

Fairfax CONNECTION

Striking poses at the
Halloween Hullabaloo
Friday, Oct. 27, in Fairfax's
Old Town Hall are (from
left) Simryn Amato, 6;
Adele Ojala, 7; and
Analucia Terrazas.

WELLBEING
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Halloween Hullabaloo in Fairfax

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On the Ballot

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'She Valued Passion
and Commitment'

OBITUARY, PAGE 13

PHOTO BY BONNIE HOBBS/THE CONNECTION

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NOVEMBER 2-8, 2017

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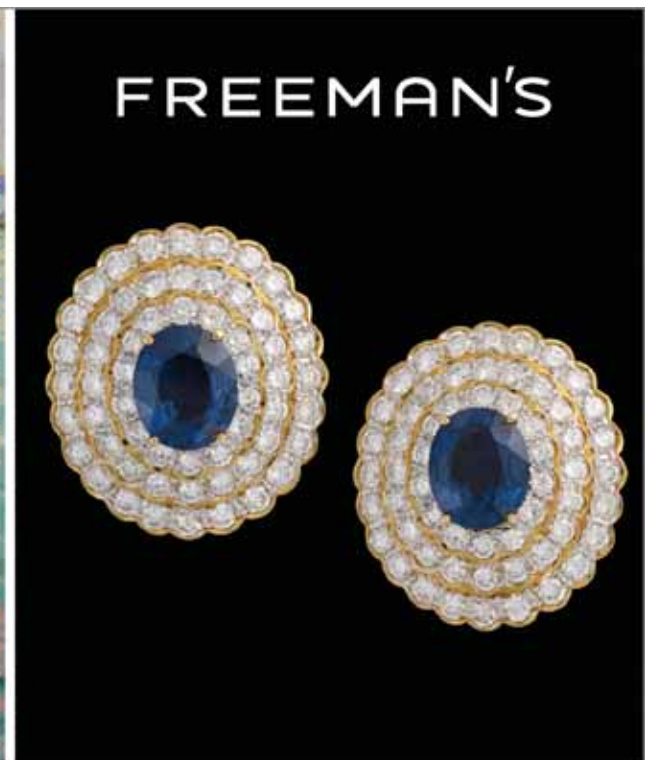
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Northam



Gillespie



Hyra



Fairfax



Vogel



Herring



Adams

On the Ballot A look at what's on the top of 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 who 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

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NEWS



PHOTOS BY MIKE SALMON/THE CONNECTION

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

Public Safety Headquarters

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 connectability.

"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. Bow-

ers, 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 reminded 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

SEE HEADQUARTERS, PAGE 14

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For more information, please contact Bekah Atkinson at exceptionalschoolsfair@gmail.com



Supervisor John Cook (R-Braddock District) talks about the technological advantage the new building will bring.

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11AM-1PM WASHINGTON REDSKINS APPEARANCES & RAFFLE
Appearances by Redskins legend Gary Clark & cheerleaders
Raffling off autographed items by Redskins players & coaches
12PM-2PM ROCKLANDS BBQ FOOD TRUCK
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SPRING MAPLE
6MM



49¢
sq. ft.

VALENCIA GRIS
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13" X 22"



59¢
sq. ft.

SAVANNAH WALNUT
CERAMIC TILE
8" X 24"



79¢
sq. ft.

KINGSTON OAK
PORCELAIN TILE
6" X 24"



89¢
sq. ft.

LAMINATE
TIGERWOOD
12MM



99¢
each

MATTE WHITE
PORCELAIN MOSAIC
12" X 12"



\$139
sq. ft.

GRAY STRANDED BAMBOO
3/8" X 3 3/4"



\$159
sq. ft.

BIRCH GINGER HAND SCRAPED
ENGINEERED HARDWOOD
3/8" X 5"



\$199
sq. ft.

CLASSIC BIANCO
MARBLE
12" X 12"



\$199
each

SMOKED OYSTER
GLASS MOSAIC
12" X 12"



\$247
sq. ft.

PRIME HARVEST BLACKENED BROWN
HICKORY SOLID PREFINISHED
3/4" X 2 1/4"



\$279
sq. ft.

SOLID PREFINISHED FOREST GLEN
OAK BUTTERSCOTCH
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News

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Monday, November 6, 8:30am-12:30pm
Reston Association Conference Center
12001 Sunrise Valley Dr., Reston, VA
The Capital Area Franchise Fair is the annual learning event hosted by FranNet of Virginia with the SBA, SCORE and the Community Business Partnership.
Experts, lenders and franchisors from various industries will discuss: the best franchise fit, trends, the franchise business model, local regulations, franchise funding.
Tickets cost \$39 (\$49 at the door)
Register at www.capitalfranchiseshow.com
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A photograph of two young children in Halloween costumes. The child on the left is a toddler wearing a black and white striped shirt and a black tutu. The child on the right is a young boy wearing a black long-sleeved shirt and a black tutu. They are both holding orange plastic buckets.

Natalie Tsang, 15 months, and brother Nathan, 3.

A photograph of a young girl with curly hair, wearing a black long-sleeved shirt and a black tutu. She is holding a clear plastic bag filled with small items.

