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Great Falls

CONNECTION

WELLBEING

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Rain doesn't keep Great Falls voters from the polls at the Great Falls Library.

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Voting in the Rain

Great Falls voters head to polls in 10th District battleground.

BY ANDREA WORKER
THE CONNECTION

Election Day 2018 has finally arrived. After months of contentious debates, rallies and advertising, it's time for the voters to have their say. And a steady rain wasn't keeping the voters in Great Falls from doing just that.

At the Great Falls Library, in the hotly contested and widely-watched 10th Congressional District, the cars kept pulling in and the voters kept lining up.

The incumbent candidate herself, U.S. Rep. Barbara Comstock (R), made an appearance there in the early hours of voting, much to the delight of her campaign volunteer Matthew White, who was pleased to snap a photo with Comstock, who is facing Democratic challenger Jennifer Wexton to keep her seat in Congress.

White is not from Great Falls, but was working alongside Republican precinct chair Jeff Grieco at the booth in front of the library, handing out sample ballots and ready and willing to discuss the Republican platform.

"I'm from Arlington, said White. "I can't even vote for her, but I've done the door-knocking three times, maybe 300 doors. This is an important contest, and I wanted to do what I could to help out," he said.

Coming from outside the district "to help out" was also observed at the Democrats' booth, where a Restonian joined forces with locals Jennifer Bond, Don Lowry, and precinct captain Art Kingdom.

With high confidence that his candidate, Gerry Connolly, would win re-election in the 11th District which covers Reston, this poll worker from Reston decided to head over and help out "where there's a real fight and everyone is needed."

A number of Great Falls voters were willing to stop and answer a quick exit poll for the Connection.

Soo Walker, who works for a nonprofit in D.C., voted straight Democrat on her ballot, in large part due to her disapproval of President Donald Trump. "We need to send a message that his behavior is not okay. That's one reason I voted for Jennifer Wexton."

Ealene Bevans feels the same. The retired teacher, who "votes every time, no matter what, because voting is that important," also disapproves of the President's behavior and negative and divisive speech. She's hoping that the Democrats will "really work" for policies that support women, children, "real tax cuts" and education and better jobs for more people.

Tom Green works in IT for the government. Reasonable housing costs, transportation, lower taxes and maintaining economic growth are his local issues. He voted for Comstock for Congress, but split his vote and cast a ballot for incumbent Democrat Tim Kaine instead of Republican challenger Corey Stewart to represent Virginia in the



PHOTO COURTESY OF MATTHEW WHITE
Comstock campaign volunteer Matthew White was thrilled when Congresswoman Barbara Comstock herself made an appearance at the Great Falls Library polling station where White was manning a Republican information booth. White is from Arlington. "I can't even vote for her" but he felt strongly that he needed to help in this "critical contest."



Tom Green works in IT for the government. Keeping the economy growing, working for affordable housing in the region, tax reform and transportation improvements are some of the local issues that get his attention. Since he says that he "couldn't vote for Corey Stewart if you paid me," Green voted for Democrat Tim Kaine for Senate, while casting his vote for Republican incumbent Barbara Comstock for Congress. "I think a balance of power between the parties is a good thing."

U.S. Senate alongside Sen. Mark Warner.

Green thinks a "balance of power" makes good sense.

"I think it will be a good thing if the Democrats take the House. It might lead to some real debate on the issues, and with some new people in Congress, getting different ideas out there." Green doesn't think that Corey Stewart could provide that moderate balance. In fact, he wouldn't vote for Stewart "if you paid me."

The rain kept pouring down, but Anna and Sia Kaviani were still willing to stop and talk about their political decisions.

The couple, who are in the printing industry, said that they were actually influenced to vote Republican by their 21 year-



Soo Walker voted for Democratic challenger Jennifer Wexton over Republican incumbent Barbara Comstock in the hotly-contested race for the 10th Congressional District. Walker, who works for a nonprofit in D.C., says "it's time for a change, and time to send a message that Trump's behavior and his policies and attacks are not acceptable. It's just not ok."



Anna and Sia Kaviani work in the printing industry. The husband and wife both voted Republican, primarily for "the growing economy and for immigration and security policies, doing things the right way."



Jennifer Bond, Don Lowry, and precinct captain Arthur Kingdom had the early shift at the Democratic booth outside the Great Falls Public Library on Election Day.

old, recent graduate son. "He is able to get a good job in this economy," said his father. "He talked to us about his older cousins who couldn't find good employment for a long time, and not that long ago. We need to keep a good economy going."

