

The Vienna American Boys Little League 10-year-old All-Star Team, which won the state championships, ride down Maple Avenue during the 71st Annual Halloween Parade in Vienna.

and Oakton Vienna CONNECTION

WELLBEING
PAGE 8

Halloween Parade Held in Vienna

NEWS, PAGE 10

Baha'i Followers Celebrate at Vienna Town Green

NEWS, PAGE 8

'Passion For Fashion' Show Raises \$135K

NEWS, PAGE 11

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sq. ft.

GRAY STRANDED BAMBOO
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sq. ft.

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Northam



Gillespie



Hyra



Fairfax



Vogel



Herring



Adams

On the Ballot

A look at what's on the ballot this Election Day.

BY MICHAEL LEE POPE
THE CONNECTION

Voters across Virginia will be headed to the polls Tuesday Nov. 7. Here's a look at what's on the ballot:

Race for Governor

Democrat **Ralph Northam** is a pediatric neurologist who was elected lieutenant governor in 2013, when he beat Republican E.W. Jackson. Before being elected to the statewide office, he represented the Eastern Shore in the Virginia state Senate. He's also a veteran, serving as an Army doctor during Desert Storm.

On the campaign trail, Northam talks about a "G3 Program" for Virginia — a plan that would help people get a job, get skilled and give back. If elected, he says he would work to expand industry certification programs, community colleges and apprenticeship programs, an effort that would focus on high-school students who do not attend a four-year college or university. He says he would support a law to make salary information more transparent so women can fight discriminatory practices. And, he says, he would push to expand Medicaid.

Fundraising Total: \$22.8 million

- ❖ \$3 million from DGA Action
- ❖ \$705,000 from Virginia League of Conservation Voters
- ❖ \$566,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- ❖ \$450,000 from Everytown for Gun Safety
- ❖ \$400,000 from the Democratic Party of Virginia

Republican **Ed Gillespie** is a former chairman of the Republican National Committee who owns the firm Quinn Gillespie & Associates, a bipartisan lobbying firm he started with Jack Quinn.

On the campaign trail, Gillespie talks about cutting the individual tax rate by 10 percent — the first income tax rate since 1972. He wants to prohibit candidates from using money raised for one office to run for a different office, and he says he would extend the length of time administration officials must wait before they can lobby their prior office. If elected, he says he would

identify \$200 million in savings during the course of his administration by establishing a new Office of Innovation and Efficiency.

Fundraising Total: \$14.8 million

- ❖ \$4 million from A Stronger Virginia
- ❖ \$1.1 million from Let's Grow Virginia
- ❖ \$1 million from the Republican Governors Association
- ❖ \$200,000 from Dwight Schar of McLean, NVR Homes
- ❖ \$133,000 from Jay Faison of Charlotte, N.C., of ClearPath Foundation

Libertarian **Cliff Hyra** is a patent attorney who was unopposed as the Libertarian candidate for governor when party leaders met for their convention in May.

On the campaign trail, Hyra talks about ending the business, professional and occupational licenses tax known as the BPOL. He also wants to end state occupational licensing requirements for cosmetologists, interior decorators and nail technicians. He also wants to privatize the state-owned liquor monopoly and avoid increases to the minimum wage. If elected, he says he would work to exempt the first \$60,000 of household income from the state income tax.

Fundraising Total: \$63,000

- ❖ \$15,000 from Michael Chastain of Austin, Texas
- ❖ \$1,000 from John Berresford of Arlington, Federal Communications Commission
- ❖ \$1,000 from Don Bruckner of Albuquerque, N.M., Guebert Bruckner PC
- ❖ \$1,000 from Darryl Kerkeslager of Richmond, Virginia Department of Corrections
- ❖ \$1,000 from Carrie-Anne Mosley of Chantilly, Salesforce.com

Race for Lieutenant Governor

Democrat **Justin Fairfax** is a former federal prosecutor who also owns a dental practice with his wife. Earlier this year, he beat out two other Democrats were were also running in the Democratic primary: longtime Democratic operative Susan Platt and former federal prosecutor Gene Rossi.

On the campaign trail, Fairfax says he wants to increase the minimum wage and expand workforce training. He wants to implement a state-based loan restructuring

program, and increase access to pre-kindergarten education. If elected, he says, he would support expanding Medicaid and eliminate gaps in mental health coverage.

Fundraising Total: \$2.9 million

- ❖ \$50,000 from Rose McElrath-Slade of McLean, Strategic Resources Inc.
- ❖ \$35,000 from the National Education Association
- ❖ \$35,000 from stockbroker Edward Hart Rice of Vienna
- ❖ \$30,000 from Ivan Jecklin of Henrico, Weinstein Management Company
- ❖ \$25,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management

Republican **Jill Vogel** is a state senator representing Upperville who was first elected in 2007 after the retirement of longtime Republican state Sen. Russ Potts (R-27). Earlier this year, she beat out two other Republicans who were also running in the Republican primary for lieutenant governor: Sen. Bryce Reeves (R-17) and Del. Glenn Davis (R-84).

On the campaign trail, Vogel says she wants to reduce regulations and the tax burden. During the last General Assembly session, she introduced a bill that would have banned all gifts to lawmakers and prohibited candidates from using campaign funds on personal expenditures. She also introduced an effort she calls the "repeal amendment" that would allow states to repeal federal laws and regulations.

Fundraising Total: \$2.5 million

- ❖ \$825,000 from the Republican State Leadership Committee
- ❖ \$496,000 from William Holtzman of Holtzman Oil Corp
- ❖ \$96,000 from Jill Vogel for Senate
- ❖ \$35,000 from cigarette manufacture Altria
- ❖ \$29,000 from Michael Smith of Middleburg, Valley Proteins Inc.

Race for Attorney General

Democrat **Mark Herring** is a former state senator from Loudoun who was elected attorney general in 2013, when he won a 165-vote margin of victory against Republican Mark Obenshain that led to a statewide recount. He has a master of arts in foreign affairs from the University of Vir-

ginia as well as a bachelor's degree in foreign affairs and economics, also from UVA. He also received a law degree from the University of Richmond.

On the campaign trail, Herring says responding to the opioid crisis is one of his top priorities. As attorney general, he says he has prosecuted more than 75 cases against heroin dealers and traffickers involving more than 375 pounds of heroin and fentanyl. Herring says he is also leading a project to eliminate Virginia's backlog of more than 2,000 rape kits. Herring is also chairman of a task force to combat campus sexual violence, and he says he helped put hundreds of child predators behind bars through aggressive prosecutions and digital forensics work.