Mia Johnson, 3.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Halloween Hullabaloo in Fairfax

Halloween Hullabaloo was Friday, Oct. 27, in Fairfax's Old Town Hall.

A photograph of a man and a young boy in costumes. The man is wearing a black long-sleeved shirt and a black tutu. The boy is wearing a black long-sleeved shirt and a black tutu. They are both holding orange plastic buckets.

Kevin Lowery and son Kai, 3.

A photograph of a young girl in a witch costume. She is wearing a black long-sleeved shirt and a black tutu. She is holding a black bucket.

Avery D., 6-1/2.

A photograph of a man in a He-Man costume. He is wearing a black long-sleeved shirt and a black tutu. He is holding a black bucket.

Fairfax City Councilman Jeff Greenfield as He-Man.

A photograph of a man and a young boy in costumes. The man is wearing a black long-sleeved shirt and a black tutu. The boy is wearing a black long-sleeved shirt and a black tutu. They are both holding orange plastic buckets.

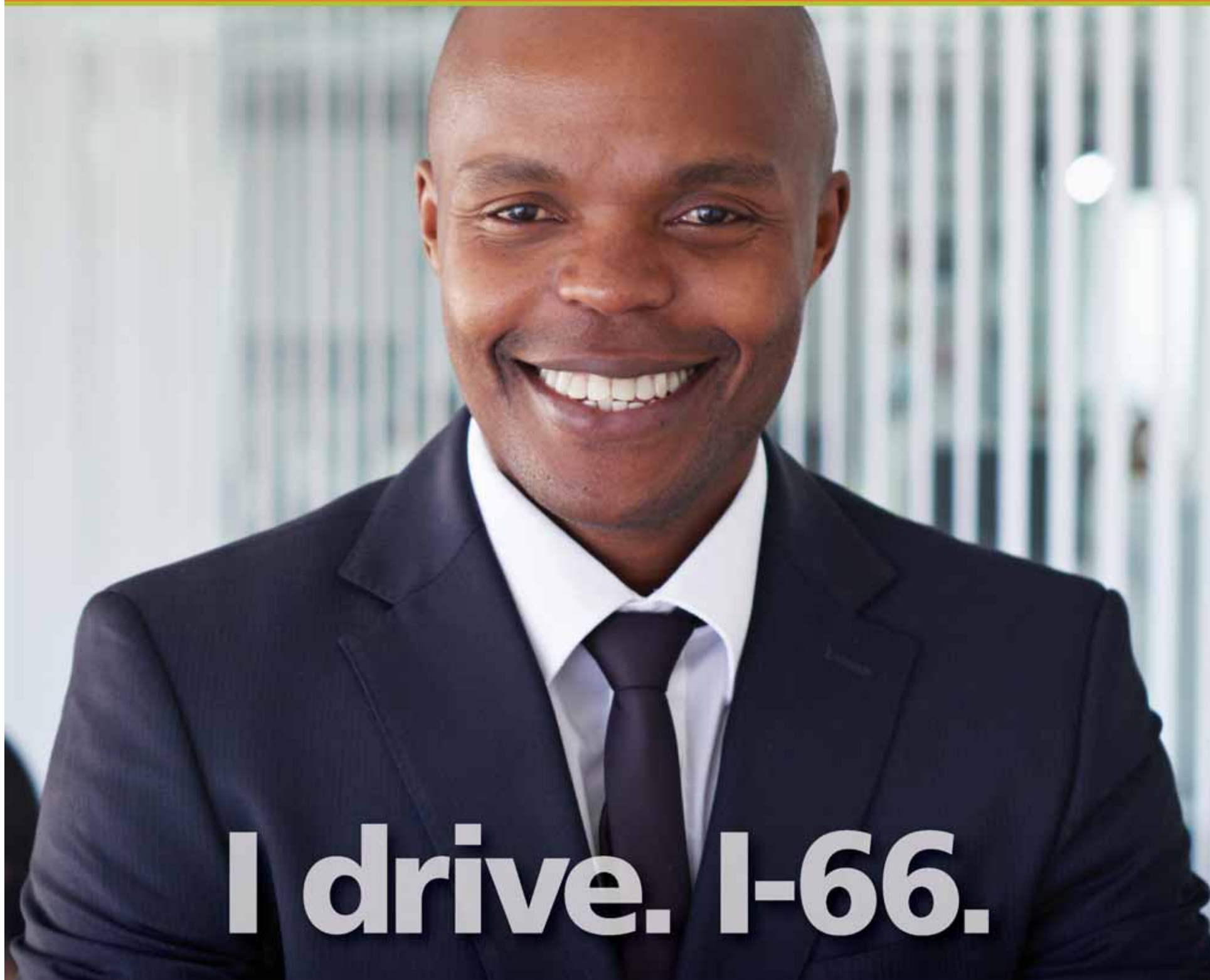
Duncan McNeill-Burton and son William, 4, by a Halloween game.

A photograph of a woman and a young girl in costumes. The woman is wearing a black long-sleeved shirt and a black tutu. The girl is wearing a black long-sleeved shirt and a black tutu. They are both holding orange plastic buckets.

Lauren Plaugher and daughter Izzy, 1.