"Security, and immigration the right way" also influenced the Kaviani's votes, said Anna, who think the Republican Party under Donald Trump will be the ones to ensure that.

PHOTOS BY ANDREA WORKER/THE CONNECTION



Ealene Bevans, a retired school teacher, voted "strict Democrat," as the party she believes appreciates her values of supporting children, "real tax cuts," and educational and employment opportunities for everyone. Disapproval of President Trump also factored into her political decision-making.



"Jennifer Wexton," said Great Falls voter Doris Hoehn. "It's time for a new voice. We need someone more for sensible gun regulations, among other things." The floral industry member also sees Democrats as the party to better fight climate change and offer environmental protections.

Doris Hoehn works in the floral world, so maybe it's not unexpected that she also has an interest in environmental protections and fighting climate change – things she doesn't see any of the Republican candidates working for as much as the Democrats.

Women's issues and common sense gun regulations also spurred Hoehn to the polling place to vote for Jennifer Wexton and Tim Kaine.

Fairfax County officials reported at 10 a.m. on Election Day that an estimated 31.58 percent of the county's 702,745 active registered voters had already cast their ballots, either in person at one of the county's 243 precincts, or by absentee ballot.

Langley High Orchestra Goes Bananas for Halloween

BY ANANYA AMIRTHALINGAM
LANGLEY HIGH SCHOOL SENIOR

On the eve of All Hallow's Eve, Langley High School's orchestra gathered for Spookfest IV. Gone were the orchestra's typical emerald gowned and tuxedo wearing teenagers. In their place was a sea of ghouls, goblins, grim reapers, onesies and a bunch of crazy bananas, all eager to thrill a full house.

The concert began with the Concert Orchestra's eerie rendition of Andrew Lloyd Webber's "Phantom of the Opera," with a special sighting of the phantom (Dr. Scott McCormick, the orchestra's director) himself. Channeling their inner Tim Burton, the Concert Orchestra continued with "This is Halloween" from the movie "The Nightmare Before Christmas," and finished with "Ghost Carnival."

IN A LANGLEY'S FIRST, a 28-person cello choir filled the stage. With some dressed as witches and others as warlocks, they performed Eduard Greig's iconic "In the Hall of the Mountain King."



Pedro Petcov Neto, a junior in the Symphonic Orchestra, put aside his violin to thrill the audience with iconic Michael Jackson dance moves.

Originally background music for a play, the piece increased in intensity and speed, displaying the breadth of talent of the orchestra's cellists, who worked on the music in separate rehearsals, outside of normal class time.

Next, the Philharmonic Orches-

tra, joined by several band members, stunned the audience with Camille Saint-Saëns' "Danse Macabre," literally speaking the Dance of Death. Legend has it, on Halloween, the Devil calls forth the dead by playing on his fiddle. Madeline Yu, the violin soloist and



PHOTOS BY HELEN BECKNER

As part of their Halloween-themed routine for "Totentanz," Philharmonic Orchestra members out-manuever each other to wickedly play the piano. From left: Cellist Cao Linh Pham (junior), pianist Lauren Cain (senior), and violist Alex Tran (senior).

honorary devil, played on a purposely mistuned violin.

One dance of death wasn't enough, as the Philharmonic Orchestra continued with Franz Liszt's "Totentanz," accompanied by a trio of pianists: seniors Alex Tran and Lauren Cain, and junior Cao Linh Pham (a junior cellist), who dressed up as an angel, vampire, and grim reaper re-

spectively. The three had been working in partnership for two months, operating as a "tag team" as Cao Linh Pham put it. Literally a tag team, the pianists would pounce on each other, as they transitioned between their roles.

Wrapping up the concert was the Symphonic Orchestra, led by the

SEE LANGLEY, PAGE 5

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News

Langley Orchestra in Concert

FROM PAGE 4

new assistant director Adam Willett. Disguised as Mario from the Nintendo video game of the same name, Willett was excited for the first concert, remarking: "Even though I've worked in other high schools this is the best group I've worked with."

However, as the orchestra ascended the stage, it was clear that nearly half of the students were missing. It was then that Caitlin Gerrard, a senior cellist dressed as a spoof of the book "Crazy Rich Asians," shouted "Where is everyone?"

Her question was met with a cheer of applause, as the missing orchestra students stampeded through the auditorium, all dressed up as neon yellow bananas. A moment several weeks in the making, George Janke, a senior cellist in Symphonic Orchestra, and Riker Wilson, a sophomore cellist also in Symphonic, came up with the idea on a whim and persuaded "a few" of their friends to join them.

