends, co-workers or community-group members. Another great way

to help is by holding a grocery-store gift card or food drive in advance."

Patterson said LCAC's partnership with Britepaths helps change lives such as Kate's, a military mom of four who comes to LCAC's food pantry each Friday, "Complete the Circle is a lifeline for her and her children while her husband is deployed," explained Patterson. "And Mary receives food each Thursday through our grocery delivery program for homebound individuals. Complete the Circle means she's able to eat each day."

DONATIONS of household and toiletry items are also welcome. Britepaths doesn't have the capacity to accept food, so LCAC receives the food donations and Britepaths receives the non-food contributions and the gift cards. Event sponsors, in-kind donations and volunteers are still needed. Besides individuals and families, community organizations and businesses are encouraged to bring a team to the FOODRaiser.



This year's Complete the Circle FOODRaiser image symbolizes the giving spirit and a lending hand.

So far, nearly 500 people, including more than 60 teams, have registered.

Whetzel said food is needed all year 'round, but "Fall is when we begin looking toward our neighbors' needs during the holiday season." And for LCAC, said Patterson, "The food helps us get through the early winter and makes a big impact on the families we serve." Britepaths serves some 1,200 families a year. For example, a mother of three whose husband died of a heart attack got food assistance there for five months so she could feed her children until she could learn to drive and get a job. Also helped was a single dad with diabetes and a 12-year-old son. When the dad went blind and lost his job, Britepaths' aid was critical in tiding them over before his Social Security benefits kicked in.

Patterson said almost a third of LCAC's families are seniors or disabled households. "We're seeing that number increase," she said. "And because of their meager income, they need ongoing, weekly, food assistance. For example, a disabled woman with custody of her infant grandson comes to us. There's no way she could feed herself or afford diapers and formula for the baby, if not for LCAC's assistance."

The image to be created during the FOODRaiser is of a leafy tree with hands reaching up to form its trunk. "It's to symbolize the giving spirit and a lending hand," explained Whetzel. "Many leaves make up a tree, just as many people help each other to become a strong community."

And with the donated items being placed around it, she and Patterson hope enough food is brought to encompass the entire perimeter and "complete the circle."

For the participants, said Patterson, "It's the best Sunday afternoon they'll ever experience. After my first time, I walked away inspired because I knew those couple of hours weren't just changing me, they were changing thousands of lives. On any given day, almost 28,000 children in Fairfax County go hungry. We can change that through Complete the Circle. I believe we all can make a difference for families in our community."



Fairfax County Fire and Rescue Master Tech. George Loayza answers questions from visitors watching a vehicle extrication demonstration Oct. 14 at the Station 21 open house in Fair Oaks.

Vehicle extrication crew just removed the roof of a wrecked car. They show how they would use a hydraulic spreader to lift the dashboard and steering column off a trapped driver.

Fire Prevention Week Teaches Safety Tips

Annual open house offers fun for all ages.

BY MARTI MOORE
THE CONNECTION

Fairfax County Fire and Rescue ended this year's Fire Prevention Week with an open house celebration Oct. 14, when first responders gave important safety tips to the general public through fun activities and live rescue demonstrations for kids of all ages.

Although crew members at the Fair Oaks Volunteer Fire and Rescue Company 21 gave it the old college try Saturday, it's hard to believe this fire station at 12300 Lee Jackson Memorial Highway did not score the highest points in this year's "Best Open House" award.

The winners of seven battalions, respectively, throughout Fairfax County are: Fire Station 39 in North Point, Station 2 in Vienna, Station 17 in Centreville, Station 8 in Annandale, Station 5 in Franconia, Station 11 in Penn Daw and Station 14 in Burke.

Fair Oaks crew should demand a recount because their house on U.S. Route 50 had it all: games, stickers, red plastic helmets, rescue activities for kids, information booths, food, fire trucks, ambulances and a zip-line demonstration.

They had drama at 1:44 p.m., when their heavy rescue truck rolled out in response to a car accident on Interstate 66. Upon their return, crew jumped out of the fire engine and showed open house visitors how they disassemble a wrecked car to extract people trapped in the vehicle by using serious power tools as big as a small child.

J.P. Wood, president of Company 21 highly recommends anyone with a health condition wear a medical alert tag to help emergency medical technicians and emergency room staff save their life.

Station 21 commander Matt Burns, far right, narrates a vehicle extrication demonstration to visitors of his annual open house Saturday. Although the recorded high temperature Oct. 14 in Fairfax is a mild 73 degrees Fahrenheit, Burns explains the heavy protective gear worn by firefighters makes them feel like a baked potato. Master Tech. Ben Roadruck calls it his "personal sauna." He, Burns and other Station 21 crew served last month with the Fairfax County Urban Search and Rescue Team — Virginia Task Force 1 in storm recovery efforts from Texas to the U.S. Virgin Islands after three major hurricanes wreaked havoc along the Gulf Coast and islands of the Caribbean.



From left: Kelly Burns of Sterling holds open the driver side door as Fairfax toddler Patrick Vetterick and his dad, Paul, sit behind the wheel of the fire engine Saturday, while Fairfax County Fire and Rescue Tech. Brian Talbot holds down his truck. "I've been driving fire engines for 23 years," Talbot says. This annual open house is not Burns' first rodeo, either. The 16-year-old volunteers in the fire house run by her dad, Capt. Matt Burns.



From left: proud papa, Josh Cruciotti of Fairfax peers through his smartphone lens as Station 21 volunteer Reggie Smith teaches 4-year-old Amelia Cruciotti how to put out fires.