6 ♦ FAIRFAX CONNECTION ♦ NOVEMBER 2-8, 2017

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Express Lanes are coming to I-66 Inside the Beltway in December 2017. Soon, anyone can travel these lanes during rush hour. If driving alone, you'll need to pay a toll with an E-ZPass. If carpooling, you can travel for free with an E-ZPass Flex.

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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.

Fairfax
CONNECTION

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Published by
Local Media Connection LLC

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Alexandria, Virginia 22314

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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. Mod-

ern 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 illness, 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



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Sat., November 4
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1:00 PM Miss Potter (2006)
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Sun., November 5
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Woman's Club of Fairfax members (from left) Candy Carter, Catherine Read, Ellie Schmidt, Yvonne Sening, Mary Peterson and Diane Tuininga.



People in different-colored T-shirts crouched down to create this year's Complete the Circle artwork.

PHOTOS BY DANIEL DANCER/ART FOR THE SKY

Raising Hunger Awareness; Feeding Local Families

Complete the Circle FOODRaiser is huge success.

BY BONNIE HOBBS
THE CONNECTION

One person, alone, can't solve the hunger problem in Fairfax County. But when many people unite, they can put a big dent in it. And that's exactly what happened last Sunday, Oct. 29, when members of the community turned out in droves to support the seventh annual Complete the Circle FOODRaiser.

A joint project of nonprofits Britepaths in Fairfax (formerly Our Daily Bread) and Lorton Community Action Center (LCAC), it was held on Fairfax High's practice football field. Participants donated food and grocery-store gift cards to be distributed to families in need and then created a live, art project that was photographed from the air.

"Although the rain may have kept attendance down some, attendees really stepped up with contributions," said Britepaths spokeswoman Heather Webb. "Some 12,000 pounds of food/pantry items, valued at \$20,640, were donated. Last year, we received 7,600 pounds; and our prior record, in 2015, was 11,100 pounds. So this year's amount set a new record. It also brings our seven-year total to 50,751 pounds to help the hungry in our community."

In addition, the event yielded \$2,900 in cash and grocery-store gift cards – nearly doubling last year's total. About 1,000 people attended last year's FOODRaiser; yet despite Sunday's rain-threatening sky, some 700 people participated.



Some of the volunteers who helped unpack the food donations.

Among them were volunteers from Lend a Box of Chantilly, which furnished about 300 crates in which the food donations were placed. Some were first placed in a circle around the art project on the field, and all were eventually packed into trucks to bring to LCAC's food pantry. (Britepaths received the cash and gift-card donations).

"We donated the use of our boxes, plus our employees to help load them into the trucks," said Lend A Box President Janice Gambaccini. "This is a fantastic thing these organizations are doing, helping people in need here in Fairfax County. You don't always think about people needing help here. And being a local company, we like to give back to the community."

And the food is sorely needed. According to a sign at the event: "Fairfax County is the second-wealthiest county in the nation. [Yet] over 50,679 children are on the free

and reduced-price lunch program in Fairfax County Public Schools."

PEOPLE OF ALL AGES participated in the event, including a dozen young men from GMU's Chi Psi fraternity. "We just pledged this semester and, as new members, we're encouraged to give back to the community through philanthropy," said Connor Grubbs. "So we decided, since it's fall and close to Thanksgiving, to help out the food centers." "I'm looking forward to it because I love helping other people – and also getting my picture taken," added Joe LaRosa. Fraternity brother Tyler Seay explained that he comes from a family in which, for the past few years, some distant relatives have needed help. So, he said, "I know how important it is to have food, especially around the holidays."

A contingent from Christ Lutheran Church



Members of GMU's Chi Psi fraternity participated in the Complete the Circle FOODRaiser.

in Fairfax also participated. "We have 10 people here," said the Rev. Paul Collinson-Streng. "We just love serving. Out of our faith commitment, serving follows. It's also basic to humanity to respond to people in need."

TAKING PART, as well, were eight members of the Woman's Club of Fairfax, including Fairfax City Council member Ellie Schmidt. "We made a leaf [in the design]," she said after the event. "And we were very proud to bring in our food and nonperishable donations. We brought 111 pounds."

"This is part of the General Federation of Women's Clubs' state project to stop hunger," explained Club President Yvonne Sening. "It's a lovely event – such a great cause. And it's a fun way to work together to raise awareness of hunger and poverty and support the community. And we were blessed that the rain held off 'til it was over."

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,

"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-

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 19

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Enjoying the Bahá'ís celebration are Michelle, Mila, and Isabel Birjandian with Shirin, Brian, Aidin, and Nik Hoffman.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

Members of the Bahá'ís Children's Class of Fairfax sing songs.

A Celebration of Bahá'ís of Fairfax

About 200 members fete the 200th anniversary of the birth of Bahá'u'lláh.

About 200 members of the Bahá'ís of Fairfax celebrated the 200th anniversary of the birth of Bahá'u'lláh, the founder of the Bahá'í faith, on Sunday, Oct. 22, 2017, at the Hub Ballroom at George Mason University. Bahá'ís believe in treating people with loving kindness and in the oneness of God, oneness of religion, and oneness of humanity. Currently, there are about 200 local members in the three regions that make up the Fairfax branch — Fairfax Southwest, Fairfax West, and the City of Fairfax. Worldwide, there are 6 million Bahá'ís in more than 200 countries.