The grand banana entrance was followed "Psycho" from Alfred Hitchcock's movie of the same name, and a Spookfest favorite, Richard Meyer's "Incantations."

THE HIGHLIGHT of the night for many was the Symphonic Orchestra's version of Michael Jackson's "Thriller." Langley's very own Man in the Mirror, Pedro Petcov Neto, a junior vio-



PHOTO BY HELEN BECKNER

Cao Linh Pham draws eerie sounds from his cello in the Langley HS Orchestra's Spookfest concert.

linist in the Symphonic Orchestra, donned a red leather suit and showed off his smooth moves, much to the delight of the audience.

Mihika Khubchandani, a sophomore violinist in the Concert Orchestra, commented that she was "really excited to hear and see the Symphonic Orchestra's "Thriller."

Michelle Ascrizzi, a senior violist in the Philharmonic Orchestra, reminisced about her eight years in orchestra, nostalgically noting: "One of the first orchestra concerts I remember going to [at Langley] ... was a Halloween one and I remember wanting to do one and now we are and it's perfect!"

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Be Part of Children's Edition 2018

Get creative and send art, poetry and more.

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

EDITORIAL

Some suggestions:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

❖ Poetry or other creative writing.

❖ News stories from school newspapers.

❖ Photos and text about activities or events.

❖ Were you involved in November's elections? What did you think?

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Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.

❖ For Arlington, Potomac, CentreView, Chantilly, Alexandria and Mount Vernon, email to Steven Mauren, smauren@connectionnewspapers.com

LETTERS TO THE EDITOR

Urgent Warnings on Climate Change

Dear Delegate Plum:

I commend your attention to the topic of climate change, addressing it with urgent warnings as you did in your past two commentaries shared with newsletter subscribers and Connection newspaper readers. Any reader would agree with you that the politics of the issue present the greatest challenge. We can hope that the United States is moving closer to joining the rest of the world in seeing the climate as a non-partisan challenge that our elected officials must work on together to address for all our sakes.

Thanks for including pricing carbon in your state-level climate to-do list, and here's why I agree with you that it's important. It will drive all the other necessary actions and generate buy-in from every household, which is the level of engagement we need to be successful.

As you have previously endorsed, the carbon fee and dividend proposal of Citizens' Climate Lobby frames the pricing as a revenue neutral fee, not a tax. As demonstrated by our northern neighbors, successful introduction in British Columbia is now set to expand to all of Canada. Washing-

ton State has on the ballot this November an initiative that would put a steadily rising fee on carbon pollution emitters. Bill Gates and Michael Bloomberg are in support, with Gates writing in an open letter, "You may be skeptical about this idea. I know I was. How can one state make a difference on a global problem like climate change? But I overcame my doubts."

The signal, that pollution costs must be paid up front, will spur investment in the new energy economy both at the household and business scale. And while we might debate how much good can one state do, it also might be asked how much harm? That Virginians, as ratepayers beholden to Dominion Energy, will sink upwards of \$2 billion in the Atlantic Coast

Pipeline is unconscionable. All efforts at "greening" Virginia by enacting the other items on your climate to-do list cannot make up for this pipeline tragedy. The combined ACP and MVP fracked gas pipelines will generate greenhouse gas emissions estimated equivalent to that produced by 45-coal-fired power plants.

So it will take courage to act, to act without short-term gain, and against long-strategized opposition. You know what's at stake.

Meredith Haines
Vienna

XIV Amendment - Another View

To the Editor:

Thank Mary Kimm for sharing Representative Connolly's letter to the President telling him that his proposal to end "birthright citizenship" is "patently unconstitutional" ("Most Important Election, So Far?" — Connection, November 1-7, 2018).

It may also be of interest to the readers, and you, that the 14th Amendment was specifically ratified in 1868, to apply to the slaves who were freed by the 13th Amendment which was ratified in 1865. It was not meant to apply to every pregnant female tourist or illegal interloper that visits the US. The part of the 14th Amend-

ment most liberals ignore or misinterpret is "and subject to the jurisdiction thereof." Folks who arrive here from other countries are subject to the jurisdiction of their homeland, not the State they are visiting. They are subject to the laws of the State, but not the jurisdiction. Of course, politicians control the definition of words, so the words of the Constitution can mean anything. Remember we once knew what "marriage" meant, and "female" and "male." Now everything is a "spectrum."