As she teaches a toddler a simple fire safety technique called "stop, drop and roll," Fairfax County Fire and Rescue EMT Teresa Neves emphasizes "It's important to cup your face with your hands."

She says this vital step protects a person's face from flames and lungs from smoke inhalation.

Residents who missed this event can learn best practices for a home escape plan from

Sparky the Fire Dog in a video called "Every Second Counts: Plan 2 Ways Out!" Find this and other safety demonstrations on the National Fire Protection Association's website at www.fpw.org.



PHOTO BY BONNIE HOBBS/THE CONNECTION

Fairfax City Schools Receive VML Award

While Fairfax City Councilman Jeff Greenfield looks on, Mayor David Meyer (in center, holding award) presents the Virginia Municipal League (VML) Stairway to Success Award to (from left) City Schools Superintendent Phyllis Pajardo and School Board members Carolyn Pitches, Toby Sorensen, Bob Reinsel, Mitch Sutterfield and Jon Buttram. The ceremony was at the start of the Oct. 10 City Council meeting. The VML comprises all the towns, cities and counties in Virginia; and at the recent VML conference in Williamsburg, the City received a gold-level award for supporting early childhood education at the Main Street Child Development Center.

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What To Do Against the ‘Nightmare Scenario’?

BY STEPHEN R. RUTH
SCHAR SCHOOL OF POLICY AND GOVERNMENT
PROFESSOR OF PUBLIC POLICY
GEORGE MASON UNIVERSITY

We should fear Artificial Intelligence. Not in the future but now. Ask Sheryl Sandberg, chief operating officer of Facebook. She announced that her company, with its over 2 billion users, built software it cannot fully control. “We never intended or anticipated this functionality being used this way,” Sandberg said, “— and that is on us.” Facebook’s operating systems had allowed Russian operatives to create accounts and ads aimed at influencing the 2016 U.S. presidential election. The gigantic network seems to have created systems that are ungovernable.

Facebook’s problem hints at the extreme dangers lurking within Artificial Intelligence as it grows throughout the world. AI Experts are already talking about a “nightmare scenario,” where nations’ AI systems could ignite real-time conflicts. Consider, hair-trigger AI systems could eventually control several nations’ military responses’ and some error in any one algorithm could possibly lead to a nuclear catastrophe.

Between the Facebook case and the nightmare scenario is the immediate problem of millions of people losing jobs. Around the globe, programmable machines — including robots, cars and factory robots — are replacing humans in the workplace. Automation

threatens 80 percent of today’s 3.7 million transportation jobs, one U.S. government report estimated, including truck and school bus drivers, taxi drivers and Uber and Lyft drivers. Another report indicates AI is threatening aspects of the many different jobs, including call center operators, surgeons, farmers, security guards, retail assistants, fast food workers and journalists. A 2015 study of robots in 17 countries found that they accounted for over 10 percent of the countries’ gross domestic product growth between 1993 and 2007. Consider, a major supplier for Apple and Samsung cell phones and computers, China’s Foxconn Technology Group, is planning to automate 60,000 factory jobs with robots, replacing its existing employees. Meanwhile, Ford’s factory in Cologne, Germany, not only replaced human workers with robots but also on some jobs stations position robots beside human workers — they are called cobots.

But these employment issues, as troubling as they are, cannot compare to the dangers envisioned by Elon Musk and Stephen Hawking. They are among the dozens of thought leaders who signed a letter harshly condemning governments’ increasing reliance on AI for military use. Their chief concern is autonomous weapons, another example of AI. The U.S. military is already developing armaments that do not require humans to operate them. These weapons are being created to offer battlefield support for human troops. Autonomous arms are dramatically easier to develop and mass-produce than nuclear weapons. They will likely

to soon appear on black markets around the world, certain to be favored by terrorist groups. To quote from the open letter, the new autonomous weapons would be ideal for dark actions including “assassinations, destabilizing nations, subduing populations and selectively killing a particular ethnic group.”

There are some economic optimists like MIT’s Erik Brynjolfsson and Andrew McAfee, who feel that AI will eventually bring long term prosperity to the world, but even they admit that finding common ground among, economists, technologists and politicians is daunting. Obviously, it will be very difficult to craft legislation about AI without more agreement about its potential effects.

We should definitely be fearful of artificial intelligence, not just because it is clearly destined to affect the number of available jobs, including those in middle and even upper middle class domains, but because its potential military use can lead to a perilous future, if not controlled. As the open letter signed by Musk and Hawking concluded, “Starting a military AI arms race is a bad idea, and should be prevented by a ban on offensive autonomous weapons beyond meaningful human control.”

The author is director of the International Center for Applied Studies in Information Technology (ICASIT) <http://policy-icasit.gmu.edu/>

Shades of the Old South **It is always important to vote, but it is more important than ever this year.**

BY KENNETH R. “KEN” PLUM
STATE DELEGATE (D-36)



COMMENTARY

Just when you think things are changing you can be shocked to realize just how much they stay the same. Politics in Virginia are a prime example.

For more than a century after the Civil War the consistent factor in politics was race baiting. The then-called Democrats in the South, who later became known as Dixiecrats and today are the conservative wing of the Republican Party, were successful with a variety of laws that disenfranchised African Americans.

Even with the few African Americans who could get through the labyrinth of laws that included blank sheet registration forms, literacy tests and poll taxes the scare tactic employed by too many candidates was to suggest that their opponent was a lover of black people — but using a derogatory term. That fear of black people has its roots back to the centuries where black people were enslaved and brutal enforcement and fear were used to keep them that way.

The Civil War did not resolve the feeling between blacks and whites, and slave codes were replaced with Jim Crow laws that whites could use to assert supremacy over black people.