Fundraising Total: \$6.2 million

- ❖ \$1.5 million from the Democratic Attorneys General Association
- ❖ \$813,000 from One Commonwealth PAC
- ❖ \$300,000 from Everytown for Gun Safety
- ❖ \$150,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- ❖ \$116,000 from the Democratic Party of Virginia

Republican **John Adams** is a former Navy officer who served as an associate White House counsel under former President George W. Bush. He has a law degree from the University of Virginia, and an undergraduate degree from the Virginia Military Institute. He currently works as an attorney in private practice.

On the campaign trail, Adams says he would work as an advocate against spoofing — fighting phone scammers who impersonate the government, legitimate businesses or local telephone numbers. If elected, he says, he will leverage state resources to do "much, much more" than is currently being done to combat the opioid crisis. He says he would also support "tough but effective" law combatting drug dealing.

Fundraising Total: \$3.4 million

- ❖ \$2.9 million from Republican Attorneys General Association
- ❖ \$225,000 from Republican Party of Virginia
- ❖ \$100,000 from Bruce Gottwald of Richmond of Newmarket Corp
- ❖ \$35,000 from Floyd Gottwald of Henrico of Newmarket Corp
- ❖ \$27,500 of William Goodwin Jr. of Richmond of CCA Industry

Public Safety Headquarters Unites Departments

Police and Fire are out of the Massey Building.

BY MIKE SALMON
THE CONNECTION

The Fairfax County Government Center took another step towards maximum efficiency on Thursday, Oct. 26 as officials cut the ribbon on a \$142 million building to hold the fire and police headquarters under one roof, co-locating the departments to improve connectivity.

"It makes absolute sense to have both departments together," said Sharon Bulova, chairman of the Board of Supervisors. "It's a much, much improved work environment," she added.

Bulova was on ribbon-cutting duty with the other supervisors from various districts, Fairfax County Fire Chief Richard R. Bowers, Police Chief Col. Edwin C. Roessler Jr., past chairman Kate Hanley and James Patteson, the county director of Public Works and Environmental Services. The new building is LEED (Leadership in Energy & Environmental Design) certified at the silver level, and is a major improvement over the Massey Building, as many in the group re

SEE HEADQUARTERS, PAGE 5



All hands on the golden scissors to open the new Public Safety Headquarters.

PHOTOS BY
MIKE SALMON

Out front, a bell is part of the memorial to fallen police and firefighters.



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The Sherwood Center—3740 Old Lee Highway, Fairfax, VA
8:00 PM Imagine: John Lennon (1988 documentary)

Sat., November 4
Cinema Arts Movie Theatre—9650-14 Main Street, Fairfax, VA
10:00 AM Stars and Stripes Forever (1952)
1:00 PM Miss Potter (2006)
4:00 PM All That Jazz (1979)

Sun., November 5
The Sherwood Center
3740 Old Lee Highway, Fairfax, VA
2:00 PM Getting to Know the World's Greatest Artists: Vincent Van Gogh Children's hands-on art workshop to follow film.

**Admission is
FREE**

www.fairfaxva.gov/ArtscreenFilmFest

Headquarters

FROM PAGE 4

minded the crowd.

"The Massey Building, in the City of Fairfax, needed to come down, its time has passed," said Supervisor Pat Herrity (R-Springfield).

"We had to get it done before the Massey building collapsed," joked Supervisor John C. Cook (R-Braddock).

"The Massey Building once had its heyday," added Bulova.

It will be the third headquarters for David M. Rohrer, the deputy county executive who's been with the county for 37 years. "It has been worth the wait," he said.

The Massey Building was built in 1970, when asbestos was a common fireproof building material used, and it had outdated electrical and cooling systems that were hard to repair, according to the Fairfax County website.

The new nine-story building is dominated by glass and green features such as low-flow plumbing, permeable paving, rainwater harvesting equipment and LED (light emitting diode) lighting throughout. The architect that designed it was HOK, Inc. and the builder was Manhattan Construction. The building was "below budget and almost on time," said Patteson.

Out front, there are memorials erected to commemorate police officers and firefighters who died on the job through the



PHOTO BY MIKE SALMON/THE CONNECTION
Andrea Dorlester looks at the public safety artifacts on the second floor of the new building.

years. They were put in front because "we want everyone to pass by and see the sacrifice," said Bowers. In years past, there was a softball field on the spot where the new building is, noted Bowers, but the new office "really is a field of dreams," he said.

There is also a tree out front that they managed to hold on to, despite the cranes and equipment coming and going through the two-year project. "We saved the tree as we promised," said Patteson.

With a new building, advanced technology and two public safety departments co-located for further efficiency, will the residents of the county feel safer? "The protection is always there no matter what building they're in," said Ellen Rohrer, who was at the ceremony.

The new Public Safety Headquarters is next to the Herrity Building, named after Herrity's father John Herrity who was a past chairman, he pointed out with a smile.

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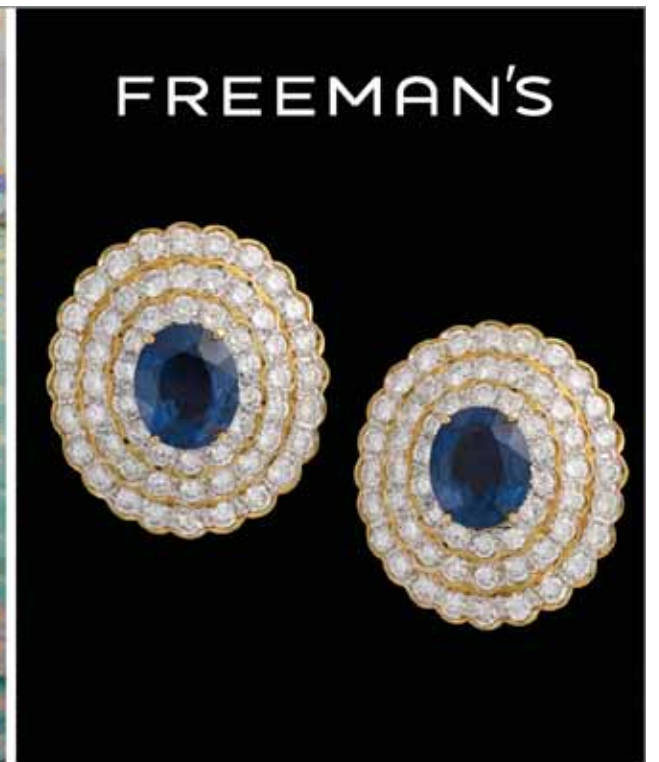
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Colin Clarke, VP, of Freeman's, America's oldest auction house, will be in **Northern Virginia and Potomac, MD on November 9th and 10th** to evaluate property for inclusion in our Spring 2018 auction season.

