



From left are veterinarians Melissa Gosline and Lauren Ranivand in the cat exam room at newly opened Fairfax Veterinary Hospital.

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ENTERTAINMENT

'Nostalgic Nights' at Mason Stage

Fairfax Symphony Orchestra concert with classical guitarist Berta Rojas.

BY DAVID SIEGEL
THE CONNECTION

Join the Fairfax Symphony Orchestra (FSO) for a special evening titled "Nostalgic Nights" with special guest Berta Rojas, one of today's foremost classical guitarists. "This program has a little bit of everything in terms of musical styles and expression (not to mention nationalities)," said Christopher Zimmerman, FSO Conductor and Music Director.

Audiences can expect "beautiful, varied music in a more intimate setting, and a marvelous, appealing soloist on an instrument not usually associated with a symphony orchestra," added Zimmerman. That instrument is the acoustic guitar played by Berta Rojas.

Rojas will be performing Joaquin Rodrigo's popular masterpiece "Concierto de Aranjuez." It was written for acoustic guitar and orchestra by Rodrigo who has been blind for many years.

"Diversity and connection!" is the way Zimmerman described the concert. It has "lots of completely different European



Berta Rojas, special guest guitarist with Fairfax Symphony Orchestra in "Nostalgic Nights" concert at the Harris Theatre, George Mason University.

styles, yet a thread." Beyond Rodrigo's "Concierto de Aranjuez," the concert includes Mozart's "Symphony No. 35" (Haffner), Ravel's "Pavane for a Dead Princess," Honegger's "Summer Pastoral," and "Symphony No. 1" (Classical) by Prokofiev.

The varied musical selections of the FSO concert will explore diverse temperaments

from the dreamy to the intense.

There is "the emotional topic that inspired the searing tune in the central movement of Rodrigo's Guitar concerto, which was written on the death of his own young daughter," noted Zimmerman.

The Mozart selection "is a classical gem like so many of his works and the Prokofiev

Where and When

Fairfax Symphony Orchestra presents "Nostalgic Nights" with special guest Berta Rojas at Harris Theatre, George Mason University (Fairfax Campus), 4475 Aquia Creek Ln, Fairfax. Concert on Sat, Nov. 16 at 8 p.m. Tickets: \$30, \$45, and \$55. Student tickets \$15. For more information and to purchase tickets visit www.FairfaxSymphony.org or call 703-993-2787. Note: Hear the stories behind the music with music director Christopher Zimmerman and special guests before the concert at 7 p.m. The Harris Theatre is a short walk away from the Center for the Arts Concert Hall.

symphony was inspired by, and at times deliberately parodies, his music. Hence its name: "Classical Symphony," added Zimmerman. The works by Honegger and Ravel "are short pieces, conjuring mood and atmosphere."

Guitarist Rojas (from Paraguay) has been nominated three times for a Latin GRAMMY. She has been named a Fellow of the Americas by The Kennedy Center for her artistic excellence.

"Music is nothing if not the bridge that brings people together and opens a path to honest communication between them," said Rojas. "Playing the guitar, for me, is a way of communication."

"There is always a message to take to the stage, to bring forward to others, regardless of what it is each of us has chosen to be and do in this world," added Rojas.

This FSO concert will be performed at the Harris Theatre, George Mason University. "The Harris Theatre is a good venue for a more intimate program and particularly for the guitar as a solo instrument," noted Zimmerman.

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NEWS

Republican Requiem

BY MICHAEL POPE
THE CONNECTION

It wasn't all that long ago that Northern Virginia had its own breed of Republicanism. People like U.S. Rep. Tom Davis (R-11), U.S. Sen. John Warner and Del. Dave Albo (R-42). Now, after a series of stunning defeats since the election of Donald Trump to the White House, Northern Virginia Republicans are a dying breed, with moderates bowing out or being voted out.

"Donald Trump is the gift that keeps on giving," said Del. Mark Keam (D-35) during a raucous victory rally in Richmond. "Virginians want Democrats to be in charge, and Donald Trump was the factor that led us to where we are."

Two years ago, Democrats picked up 15 seats in the House of Delegates and unseated longtime incumbents like Jim LeMunyon (R-67). Last year, Democrats took control of the U.S. House of Representatives and voted out U.S. Rep. Barbara Comstock (R-10). This week, Democrats flipped two seats in the state Senate and six seats in the House of Delegates, including Democratic challenger Dan Helmer unseating longtime incumbent Del. Tim Hugo (R-40).

"Dan Helmer won because voters in Fairfax and Prince William want a representative that doesn't stand in the way of progress," said Jessica Post, president of the Democratic Legislative Campaign Committee. "With his long record of standing up for his community, not his party, Dan will make an excellent delegate and will work to keep Virginia moving forward."

After the defeat of Hugo, who served as chairman of the House Republican Caucus, the Fairfax County delegation in the General Assembly will have zero Republicans. Voters in Fairfax also rejected Republican-backed candidates for the School Board.