"Tonight's event is the 200th anniversary of the birth of Bahá'u'lláh, who is the prophet founder of the Bahá'í faith. And today is celebrated by Bahá'ís all over the world; this is a very special day for all of us," said Mistress of Ceremonies Nuril Kingsley of Annandale. "One of the teach-



The crowd at the Bahá'ís of Fairfax celebrate the 200th anniversary of the birth of Bahá'u'lláh last Sunday, Oct. 22, 2017, at The Hub Ballroom at George Mason University in Fairfax.

ings of Bahá'u'lláh is love and unity. And this is a way for us to say we are here with you and we would like to work with every-



Michelle Birjandian offers a prayer.

one to build a community for the betterment of the world."

Added Shekufeh Hudson, "Bahá'ís have chosen to celebrate in any way they want; they're having picnics in a park, they're hav-

ing tree plantations, and they're doing service projects. And we just chose to have an event at George Mason University."

Hudson said local Bahá'ís meet every 19 days in people's homes in Fairfax for services, social gatherings, and devotionals. Their Junior Youth Group of 11- to 15-year-olds are involved in community service by helping the homeless, with food banks, and street cleanups.

The evening included prayers and devotions in English, Spanish, and Farsi; musical performances by the Bahá'ís Children's Class, a cello player, and two piano players. Afterwards, there was the showing of the film, "Light to the World," about Bahá'u'lláh's life. Guests then dined on a catered Iranian dinner, which included kebabs, rice, stew, and salad.

Bahá'u'lláh (1817-1892) was a spiritual teacher who announced in 1863 that he was the bearer of a new revelation from God. Bahá'ís regard Bahá'u'lláh's vision of the oneness of humanity as an antidote to racial prejudice, violence and materialism.

On Tuesday, Oct. 24, the Fairfax County Board of Supervisors presented the Baha'is with a recognition for their work and service to the community. The celebration of the birth of Baha'u'llah was also mentioned.

— STEVE HIBBARD



Rawa Jassem, Alhan and Hamid Abdalla, Nuril Kingsley, and Negin Mostaghim at the Bahá'ís of Fairfax celebration.



Master of Ceremonies Frederick Landry and Nuril Kingsley.

OBITUARY



PHOTO COURTESY OF JO ORMESHER

Friends and family – including Armistice Turtora's son Jim (in beard), who lived with her in Fairfax – pose with the proclamation naming Nov. 11, 2016 as Armistice Turtora Day in the City of Fairfax.

‘She Valued Passion and Commitment’

Saying farewell to Armistice Turtora.

BY BONNIE HOBBS
THE CONNECTION

Armistice Turtora would have been 91 on Nov. 11. And although she died Oct. 10, just a month shy of her birthday, she knew how valued she was by the City she called home for the past 58 years. Last November, in honor of her six decades of service to her community, the City of Fairfax proclaimed her 90th birthday Armistice Turtora Day.

“Armistice Margaret Askabedian Turtora had strong opinions and wanted others to, as well,” said daughter Janice Zagardo. “She did not abide bystanders; she valued passion and commitment to a cause. And she sincerely loved the City of Fairfax, the arts, her lace community and her grandchildren.”

As if Turtora's parents knew their daughter would someday accomplish significant things, they gave her a meaningful name. The U.S. formerly observed Nov. 11 as Armistice Day, in commemoration of the 1918 signing of the armistice (agreement) ending World War I. So when Turtora was born in America on Nov. 11, 1926, her immigrant parents of Armenian heritage named her Armistice.

“Her mother loved the beauty of Syria and talked about it longingly,” recalled Zagardo. “One day, Armistice asked her, if it was so beautiful, why did she leave? Her mother responded, ‘Without good government, you have nothing.’ It was years later that Armistice realized the impact these few words

had on her.”

“Her mother set the stage – not only for Armistice's exhausting commitment to civic involvement – but also for her encouragement and outright insistence that others also get involved and speak their minds to get the important work of government accomplished,” explained Zagardo. “To top off her love of freedom and good government, she was married on the Fourth of July. We never had a good excuse to forget her special days.”

TURTORA MOVED TO FAIRFAX in 1959 and, as a wife and mother, became active in her neighborhood as part of the newly created Country Club Hills Civic Assn. She was a block captain and her community's newsletter editor and president.



Armistice Turtora

COURTESY OF JO ORMESHER

She also organized and served as the first president of the City of Fairfax Federation of Citizens Assns., organized the Bicycle Path Committee and designed costumes for the Fairfax Community Theatre. From 1959-84, she was a member of the City's League of Women Voters and even served as its chairman. And she worked on voter-registration drives, as well as open-space and education studies.

In addition, Turtora chaired the City of Fairfax Democratic Committee – which was groundbreaking because she was the only woman on the committee. She also worked on many political campaigns and at the polls on Election Day.

And for the past decade, she served on the Commission on the Arts. An expert at making handmade, knotted lace, she also taught at Nature's Yarns in the City. A life-

SEE TURTORA, PAGE 16

ICELANDIC CHRISTMAS BAZAAR

~ JÓLABASAR ~

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10:00 a.m. – 3:00 p.m.