For more information or to make an appointment, please contact:
Colin Clarke | 434.409.4549 | cclarke@freemansauction.com

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OPINION

Turn Out To Vote

Races at top of ticket likely to be very close; your vote counts.

When will you vote? Make a plan, there is less than one week left.

You can vote absentee in person until Saturday, Nov. 4. If you haven't voted by then, you will need to vote on Election Day, Tuesday, Nov. 7. Decide what time you'll go, make plans with a family member or a friend to meet at the polls. Don't let the day get away from you. Polls are open from 6 a.m. to 7 p.m. on Nov. 7.

EDITORIAL Consider the election four years ago of Attorney General Mark Herring (D), who is running again this year to keep his position. Herring defeated his Republican opponent by 165 votes, 1,103,777 votes to 1,103,612 - a difference of 165 votes out of more than 2.2 million cast, or less than one half of one percent difference. Herring promptly announced he would not defend Virginia's same-sex marriage ban. It's fair to say that a variety of other issues have been different because of that razor thin victory.

Absentee Voting in Person

Voting early if you qualify is a good choice. There are 19 valid reasons to vote absentee in Virginia, including the possibility that you will be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: elections.virginia.gov/casting-a-ballot/absentee-voting/index.html

There are two ways to vote absentee: in-person and by mail. To vote by mail, you will need to apply for an absentee ballot; if you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

See your locality's elections website for more.

Bring Photo ID, There Are Alternatives

Virginia has voter identification requirements; plan to bring photo identification with you to vote, whether absentee or on Election Day.

Any registered voter who does not have one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

Among accepted ID: valid Virginia Driver's

License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

To find a registration office where you can obtain photo ID, even on the day of an election, visit: vote.elections.virginia.gov/VoterInformation/PublicContactLookup.

Provisional Ballot Process for Voters Who Arrive Without Identification

General Election Day, Tuesday, Nov. 7

On Election Day Polls are open from 6 a.m.-7 p.m.

If you arrive at your polling place on Election Day without an acceptable form of photo identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Also by noon on Friday 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.

On the Ballot

Governor

Ralph S. Northam (D)
Edward W. "Ed" Gillespie (R)
Clifford D. Hyra (L)

Lieutenant Governor

Justin E. Fairfax (D)
Jill H. Vogel (R)

Attorney General

Mark R. Herring (D)*
John D. Adams (R)

House of Delegates

34th District

Kathleen Murphy (D) incumbent
Cheryl Buford (R)

35th District

Mark Keam (D) incumbent, unopposed

36th District

Ken Plum (D) incumbent, unopposed

37th District

David Bulova (D) incumbent, unopposed

38th District

Kay Kory (D) incumbent
Paul Haring (R)

39th District

Vivian Watts (D) incumbent, unopposed

40th District

Donte Tanner (D)
Tim Hugo (R) incumbent

41st District

Eileen Filler-Corn (D) incumbent, unopposed

42nd District

Kathy Tran (D)
Lolita Mancheno-Smoak (R)

43rd District

Mark Sickles (D) incumbent, unopposed

44th District

Paul Krizek (D) incumbent, unopposed

45th District

Mark Levine (D) incumbent, unopposed

53rd District

Marcus Simon (D) incumbent
Mike Casey (I)

67th District

Karrie Delaney (D)
Jim LeMunyon (R) incumbent

86th District

Jennifer Boysko (D) incumbent
Linda Schulz (R)

Fairfax County School Bonds

Voters will vote yes or no on a \$315 million public school bond referendum on the Nov. 7 general election ballot. If approved by voters, the Fairfax County Public Schools' current plans to use this bond money are to plan and/or construct two new elementary schools, one in Fairfax/Oakton area and another in the northwest county area; relocate one modular building; plan additions at three existing high schools to add capacity at Madison, Stuart and West Potomac; plan and/or construct renovations of 10 elementary schools, three middle schools and two high schools. See www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum.

Fairfax County Office of Elections

www.fairfaxcounty.gov/elections
Voter Registration: 703-222-0776, TTY 711
Absentee Fax: 703-324-3725
Email: voting@fairfaxcounty.gov
Election Officer Info: 703-324-4735, TTY 711

Correction

In the Connection's editorial last week, Mike Casey's name was misspelled in the list of candidates for the Virginia House of Delegates. Casey, an Independent, is running against Marcus Simon, incumbent Democrat, for the seat in the 53rd House District.

Vienna & Oakton
CONNECTION

www.ConnectionNewspapers.com

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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NEWS DEPARTMENT:
vienna@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Donna Manz
Contributing Writer
dmanz@connectionnewspapers.com

Andrea Worker
Reporter
aworker@connectionnewspapers.com

Mike Salmon
Editorial Assistant
vienna@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Don Park
Display Advertising
703-778-9420
donpark@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION
circulation@connectionnewspapers.com



Creating Balance

Advanced planning is one key to holiday harmony.

BY MARILYN CAMPBELL

The stretch of time between Halloween and the New Year can be a source of merriment and joy, but it can also be a cause of stress, say mental health professionals. According to a study by the American Psychological Association more than 60 percent of Americans found the holiday season a frequent source of stress and fatigue. While joy is still the primary emotion, finding a way to create balance and manage the additional demands brought on by the holiday season can make holidays merry.

"Part of managing stress is identifying the causes of stress and being aware of what is going on with you and what is going to trigger you," said Maria Mangione, Psy.D., clinical psychologist at Washington Center for Weight Loss Management. "Look back at past holiday seasons and ask, 'What got you sad? What made you nervous? What made you angry? While we're outside of the holiday season, if you can look back at past seasons and think about the times that you were stressed, you can come up with a toolbox of things that could be helpful to you.'"

From shopping and budgeting to overeating and dealing with emotional issues,

Mangione says crafting a plan in advance of the holiday season is a key to maintaining balance. "When someone is dealing with people or situations, it's hard to figure out how to deal with it in the moment," she said. "If people prepare and have a plan in place, they can go on autopilot."