Alexandria and Arlington haven't had any elected Republicans for years. The last foothold the GOP has in Northern Virginia is the Springfield District, where longtime incumbent Republican Supervisor Pat Herryty was able to eke out a narrow victory against Democratic challenger Linda Sperling.

"We have a clear message that the residents of the Springfield District want someone who shares their common sense conservative values to have a seat at the table," said Herryty. "The Springfield District wants Fairfax County to be a place where everyone can become successful."

DEMOCRATS HAVEN'T controlled the House of Delegates since the late 1990s, a time when Republicans have been able to use their majority to push back efforts on gun control, the minimum wage and the Equal Rights Amendment. Now voters have expelled Republicans from power in a high-turnout election with almost 40 percent of registered voters showing up to cast a ballot compared to 29 percent in 2015. House Democratic Leader Eileen Filler-Corn says that's a mandate for change.

"Without a doubt, the House candidates have offered Virginia a progressive and inclusive future," said House Democratic Leader Eileen Filler-Corn, who is a leading candidate to be the next speaker. "And guess what? You, the voters, said yes."

At the top of that agenda is what Demo-

Democrats take General Assembly, sweep Fairfax School Board; Republican Herryty holds on in Springfield district.



PHOTO BY MICHAEL POPE

Republicans haven't won a statewide victory since 2009, and now that Democrats have seized control of the House of Delegates and state Senate, Gov. Ralph Northam declared Virginia "officially blue" at a raucous victory party in Rich

"It's guns. It's the years of trying to make it harder to vote. It's restrictions on women's health care and their privacy."

— Del. Charniele Herring (D-46) on why Republicans lost control of the General Assembly

crats call common-sense gun control. When asked which issues motivated voters this year, Democrats almost universally cited the lack of reaction to mass shootings across

Virginia and the country. Democrats are poised to institute universal background checks, ban assault-style weapons and give judges authority to confiscate weapons from people who raise red flags.

"Tomorrow the work begins, and the people want to see results," said Democratic Senate Leader Dick Saslaw, who is expected to lead the caucus next year. "They want to see gun violence curtailed, and Everytown for Gun Safety and Moms Demand Action, you're going to get action."

ONE OF THE REASONS why Northern Virginia no longer has its own brand of Republicanism is its changing demographics. Over the last decade, the region has become more urban and more diverse. That's led to a changing sense of what its voters want from elected officials in the General Assembly, and Democrats say that's why Republicans have been expelled from power.

"When you get out of touch with constituents, that's what happens," said Del. Charniele Herring (D-46), who serves as chairwoman of the House Democratic Caucus. "It's guns. It's the years of trying to make it harder to vote. It's restrictions on women's health care and their privacy."

Democrats may have seized power, but that doesn't mean the fighting is over yet. They'll still have to vote on who leads the party when they gavel into session this year, and that could mean a fight to become Speaker of the House when Democrats take control for the first time in 20 years. Filler-Corn might be the obvious choice, but she already has opposing from Del. Lashrecse Aird (D-63).

Election Results, Tuesday, Nov. 5, 2019

Unofficial election results Tuesday, Nov. 5, 2019

For more results see
www.elections.virginia.gov/2019-election-results/

The Virginia House of Delegates and Senate both will be controlled by Democrats. In the Senate, Virginia voters elected 21 Democrats and 18 Republicans with one seat still undecided. In the House, 55 Democrats and 45 Republicans. Both House and Senate were controlled by Republicans before with slim margins.

SCHOOL BOND BALLOT QUESTION

This is the text of the public school bond question:
Shall Fairfax County, Virginia, contract a debt, borrow money, and issue capital improvement bonds in the maximum aggregate principal amount of \$360,000,000 for the purposes of providing funds, in addition to funds from school bonds previously authorized, to finance, including reimbursement to the County for

temporary financing for, the costs of school improvements, including acquiring, building, expanding and renovating properties, including new sites, new buildings or additions, renovations and improvements to existing buildings, and furnishing and equipment, for the Fairfax County public school system?
YES 204,200 77.38%
NO 59,702 22.62%

CANDIDATES, FAIRFAX COUNTY Chairman, Board of Supervisors

Jeffrey C. McKay (D) **175,028 65.99%**
Joseph F. Galdo (R) 89,315 33.68%

Commonwealth's Attorney
Steve T. Descano (D) **166,103 60.86%**
Jonathan L. Fahey (I) 106,016 38.84%

Sheriff
Stacey Ann Kincaid (D) **201,112 78.07%**
Christopher F. De Carlo (I) 53,458 20.75%

Board of Supervisors, District Representatives

Braddock District
James R. Walkinshaw (D) 18,437 59.63%
S. Jason Remer (R) 10,543 34.10%
Carey Chet Campbell (I) 1,847 5.97%

Dranesville District
John W. Foust (D) incumbent 20,437 64.36%
Ed. R. Martin (R) 11,227 35.36%

Hunter Mill District
Walter L. Acorn (D) unopposed 27,326 94.46%

Lee District
Rodney L. Lusk (D) unopposed 20,993 95.58%

Mason District
Penelope A. "Penny" Gross (D) incumbent 15,007 63.65%
Gary N. Aiken (R) 8,468 35.92%