Gene Phillip
Great Falls

Ed. note: This issue is more complicated than this letter, or U.S. Rep. Connolly's note last week, reflect.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

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

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
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Debbie Funk
National Sales
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debfunk@connectionnewspapers.com

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

Classified & Employment Advertising
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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
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NEWS



PHOTOS BY C.J. GRECO/THE CONNECTION

Families gather as the Langley HS Band prepares to perform.

Frighteningly Fun

Great Falls' annual Halloween Spooktacular brings local families to the Village Centre Green.

By C.J. GRECO
THE CONNECTION

As dusk rolled in and throngs of ghouls and ghosts gathered at the Great Falls Village Centre Green, a boisterous commotion of excited trick-or-treaters and the Langley High School Band permeated the ether.

The event was put on by Celebrate Great Falls, a non-profit community organization that aims to help local citizens in need and to put money back into the Great Falls community through events like this one.

Per the Celebrate Great Falls website, the Spooktacular was launched more than 20 years ago by members of Great Falls Friends in order to provide younger children with a central and convenient place to trick-or-treat. "In Great Falls, everyone lives in the woods," said Great Falls resident and Village Centre Green property owner Lauren Mencia. "Very few have neighborhoods, so this is our way of making a small 'Hallmarkville,' you know?"

On Wednesday evening, children 12 and under were encouraged to don their costumes as merchants both on the Green and in the Safeway shopping center across the street at the corner of Georgetown Pike and Walker Road handed out candy. Some merchants even converted their storefronts into haunted houses.



Even if you were a little chicken, the Spooktacular had something to offer for everyone.

Adjacent to the Langley High School Band's performance in the Green's main parking lot, members of the Fairfax County Fire Department parked two of their engines and made themselves available for the public. "We were asked by the volunteers to come out here and show a presence," said firefighter Dan Park. "The kids obviously like seeing the trucks."

By the time darkness had set in fully, bags and young hearts full of candy and excitement left in eagerness to tally their winnings. "You should come back for the tree lighting," said Mrs. Mencia.

A full schedule of Celebrate Great Falls events can be found at celebrategreatfalls.com.



Engines and firefighters from the Fairfax County Fire Department held a simultaneously calming and intriguing presence during the night's events.

A Good Night's Sleep

The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8th, 10th and 12th graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

ADEQUATE SLEEP can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big issue is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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NEWS

New Lease on Life at Turner Farm

Officials hold leasing signing ceremony for resident curator at Turner Farmhouse.

BY ANDREA WORKER
THE CONNECTION

“They say that patience is a virtue. Well, I am surrounded by a lot of virtuous people today,” said Supervisor John Foust (D-Dranesville), addressing the crowd gathered to witness the lease-signing by county officials and their newest resident curator, Sarah Kirk. “They also say that good things come to those that wait. I say that this day was well worth waiting for.”

Thursday, Nov. 1, was the day that the farmhouse at Turner Park in Great Falls was officially signed over, first from the Fairfax County Park Authority (FCPA) to the Fairfax County Board of Supervisors, and then from the Board to Sarah Kirk and her family for an initial term of 20 years. And it was a long time coming.

The farmhouse was built in 1905 by the Turner family, who were also instrumental in the construction of the village’s Grange public assembly center in the 1920s. For generations, the Turners were involved members of the Great Falls community as they worked the land that was lauded as a “model for farmers” by an agricultural magazine in 1948.

But as times – and family needs – changed, the farmhouse at 10609 Georgetown Pike was eventu-

ally sold to the Park Authority, and “thanks are due to Kevin Fay [then an Authority official] who pushed for that purchase,” said Foust. So the historic Queen Anne-style house, the barn and other buildings on the property which sit on the 52-acre Turner Park with its equestrian facilities and the Turner Park Observatory, was passed into the Park Authority’s care.

From its purchase in 2010 to the lease signing in late 2018 - Supervisor Foust wasn’t kidding. That is a long wait. So, what happened in between?

As the Park Authority’s David Buchta and Stephanie Langton explain, the Authority has hundreds of parks and dozens of historic properties to account for and maintain. “As you can imagine, there just aren’t the resources to spare for them all.”

THE ANSWER to this dilemma may have taken a while to formulate and implement, but it’s potentially a “wonderful way to protect our history and make it accessible to all of our residents,” said Buchta, the manager of the Heritage Conservation Branch of the FCPA.

In 2011 the Virginia Legislature authorized the establishment of a resident curator program, which would allow the stakeholder jurisdiction to grant leases of historic properties to qualified and vetted

SEE TURNER FARM, PAGE 11




Supervisor John Foust (D-Dranesville) addresses the crowd assembled for the lease signing.