"The holidays are a time in which we are potentially confronted with a lot added responsibilities outside of our day-to-day," added Monica Brand, Ed.D., assistant professor, Department of Counseling,

ing the holidays," said Brand. As a result, people tend to brace themselves for whatever may come their way. A more basic method of avoiding stress is both mentally and physically preparing before company, travel, or hosting duties. Many people do this by creating to do lists, getting organized, and planning before the beginning of their holiday."

Be mindful of limitations and boundaries and limit the expectations we place on ourselves and others, advises Brand. "If you are one who is so caught up in festivities or is easily overwhelmed, setting reminders on your phone, smartwatch, or having someone hold you accountable in taking breaks from the festivities may recharge your batteries," she said.

Financial imbalance is a common plight during the holiday season, especially when a desire to give generously outweighs one's budget. "I cannot stress enough how important it is to set a spending limit for each person you will be shopping for ahead of time, before you go shopping," said Brian Neely, professor of Accounting & Finance at Northern Virginia Community College. "It is very easy to get caught up in the festive moment and spend far more than you really need to before you

even realize what you have done. This will always result in buyer's remorse and can strip away the true joy that should go hand-in-hand with the customary giving of gifts."

Neely says that during the holidays most Americans have been programmed to spend the vast majority of their discretionary income all at once. "The worst aspect of this annual spending spree is that it generally goes on a credit card or two or three and it stays on there for a very long time," he said. "Once a purchase goes on a credit card, you are still paying for those purchased items for many months afterwards with accrued interest. So now, those presents under the tree on Christmas morning are still increasing in total actual cost until you pay that debt off from your credit cards."

Avoiding store-issued credit cards is a key aspect of maintaining a sane budget, advises Emily Knarr, visiting faculty member in Marymount's Department of Accounting, Economics & Finance at Marymount University. "They offer so many promotions during the holidays that it is tempting to take advantage of them, especially if your other cards are maxed out and you still need to buy presents," she said. "However, even if the terms of the cards and promotions are good, it still affects your credit rating

SEE BALANCE, PAGE 15

"The holiday cycle starts with Halloween and ... can snowball as people get more and more stressed."

— Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management

Marymount University. "As a result, we can be thrown off and stressed simply because we are not on our usual routine."

UNRESOLVED FAMILY ISSUES often resurface during the holidays and lead to tension. "Overall, our change in routine, increased interaction with family and the expectations we place on ourselves can all have some impact on our stress levels dur-



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Marie Isabel Laurion, CFP®, CRPC®
Financial Advisor
703.766.9300 x13
133 Maple Avenue East, Ste 306
Vienna VA 22180
marie.i.laurion@ampf.com
ameripriseadvisors.com/marie.i.laurion

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Tickets cost \$39 (\$49 at the door)
Register at www.capitalfranchiseshow.com
 Questions call Heather Rosen at 703-291-0939



NEWS



Melissa Christopher Green of Vienna performs at the Vienna Green Stage.

PHOTOS BY
 ROBERT HEALY
 THE CONNECTION

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Baha'i Followers Celebrate

With John Lennon's song "Imagine" serenading the crowd, Baha'i members joined together to celebrate the bicentennial of the Birth of their founder Baha'u'llah with a "Light of Unity Festival." The Vienna Town Green was the site for a beautiful fall day that was matched by the crowd's enthusiasm and spirit.

Melissa Christopher Green rallied the crowd with singing and dance. "Funga Alafia, ashe ashe" was repeated as a chorus, while her son Christopher and Alphonse Nicholaus accompanied her on drums and guitar. Parents and kids alike partook in the jubilation by raising their hands to the sky and touching their heads. The singing was meant to signify the togetherness and oneness of the faith.

Oct. 23 is celebrated as the 200th Anniversary of the Birth of their founder by many Baha'i followers all over the world. Vera Breton of Colombia shared how her country alone has over 7,000 followers. In the world, there are an estimated 7 million Baha'i members, with the largest population coming from Iran.

Inclusion is a major aspect of the faith which is why all ethnicities, genders and faiths were welcome. The Committee for Helping Others or CHO, a Christian-based organization was present at the festivities. Holly Dooley of CHO from Vienna, discussed how the organization offered food, clothing and assistance to neighbors in need, including meals on wheels. They also offer ethnically based food for their diverse clientele.

At the Town Green the various booths represented different aspects of the Baha'i faith. From Oneness of God, to Oneness of Religion, to Oneness of Mankind all ideas were present and shared. There was information and fun for all ages and ethnicities.

Melissa Thurston of Vienna guided the children through decoration of ornaments to celebrate the New Year. Children could tie ribbons, sprinkle glitter, or glue stars to their ornaments. Some ornaments



Michelle Thurston of Vienna prepares ornaments for children in celebration of the bicentennial of the Baha'i faith.



Justin Greene and Darren Liston sit at the booth promoting gender equality.

contained sentences like "powerful is the light of unity" to remind members of the unity and oneness of all mankind.

When the faith began 200 years ago, one of the most progressive ideas was the equality of men and women. Justin Greene and Darren Liston shared how "the development of both men and women is necessary for humanity to unite and achieve world peace" and how gender equality and finding happiness in your own life is something that people from all walks of life can relate to, not just members of the Baha'i faith.

— ROBERT HEALY

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NEWS



Chalk4Peace at Waples Mill Elementary

Waples Mill Elementary School invited chalk artists to participate in the 11th annual Chalk4Peace event, a celebration of peace through art drawn in sidewalk chalk. Students, their families, three art teachers, the school principal, the assistant principal, and three teachers participated in this global art project in mid October. Chalk4Peace, was founded by Arlington resident John Aaron, who was inspired by songs from John Lennon.

WEEK IN VIENNA

Fatal Incident on I-66

At 4:18 p.m., Saturday, Oct. 28, Virginia State Police responded to an incident in the eastbound lanes of Interstate 66 at the Cedar Lane overpass near Exit 62 for Nutley Street in Fairfax County.

Based on the investigation and witness accounts, a 12-year-old male jumped from the Cedar Lane overpass. The juvenile landed on a 2005 Ford Escape traveling east on I-66. The impact incapacitated the vehicle's driver. The 23-year-old male, front-seat passenger steered the vehicle off the interstate. The Ford came to a stop on the left shoulder against the Jersey wall.

The driver of the Ford, Marisa W. Harris, 22, of Olney, Md., died at the scene. The front-seat passenger was not injured.