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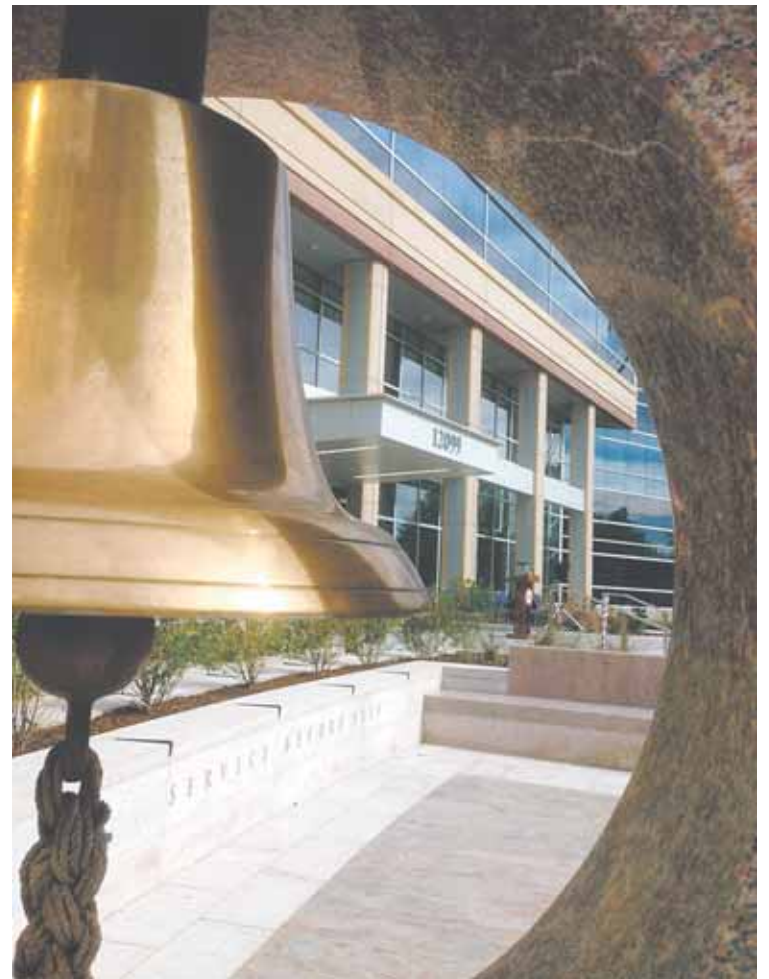
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NEWS

The national anthem was sung by a vocalist with the police department's honor guard.

PHOTOS BY
MIKE SALMON
THE CONNECTION



Public Safety Headquarters

FROM PAGE 4

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 fea-

tures 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 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

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

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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THURSDAY/NOV. 2

Decorative Arts Symposium. 9 a.m.-4 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Topic: "Women's Work: Women as Global Actors in the 18th Century" with guest speakers. Call 703-550-9220 ext. 240 or email mkraver@gunstonhall.org.

GMU Visiting Filmmakers Series. 4:30 p.m. at Johnson Center Cinema, 4400 University Drive, Fairfax. Film is "Whose Streets?" by Sabaah Folayan, a look at how the killing of 18-year-old Michael Brown inspired a community to fight back and sparked a global movement. Call 703-993-2768.

FRIDAY/NOV. 3

Business Holiday Celebration. 8 a.m.-2 p.m. at American Legion Post # 177, 3939 Oak St., Fairfax. Exhibitors and speakers including the keynote speaker, Sharon Bulova, Chairman of the Fairfax County Board of Supervisors. Visit ultbizexpo.com for more.

Film Festival for the Arts. 8 p.m. at Sherwood Center, 3740 University Drive, Fairfax. Free. "Imagine: John Lennon" (1988). Doors open at 7 p.m.

SATURDAY/NOV. 4

Suffragist Lecture. 11 a.m.-1 p.m. at the City of Fairfax Regional Library, 10360 North St., Fairfax. Lecture titled "Forgotten Fairfax: 100th Anniversary of the Night of Terror and the Occoquan Suffragists." Fairfax County History Commission member, Lynne Garvey-Hodge, speaks about the Night of Terror, when 33 female protesters picketing the White House for the right to vote were incarcerated at the Occoquan Workhouse and tortured. Visit www.fairfaxcounty.gov/library/branches/fx/ or call 703-293-6227.

Northern Virginia Chorale. 8 p.m. at St. Mark's Church, 5800 Backlick Road, Springfield. The Chorale will also perform "We Remember Them" from Donald McCullough's Holocaust Cantata, as well as spirituals and other choral selections to commemorate All Saints Day. \$25 for Adults; \$10 for students; under 12 free. Visit www.northernvirginiachorale.org or by phone at 703-239-2180.

SUNDAY/NOV. 5

Holiday Food and Toiletries Collection. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Britepaths is collecting food items needed: cereal, oil, canned chicken, rice, snack foods such as granola bars and pretzels, peanut butter and jelly. Toiletries include diapers size 6 and pull-ups any size. \$10 to \$20 food gift cards would also be welcome for families to purchase milk and meats. Visit www.fairfax-station.org for more.