PHOTOS BY ANDREA WORKER/THE CONNECTION



Past and future meet at the Turner Farmhouse: From left — new leaseholder Sarah Kirk walks the house with Jo Turner, widow of Mark Turner, whose family built the house.



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News

The proud family watching the ceremony from the front row are Sarah's parents and husband Glen. Her son, Nicky Zoski, is in the back, far right.

PHOTOS BY ANDREA WORKER/
THE CONNECTION



Turner Farm

FROM PAGE 10

persons who would be responsible for their rehabilitation and be required to provide some degree of access to the public of the historic sites. With Foust as champion of the cause, the Fairfax County Board of Supervisors adopted the program in November of 2014, with the Park Authority in charge of its local development and implementation.

With lots of legalities and logistics to be worked through, it would be another three years before the program was up and running, but in 2017 the Board approved Steven McCullough as the county's first resident curator, giving him the lease to the Stempson House in Laurel Hill which started its existence as a home for a prison officer at the Lorton Reformatory, built by the prisoners.

With the first attempt so far a success, the FCPA was ready to get things rolling, and applications were taken for leaseholder at the Turner Farmhouse.

Speaking at the ceremony, Bill Canis, president of the Great Falls Citizens Association, said the organization was pleased that local resident Sarah Kirk was the chosen applicant.

"Sarah and her family are long time residents of Great Falls," he said, and have already demonstrated their commitment and concern for the community over the years." Canis also said that having Kirk as the new resident curator "puts a spotlight on public service" and continues the tradition of community involvement begun by the Turner family.

"We are also looking forward to the immediate impact that Sarah's residency will have on our community," Canis added. "For the first time in a long time, it will be lights on, grass cut and livestock once more at Turner farmhouse!"

Kirk, who owns a property nearby, will be bringing her livestock, along with numerous family pets, with her when the family makes the move.

"It's been 2 years in the process," said Kirk before the signing. "It's scary, but exciting. I can't wait to get started and to have you all see what we make of it."

One of the reasons behind Kirk's decision to apply for the lease was her desire to redevelop one of the property's building into a "bereavement retreat center for kids and families."

Kirk's own daughter died by suicide five years ago, and the family found comfort through bereavement support. They have



Signing a new lease on life for the Turner Farmhouse in Great Falls. Fairfax County Park Authority Executive Director Kirk Concannon, and new resident curator leaseholder Sarah Kirk.

since organized the Becky Love Foundation, named for Kirk's daughter, to bring that comfort and support to others.

With the Turner Farmhouse Foundation, the family will work to create Morning Star Retreat on the property for weekend gatherings, workshops, and "just be someplace where people can reflect and find healing in a peaceful place."

Successful applicants for FCPA leases must pass vigorous vetting, including proof that they can handle the significant financial demands of rehabilitating and maintaining a historic property. Any plans for the work must be approved by the FCPA and are also offered for review by local stakeholders, like the Great Falls Citizens Association.

THE COUNTY is responsible for handing the property over in a plumbing and electrical condition that meets the standard for a residential-use permit. Kirk and her foundation will have to shoulder the financial burden to do the same on the proposed retreat center, as well as cover the rehabilitation, the utility, tax and insurance costs for the house and property and any other improvements, including landscaping.

Even with no rent or mortgage to pay, that's a lot to come up with. Kirk acknowledges with gratitude the assistance of many who are donating time and other resources to the long-term project, including the folks at Foxcraft Design Group. "So many people helping, so many people to thank."

(There are more historic properties waiting for their chance at restoration. Search "Resident Curator Program" on the www.fairfaxcounty.gov website to learn more.)

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ENTERTAINMENT

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

FRIDAY-SATURDAY/NOV. 9-10

Ronnie and the Ronettes. At The Barns of Wolf Trap. Ronnie and the Ronettes are back on the road, marking the first appearances of the 'Ultimate Girl Group' since the 1970s. Fans can expect "Be My Baby," "Walking In The Rain," and "Baby I Love You." Visit www.wolftrap.org/tickets/calendar/performance/1819barns/1109show18.aspx. Also visit www.ronniespector.com/shows.

NOV. 10-DEC. 24

Santa HQ. Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. HGTV's Santa HQ is located in Fashion Court near Nordstrom on the Lower Level. Santa is all about the experience and this year Tysons Corner Center is again partnering with HGTV to present the incomparable, immersive "Santa HQ." Families are invited to explore the wonder of Santa in the digital age. Interactive technology transforms and customizes the experience. Guests can make reservations to spend less time in line. Shoppers are invited to bring an unwrapped toy and participate in the 'Help Through Holiday Giving' toy drive benefitting Second Story (formerly Alternative House). Visit www.santa-hq.com for more.