Mount Vernon District
Daniel G. "Dan" Storck (D) incumbent, unopposed 23,505 94.27%

Providence District
Dalia A. Palchik (D) 18,885 69.34%
Eric Anthony Jones (R) 8,184 30.05%

Springfield District
Patrick S. "Pat" Herryty (R) incumbent 18,360 50.72%
Linda D. Sperling (D) 17,765 49.07%

Sully District
Kathy L. Smith (D) incumbent 20,280 62.70%
Srilekha R. Palle (R) 11,979 37.04%

SCHOOL BOARD
School Board At-Large (vote for three)
Karen A. Keys-Gamarra, incumbent (endorsed by Democrats) 160,138 21.99%
Abrar E. Omeish (endorsed by Democrats) 145,143 19.93%
Rachna Sizemore Heizer (endorsed by Democrats) 139,278 19.12%
Cheryl A. Buford (endorsed by Republicans) 101,831 13.98%
Priscilla M. DeStefano (endorsed by Republicans) 100,166 13.75%
Vinson Palathingal (endorsed by Republicans) 79,579 10.93%

Braddock District, School Board

Megan O. McLaughlin, incumbent (endorsed by Democrats) 20,775 67.40%
Zia Tompkins (endorsed by Republicans) 9,938 32.24%

Dranesville District, School Board

Elaine V. Tholen (endorsed by Democrats) 17,988 57.50%
Anastasia S. Karloutsos (endorsed by Republicans) 11,523 36.84%
Ardavan Mobasher 1,715 5.48%

Hunter Mill District, School Board

Melanie K. Meren (endorsed by Democrats) 22,893 69.25%
Laura Ramirez Drain (endorsed by Republicans) 10,054 30.41%

SEE ELECTION, PAGE 9



PHOTOS BY BONNIE HOBBS/THE CONNECTION

Fairfax Mayor David Meyer (gray suit) cuts the ribbon during Fairfax Veterinary Hospital's grand opening.

Calm, Stress-Free Care for Animals

Fairfax Veterinary Hospital is welcomed to the City.

BY BONNIE HOBBS
THE CONNECTION

Taking a pet to the veterinarian can be stressful for both pets and their owners – but not at Fairfax Veterinary Hospital. That's because the Fear Free Certified staff and facility are dedicated to providing an anxiety-free experience for pets and humans alike.

The hospital's motto is "Where love meets health," and it recently opened for business at 10396 Willard Way in Fairfax City's Courthouse Shopping Center. Hours are Monday-Friday, 8:30 a.m.-6 p.m., and select Saturdays, 9 a.m.-1 p.m. Phone 703-591-0222 or go to Animals@fairfaxveterinary.com.

Veterinarians Lauren Ranivand and Melissa Gosline pride themselves on integrating "the best therapies from both western and alternative medicine to provide high-quality care with compassion." And their hospital is also officially recognized as a "Cat Friendly Practice."

SERVICES PROVIDED include: Wellness, sick-pet and orthopedic exams; immunizations; radiology; ultrasonography; surgery; dentistry; geriatric care; pain management; allergy consultation and treatment; in-house pharmacy and laboratory testing; parasite control; and dog training. In addition, it offers integrative medicine, including alternative therapies such as therapeutic laser, acupuncture and massage. "We chose Fairfax City for our location because there was a need," explained Ranivand. "We see a lot of pets here."

And, added Gosline, "There's not a lot of veterinarians here – especially those who do integrative medicine and minimize stress and fear."

The facility has seven other staff members, besides Ranivand and Gosline. It opened in August and held a ribbon-cutting this fall. During the short ceremony, the two doctors thanked the City, their parents, friends, family members and loyal clients for making it all possible and then gave tours of the building.

"The rooms have calming colors, gentle lighting, nonslip floors, toys and treats," said Gosline. "In our holistic room, we do acupuncture and massage, as well as laser to decrease pain and inflammation to help pets as they get older."

Cats and dogs have separate exam rooms, plus separate wards, if an animal needs to stay for awhile



From left are Drs. Melissa Gosline and Lauren Ranivand with stuffed animals playing the roles of "nurse" and "patient" in the surgical area.

during the day. (There's no overnight boarding). "We play soft, classical music to calm them," said Ranivand. "And we also put bandanas sprayed with calming pheromones on the dogs."

She said they try to provide the animals with all the comforts of home. "For dogs, even having a water bowl in the room with them is amazing," she said. "And for cats, there's a litter box. It's something familiar to them and is helpful if they arrive with a full bladder."

Besides that, said Gosline, "We plan extra time in the appointments so the animals can walk around and get acclimated." That way, she said, they'll feel more relaxed and at ease.

Both she and Ranivand became doctors of veterinary medicine at Virginia Tech, but this is the first time they've worked together. "We're so excited to be here," said Gosline. "It's a dream come true to be doing what we love."

"And we love our team," added Ranivand. "We're thankful to have this opportunity."

SEVERAL MEMBERS of Fairfax City's government and staff attended the ribbon-cutting, including Mayor David Meyer, who said the City is "thrilled" to have Drs. Ranivand and Gosline here.