NOV. 4-JAN. 13, 2018

Fall Art Lessons for Youth Classes. 9:15-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin drawing and watercolor. Visit www.czartlessions.com or call 703-250-6930 for more.

Fall Art Workshop for Teens/Adults. 10:30a.m.-12:30 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing, watercolor,



Chinese brush and portfolio development. Visit www.czartlessions.com or call 703-250-6930 for more.

THURSDAY/NOV. 9

Art and Lunch. 10:30 a.m.-2:30 p.m. at Old Town Hall, 3999 University Drive. Bring canvas and paints, meet with other painters. Visit www.fairfaxartleague.net for more.

Civil War Family Story. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "The Benson-Rice Story" – storytellers from the historic Sudley United Methodist Church in Manassas will tell the story of the relationship of a Union soldier and Confederate family during and after the Civil War. Free. The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Call 703-591-0560 for more.

Artist Reception. 7-9 p.m. at Village Gallery, 3950 University Drive, Fairfax. Meet the featured artist and be a part of the local artist community. Free and open to the public. New members welcome. Visit www.fairfaxartleague.net or call 703-587-9481.

SATURDAY/NOV. 11

Veterans Day Celebration. 10:15

The Nutcracker

Professional guest artists Cody Beaton and Mate Szentes from the Richmond Ballet dazzle as the Sugar Plum Fairy and Cavalier in the Fairfax Ballet's Nutcracker, on Nov. 25-26, at W.T. Woodson High School, 9525 Main St., Fairfax. Email events@fairfaxballet.com or call 703-665-9427.

a.m. at Pohick Church, 9301 Richmond Highway, Lorton. Unveiling and dedication of a Virginia historical highway marker in honor of General William Brown on Richmond Highway outside Pohick Cemetery. General Brown served in the Continental Army under General Washington, was in charge of military hospitals between the Hudson and Potomac Rivers, and is buried in Pohick Cemetery. Free. Email 1066LMN@gmail.com or call 703-304-4152.

SUNDAY/NOV. 12

Holiday Food and Toiletries Collection. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Britepaths is collecting food items needed: cereal, oil, canned chicken, rice, snack foods such as granola bars and pretzels, peanut butter and jelly. Toiletries include diapers size 6 and pull-ups any size. \$10 to \$20 food gift cards would also be welcome for families to purchase milk and meats. Visit www.fairfax-station.org for more.

Patriotic Quilt Discussion. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Textile historian and quilt maker Bunnie Jordan will discuss and display quilts featuring patriotic

Holiday Music

Here Vienna-Falls Chorus sings holiday favorites with Master Director Claire Gardiner at Vienna-Falls Guest Night. This year it is Tuesday, Nov. 14, 7-9 p.m. at Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. A Capella Barbershop Style, women of all ages join us for the Vienna-Falls Chorus Guest Night. Free voice assessments, private voice lesson, and education. Visit www.viennafalls.org.



symbols from the World War I and World War II time periods. Free. Call 703-385-8414 for more.

Taste of Greater Springfield. 3-7 p.m. at the Waterford at Springfield, 6715 Commerce St. Features local restaurants providing samples of their favorite dishes – wines and craft beers also featured. Organized by the Rotary Club of West Springfield Foundation to support local scholarships. \$35. Visit www.rotaryofwestspringfield.org for more.

Fairfax Musician's Final Concert. 5 p.m. at National Presbyterian Church, 4101 Nebraska Ave. NW, Washington, D.C. A Celebration to Honor Dr. Douglas Mears as artistic director of the Fairfax Choral Society. Call 703-642-3277 for more.

TUESDAY/NOV. 14

Vienna-Falls Guest Night. 7-9 p.m. at Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. A Capella Barbershop Style, women of all ages join us for the Vienna-Falls Chorus Guest Night. Free voice assessments, private voice lesson, and education. Visit www.viennafalls.org for more.

NOV. 14-JAN. 9, 2018

Fall Art Lessons for Youth Classes. 5:15-6:15 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin drawing and watercolor. Visit www.czartlessions.com or call 703-250-6930 for more.

Fall Drawing Plus Color Class. 6:15 p.m.-7 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin,

NOV. 17-18

International Holiday Bazaar. 8:30 a.m. at Immanuel Baptist Church, 6911 Braddock Road, Springfield. Hosted by Bethany House of Northern Virginia. Friday from 4-8 p.m.; Saturday 10 a.m.-3 p.m. Proceeds go to Bethany House of Northern Virginia which provides emergency shelter and supportive services to victims of domestic violence throughout Northern Virginia and the surrounding DC metro communities.\$5. Visit www.bhnnv.org for more.

SUNDAY/NOV. 19

Model Train Show. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The NTRAK group with a display of running N Gauge model trains. Museum members and ages 4 and under, free; 5-15, \$2; 16 and older, \$4. Visit www.fairfax-station.org or call 703-425-9225.

NOV. 25-26

Fairfax Ballet Company's Nutcracker. Various times at W.T. Woodson High School, 9525 Main St., Fairfax. Professional guest artists, Cody Beaton and Mate Szentes from the Richmond Ballet, dance the roles of the Sugar Plum Fairy and the Cavalier. Email events@fairfaxballet.com or call 703-665-9427.