For a candidate to take a position that could be interpreted as being favorable to African Americans would mean almost certain defeat at the polls. Only Supreme Court decisions and federal laws like the Civil Rights Act and the Voting Rights Act created a more level political playing field between the races. Continued efforts to suppress the votes of minorities and to unnecessarily complicate the voting process are still employed by some trying to maintain a structured society of white supremacy.

More recently those who want to keep or expand their political power have swept immigrants — whatever their status — into the realm of those who are to be feared and suppressed from participating in the democratic process.

Many strive to gain maximum political advantage through whatever means while at the same time wanting to keep the appearance of respect and patriotism. The recent television ad with scary images and references to fear and the MS 13 gang intends to scare voters into rejecting a compassionate medical doctor with an ad that fact checkers have found to be untruthful.

Another concern from the current campaign

is the suggestion from a white female candidate for lieutenant governor that her black male opponent does not understand the issues well enough to discuss them “intelligently.” Disregarding the excellent academic credentials of her opponent, her comments had the tone of the past that one observer said seemed more appropriate for 1957 than 2017.

At the national level, there are daily statements and actions that hearken back to the racial climate of the Old South. This year in Virginia, we have a unique opportunity on Nov. 7 to make a statement with our votes that we reject the discrimination of the past. It is always important to vote, but it is more important than ever this year. Despite efforts to romanticize the Old South and the Confederacy, we need to learn the truth and understand why we need to move on.

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. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor, The Connection
1606 King St., Alexandria VA 22314
Call 703-917-6444
editors@connectionnewspapers.com



FAITH

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.

Burke Presbyterian Church, 5690 Oak Leather Drive in Burke, worship services are Sundays at 9 a.m., 11:15 a.m., and 6 p.m. www.BurkePresChurch.org.

One God Ministry Church, 4280/4282 Chain Bridge Road, Fairfax, offers Early Morning Service at 8 a.m., Sunday School at 10 a.m., Sunday Worship Service at 11 a.m., and Wednesday Bible Study at 7 p.m. Women, Men, and Youth Bible Studies are on the third Tuesday of each month at 7 p.m. A Spiritual Gifts Service is the first Friday of every month at 7 p.m. One God Ministry has ministries for youth, men, women, couples, music and singles. 703-591-6161 or www.onegodministry.org.

Faith Communities in Action meets the first Wednesday of every other month from 2-4 p.m. at the Fairfax County Government Center, Conference Rooms 2 and 3, 12000 Government Center Parkway, Fairfax.

The Bahá'í Community of Fairfax County Southwest offers Interfaith Devotions, Children's Classes, Junior Youth Groups and Study Circles, which are open to all. For more information on these or to know more about the Bahá'í Faith, go to www.bahai.us or 571-320-5274.

St. Leo the Great in Fairfax hosts "Night of Praise" the first Saturday of each month, featuring praise music and Eucharist adoration at 7 p.m. Located at 3704 Old Lee Highway in Fairfax.



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COMMUNITY



The starting line during the 2016 Shelane's Run.

PHOTOS CONTRIBUTED



Shelane Gaydos with daughters Nadia, Sofia, and Olivia during Easter 2015.

Shelane's Run for Postpartum Depression

5K Race and 1K Fun Run to be held Oct. 21 at Fairfax County Government Center.

BY STEVE HIBBARD
THE CONNECTION

The second annual Shelane's Run, a 5K race and 1K fun run in memory of Shelane Gaydos of Herndon, who suffered from postpartum depression (PPD), will be held Saturday, Oct. 21, 2017, at the Fairfax County Government Center. It is the only race focused on maternal mental health in Virginia; last year's race had 400 runners and raised \$27,000. This year, they're hoping to raise \$30,000 for postpartum depression awareness.

Shelane Gaydos' mother, Joanne Bryant, 63, of Fairfax Station, hopes to bring postpartum depression out of the darkness and make it a common conversation that families will have with their loved ones.

"In my daughter's case, she lost a child; this was her fourth pregnancy and she was mourning the loss of her child," she said. "We didn't realize the extent of her depression."

Bryant, who's retired from the National Defense University, said her daughter was very private and internalized a lot, and no one was aware of the depressive state she was in. She took her own life at age 35 on June 12, 2015.

"In a lot of cases, women don't know their symptoms, what they're going through and how they can be helped — and that it's temporary," she said. Besides depression, symptoms of the disease may include fluctuating hormones, insomnia, loss of appetite, intense irritability, and difficulty bonding with the baby.

THE RACE MONEY raised will help support the nonprofit Postpartum Support Vir-



A father/daughter team at the Shelane's Fun Run finish line in 2016.

ginia, headed by Adrienne Griffin in Alexandria (www.postpartumva.org). "We want to raise enough money to make a difference in the community to set up some grants for families who might need the support of a caretaker to come in and take care of additional siblings or just be there to support the mom in need," she said.

"[Griffin] has reached out to a lot of the local hospitals to get more awareness and screening for women; she has helped with lobbying for new legislation to bring more funding to the states to be able to support those programs within the hospital," she said.

Shelane Gaydos graduated from Woodson High School and George Mason University with a degree in criminal justice. She worked as a detective with the Fair Oaks District Police Station and was married to Brian Gaydos, also a police officer; the couple had three daughters: Olivia, now age 5, Sofia, 7, and Nadia, 9. Shelane Gaydos was also an avid runner.

Pregnant with her fourth child in 2015, Shelane went in for a checkup at 12 weeks



The Gaydos family welcomes baby Olivia in October 2012.



Shelane Gaydos died at age 35.