The juvenile was transported to Fairfax Inova Hospital and is still being treated for life-threatening injuries.

The State Police Fairfax Division Crash Reconstruction Team and Bureau of Criminal Investigation's Fairfax Field Office personnel responded to the scene to assist with the investigation, which remains ongoing at this time. At this stage, the incident is being investigated as a suicide.

SALT Presents Fall Advocacy Training Conference

Social Action Linking Together (SALT) will sponsor the SALT Fall Advocacy Training Conference on Saturday, Nov. 11, 9-11 a.m., at the Virginia International University (VIU), Conference Room (VD-301), 4401 Village Drive, Fairfax.

Sister Simone Campbell, will be the keynote speaker on "21st Century Poverty: Needed Action." Del. Ken Plum (D-36) will address "Advocacy is moving to the state levels, Are you moving with it?" and Gay Gardner, with Interfaith Action for Human Rights will, speak to "Making Solitary Confinement Truly a Last Resort."

This event is free. All are welcome. Meet the keynote speaker and other social justice advocates in the community. For more information, contact John Horejsi at jhorejsi@cox.net or visit the SALT web site at www.S-A-L-T.org, Upcoming Events page.

Whole House Remodeled Home Tour

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In addition, Sun Design will be hosting a food drive to support Catholic Charities' St. Lucy Project, to include Christ House Food Pantry of Alexandria. Take a tour of the remodel, donate food, or do both!

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PHOTO BY STEVE HIBBARD/THE CONNECTION

Joel and Nancy Cline of Vienna with Jonah, 10, and Hanna, 8.



Claire Kirkhorn, 8, Avery Burger, 8, Jacqueline Michelini, 8, and Ameya Rao, 7, of Vienna.

Halloween Parade Held in Vienna

Politicians, marching bands, police and fire departments, and ghouls and goblins march down Maple Avenue.

Maple Avenue in Vienna was packed for the 71st Annual Halloween Parade on Wednesday, Oct. 25, 2017. This year's parade had 93 entries, which included costumed children from the community, high school marching bands, local politicians and other groups including the Fairfax County Police Motor Squad and Sheriff's Honor Guard Team, and Falls Church Volunteer Fire Department. The politicians who participated included Catherine Hudgins, Gerry Connolly, Mark Keam, and Chap Petersen.

"It's great to see the community come together from Vienna and surrounding areas for such a cherished, long-running

event. I have spoken with many residents who brought their children to past parades, and are now bringing their grandchildren to be mesmerized by the glowing sights and sounds, and to see the Halloween paraders dressed up in their unique costumes strolling down Maple Avenue," said Kathy Blevins, Recreation Program Coordinator who oversaw the parade logistics.

She continued: "The Vienna Halloween parade's yearly success is due in part to the hard work of the Town of Vienna staff, the Vienna Business Association, many volunteers, and local business support. We love parade night in Vienna!"

— STEVE HIBBARD



Danielle and Troy Gibbens with Gage, 7, and Gretta, 5, of Vienna.



Michael and Monique Morales with Kai, 9, Izzy, 8, and Thomas Navicky, 7, of Vienna.



Jett, 12, and Mykel Carstetter, 10, of Vienna.



Winona and Mike Hao of Vienna with son Nolan, 1, during the 71st Annual Halloween Parade on Maple Avenue in Vienna.



Gianluca, 9, Isabella, 11, and Gianluigi Yousefi, 4, of Oakton.



Maiya, 8, Maryn, 1, and Malia Calfee, 6, of Falls Church.



PHOTOS COURTESY OF THE SAFE SPOT CHILD ADVOCACY CENTER

Pete and Erin West of Vienna and their daughters Everly and Brooklyn all modeled in the show.

‘Passion For Fashion’ Raises \$135K

The Fifth Annual “Passion For Fashion” Show hit the runway on Sunday, Oct. 15, at the Bloomingdale’s at the Tysons Corner Center mall in McLean and raised more than \$135,000.

The annual event benefits the SafeSpot Child Advocacy Center, which provides intervention, investigation, prosecution and treatment of sexual abuse and severe physical abuse of children in Fairfax County.

Located in Fairfax, the center is a public-private partnership with Fairfax County law enforcement, child protective services, the Commonwealth Attorney’s Office, Inova Fairfax Hospital and the Fairfax-Falls Church Community Services Board.

Getting Help

To report child abuse, SafeSpot recommends calling the Fairfax County Child Protective Services Hotline at 703-324-7400. With a referral from CPS or law enforcement, SafeSpot can provide the following services:

- ❖ trauma-focused cognitive behavioral therapy;
- ❖ video recorded forensic interviews of children;
- ❖ expert court testimony; and
- ❖ training to community professionals on abuse and neglect indicators.

— FALLON FORBUSH



Emcee Melissa Mollet of NBC4 and SafeSpot Child Advocacy Center Executive Director Michele Thames and Pecos, SafeSpot's facility dog, raised awareness about child abuse and shared information about SafeSpot's programs and services during the show.

ICELANDIC CHRISTMAS BAZAAR

~ JÓLABASAR ~

Saturday, November 11, 2017

10:00 a.m. – 3:00 p.m.

American Legion Post 177, 3939 Oak Street, Fairfax, VA 22030

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Broadway Exhibit. Through Nov. 18, various times at Broadway Galleries, 1025-J Seneca Road, Great Falls. Local photographer, Silvia Gonzalez Roman with a variety of work. Visit www.broadwaygallery.net.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org.

McLean Farmers Market, Fridays, through Nov. 17, 2017; 8 a.m. to noon, 1659 Chain Bridge Road, McLean, Master Gardener Plant Clinic on site to answer questions about plants in your landscape

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and titles vary. Free admission.

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

Fundamentals of Watercolors. Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit www.greatfallsart.org.

Evening Painting. Tuesdays 6:30 - 9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each



Great Falls History

On Wednesday, Nov. 8 at 7 p.m., Joan Wehner will speak about the purchase, restoration and transfer of the Schoolhouse to the Fairfax County Park Authority. \$5. Visit gfhs.org for more.



of still life, landscapes, and portrait/clothed figure from a live model. Visit www.greatfallsart.org.

WEDNESDAY/NOV. 1

Nottoway Park Fitness Stations Renovation Project. 7 a.m.-5 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. A month-long construction project is starting with the installation of 10 new fitness stations to make a total of 16 new pieces of fitness equipment along the existing trail. Contact Kelly Davis, Project Manager, at 703-324-8609.