"It's very affirming to have two local women who studied the hard sciences bring their professional skills to a new business in our downtown," he said. "Fairfax Veterinary Hospital is using progressive techniques in their care of animals, and I am confident that their novel and compassionate approach will be very-well received by their clientele."



Sabrina and Ruby Shabman, 4, dressed as a ladybug, from Fairfax.



PHOTOS BY DENISE LEW/THE CONNECTION

Lucas Couto, 3, as Dory the fish, from Fairfax.

Area Children Go Trick-or-Treating Around Fairfax

The Mosaic District hosted its annual "Bootique Trick-or-Treating Spooktacular" event on Wed., Oct. 30 in celebration of Halloween.

Hundreds of whimsically costumed children walked store to store to fill up on sweets and

treats. The film "Monsters, Inc." played on the "screen on the green" to top off the fun-filled evening. Other venues such as Fair Oaks Mall, Tysons Corner Mall and indoor play spaces also hosted trick-or-treating events, giving shelter from the rainy weather.



Grace Dingell, 1, from Fairfax.



The Kersey family: Shawn and Inga with Holly, 4, and Craig, 10.



Creatively costumed children line up for treats at a store in the Mosaic District.



The local Moms Demand Action group at the victory celebration.

Smiles All Around at Democrat Victory Party in Fairfax

Gun violence prevention topped the action list for many.

By Mike Salmon
The Connection

Pizza and smiles dominated the Fairfax Elks Lodge on election night, as area Democrats won big in Fairfax, with the Fairfax County Board of Supervisors shifting further into blue.

Jeff McKay won the Chairman race, getting 67 percent of the votes, while Supervisor Pat Herrity (R-Springfield) hung on to keep his seat in the Springfield District. Rodney Lusk will take over as Lee District Supervisor, while Supervisor Dan Storck (D-Mount Vernon) was uncontested in Mount Vernon.

The results were slow coming in at the party in the Elks Lodge main hall, but as they came in, the applause grew for each office. U.S. Rep. Gerry Connolly (D-11) and Del. Vivian Watts (D-39) greeted the packed room.

SEE DEMS, PAGE 7



Supervisor Jeff McKay's parents Roberta and Jack.

PHOTOS BY MIKE SALMON/THE CONNECTION



U.S. Rep. Gerry Connolly

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Race Still Matters: An Apology and Notice

I am ashamed to admit that I was one of those race vs. class people. Perhaps this worldview was seeded by a junior paper at Princeton focused on public perceptions of Affirmative Action which became a chapter in *Race vs. Class: The New Affirmative Action Debate* (1996, University Press of America). Perhaps it was nurtured as I traveled the well-trod post-graduate path to a top management consulting firm where I made more in my first job out of college than either of my parents; seeming to confirm the dominant theory that socioeconomic mobility through educational pathways was working, even for me, an African-American first-generation college graduate. And perhaps it was cemented as I came of age in a time when, even on the left, a race-neutral social justice world view was more socially acceptable and therefore, less threatening, to my white colleagues, neighbors, and acquaintances.

Either way, I quickly began ascribing to the notion that socioeconomic mobility through improved educational opportunities could change the life trajectories of many economically vulnerable populations, including those who were racially marginalized. While tragic and all-too frequent national events provided sobering counterbalances to my wholehearted

embrace of socioeconomic mobility as a tool for racial equality, everything else in my life was pushing me to a race-neutral world view on which I doubled-down.

However, this race-neutral worldview is a lie. The fact is that as an African-American Ivy League-educated woman in the 97th income percentile with the privilege of living in one of the wealthiest neighborhoods in the suburbs of Northern Virginia and sending my children to the best public schools money can buy:

Persistent gender and race pay gaps mean I am undercompensated as compared to both white men and white women. (#EqualityCan'tWait)

I am still three times more likely to die in childbirth as a white woman, even after controlling for education and income. (#SerenaWilliams)

My beautiful elementary-aged brown boys are more likely to be mistaken for criminals holding real guns during an epic neighborhood nerf battle than their white age mates. (#TamirRice 5th Anniversary)

My strong, independent 4th grade brown girl is more likely to be adultified by society and disproportionately disciplined or even criminalized in school. (#Girlhood Interrupted)

In my idyllic Great Falls neighborhood, if one of our wonderful neighbors calls the police to

conduct a welfare check on us because the front door is open or something else is askew, any member of my family might pay the ultimate price. (#AtatianaJefferson)

And even though our first gift to our children was strong, distinguished (and not coincidentally) race-neutral names to limit the impact of explicit and implicit bias in their life aspirations, IF my boys make it to adulthood, they will have a 50-50 chance of falling from the top income quintile to the bottom income quintile, compared with white kids who grow up wealthy and are five times more likely to stay wealthy than to become poor. (#OpportunityInsights)

All of these experiences rest upon my race, and not my socioeconomic status. In 2019, in America, no factor, not my Ivy League education, advanced degree, career as a foundation executive, or 401k balance can mitigate the burden of living black in a society built for white people.