SATURDAY/DEC. 2

Historic Clifton Holiday Homes Tour . 4-7 p.m. at Clifton Baptist Church, 7152 Main St., Clifton. \$25 adult; \$5 child; credit cards are more. Visit clifton-va.com for more.

SUNDAY/DEC. 10

Holiday Ornament Craft Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and ages 4 and under, free; 5-15, \$2; 16 and older, \$4. Visit www.fairfax-station.org for more.

SATURDAY/DEC. 16

Frosty Follies Show. 6 p.m. at Springfield Town Center, Spring Mall Drive, Springfield. Metropolitan School of the Arts will present their annual Frosty Follies shows in the Springfield Town Center in the Main Court. Visit metropolitanarts.org/ for more.Twinbrook Road, Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824.

City of Fairfax to Host ArtScreen Film Festival

The City of Fairfax will be offering ArtScreen, a free film festival, on Nov. 3-5. ArtScreen is the only film festival in the area to include film screenings, discussions, and hands-on activities all focused exclusively on the arts and artists.

The festival kicks off on Friday, Nov. 3 at the Stacy C. Sherwood Center in Fairfax with a free reception at 7 p.m. and a screening at 8 p.m. of "Imagine," a documentary about and featuring the music of John Lennon. On Saturday, Nov. 4, ArtScreen offers three free screenings at Cinema Arts Theatre at Fair City Mall.

The first, at 10 a.m., is "Stars and Stripes Forever," a biographical film based on the life of John Philip Sousa. Festival participants will enjoy free coffee and donuts at this screening. ArtScreen continues that afternoon at Cinema Arts at 1 p.m. with the screening of "Miss Potter," a biographi-

cal film about children's author and illustrator Beatrix Potter, and at 4 p.m. with the screening of "All that Jazz," a semi-autobiographical fantasy film based on aspects of Bob Fosse's life and career as dancer, choreographer and director. All three Cinema Arts screenings will be followed by a speaker and an opportunity for audience questions and answers.

The final ArtScreen film screening will be held on Sunday, Nov. 5 at the Stacy C. Sherwood Center at 2 p.m., and will be geared to children and their families. The free program will begin with a screening of a short children's film about Vincent Van Gogh. Following that, the children will be guided through a variety of hands-on art activities that will be related to the film, designed by Alice Bredin-Karny, a Fairfax County Public School art teacher.

OBITUARY

Armistice Turtora (at far left) with Fairfax City officials in June 2016 during the ceremony renaming “The Bowl” in Van Dyck Park after her.

PHOTO BY
BONNIE HOBBS
THE CONNECTION



Saying Farewell to Armistice Turtora

FROM PAGE 13

long member of the Chesapeake Lace Guild, she won numerous awards and accolades for her work.

Turtora's love of design also led her to Northern Virginia Community College, where she studied everything from architecture to business. Zagardo said her mother's keen interest in local development issues “fueled her desire to study these topics that inspired her most complex questions.”

Turtora attended City Council meetings regularly and got to know the issues and decision-makers well. “She was passionate about the City,” said Zagardo. “If she saw a problem, she would volunteer a solution or find someone who could help figure it out. She would study it and insist others do the same.”

Her initials, AMAT, spell out the infinitive form of the Latin verb meaning “to love.” And, said Zagardo, “For many years, you could spot her as she toiled around Fairfax, sporting the vanity license plate, AMAT.”

In 1969, Turtora became the first chairman of Fairfax's Parks and Recreation Board, which she helped establish, and she tirelessly advocated for the purchase and development of parks throughout the City. When Van Dyck Park was built during the '60s, she fought to keep its open field – known as “The Bowl” – as a place for unscheduled play and activities. And in June 2016, that spot was officially renamed Armistice Turtora Field in her honor.

“The moment she moved into that City, she was in love with it and its people,” said longtime friend Jan Price. “She really dedicated her life to it.”

BEYOND TURTORA'S PUBLIC FACE, however, was a woman who loved her family and friends. “She was a devoted grandmother, suffering all the requisite ball games when she was in town,” said Zagardo. “She never missed a grandparents' day – even after we moved 1,000 miles away.”

“But her real love was experimenting with her children's and grandchildren's creativity,” continued Zagardo. “They still tell stories of the things she let them do and experiment with. She thought outside the box and loved to play with toys and gadgets. She was fascinated by tools and how to use them, and she was an avid collector with enough projects lined up for many more lifetimes.”

Turtora even helped her daughter handmade her wedding dress and her bridesmaids' gowns. “What a good time we had hunting all over New York City for



PHOTO COURTESY OF JANICE ZAGARDO

(Clockwise from bottom left) are Armistice Turtora, daughter and son-in-law Janice and Michael Zagardo, and grandchildren David, Mitchell and Michelle Zagardo.

just the right piece of lace,” recalled Zagardo. “It was so much fun to create and engineer with her – we rarely followed any pattern exactly.”