NOV. 1-DEC. 31

Vienna-Wide Food Drive. Bring food contributions to Vienna Town Hall - 127 Center St. S; Vienna Arts Society-115 Pleasant St. NW; Bikes@Vienna-128-A Church St. NW; Caffé Amouri-107 Church St., NE; Evolution Fitness- 216 Dominion Road, NE; Rexall Drug Store-150 Maple Ave. W; Drs. Covel, Stack and Henon- 120 Beulah Road, NE; Patrick Henry Library (co-sponsored by Supervisor Cathy Hudgins) and the Vienna Community Center. Girl Scout Troop 2684 will be helping NEVCA by picking up the food. Sponsored by Committee for Helping Others. Call 703-281-7614.

FRIDAY/NOV. 3

Starving Artists Reception. 5-8 p.m. at Idylwood Presbyterian Church, 7617 Idylwood Road, Falls Church. The McLean Art Society is sponsoring the art sale with local artists. The sale will continue on Saturday from 10 a.m.-5 p.m. and on Sunday from 10 a.m.-2 p.m. Call 703 532-5357.

Scott Miller Concert. 8 p.m. at Jammin Java, 227 Maple Ave. E., Vienna. Rock singer/songwriter highlights his first full album in four years, "Ladies Auxiliary." Visit www.jamminjava.com.



Magic Show

Amazing Max does magic on Sunday, Nov. 5 from 11 a.m.-noon at the Old Firehouse, 1440 Chain Bridge Road, McLean. Shows for 8-11 year olds at 1:30 and 4 p.m. \$45/\$35 McLean district residents. Call 703-790-0123 or visit www.mcleancenter.org.

Art Exhibit

Stonehedge is part of the "Textures" Art Exhibit. Various times from Nov. 7-Dec. 31 at the Vienna Arts Society, 115 Pleasant St., NW, Vienna. Carl Landow's work on exhibit. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

NW. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

TUESDAY/NOV. 7

iFly and Movie. 8 a.m.-6 p.m. at the The Old Firehouse, 1440 Chain Bridge Road, McLean. iFly is an indoor skydiving, adrenaline rush activity for floating in mid-air, then on to watching one of the newest movie releases at a nearby movie theater. Admission to iFly, lunch and movie tickets are included in the fee. \$110/\$100 McLean Community Center members. Call 703-790-0123,or visit www.mcleancenter.org.

WEDNESDAY/NOV. 8

Great Falls Historian. 7 p.m. at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. Joan Wehner will speak about the purchase, restoration and transfer of the Schoolhouse to the Fairfax County Park Authority. \$5. Visit gfhs.org.

Astronomy Lecture. 7:30-9 p.m. at Turner Farm, 925 Springvale Road, Great Falls. Topics may include planets, open clusters, double stars, stellar color spectrum, globular clusters and galaxies. After class, view the objects that were discussed through the observatory's telescopes, if weather allows. Visit www.fairfaxcounty.gov/parks/turnerfarm/.

THURSDAY/NOV. 9

Meet the Artists. 7-9 p.m. at the McLean Project for the Arts, 1446 Chain Bridge Road, McLean. "Nature as Prototype" exhibition by Yoko K, Adam Nelson and Gretthe Whittrock. "Nature as Prototype" runs through Dec. 23. Visit mpaart.org.

FRIDAY/NOV. 10

On Eagles' Wings Veterans Day 10K race. 10 a.m. at Grace

Christian Academy, 3233 Annandale Road, Falls Church. Proceeds benefit Grace Christian Academy Scholarship Fund and Decorate a Vet. \$40. Visit gracechristianacademy.org/10K.

SATURDAY/NOV. 11

Fall Bazaar. 10 a.m.-4 p.m. at Vienna Volunteer Fire Department Auxiliary, 400 Center St., South. The Vienna Volunteer Fire Department Auxiliary is sponsoring this event with crafts, bake sale, holiday items. Email dancers1023@aol.com or call 703-309-3468.

Great Falls Veteran's Day Ceremony. 11 a.m. at the Great Falls Freedom Memorial behind the Great Falls Library, 9830 Georgetown Pike. The event will include a Marine Corps color guard, patriotic songs by the Langley Madrigals, and remarks by Marine Corps Maj. Gen. Timothy F. Ghormley. Call 703-248-0390 or email bruce@newdream.net.

TUESDAY/NOV. 14

Meet the Author. 7:30 p.m. at the Balls Hill Government Center 1437 Balls Hill Road, McLean. Author and historian William Connerly will address "Mosby's Raids on Civil War Northern Virginia." 703-356-8223.

NOV. 16-18

Christmas Craft Show. Thursday and Friday, 10 a.m.-7 p.m.; Saturday 10 a.m.-4 p.m. at the Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. Oakton Church of the Brethren's 24th Annual Christmas Craft Show is a three-day event featuring a wide variety of handmade creations and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. Visit www.oaktonbrethren.org.

FRIDAY/NOV. 17

Movie Double Feature. 3:30-10 p.m. at the The Old Firehouse, 1440 Chain Bridge Road. Trip to AMC Tysons for two movies and dinner at the food court. \$35/\$25 McLean Community Center members. Call 703-790-0123,or visit www.mcleancenter.org.
Smart Driver Class. 9 a.m.-1 p.m. at the Oakton United Methodist Church, 2951 Chain Bridge Road. The Shepherd's Center of Oakton-Vienna is sponsoring a refresher two-day driver course geared for drivers age 50 and older. \$15 for AARP members (bring AARP membership card) \$20 for AARP non-members. Call 703-281-0538.

NOV. 17-19

Big Sale, Small Works. Various times at the Vienna Arts Center, 115 Pleasant St., NW. A variety of art available. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

SATURDAY/NOV. 18

Peggy the Pint-Sized Pirate. 2 p.m. at the The Old Firehouse, 1440 Chain Bridge Road, McLean. Live production with a pirate named Peggy. Free. Call 703-790-0123,or visit www.mcleancenter.org.

SUNDAY/NOV. 19

Peggy the Pint-Sized Pirate. 2 p.m. at the The Old Firehouse, 1440 Chain Bridge Road, McLean. Live production with a pirate named Peggy. Free. Call 703-790-0123,or visit www.mcleancenter.org.

Emerging Artist Concert. 4 p.m. at Saint Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Oscar Paz-Suaznabar, age 12, on the piano, and Julia Angelov, from Alexandria, play orchestra favorites. Visit www.amadeusconcerts.com.