SUNDAY/NOV. 11

Traditional Celtic Music. 5 and 7 p.m. at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. The Old Brogue Irish Pub of Great Falls and Barnaby Productions, Inc. present Maggie Sansone, Sharon Knowles, Karen Ashbrook, Paul Oorts and Linda Rice-Johnston in concert. Tickets must be purchased in advance at oldbrogue.com - \$18 general admission/\$12 children. Visit oldbrogue.com or call 703-759-3309.

SUNDAY-WEDNESDAY/NOV. 11-28

Chanukah Bazaar. At Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. Ready, Set, Go to Chanukah Bazaar sponsored by Women of TRS. Choose from a large assortment of menorahs, Safed and beeswax candles, dreidels, books, crafts and toys, party goods and nut-free gelt. Hot items such as Chanukah socks and slippers plus fun children's menorahs have been restocked. Shop early - popular items go quickly. Proceeds from this event are donated to the Temple as well as Jewish and community charitable organizations. Dates and times: Sun., Nov 11, 18 and Dec. 2, 8:45 a.m.-2

p.m.; Tues., Nov 13, 20, 27, from 5:30 -7:30 p.m.; Wed., Nov. 14 and 28, from 4:15-6:30 p.m. Contact: treasures@templerodefshalom.org.

SUNDAY-SUNDAY/NOV. 11-DEC. 2

Holiday Gift Shopping. At Judy's Place, Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. Judy's Place, a Temple Rodef Shalom tradition for 20 years, provides a non-denominational and convenient shopping experience for children ages 2-13 that lets your child, with the help of volunteers, choose from among over 100 gift items ranging in price from \$1 to \$15 to surprise parents, siblings, grandparents and pets. Proceeds go to charities supported by The Women of Temple Rodef Shalom. Dates and times: Sun., Nov. 11, 8:30 a.m. to 2 p.m.; Tues., Nov. 13, 8:30 a.m. to 9:45 a.m. and 4:30 to 7 p.m.; Wed., Nov. 14, 12 to 2:30 p.m. and 4:30 to 6:30 p.m.; Sun., Nov. 18, 8:30 a.m. to 2 p.m.; and Sun., Dec. 2, 10 a.m. to 2 p.m. Contact Jackie Rockman at jackie.rockman@gmail.com.

TUESDAY/NOV. 13

Great Falls Historical Society Program. 7 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Speaker Elaine McRey presents "A Little History of Matildaville and the Patowmack Canal" and how to convert your old fashioned slides/tapes/photos at the library. Free and open to the public. Visit gfhls.org.

THURSDAY/NOV. 15

Tree Lighting. 6-8 p.m. Celebrate WASH-FM's Kick off to Christmas and the annual lighting of Tysons Corner Center's signature 51-foot Christmas Tree. The Tree Lighting Ceremony will be on the elevated outdoor Plaza and will be emceed by Lance Bass from *NSYNC. Check out www.tysonscornercenter.com/events for other festive events.

FRIDAY/NOV. 16

McLean Art Society Meeting. 10 a.m.-noon in rooms 1 and 2 at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Jackie Saunders, a local watercolor artist and teacher will demonstrate painting flowers at the monthly meeting of the McLean Art Society. Saunders has an M.F.A. from the University of Arkansas and belongs to the Virginia Watercolor Society and the Art League of Alexandria. Guests are welcome. Call 703-356-2998 for more.

SATURDAY/NOV. 17

Tea Tasting Seminar. 1-3 p.m. at

Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Pairing Premium Teas and Cheeses - Wine isn't the only beverage that complements cheese. Learn pairing techniques with Certified Tea Specialist Chef Laurie Bell. Tea and cheese infused treats and a take home tea sampler included. \$35. Use class activity code 266 407 0601 and visit www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664 to register.

"Hold On to Your Butts." 6 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Sixty-five million years ago, dinosaurs ruled the earth... Twenty years ago, a movie about dinosaurs came out that ruled the box office. Now, two actors and two Foley sound effects artists perform a live, "shot-for-shot" remake. Come at 2 p.m. for a Family Foley Workshop with the experts from Recent Cutbacks. Cost is \$19/\$14 MCC tax district residents. Visit www.aldentheatre.org.

"Jehovah's Jammmin Jazzers." 7:30 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Concert featuring a Reunion of Army Band Veterans; meet and greet reception with refreshments to follow. Tickets: \$40/advance purchase only; \$45 at the door. Visit www.greatfallsumc.org.