Details

Shelane's 5K Run/1K Fun Run will be held Saturday, Oct. 21, 2017 at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The race winds around Government Center Parkway and Random Hills Road. Cost to enter the race is \$34; and \$12 for the Kids Fun Run (12 years or under). Teams can be created with five or more runners for \$29. The late check-in goes from 7:30-8 a.m.; the Fun Run starts at 8:30 a.m.; the 5K Run starts at 9 a.m.; and the awards are at 10 a.m. There are activities for children, including a rock wall, moon bounce, face painting, arts and crafts, and more.

The race's largest financial supporter is SAGE Therapeutics, which is developing treatment for postpartum depression following the birth or loss of a child.

For more details, visit www.Shelanesrun.org.

and discovered during an ultrasound that the baby did not have a heartbeat. She had a miscarriage and took a week off work after she lost the child.

"She had the normal sadness that comes with the loss of a child, but we didn't realize just how deep a depression she had fallen into," said her mother. "In looking back on it now, there were little signs — sort of that distant stare, not looking like she was totally into a conversation."

SHELANE GAYDOS' SISTER Sarah Bryant, 33, of Herndon, said: "The first week, she looked like she was on the up-and-up; she stayed home with the girls. On the second week, that's when she started going downhill rapidly in a depres-

sive state."

She said her sister had been stressed from work and upset about not getting the results from the doctor about why she lost the child. "She was pretty distraught because she always wanted four kids and she wanted to know why she lost her child. She didn't get the answers she was hoping to get. So that added to everything too."

Sarah, who works in IT Tech at Fairfax Circuit Court, wants to get the word out that one in five women will suffer from postpartum depression. "It's the leading complication from pregnancy," she said. "And suicide is the leading cause of death for women in the first year of having a baby... Postpartum depression can become severe unless treated and recognized."



PHOTOS BY MIKE SALMON/THE CONNECTION

Fairfax historian Brian Conley has looked into the legend of the bunnyman bridge extensively.

The Elusive Trail of the Bunnyman Urban Myth

Fairfax County Library investigator: "This Guy Doesn't Exist."

BY MIKE SALMON
THE CONNECTION

The overpass that carries railroad tracks over Colchester Road in Fairfax Station has earned a reputation through the years from a story involving dead rabbits, an insane asylum, escaped prisoners, and unexplained deaths. The story, which dates back to 1904, is as roving as the single lane roads that lead to the bridge, but doesn't have any verifiable facts to stand on, said Fairfax County archivist Brian Conley, who has made the legend of Bunnyman Bridge a focus in recent times.

"First time I heard of it was as a teenager," he said in a recent "Forgotten Fairfax," presentation at the City of Fairfax Regional Library on Saturday, Oct. 14.

Conley's presentation had a timeline that started in 1903 at an asylum in Clifton, and rambles to 1904 when escaped convicts were on the run and "they found one of the inmates dead, hanging from the bridge," the

rumor mill reported. In 1905 there was a group of teenagers killed in the area, a murder in 1976 near the bridge, and another in 1987. These reports were all summarized by Timothy J. Forbes, but according to Conley, "this guy doesn't exist." The dates and incidents were reportedly from the archives of the Clifton Town Library, which does not exist either, and the "names never check out," his investigation concluded. It was the magic of the urban legend, helped by the internet that made the legend bigger.

IN CONLEY'S INVESTIGATION, there were a few unsolved murders in the Burke-Fairfax Station area, which added to the intrigue, which included the Holober murders involving the Green Forest Nudist Colony in February 1949, the Ridgeway murders in 1927 where a man named Louis Boersig was executed for killing his wife and daughter, and then the murder of Eva Roy in

SEE BUNNYMAN, PAGE 14



One of Brian Conley's slides shows one of the first real references to a bunnyman in a 1970 headline.



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Thousands thronged to the City of Fairfax on Saturday for the 41st annual Fall Festival.



Andrea Scott of N the Loop sells handmade, crocheted caps, scarves and ponchos. Seated is Tanisha Nicholson.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Fun at Fairfax Fall Festival

The 41st annual Fairfax Fall Festival was Saturday, Oct. 14.



Sparring with their balloon swords are Dora Teng, 8, and Kevin Hong, 9.



These children swing through the air on a festival carnival ride.



From left: Dong Dang and Dung Diep serve food from East Wind Vietnamese Restaurant.



Vendor Maria Trigo, of Piris Group, with her foam decorations.



My Hero Zero entertains the crowd after the festival ends.

Boosting a Child's Self-Esteem

A positive self image is a lifelong gift.

BY MARILYN CAMPBELL

One of the greatest gifts that a parent can give a child is a healthy self-esteem. Positive feelings about oneself can lead to success in a gamut of situations ranging from school to social circles, say child development experts.

"Self-esteem plays an important role at all stages of our lives," said psychologist Stacie B. Isenberg, Psy.D. "As adults, it can affect how one approaches situations and interacts with other people. When self-esteem is low, it may, for example, affect work performance or one's ability to recognize and enjoy accomplishments."

Parents play an essential part in the development of their child's self-esteem, advises Cheryl Giacomelli, who teaches psychology at Northern Virginia Community College. "Parents foster self-esteem in many ways including leading by example, being emotionally available, engaging with their children, and providing a loving and supportive environment that allows children to succeed and fail," she said.

Parents can model this behavior in everyday tasks. "For example, while helping a child with a math assignment and not understanding the math problem, the parent

who says 'I can't believe I don't understand this, I was always terrible at math' is sending a different message than the parent who says, 'I'm not sure about this one. Let's ask your teacher to explain it to us in a different way,'" said Isenberg. "Parents can benefit themselves and their children by learning to describe situations according to the specific circumstances and resisting putting a generalized label on the situation or their behavior."