WWW.CONNECTIONNEWSPAPERS.COM

FAITH

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday at noon.

Wesley United Methodist Church located at 711 Spring St., SE, Vienna, Virginia 22180, at the corner of Spring Street and Moore Avenue. 10:30 a.m. fellowship time in the fellowship hall; 11 a.m. traditional family worship in sanctuary. If you are seeking a church home which encourages: caring and supportive fellowship, an active and devoted prayer life and study of scripture, support for local and world missions, an open, responsive awareness to the presence and power of God's Holy Spirit.

Youth Activities at Wesley United Methodist Church. Activities are open to all 6th-12th graders. Youth Sunday School meets every Sunday at 10 a.m. in the upper room. Youth Bible Study will meet every Sunday at 4:30 p.m. off-site. Following bible study, ride together to the church for youth group. Email the Youth Ministry Staff for the address. The Anchor meets every Sunday from 6-8 p.m. in the fellowship hall. Join us for dinner, games, worship, and diving deeper into the Word. During the summer, Youth Sunday School meets most Sundays at 9 a.m. in the upper room.

Email youth@wesleyvienna.org.

St. Thomas' Episcopal Church, at the intersection of Lewinsville and Brook roads in McLean, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Check www.stthomasmcleanva.org for special events and services through the year. St. Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna, offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing (first Sunday of the month, 5 p.m. at St. Mary's Chapel). The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MacCracken and includes a team of lay healers who have gone through intentional training and formation. Contact the Rev. Valerie Hayes at vhayes@holyccomforter.com.

Yoga Class with a Christian Focus is held Saturdays, 3-4 p.m., McGill Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Feel free to bring a towel, block(s) or strap. Contact the Church Office at 703-938-6521.

Saint Ann Catholic Church


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 Sunday: 7:30, 9:00, and 11:00 AM
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 Monday-Friday, 8:30 AM
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 The Old Firehouse, 1440 Chain Bridge Rd.

Sponsored by The Alden **Everyday Magic with the Amazing Max**

Sunday, Nov. 5
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 The Old Firehouse
 1440 Chain Bridge Rd.

Teacher Workday Trips **iFly & Movie**

Tuesday, Nov. 7,
 8 a.m.-6 p.m.
 \$110/\$100 MCC district residents
 The Old Firehouse
 1440 Chain Bridge Rd.



Friday Night Trips
Double Feature
 Friday, Nov. 17, 3:30-10 p.m.
 \$35/\$25 MCC district residents
 The Old Firehouse
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The Alden Fall Production **"Peggy the Pint-Sized Pirate"** by D. M. Larson (Freedrama.net)

Sat. & Sun., Nov. 18 & 19, at 2 p.m.
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LETTERS

Voting 'Yes' on School Bond

To the Editor:

A unique thing about the Commonwealth of Virginia is that we have an election every year. While there may be differences over which party to support at the ballot box on Nov. 7, one thing voters on every part of the political spectrum can support is our children and Fairfax County Public Schools.

On the ballot in Fairfax County this year is a bond for \$315 million worth of capital improvement projects for Fairfax County Schools in every community across our county.

This year's bond will have a huge impact in Providence District, as the largest project in the bond is the renovation of Oakton High School — a \$93 million project.

Our county schools are a \$5.2 billion asset that are key to the future vitality of Fairfax County ... while also providing an average of \$100,000 in additional home equity to Fairfax County residents. In order to preserve what is for many of us our biggest investment, we need to make a continued commitment to our school system. Modern facilities allow for state of the

art learning, in addition to attracting and retaining the best teachers who are able to capture the attention and imagination of our students.

Importantly, all of this is achieved without raising taxes.

By voting yes on the School Bond referendum, you are voting yes to the continued success of Fairfax County. On Nov. 7, please be sure to read the entire ballot and vote yes on the School Bond Referendum.

Sam Leiber
Fairfax

To End Epidemic of Violence

To the Editor:

Once again, Americans are faced with the news of another horrific mass shooting, this time in Las Vegas. A lone gunman killed at least 58 people and injured more than 400 others, many critically.

The League of Women Voters of Virginia expresses our heartfelt concern and hopes for the loved ones of the victims and the survivors. We will continue to work to end the epidemic of violence. But the calls to wait and gather the facts before taking substantive steps on gun violence is a familiar

ruse. There are facts we know today. Every day, 93 Americans die from a gunshot. Americans are 25 times more likely to die from gun violence compared to people from other industrialized countries.

Like every other public health epidemic, we need to look at what is most effective to prevent gun violence overall. There are proven solutions that work like expanding background checks to all private gun sales sold online and at gun shows, prohibiting dangerous people, like domestic abusers, terrorists and those with mental ill-

ness, from accessing guns — that will make our communities safer and save lives.

We cannot continue with the status quo. The League will honor the lives lost and those shattered and scarred, with our unwavering commitment to work to change laws and attitudes to end gun violence in our communities.

Sue Lewis
President
League of Women
Voters of Virginia
president@lwv-va.org

BULLETIN BOARD

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

THURSDAY/NOV. 9

Lecture: Saving, Investing and Avoiding Fraud. 7:30-9 p.m. at the Patrick Henry Library, 101 Maple Ave., E., Vienna. Experts from the US Security and Exchange Commission (SEC) will teach how to be an informed investor, avoid scams and save effectively for retirement. Free. Email dsm11@fairfaxcounty.gov or call 703-938-0405 for more.

SATURDAY/NOV. 11

SALT Fall Advocacy Training Conference. 9-11 a.m. at the Virginia International University, Conference Room (VD-301), 4401 Village Drive, Fairfax. Sister Simone Campbell, will be the keynote speaker on "21st Century Poverty: Needed Action." Del. Ken Plum will address "Advocacy is moving to the state levels, Are you moving with it?" and Gay Gardner, with Interfaith Action for Human Rights will speak to "Making Solitary Confinement Truly a Last Resort." Free. Visit the SALT web site at www.S-A-L-T.org.

MONDAY/NOV. 13

Community Meeting. 6-8:30 p.m. at the Oakton High School Cafeteria, 2900 Sutton Road, Vienna. Design Public Hearings on the Transform 66 Outside the Beltway Project regarding plans

for the 22.5 mile corridor from I-495 to University Boulevard in Gainesville. Visit transform66.org for more.

THURSDAY/NOV. 16

Vietnam Veterans Chapter 227 Meeting. 7 p.m. at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Gregory D. Foster, West Point graduate and Vietnam War veteran, will discuss senior U.S. military constitutional command responsibility. Visit www.vva227.org for more.