SUNDAY/NOV. 18

An Afternoon of Opera and Song. 4 p.m. at Saint Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Frank Conlon, Amadeus pianist-in-residence, serves as the host for this wide-ranging afternoon of music for the solo voice. Tickets are \$40 and may be purchased at the door or online at www.amadeusconcerts.com. Students 17 and under and active military are admitted free of charge. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 and a reception will follow the concert.

THURSDAY/NOV. 22

Community Thanksgiving Dinner. Noon-2 p.m. at The Lewinsville Retirement Residence, 1515 Great Falls St., McLean. Community Thanksgiving Dinner hosted by Lewinsville Presbyterian Church. New and old friends are invited to the table. Young adults, including college and graduate students, singles, families, children and our elderly who are far from home or without family are welcome, whether or not they are members of the church. Free (donations welcomed). RSVP to attend and/or volunteer/donate at www.lewinsville.org/event-items/thanksgiving. Call 703-356-7200 or visit lewinsville.org.

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-Werner Heisenberg

Obituary

Mrs. Beverly Walker Luce peacefully left this earth from her home on Dataw Island, SC on October 24, 2018. Beverly was born on August 6, 1951 in Norwich, CT to Anthony and Nora Walker. After graduating as a Registered Nurse from Mohegan Community College, Beverly worked as an RN at Norwich Hospital and later worked in the open-heart surgery unit at the Fairfax Hospital in Virginia. Beverly and Jim Luce began their married life in Norwich, Ct on August 27, 1977. Together they lived in Great Falls for more than 25 years before retiring to Dataw Island, SC in 2013. Over 41 years, the couple welcomed 3 children into their home and Beverly set about teaching them how to do their best, enjoy life and show respect but always express love to those who matter most. Her children remember her as ... " a great example on how to manage a home and build a family. She was caring when we needed comfort but strict and disciplined when we strayed from the appropriate path. The love and affection she showed for us will be passed on to the next Luce generation."

Beverly was a dedicated nurse/care giver. She established and operated Great Falls based Anova Senior Kare to help seniors receive services needed so they could stay at home as they aged.

In lieu of flowers, please send donations to CurePSP at 1206 York Road, Suite L-4 Lutherville, MD 21093 (www.psp.org). Condolences can be sent to Jim Luce, 1218 Big Dataw Point Drive, St Helena Island, SC 29920 (or jameswluce@gmail.com or 410-200-6613).

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NEWS

Begoña Morton Exhibits at Katie's Coffee

At Katie's Coffee in Great Falls during November, Begoña Morton's art exhibit "MODERN Meets Classic" will feature eight classic oil paintings on linen panel and one MODERN Series oil and acrylic on canvas. Bridging the past with contemporary style, Morton's new MODERN Series integrates her signature classic oil paintings with semi-abstract acrylic silhouettes, muted colors and beautiful drawings, lending the canvases a compelling texture, balance and structure to create an entirely new genre of painting.

These works, inspired by the Spanish Masters Picasso, Sorolla and Velazquez, transition centuries of art history.

The pieces are sophisticated yet understated, classic but modern,



Begoña Morton's art is on exhibit during the entire month of November.

capturing the eye of art collectors and casual viewers alike. For more information you may contact

Morton at info@begonamorton.com or visit her website at begonamorton.com.

Riverbend Park Needs Our Support

To the Editor:

I am writing to support the filling of the position of Senior Interpreter at Riverbend Park. This position is currently unstaffed, and it has come to my attention that there are no definite plans as of yet to staff this position.

The Senior Interpreter is responsible for planning and programming for summer camps, school field trips, and Scouting programs.

I write as a mother, an educator, and as a Scout mom. My children, and many others in Fairfax County, have all benefited from the valuable programs at Riverbend Park. It's essential that this position remain staffed by a full time employee who understands the resources of

Riverbend Park and the needs of our community and county. My children attended numerous camps at Riverbend for many years.

Primitive Teachings and Fishing camps were essential to their upbringing. Additionally, my children volunteered at the park, caring for the park animals under Rita Peralta's tutelage. My son had at least five fishing birthday parties there, which were staffed by employees of Riverbend. This investment in their early environmental education has paid off, as I now have two teenagers deeply committed to the environment of the world and the future of Riverbend Park. The Senior Interpreter is essential in planning and programming for the summer camps and programs.