Since children learn by observation, modeling healthy relationships and habits is a vital component of developing a healthy self-esteem, suggests Giacomelli. "Choose an activity once a day in which you are fully engaged with your child," she said. "This may sound like common sense, however in today's busy world, it's sometimes difficult to devote all of your attention to one task. This means playing a game or reading a book and ensuring your cell phone is nowhere in sight."

"Experiences that may negatively impact the development of a strong sense of self occur when we do not fully engage with our children, when we do not allow our children to fail, and when we do not acknowledge our own faults," continued Giacomelli

Avoid harsh criticisms and display expressions of love, warmth and affection, advises Joanne Bagshaw, PhD, LCPC, professor of psychology at Montgomery College-Germantown.

"Children's self-esteem develops based on how well their parents love them," she said. "The best thing parents can do is to openly and unconditionally love and accept their child. Parents ... can do so verbally, by telling their children often that they love them and by being openly affectionate, with hugs, for example. Parents can also communicate warmth through their tone of voice, and eye contact."

PRAISING CHILDREN is important, but it must be sincere. Even setbacks can offer opportunities for developing a healthy self-esteem, suggests Isenberg. "Children feel good about themselves when they have received genuine, positive reinforcement from people and situations," she said. "Praising a child's efforts is one of the best things parents can reinforce, because a child can control his effort, whereas outcome isn't always within one's control."

One example that Isenberg offers is saying something like, "I'm so proud of how hard you studied for that science test. You

spent a lot of time reviewing the material and were really dedicated to being prepared."

Allowing children to learn to do things on their own and even experience a setback within a supportive environment may increase feelings of confidence and competence, says Jerome Short, Ph.D., associate professor of psychology at George Mason University.

"Parents may do too much for children or protect them from failure so that children do not learn to cope with difficult situations and soothe themselves," he said. "Children should believe that they have worth for being a unique person."

Fostering opportunities for positive social interaction with their peers can lead to a healthy self-esteem, says Short. "Children who have close friendships and reciprocal sharing with friends tend to have higher self-esteem," he said. "Children's successful accomplishment of goals also boosts self-esteem."

Establishing boundaries and setting limits with children can instill a sense of safety and security, advises Short. "Authoritative parenting that is high in support and high in structure and expectations contributes to children's positive sense of self," he said.



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ENTERTAINMENT

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and come pick up a great second hand costume for this year on Friday. Visit www.fairfaxva.gov/culturalarts or call 703-385-7858.

ONGOING

Photo Exhibition. Through Oct. 28, Tuesday-Saturday, 10 a.m.-3 p.m. at The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. "Binding Wounds, Pushing Boundaries: African-Americans in Civil War Medicine" looks at the men and women who served as surgeons and nurses during the Civil War and how their service challenged the prescribed notions of race and gender. Free. Call 703-591-0560.

THROUGH OCTOBER

Fall Festival and Pumpkin Playground.

Various times at Burke Nursery & Garden Centre, 9401 Burke Road, Burke. Weekdays is \$10 per person and the weekend price is \$14 per person. Call 703-323-1188.

Pumpkin Patch. 10 a.m.-7 p.m. at the St. George's United Methodist Church, 4910 Ox Road, Fairfax. Buy fall pumpkins and decorative gourds grown by Native American farmers to support jobs in a high unemployment area in Arizona. Email office@stgumc.org or call 703-385-4550.

OCT. 16-19

Halloween Costume Exchange.

Drop off various times at Sherwood Center, 3740 Old Lee Highway, Fairfax. Pick up new costume on Friday, Oct. 20 from 6-9 p.m. Drop off gently used and clean Halloween costumes Monday through Thursday,

THURSDAY/OCT. 19

Cabaret Performance. 7 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Live musical entertainment by featured actors and singers from the City of Fairfax Theatre Company. Visit www.fairfaxcitytheatre.org.

FRIDAY/OCT. 20

Pathway to Wellness Conference. 8:30 a.m.-2:30 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Keynote Speaker will be Jennifer Marshall, founder of "This is My Brave," and other presenters will talk about how creativity, poetry, music and dance can be part of recovery. \$30. Visit www.fairfaxcounty.gov/csb or email wwwcsb@fairfaxcounty.gov.

OCT. 20-21

Fairfax City Ghost Tours. 7-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Stories of the spirited individuals who may still roam Old Town Fairfax. Comfortable walking shoes advised. Cider and treats provided. \$15. Ages 12 and up. Call 703-385-7858 or email parksrec@fairfaxva.gov.

SATURDAY/OCT. 21

2nd Annual Shelane's 5K Run/Walk. 7:30 a.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Free kids activities: rock wall, moon bounce, face painting, arts and crafts

VCO Opens 47th Season

Performing "Royal Tributes" at Northern Virginia Community College.

BY DAVID SIEGEL
THE CONNECTION

An enduring presence in Northern Virginia, the Virginia Chamber Orchestra (VCO) will open its 47th season with "Royal Tributes." The specially themed concert will be conducted by VCO Music Director David Grandis. He selected musical works by contemporary and classic period composers that pay respect to queens, both past and present.

The "Royal Tributes" compositions that patrons will hear are related to Monarchs including Marie Antoinette of France, Queen Elizabeth II of England, and Salote Tupou III, Queen of Tonga. "We know from past experience that audiences will enjoy hearing not only the 'classical top 40,' but also selections they may never previously had an opportunity to hear," said Grandis.