She said her mother's creativity was boundless and her imagination without limits. “She was a can-do person who always saw the glass half full,” said Zagardo. “She believed, ‘If you want to do something, just do it.’ And she was happiest socializing and engaging others in conversation.”

Growing up, said Zagardo, “Our house was always filled with friends. And she never turned away friends because the house was a mess. She and dad would put you to work in the kitchen helping to prepare a meal as soon as you entered. You were always welcome and you felt like family. If you weren't cooking, you were creating.”

“She was also a great listener and saw genuine value in each and every person she met. She set a beautiful example for us without even knowing it. ‘Don't talk to strangers?’ Nope, not in this family. She taught us that every stranger is potentially your new best friend.”

A memorial fund has been established to secure a piece of art to celebrate Turtora's life. Fittingly, it will be placed in Van Dyck Park, near Armistice Turtora Field. Donations payable to Fairfax Foundation for the Arts, The Armistice Turtora Art Fund, may be mailed to: Fairfax Commission on the Arts, 10455 Armstrong St., Suite 123, Fairfax, VA 22030.



PHOTOS BY ROB PAINE/VOLUNTEER FAIRFAX

Daniels Run Elementary School science tech teacher Lori Huberman Hayes (center) directs volunteer Nina Rhyeo, left, as Nina's brother, Eugene, removes an old plant, Saturday, Oct. 28, in the vegetable garden at the school in the City of Fairfax.

VolunteerFest Event Held at Daniels Run Elementary

More than 20 volunteers of all ages gathered at Daniels Run Elementary School in the City of Fairfax, Saturday, Oct. 28, in support of the school's environmental educational program.

The volunteer project, organized by the nonprofit Land and Waters, was part of VolunteerFest run by Volunteer Fairfax.

VolunteerFest is a region-wide day of community service held every October in conjunction with National Make a Difference Day.

VolunteerFest mobilizes hundreds of volunteers to help nonprofits accomplish tasks that they would not have the

time or resources to do on their own.

Volunteers on Saturday pulled weeds and spread mulch in the school's literacy and vegetable gardens and also dug a trench in front of the school where a new row of flowers will be planted, in addition to making other improvements.

Lands and Waters is a nonprofit organization devoted to watershed protection and education. Daniels Run Elementary School is Land and Waters' pilot school and serves to demonstrate an environmental educational program closely linked with conservation projects on school grounds.



Lands and Waters founder Jeanette Stewart, right, and fellow volunteer Kelly Wilson of Fairfax, pull cans of weeds, Saturday, Oct. 28, 2017, in the Literacy Garden at Daniels Run Elementary School in the City of Fairfax during a VolunteerFest project.



Del. David Bulova (D-37), left speaks with Daniels Run Elementary School science tech teacher Lori Huberman Hayes during a break in work at Daniels Run Elementary School in Fairfax City, Saturday, Oct. 28, 2017, during a VolunteerFest project.

11

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NEWS



PHOTO CONTRIBUTED

**Members of Lambda Kappa Omega Chapter and ECF
with Ron Kowalski, LCAC and Danica Hawkins, UCM.**

Helping Raise Awareness About Childhood Hunger

As part of the Alpha Kappa Alpha Sorority Incorporated's Childhood Hunger Community Impact Day, the Lambda Kappa Omega Chapter, supported by funds from the Educational and Charitable Foundation (ECF), delivered a total of 1,015 healthy snack packs to United Community Ministries and Lorton Community Action Center to raise awareness about childhood hunger in Fairfax County.

On Oct. 13, more than 60 volunteers gathered at the Providence Community Center to package the

items and were able to complete more than 1,000 packs in one hour. Volunteers also listened to Lorton Community Action Center (LCAC) Board President Ron Kowalski and United Community Ministries (UCM) Community Outreach Coordinator Danica Hawkins discuss the impact of childhood hunger in Fairfax County.

By the end of 2017, the Lambda Kappa Omega Chapter will have donated more than 1,900 healthy snack packs to elementary schools, shelter programs and community centers in Fairfax County.

BULLETIN BOARD

*Submit civic/community announce-
ments at ConnectionNewspapers.com/Calendar. Photos and artwork wel-
come. Deadline is Thursday at noon, at
least two weeks before event.*

Vernon-Lee Chamber of
Commerce to pick-up trash on this
road named after a deceased
community activist. Call 703-360-
6925 or visit www.MtVernon-LeeChamber.org.

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:

❖ **Thursday, Nov. 16, 7:30 p.m.:**
Ravensworth Road intersection -
Ravensworth Baptist Church,
5100 Ravensworth Road,
Annandale

❖ **Monday, Dec. 11, 7:30 p.m.:**
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. Visit
www.fairfaxcounty.gov/fcdot/braddockroadmmstudy/.

SATURDAY/NOV. 4

Jeff Todd Way Fall Cleanup.
8:30 a.m. at Roy Rogers
Restaurant, 8860 Richmond
Highway. Join with the Mount

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.

Veterans Day Health Lecture.
4:30 p.m. at Pohick Church, 9301
Richmond Highway, Lorton. "Life
after Military Combat: Finding a
Place of Peace," delivered by
Professor David Hufford, PhD of
the Penn State College of
Medicine. He has conducted
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WELLBEING Balance

FROM PAGE 11

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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