Riverbend Park is known among Fairfax County teachers as the gold standard for field trips. I am in my 27th year as an educator in FCPS,



PHOTO CONTRIBUTED

Riverbend Park has provided numerous and exceptional programs for scouts to earn merit badges and take part in Scouting experiences at the park.

and my colleagues always return from field trips at Riverbend with glowing reviews. They all return with descriptions of the value of the programs and the staff who lead them. The Senior Interpreter is essential in understanding the FCPS curriculum and gearing visits towards our studies. A seasonal employee (headquarters' answer to not staffing this position) will have no knowledge of our curriculum and will not have experience of previous visits in order to grow the experiences.

The Riverbend Scouting program is unparalleled and essential to Scouts in the Great Falls community and to our entire county. My son is a member of Great Falls Scout Troop 673, and my daughter is a member of Great Falls Girl Scout Troop 2784. Riverbend has provided numerous and exceptional programs for these scouts to earn merit badges and take part in Scouting experiences at the park.

Additionally, many of the Boy

Scouts in Great Falls Troop 673 have completed their Eagle projects at the park. My son did his at Riverbend, as he was so devoted to this dear park. Will our Scouts be as invested in this park if the programs that support them are eliminated due to a lack of staffing? I think not. We need the position of Senior Interpreter to be fully staffed in order to maintain these valuable Scouting programs at Riverbend Park. Finally, Riverbend Park has more Native American historical significance than any other park in the D.C. area. The Senior Interpreter plays a valuable part in the planning of the annual Riverbend Indian Festival.

The community and world need children educated in preservation and protection of our natural world, and Riverbend has successfully been doing this through the programs and hard work of the Senior Interpreter. Please do us a service and fully staff this position.

Karen Hershey
Great Falls

BULLETIN

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

HOLIDAY DONATIONS

Food Drive. Through Nov. 9. Drop-off canned goods at Sheehy INFINITI of Tysons, 8527 Leesburg Pike, Vienna. Sheehy Auto Stores will collect canned goods and non-perishable food as part of the company's annual Fall Harvest Food Drive to benefit food banks serving each community. Benefiting food banks include the Oxon Hill Food Pantry, ECHO, Manna Food Center, Central Virginia Food Bank, Ashland Christian Emergency Services (ACES), Fauquier Food Bank, House of Mercy, Emmaus Center, Samaritan Project, The Light House, Western Fairfax Christian Ministries, Perry Hall United Methodist Church, SERVE, Fredericksburg Regional Food Bank and Food for Others.

Scouting for Food. Starting Nov. 3, Scouts will post reminder flyers to homes throughout area, then return to collect non-perishable food items that will nourish the area's hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock their shelves for the upcoming holiday months, when food demands are the greatest. Items in highest demand include: canned protein (tuna, salmon, chicken, peanut butter); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals, oatmeal); canned vegetables; canned fruits; condiments; and hygiene products (diapers, toilet paper, tissues, soap, toothpaste). Visit www.ncacbsa.org for more.

Food Collection. Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations. PenFed, NBC4, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit visit.PenFed.org. PenFed branch locations collecting donation items include:

- ❖ Fort Myer – 2nd St. & McNair, Building 450, Fort Myer
 - ❖ Kingstowne – 5775 Barclay Drive, Alexandria
 - ❖ Pentagon City – 701 S. 12th St., Arlington
 - ❖ Fort Belvoir – 9651 Gunston Road, Bldg 1152, Fort Belvoir
 - ❖ National Geospatial-Intelligence Agency – 7500 Geoint Drive, Springfield
 - ❖ Tysons Corner – 7940 Jones Branch Dr., McLean
- Food for Fines.** Through Nov. 30. Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron's overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

WEDNESDAY/NOV. 7

Tree Talk in Tree Town. 7 p.m. at Town Hall, 127 Center Street S., Vienna. Trees provide cover, shade, protection, property value, habitat, and a feast for all of the senses. Learn just how "tree-mendous" trees are at the Hunter Mill District Tree Forum. This joint program with the Town of Vienna, Fairfax County agencies, and Reston Association is free and open to the public. Contact the Hunter Mill District Office, 703-478-0283 or huntermill@fairfaxcounty.gov or visit fairfaxcounty.gov/huntermill.

FRIDAY/NOV. 9

Collaborative IEP Meetings: Parents as Partners. 10 a.m.-noon. At Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Parents are essential partners in the Individual Education Plan (IEP) process. Join us for this important workshop for parents of children receiving special education services. Participants will explore the IEP process and its components, your role in the IEP meeting, responsibilities of the IEP team members, and planning for your child's IEP meeting. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

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Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccupping, coughing, "expectorating," wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me then when I'm listening to what I'm hearing.

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

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