"Beyond the renowned Haydn, the contemporary composers to be represented have received more modern accolades. Dominick Argento was awarded a Pulitzer Prize for Music in 1975. And, Sir Malcolm Arnold was knighted by Queen Elizabeth II for his overall service to music. One of Arnold's pop-culture works is the theme song for the Academy Award winning film, "The Bridge Over the River Kwai."

For those less familiar with the professional Virginia Chamber Orchestra, it is a chamber orchestra by design. It is not a downsized symphony orchestra. "The music of a chamber orchestra has intimacy



PHOTO COURTESY OF VIRGINIA CHAMBER ORCHESTRA
Virginia Chamber Orchestra Music Director David Grandis

and transparency as well as power and drama," said Grandis.

The "Royal Tributes" concert will include: Haydn's "Symphony No. 85" in B flat major, H1:85, Arnold's "Sinfonietta No. 2, Op. 65," Argento's "Royal Invitation: Homage to the Queen of Tonga" and Gerald

Finzi's "Romance in E flat major, Op. 11"

Adding to the overall interest of the music, the VCO will have a narrator providing add intriguing true stories to further illustrate the "Royal Tributes" theme. Works by Virginia artist Mark Malecki will be on display to provide a visual arts presence to the

Where & When

Virginia Chamber Orchestra presents "Royal Tribute" at Ernst Cultural Center, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. Performance on Sunday, Oct. 22, at 4 p.m. Tickets at door: adults, \$25; seniors, \$20; and groups (10 or more), \$20. Students are admitted free. Visit www.virginiachamberorchestra.org or call 703-758-0179. Parking is free. Complimentary reception will follow in the adjoining art gallery where works by Virginia artist Mark Malecki will be on display.

event.

The Virginia Chamber Orchestra is supported in part by grants from the Arts Council of Fairfax County and its patrons and other donors.

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Help The Homeless 5K Walk 2017. 8:30 a.m. At Fairfax City Hall, 10455 Armstrong St., Fairfax. A 5K through the neighborhoods of Fairfax City or the 1.5 mile short course. \$32. Visit www.PathwayHomes.org or call 703-876-0390.

Forge Brew Works Anniversary. noon-10 p.m. at Forge's Taproom, 8532 Terminal Road, Lorton. Forge Brew Works celebrates our year anniversary with live music, food, games for all, kids' activities, and, of course, beer - some of which will be served out of Forge's restored vintage 1953 GMC Beer Truck. Visit www.forgebrewworks.com.

Trick or Treating. 1-3 p.m. at The Colonnade, Braddock and Union Mills Road, Clifton. Rain or shine. Visit www.rappaportco.com or call 571-382-1200.

2017 Library Jubilee Gala Fundraiser. 5:30-8 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. "The Library Goes

Hollywood" with food, ice cream, auction and photo booth with VIP Hollywood guest, Marilyn Monroe. \$75. Call 703-324-8300 or email Jubilee@FairfaxLibraryFoundation.org.

Trunk or Treat. 6-8 p.m. at Franconia United Methodist Church (FUMC), 6037 Franconia Road. Games, snacks, hot cider in the church parking lot. Visit www.franconiaumc.org/ or call 703-971-5151.

Campfire Stargazing. 8-10 p.m. at Burke Lake Park is located at 7315 Ox Road, Fairfax Station. Astronomical naturalist identifies the stars, constellations and other night-sky features, and make S'mores. \$10. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burkelakepark/.

OCT. 21-22

Fall Festival. 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit

www.whitehall.farm.

SUNDAY/OCT. 22

Baby2Tot Fest. 11 a.m.-3 p.m. at the Jewish Community Center, 8900 Little River Turnpike, Fairfax. The day will include a vendor showcase, professionally-led parenting workshops, Preschool Alley featuring area preschools, Little Planets' natural play area, "Ask a Professional" Corner Café, onsite demos, kid-friendly crafts and entertainment, door prizes, and giveaways. Visit jccnv.org/baby2totfest or call 703-323-0880 for more information.

Clifton's Ivakota Farm History. 3:30-5 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Lynne Garvey-Hodge, a Fairfax County History Commissioner, lectures on Clifton's Ivakota Farm, which from 1915 to 1925 served as a school and home for unwed mothers and their children. Call 703-324-8300 or email Jubilee@FairfaxLibraryFoundation.org.

FRIDAY/OCT. 27

Final 2017 Rock the Block

WWW.CONNECTIONNEWSPAPERS.COM

Concert. 6:30-9:30 p.m. at Old Town Square, 10415 North Street Fairfax. Vinyl Invention performs. Visit www.fairfaxcityeda.org.

SATURDAY/OCT. 28

Vendor Fair Fundraiser. 11 a.m.-3 p.m. at Liberty Middle School, 6801 Union Mill Road, Clifton. School fundraiser and raffle. Email lularoekellylisa@gmail.com.

Halloween Fest. 3-5 p.m. at Springfield Town Center, 6500 Springfield Mall, Springfield. Featuring entertainment by magician, Carnegie Master of Mystery, face painting and craft activities. Children can stop by Guest services to get their

trick or treat bag. Visit springfieldtowncenter.com.

OCT. 28-29

Fall Festival. 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit whitehall.farm.

MONDAY/OCT. 30

Trick-or-Treating at City of Fairfax Buildings. 9 a.m.-5 p.m. Children

are invited to come safely trick-or-treat at any of the following City of Fairfax buildings:

- ❖ City Hall – 10455 Armstrong St.
- ❖ Green Acres – 4401 Sideburn Road
- ❖ Sherwood Center – 3740 Old Lee Highway
- ❖ Fairfax Museum & Visitor Center – 10209 Main St.