The fact is: Race STILL Matters.

So, consider this both an apology for ever discounting the role of race in the social justice fight and official notice that I will no longer stand by and watch others discount race either.

RICSHAWN ADKINS ROANE
GREAT FALLS

A Retrospective on this Election Cycle

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

The outcomes of the election on Nov. 5 are not known as I write this column. (The Reston Connection will go to press before the polls close.) I will no doubt have much to say about the results in future writings as this election is going to be pivotal for the Commonwealth's history regardless of who turns out to be the winners. What I was able to observe in the weeks and days leading up to election day was the highest level of people willing to help throughout the state in knocking on doors, making phone calls, writing postcards, and otherwise willing to chip in for their favorite candidates. If the level of activity leading up to election day is any indication, the turnout of voters should have been record breaking. "When we vote, we win" became the mantra of campaigns hoping to hold onto power or to transfer it to a more progressive legislature. As I traveled around the state, I became aware that while I had focused on state legislative contests there were many local elections that were critical to the future of local boards of supervisors and school boards.

What is known before the first vote was cast is that these elections were the most expensive ever seen in off-year elections in Virginia. When the total expenses of both candidates in many legislative elections are added together,



COMMENTARY

it will not be unusual that the total exceeds a million dollars. For some highly contentious races the totals exceed three million dollars. I have never seen the generosity of individuals to contribute to elections in other parts of the state as great as it was this year. There is a growing recognition that while

it is important who your elected official is, there is an equal importance to who holds the majority in the legislative body. You not only work to get your representatives elected, you also need to help the campaigns of those with whom he or she will have to work. Political contributions from out-of-state individuals and organizations poured into the state in record amounts.

Also interesting in this election cycle is the amazing transformation that occurred in some incumbent legislators. It took Virginia more than four years to approve Medicaid expansion in the state. Yet, if you listened to television commercials downstate you would not be able to find anyone who opposed the expansion. To the contrary, there were claims on the part of some incumbents who had voted against the expansion who in the campaign claimed credit for passing it. It is amazing what a refreshment with voters can do to some legislators' point of view and memories.

To analyze state and local election returns I

recommend that you go to the website of the State Board of Elections at www.elections.virginia.gov/resultsreports to see actual voting results. For more information on who the candidates were and how much they spent I suggest a visit to the Virginia Public Access Project, www.vpap.org/elections. In future columns I will provide my take on what the election results mean for the future of the Commonwealth.

A special shout out of recognition and thank you goes to all who worked so hard this election cycle. You are what makes the system work. Thank you!

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 length, civility, libel, grammar, good taste and factual errors. Send to:

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By email:
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Delegate Vivian Watts talks to a constituent.

Dems Celebrate in Fairfax

FROM PAGE 5

Roberta and Jack McKay, Jeff's parents, were glad they could finally vote for him as he ran for Chairman, an at large office, since they live in Mount Vernon and couldn't vote for him as Lee District supervisor. They've seen his interest in politics grow since Jeff was in high school, and were glad to spend time with their grandchildren while Jeff shook hands at the polls.

"Somehow he knows a lot of stuff," said Jack McKay. Everyone in the family had a Jeff McKay for Chairman tee shirt on.

A sea of red tee shirts identified the local "Moms Demand Action" group. The action they refer to is preventing gun violence. They were focused on the Dan Helmer-Tim Hugo race.

"We're the boots on the ground," said Heather Foglio, a Fairfax resident that supported Helmer. "[Hugo] voted against every gun safety bill," she said. Helmer won with 54 percent of the vote. Hugo was the last Republican representing Fairfax County in the General Assembly.

Jordana Schmier spent the last few weeks knocking on doors with her sons Avery, 12, and Jeremy, 9, and brought the boys to the victory party to let them experience the



Local democrats were everywhere.

other side of campaigning. "It's an opportunity for them to see how many care about what we did, knocking on doors," she said.

Avery Kane hopes, "it means that there are no shooters in the schools," he said.

Delegate Kathy Tran (D-42) was there with her children too, and came right from the polls in her district where there was a big turnout. Tran said top issues for her constituents included healthcare, guns and women's rights. "I think we've done everything we can do," she said early in the evening, and that turned out to be right on target. Tran won her seat by 57 percent.

WEEK IN FAIRFAX

Veterans Day Ceremony on Monday

American Legion Post 177 and VFW Post 8469 will hold a Veterans Day ceremony, Monday, Nov. 11, at 10:30 a.m. It'll be outside Fairfax City Hall at 10455 Armstrong St. in Fairfax.

FedWriters Receives Grant from City

Fairfax City business FedWriters is the recipient of a \$15,000 City Connected Grant. And on Wednesday, Nov. 13 at 6 p.m., the City will celebrate this company's graduation from the EDA/MEC Business Incubator Program. At the same time, the business will hold a ribbon-cutting for its new headquarters in the heart of Old Town Fairfax at 3975 University Drive, No. 440.

The grant's goal is to promote economic growth in Fairfax and encourage businesses graduating from the MEC incubator program to relocate into the City. The business-incubator program is a partnership between the EDA and GMU.