MONDAY/DEC. 11

FCPS Community Conversations. 6:30-8 p.m. at Jackson Middle School, 3020 Gallows Road, Falls Church, Cafeteria (Region 2). Fairfax County Public Schools (FCPS) Superintendent Scott S. Brabrand will host Community Conversations to hear what students, parents, employees, and members of the community are thinking about and what issues are important to them. Brabrand welcomes citizens to attend and take part in any of the upcoming sessions that are convenient for them. Citizens needing a translator can make a request for services online. Visit www.fcps.edu/news/superintendent-brabrand-schedules-five-community-conversations-fall.

SUPPORT GROUPS

Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist

Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 jtarr5@verizon.net.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.
Virginia Chronic Pain Support Group Meets from 1:30 - 3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

VOLUNTEERS NEEDED

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403- 5360. To learn more about RSVP, visit www.rsvpnova.org.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556.

WELLBEING Balance

FROM PAGE 7

when you take on more debt. It can also be difficult to close the cards once started.”

Neely has developed a foolproof way of managing holiday finances. “I always write out a list showing each item I have purchased for each person and track the amounts I have spent on each person separately each night after I have finished shopping for the day,” said Neely. “Seeing it all written down on paper can really help you curb your enthusiasm when it comes to frantic holiday spending.”

MAINTAINING AN EXERCISE REGIMEN is an important part of maintaining balance during the holidays says Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management. “Physical activity is going to increase mood and decrease anxiety,” she said.

Advanced planning is a key to making sure it doesn’t fall by the wayside, advises Trope. “For example, if you’re traveling, take your exercise clothes and shoes,” she said. “If you schedule exercise, you’re less likely to push it off and it’s more likely to be successful. Get a friend that you can meet and exercise with.”

Roll exercise into family traditions. “If you can’t get to a gym, try walking and try integrating your holiday traditions into something active,” said Trope. “Try to establish new traditions that are active that you can enjoy with your family and not take away from family time or create the stress of having to choose.”

Put pen to paper when you develop a plan. “When you come up with a plan, write it down and put it someplace where you can see it and remind yourself of it,” said Trope. “Write down what kind of reward you’re going to give yourself.”

Stress can lead to overeating during the holidays, and although holiday meals are often associated with decadence, not all those dishes are fat and sugar-laden, advises Sara Ducey, professor of Nutrition and Food at Montgomery College in Rockville. “Our holiday dinners feature many nutritious food choices [such as] poultry and fish, sweet potatoes and squash, peas and other green vegetables and salads and fruits,” she said. “But there are also starchy, fatty and sugary foods [such as] mashed potatoes, rice dishes, cakes and pies and ice cream, whipped cream and marshmallows.”

Ducey recommends variety. “The more types of food you have, the more you and your guests will eat,” she said. “This is called the buffet effect. So offer many [colorful] vegetable dishes to make your buffet look beautiful and inviting ... [But] if you see the food, you will eat it. Keep the food away from the table, so guests have to get up to refill their plates.”

It is easy to get caught in the chaos of the holidays, but it’s important to remember the traditions, values and beliefs that are unique to each family, suggests Brand. “[The holidays] should be a reminder to us that not everyone has the resources, access, or privileged to spend time with the people they love on the holidays,” she said.

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L'Arc de Triomphe



By KENNETH B. LOURIE

Though I studied French for five years, grades seven through 11 and became quite proficient, this column has nothing to do with French or this most famous of monuments. This column finishes the three-column arc concerning the before, during and after of my bulb installation. Having safely landed on my feet, figuratively and literally, it's time to complete the arc, especially considering my triumph.

The bulbs are all in. No breakage to me or the fixtures, the sconces or to the house. Just a relatively simple and straightforward (for me anyway) installation: on the refrigerator door (the night light), in the living room (in the sconces) and back in the kitchen (the flush-mounted light fixtures in the ceiling). I don't want to over exaggerate my success, but when you have had as many failures – in this context, as I have, one tends to find great joy in having avoided great complications.

I wouldn't say or even admit to beating my chest with great pride because I do understand the level of difficulty here but, previously I have given myself a nickname when a similar task at hand has met with similar success: Taras Bulba, who had nothing to do with bulbs other than part of his name included b-u-l-b. For some reason, I also had the knowledge that Yul Brynner played the title role in a 1962 film of the same name, but had no other information of substance other than I remember him being bald – which I'm not.

As to what I remember about what I was thinking when we purchased a 250-year-old farmhouse on two acres in Montgomery County back in 1992: the price was reasonable/we could afford it, it was two acres of land in an extremely desirable county/location, it was close to I-95; and it was about time in our lives that we bought our first home. As to what I was supposed to do next; soon after we moved in, we had a two-day party (to accommodate people's availability); for those two days I held a clipboard and took notes as many of our friends made casual observations/suggestions about what work needed to be done, inside the house and out.

We needed tile in both bathrooms – since there was none. We needed plumbing fixtures in one shower/tub – since there were none. We needed a “one-fixture rough-in” for a washing machine – since there was none. We needed central air conditioning and ducts – since there was none. We needed phone jacks/telephone wiring since there was only one phone outlet for the entire house. We needed a new oil boiler since the unit in the basement was from “the year one” (to use one of my late mother's expressions). We needed chimney repairs and liners. We needed an upgraded electrical panel.

As for the property/grounds; do you think a lifelong renter with zero interest, aptitude or experience had any of the tools necessary to maintain two acres? That's a rhetorical question if there ever was one. In over my head doesn't begin to scratch the surface of the depths of my immersion.

But my wife, Dina, loved the house. It reminded her of Chester County in Pennsylvania where she grew up. And the price offered good value. Within one minute of our initial visit to the house, after walking through the living room across the old-fashioned wide pine floor boards pass the cooking fireplace and stepping up into a formal dining room with another fireplace, I knew Dina was sold. Fifteen minutes later we exited the house; didn't flush a toilet, didn't turn on a faucet, didn't flick a light switch, did nothing except walk around. We made an offer the next day, and the rest is basically this column.

As much as I thought I knew, little did I know what I was actually getting myself into. It's been 25 years and I'm still way better in French than I am in homeowner. I don't call myself Taras Bulba for nothing. I call myself Taras Bulba for something: bulb replacement. It's not much I realize, but it's the best this man can do.

C'est la vie.

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

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