Email information@fairfaxva.gov or call 703-385-7855.

Halloween Celebration and Costume Parade. 10:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. A variety of children's activities and entertainment, costumes encouraged for parade. Visit www.fairfaxva.gov/culturalarts or call 703-385-7858.

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NEWS

Bunnymen Demystified

FROM PAGE 9

Burke, where she was strangled and tied to a tree but it was never solved. “To this day, they have no idea what happened to this woman,” Conley said. None involved the bridge though.

In October 1970, there was a story in the Washington Post, with a headline “Man in Bunny Suit Sought in Fairfax,” where a guy with a hatchet attacked a couple in a car on Guinea Road. According to another Post entry “he did appear about a week later right on Guinea Road,” Conley said about a guy with a white thing over his head. That seems to be where the “bunnymen,” part of the legend started. “I can find no evidence that the story was ever told before 1970,” Conley said.

But folks have heard it. Ivy Mitchell, a teenage resident of Clifton, heard it from her babysitter. “An escaped man, he was hiding in the woods eating rabbits, he started to kill people,” she said.

Springfield resident Barbara Evans, who attended Conley’s presentation, heard it from her two sons years ago. “We actually went out to find the bridge,” she said.

There was a story in the Fairfax Globe, dated Oct. 29, 1970, about the police report from the couple on Guinea Road. “I’m convinced this was the genesis of the story,” said Conley. In the Globe story, the man had a white covering on his head, which could have been a pillowcase or a Klu Klux Klan hood, which was mentioned in one of the reports Conley looked at, but “they didn’t say it was a bunny suit, somebody else added that to the story,” Conley said.

IN THAT REPORT, the action was close to a house owned by Lloyd Aylestock, and the house is still there, and someone named Bennet has a wall hanging with the actual hatchet mounted to it. One of the slides had a picture of the actual hatchet mounted on someone’s plaque that was used to break the car’s windows.

Conley did track down two of the Aylestock children, who are now adults, and “they backed up the newspaper account,” Conley said. But this was in Burke, and miles away from the bridge. Conley examined 1970’s era photos of the bridge area and there were only three houses remotely close to the bridge at that time and not much else. One of the houses had ties to a motorcycle gang back then.



PHOTO BY MIKE SALMON/THE CONNECTION
The railroad underpass on Colchester Road is the site of the urban myth known as Bunnymen Bridge.

Next in ‘Forgotten Fairfax’ — ‘Night of Terror’

The Next “Forgotten Fairfax,” lecture is on Saturday, Nov. 4, 11 a.m., when Lynne Garvey-Hodge speaks about the “Night of Terror,” when 33 female protesters were incarcerated and tortured at the Occoquan Workhouse for picketing the White House for the right to vote. The lecture is at the City of Fairfax Regional Library, Room A/B, 10360 North St., Fairfax.

In recent times though, there have been a few books written about the bridge, four “low budget horror films,” made about a bunnymen, a rock opera and a bunnymen quilt available on an art website, continuing the urban myth.

“It will not die,” Conley said of the story.

Bahá’ís Mark 200th Anniversary of Founder’s Birth

Bahá’ís across Fairfax County are preparing to mark the 200th Anniversary of the Birth of Bahá’u’lláh, the Founder of the Bahá’í Faith, on Oct. 22, 2017.

Bahá’u’lláh (1817-1892) was a spiritual teacher who announced in 1863 that he was the Bearer of a new revelation from God. His teachings have spread around the world, forming the basis of a process of social transformation and community building which is unique in its global scope and the diversity of participants.

Bahá’ís regard Bahá’u’lláh’s

vision of the oneness of humanity as an antidote to the racial prejudice, violence and materialism that are corroding human societies. At the grassroots level in Fairfax County and all around the country, Bahá’ís invite their neighbors, colleagues and friends of all backgrounds to participate in a series of community-building activities which reinforce Bahá’u’lláh’s vision of the oneness of humanity and empower participants to contribute.

The Bahá’í community and its friends will celebrate the transformative impact of Bahá’u’lláh’s

teachings on the lives of families, neighborhoods and communities around the country and the world. Plans to celebrate the 200th anniversary around Fairfax County will incorporate drama, music, art exhibits, storytelling, service projects, prayer and devotional programs, including a screening of a film about the Founder of the Bahá’í Faith, Bahá’u’lláh, to be held at George Mason University on Oct. 22.

To learn more, contact 571-320-5274 or email fairfaxsw@gmail.com.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Deadline is Thursday at noon, at least two weeks before event.

IN-PERSON, TV DEBATES

The League of Women Voters of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. For more information about the candidates' priorities and positions, visit www.vote411.org. In-person forums: * **Wednesday, Oct. 25** at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly.

BRADDOCK ROAD STUDY

Community Meetings. Braddock District Supervisor John Cook and the Fairfax County Department of Transportation (FCDOT) will host a series of community meetings focused on specific sections of Braddock Road this fall. The schedule includes:
 ♦ **Wednesday, Oct. 25:** Burke Lake intersection – Kings Park Library, 9000 Burke Lake Road, Burke
 ♦ **Thursday, Nov. 16:** Ravensworth Road intersection – Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale
 ♦ **Monday, Dec. 11:** Burke Lake intersection, second meeting – Kings Park Library, 9000 Burke Lake Road, Burke
 The goal of the Braddock Road Multimodal Study is to develop commuting improvements for the corridor from Guinea Road to I-495 to Ravensworth Road. For meeting times, visit www.fairfaxcounty.gov/fcdot/braddockroadstudy/.