FedWriters is a professional writing, communication and analysis company founded in 2010 by Mitchell Cho. Since then, it's grown to more than 65 employees and was recently ranked No. 146 on the Inc500 list of the fastest-growing companies in America.

"The MEC has been an invaluable resource for helping grow FedWriters," said Cho. "The support staff is incredible, the building amenities are top notch and the real office location gives startups credibility."

— BONNIE HOBBS



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WELLBEING

Diffusing Holiday Drama

Sanity-saving strategies to get us through the not-so-silent holiday nights.

BY MARILYN CAMPBELL
THE CONNECTION

Later this month, Thanksgiving will usher in the holiday season, family gatherings and expectations of celebrations that are reminiscent of Currier and Ives-type scenes. For those who deal with difficult family members be they cousins, siblings, in-laws or outlaws, the most wonderful time of year can be met with dread. Having a few sanity-saving strategies can help get us through the not-so-silent holiday nights.

"Often, those closest to us can unfortunately spark the most amount of stress" said Nathan Leslie, Professor of Creative Writing at Northern Virginia Community College and author of the book "Hurry Up and Relax."

Focusing on one's own behaviors and responses rather than those we find difficult can offer a sense of empowerment "That's because in the end you cannot control how anyone else acts during this time, or ever," said Lorente. "The only thing that you really can control is how you react and respond to different people and situations. Being aware of your behavior and changing your mindset might be the best — and only way to survive the holiday drama this season."

Whether it's a feeling of obligation or hope for holiday cheer, before you head over the river and through the woods, know the reason for your trip. "First know why you are choosing to be around family members who might be difficult," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "This helps you to take ownership and control of the situation. I think that a lot of the negative feelings stem from feeling out of control, obligated, and frustrated."

Setting boundaries and having an exit strategy can be sanity-saving. "[For example,] 'when we start talking about topics such as my parenting style, or my politics, or my hair, I will leave the room,'" said Lorente. "Not with anger but with a sense that I am control of me not of my family member."

A family ally can offer support or an exit strategy if family gatherings turn sour. "You can even develop a code word or phrase you can say to prompt your ally to intervene, politely interrupt, or help you get out of the situation promptly," said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College. "A family ally is also a good person to have for support."

For those who know that difficult family situations are unavoidable, set time limits. "Plan ahead to organize your time spent in this situation, and avoid staying at family members' homes if your relationship is challenging," said Bagshaw. "Also, structure your time, make sure there's not a lot of downtime that can lead to awkward conversations."

Choosing to give attention to the positive aspects of one's familial relationships can help diffuse tension, suggests Lorente. "Focus on gratitude, fun, and the good things that this time may bring," she said. "You and your Mom may not agree on certain adult issues but look at what a great grandmother she is to your children."



COURTESY OF NATHAN LESLIE

Nathan Leslie, author of the book, "Hurry Up and Relax," says journaling can help relieve stress during the holidays.

"First know why you are choosing to be around family members who might be difficult. This helps you to take ownership and control of the situation."

— Carolyn Lorente, Ph.D Northern Virginia Community College

Putting pen to paper can help relieve stress. "Journaling is an excellent way to relieve stress and make sense out of chaos," said Leslie. "Writing...can be useful in giving mental order to the disorientation that the holidays might bring."

Visualize family events going well. Positive thoughts lead to positive feelings, advises Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason

University. "Be curious instead of critical," he said. "Wonder how others are thinking and feeling, and why," said Short. "Give others the benefit of the doubt."

"Wait before speaking if you have negative thoughts," continued Short. "Take a deep breath, visualize a favorite place, or walk away if you might regret what you say in the moment."

"Focus on gratitude, fun, and the good things that this time may bring."

— Carolyn Lorente, Ph.D Northern Virginia Community College

ELECTION RESULTS

FROM PAGE 3

Lee District, School Board

Tamara J. Derenak Kaufax,
incumbent, (endorsed by
Democrats)
20,736 95.70%

Mason District, School Board

Ricardy J. Anderson (endorsed
by Democrats)
16,077 76.89%
Tom L. Pafford
4,431 21.19%

Mount Vernon District, School Board

Karen L. Corbett Sanders,
incumbent (endorsed by
Democrats)
17,611 62.31%
Steven D. Mosley (endorsed by
Republicans)
8,844 31.29%
Pamela C. Ononiwu
1,716 6.07%

Providence District, School Board

Karl V. Frisch (endorsed by
Democrats)
16,644 61.72%
Andrea L. "Andi" Bayer
(endorsed by Republicans)
10,167 37.70%

Springfield District, School Board

Laura Jane H. Cohen (endorsed
by Democrats)
17,745 50.46%
Elizabeth L. Schultz, incumbent
(endorsed by Republicans)
14,809 42.12%
R. Kyle McDaniel
2,529 7.19%

Sully District, School Board

Stella G. Pekarsky (endorsed by
Democrats)
18,585 58.43%
Tom A. Wilson, incumbent
(endorsed by Republicans)
13,144 41.33%

Soil and Water Conservation Director Northern Virginia District

Vote for Three
Monica A. Billger (endorsed by
Democrats)
153,051 21.87%
Gerald Owen "Jerry" Peters Jr.,
incumbent, (endorsed by
Democrats)
148,091 21.16%
Chris E. Koerner (endorsed by
Democrats)
139,641 19.95%
C. Jane Dudik (endorsed by
Republicans)
80,604 11.52%
Edward F. McGovern (endorsed
by Republicans)
80,281 11.47%
Christopher A. Bowen (endorsed
by Republicans)
78,558 11.23%
Jonah E. "Jet" Thomas
17,888 2.56%

CANDIDATES, GENERAL ASSEMBLY House of Delegates

District 34
Kathleen J. Murphy (D),
incumbent
15,166 57.69%
Gary G. Pan (R)
11,100 42.22%

District 35
Mark L. Keam (D), incumbent,
unopposed
15,330 92.63%

District 36

Kenneth R. "Ken" Plum,
incumbent, unopposed
17,659 92.78%

District 37

David L. Bulova (D), incumbent,
unopposed
13,470 91.98%

District 38

L. Kaye Kory (D), incumbent,
unopposed
12,619 93.22%

District 39

Vivian E. Watts (D), incumbent
14,361 67.91%
Nick O. Bell (R)
6,740 31.87%

District 40

Dan I. Helmer (D)
14,015 53.46%
Timothy D. "Tim" Hugo (R),
incumbent
12,172 46.43%

District 41

Eileen Filler-Corn (D), incumbent
15,526 71.14%
John M. Wolfe (I)
4,213 19.30%
Rachel D. Mace (L)
1,713 7.85%

District 42

Kathy K. L. Tran (D), incumbent
14,532 59.53%
Steve P. Adragna (R)
9,857 40.38%

District 43

Mark D. Sickles (D), incumbent
14,488 77.64%
G. Gail Parker (I)
3,876 20.77%

SEE ELECTION, PAGE 15



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About to cut the ribbon are (from left) Central Fairfax Chamber of Commerce members Karyl Moesel and Russ McIntosh, City Council members So Lim and Janice Miller, business owners Markeeta and Vada Smith, Fairfax Mayor David Meyer, Councilman Michael DeMarco, and Chamber of Commerce Executive Director Jennifer Rose.



Vada Smith and Chrissy Fauls working behind the counter.

PHOTOS BY BONNIE HOBBS
THE CONNECTION

‘Making People Happy through Cake’

CupCakes & Beyond opens in Fairfax City.

BY BONNIE HOBBS
THE CONNECTION

With help from family, friends and City of Fairfax dignitaries, Markeeta and Vada Smith recently cut the ribbon on their new bakery, CupCakes & Beyond. It’s at 9540 Lee Hwy. in Fairfax, to one side of the Scout on the Circle development currently under construction.

“It takes a lot of courage to start a business, but you have the support of the City and its Economic Development Authority,” said Fairfax Mayor David Meyer. “And we’re glad to have you here.” Danette Nguyen, the City’s assistant director of Economic Development, welcomed the crowd and said the Smiths designed and decorated the shop themselves. “It’s their first storefront,” said Nguyen. “And they chose Fairfax City as their first place of business because they’ve watched the City develop and wanted to be part of its future. “Bakery cafes play an important role, not only in Fairfax City’s business community, but also within the U.S. economy,” she continued. “They provide employment and places to gather socially – and, let’s be honest – who doesn’t love the smell of fresh baked goods?”

“We are proud to have CupCakes & Beyond in Fairfax City, as it gives our residents a great option for baked goods in small batches that use high-quality ingredients, as well as unique and seasonal twists on cupcakes, cakes and more. Markeeta and Vada, we welcome you to our business community.”

VADA SMITH then thanked the friends



Marie Carter and daughters Gisselle, 8, and Genevieve, 2, enjoy a red velvet cupcake and funfetti cookie at the grand opening.

and family who turned out for the official opening and ribbon-cutting of their bakery. “We started this journey nine months ago, and now, it’s our baby,” he said. “And we look forward to doing great business here in Fairfax.”

Afterward, while attendees happily feasted on homemade cupcakes and cookies, his wife, Markeeta, explained how their bakery came to be. “I ran my own bakery and catering business, for eight years, making items such as wedding cakes,” she said. “At first, I did it for free, but then people convinced me to open a business.”

So she did, and was soon providing cupcakes for the Washington, D.C. Hyatt, the Springfield Marriott and the Hilton Garden Inn in Arlington. But, Fairfax residents since 2005, the Smiths also wanted to have a storefront in the City.

Gesturing at her cheerfully decorated shop, Markeeta Smith said, “This place was already sold to somebody else. But when we talked to the owner and showed him



Some of the many flavors of cupcakes available at the new shop.

photos of what we bake, he gave the space to us instead.”

Actually, Vada is the hotel, food and beverage director at the Hilton Garden Inn in Arlington, and Markeeta works full-time for the Social Security Administration. “So I bake after I get off from work, but I enjoy it,” she said. “If you enjoy something, you’ll do it with passion, and I like making people happy through cake.”