THURSDAY/OCT. 23

CarFit for Senior Drivers. 10 a.m.-2 p.m. at the City of Fairfax Police Station, 3730 Old Lee Highway. CarFit's trained professionals take older drivers through a 12-point checklist with their vehicles and recommend minor adjustments that help make their cars "fit" better for comfort and safety. Visit www.fairfaxcityeda.org.

Community Meeting. 7-9 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fairfax County DOT has scheduled a series of public meetings for the community to learn more about the projects proposed for funding. Each of the meetings will begin with an open house followed by a formal presentation and a Q&A session. There will be map display boards for residents to view of the unfunded projects as well as transportation projects currently underway. Visit www.fairfaxcounty.gov/fcdot/tpp2017.htm.

TUESDAY/OCT. 24

Postsecondary Education Planning. 9-10:30 a.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1-Room 100. A Coffee and Conversation session for parents of students with disabilities. Staff from FCPS Career and Transition Services will discuss disclosure, accessing accommodations, and disability support services as you plan for postsecondary education for your child with special needs. Visit www.fcps.edu for more.

OCT. 24-DEC. 19

Journaling for Stepmothers Class. 10 a.m.-noon at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Use a journal as a tool for self-discovery to become more resilient, empowered, and clear in the role. \$195. Email lisa@marketstreetwriters.com or call 703-281-1767.

SATURDAY/OCT. 28

Operation Medicine Cabinet Cleanout. 10 a.m.-2 p.m. at Fair Oaks District Station, 12300 Lee Jackson Memorial Highway, Fairfax, Franconia District Station, 6121 Franconia Road, Alexandria or West Springfield District Station, 6140 Rolling Road, Springfield.. Drop off unused or expired medications at a Fairfax County Police district station. Pills or liquids only, no pressurized canisters or needles. Safe disposal of unused or expired medications prevents drug abuse and misuse, accidental poisoning, and protects the environment. Disposal is free, convenient, confidential, and safe. Visit www.fairfaxcounty.gov/police/stations/ or www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html for more.

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"Righty Tightly, Lefty Loosey"



By KENNETH B. LOURIE

So I've been told mnemonically for years. But when you're home and automotive-repair challenged as I am, everything is much easier said than done, especially when the mnemonic device is easier to handle/figure out than whatever tool and/or schematic is necessary/advisable for the at-home/in-driveway repair. (We don't have a garage, or much of a basement for that matter. It's more of a cellar, actually. In fact, I call it "the dug out," so lack of spatial accommodations can exacerbate the problem).

And that's sort of how I feel whenever I attempt a home/car-owner-type repair. Soon after I organize whatever thoughts and tools I guess I might need: within minutes of the initial effort, I will have likely complicated the repair and will be forced to dig myself out, sometimes literally. I'll spare you the details, but suffice to say, I am a man of my word and that word is disaster. To invoke the great and often-quoted Dirty Harry: "A man's got to know his limitations," (Magnum Force, 1973), and believe me, I do.

Granted, replacing bulbs in my house, as written in the final paragraph of last week's column: "What To 'Ware,'" ranks pretty low on the home owner's list of honey-can-you-do?. Nevertheless, challenges do present themselves, especially when height and a ladder – or a step stool, with no spotter, are involved. And when I'm looking up with arms outstretched attacking the problem: light fixture from multiple angles, sometimes, when I place my hand on the bulb, I begin to lose my orientation and am unsure where's 'Righty' and where's 'Lefty.' And even though I always remember 'Tightly and 'Loosey,' when 'Righty Tightly, Lefty Loosey' doesn't immediately bring results, I tend to lose patience – and confidence, and slowly retreat to lower ground to reassess.

Unfortunately, there's no one to call. I mean, when you fail at the most basic and fundamental responsibility a home/car owner has, it's difficult, even for someone with as little ego as me, to admit abject failure. Repairing a toilet, installing light fixtures and/or ceiling fans; sawing, sanding, measuring, leveling and drilling; lifting, balancing and carrying; and anything else involving plumbing, electrifying; and even hammering and screwing in general, are tasks I don't mind asking and/or paying for. Having been down this road many times before, I know it's a path that won't lead to my redemption.

So not wanting to make a bad situation worse, or create a problem where one or two previously didn't exist, I have to employ the simplest of solutions. And what's simpler than "a pithy observation that contains a general truth:" an aphorism (Dictionary.com), an aid to one's lack of memory and ability to perform even the most basic of tasks, particularly as it pertains to a home owner: bulb replacement.

Not that this inability is at all defensible. It's not. It's totally indefensible and one whose defense is not all explainable by the most offensive of terms: cancer. Which as you regular readers know has been the bane of my existence going back to late February 2009. That's when my Internal Medicine doctor called me at work to share the results of my previous week's surgical biopsy. His suggestion was that we meet in his office to discuss the results. I shook my head in disbelief. If he wants to meet me in person, the results must be bad, I thought. Otherwise, he'd just tell me, right? I asked him to hold on as I found a private office for us to talk (me to react) and braced myself. He told me the growth was malignant and suggested I see an oncologist as soon as possible. An appointment was set for the following Thursday.

Much has changed in my life ever since that fateful day, but not as it concerns this home/car owner's inability to handle the most mundane tasks. Might haven actually gotten worse. As for "the cancer," as "Forrest, Forrest Gump" described the cause of his mother's death, not so bad. I am alive and reasonably well, eight years and nearly two months out, six years plus past the end date of my original "13 month to two year" prognosis. Of that I'm proud. As for the home and car repair deficiencies, I couldn't care less. I have to admit though, it is laughable – and pathetic.

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



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