The bakery offers several flavors cupcakes, as well as specialty cakes, cinnamon rolls, banana pudding, pies, chocolate-covered Oreos, and cupcakes and cookies with edible images on top. Especially popular are the Oreo and red velvet cakes. “Our cream-cheese frosting is lighter and creamier than usual,” explained Markeeta Smith. “And our cupcakes have all-butter, Swiss meringue buttercream frosting.”

THE STORE opened for business about eight weeks before the ribbon-cutting and is already a hit with the customers. Munch-

ing on a funfetti cookie, Audrey Hart said, “It was delicious – I love all their stuff. The cookie’s not overly sweet, but good, and they did a beautiful job on the presentation. And the cupcakes are very moist.”

Marie Carter brought her two young daughters, ages 8 and 2, to the event, where they enjoyed a red velvet cupcake, a cookie and a cream puff. “I liked the consistency and texture of the frosting and the moisture of the cupcake, itself,” said Carter. “My older daughter is allergic to nuts, but Markeeta also makes nut-free cupcakes – and even sugar-free cupcakes – on request.”

CupCakes & Beyond is closed Sundays and Mondays, but open Tuesday-Friday, 11 a.m.-7 p.m.; and Saturday, 8 a.m.-4 p.m. The menu is available at cupcakesandbeyondva.com, and people may simply walk into the bakery and make purchases or order via doordash.com or by calling 703-397-6400.

So what was it like for Markeeta Smith to see her bakery become a reality? “It feels really good,” she said. “I’m excited.”

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CALENDAR

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

ONGOING

Shir HaLev, the Community Jewish Chorale of Northern Virginia. Rehearsals are held select Tuesdays, 7:30-9 p.m. at Congregation Olam Tikvah, 3800 Glenbrook Road, Fairfax. The Chorale is a friendly, welcoming, adult volunteer choir. Membership in the group is open to all, members of Congregation Olam Tikvah and other Northern Virginians. Their repertoire consists mainly of Jewish liturgical music and also some contemporary Jewish music and some secular showtunes, too. Visit carolboydleon.com/shir_halev for more.

Lorton Farmers Market. Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/lorion.

Springfield Farmers Market. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. Visit www.community-foodworks.org or call 202-697-7768.

Sweet but Psycho. Through Nov. 30, at Olly Olly, 10417 Main St., 2nd Floor, Fairfax. Olly Olly presents Sweet but Psycho: an avant-garde fairytale. Strangeland is a performance duo, made up of Bunni (Andiland) and Goatface (Strange Lens), that explores the superficial construct of reality. Call 703-789-6144 or visit ollyollyart.com for more.

Braddock Wrestling Club. Online registration through Dec. 1. The Braddock Wrestling Club is holding registration for the 2019-2020 season. The club supports wrestling for age groups 5 through 14 years old, boys and girls. All practices are held at Lake Braddock Secondary School. Cost is \$155 per wrestler. Link to registration can be found at braddockwrestlingclub.shutterstock.com/. Or contact William Flynn at bflynniv@verizon.net or call 571-230-0713.

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh produce, baked goods, seafood, and dairy. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

Registration Open: Fall Art Classes. Burke Centre Conservancy is sponsoring Fall Art Classes starting Tuesday, Nov. 12 – Jan. 7 and Saturday classes starting Jan. 11 - March in Drawing and Watercolor Painting for 5-8-year old, 8 years and up and Adults/Teens held at the Woods Community Centre, 10100 Wards Grove Circle, Burke. New Class – Art Workshop for Adults Tuesday Afternoons - Nov. 12 - Dec. 17.

SATURDAY/NOV. 9

Paddle through a Tunnel of Color. 8 to 10 a.m. At Lake Accotink Park, 7500 Accotink Park Road, Springfield. "Fall Foliage Kayak Expedition" at Lake Accotink Park. This expedition for kayakers age 13 to adult goes to the northern part of the lake to see glorious natural tunnels of orange, yellow and red leaves. Previous kayak experience is necessary. Cost is \$31 per person. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink.

Revolutionary War Day. 10 a.m. to 4 p.m. At Gunston Hall, 10709 Gunston Road, Mason Neck, Lorton. The Revolutionary War touched everyone in the American colonies, not just soldiers. Throughout the day, explore life at home, and join Colonel Mason and his fellow Virginians as they support the war effort. This family-oriented program has activities for all ages throughout the day. Visit www.gunstonhall.org.

Second Saturday Art Walk. 6-9 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join in the monthly Second Saturday Art Walk, featuring opening receptions in each of the artist buildings, new exhibits in W-16, and more. Featured artists for November: W5: Laura Bruce; W6: Patricia McMahon Rice; W7: Kathryn Lagassey; W8: Group show; W9: Marsha Egan and W10: Mikhail Bolkhovitinov.

Campfire Saturdays-Stargazing. 7-9 p.m. At



Members of Temple B'nai Shalom congregation begin the 26th annual Burke/Fairfax CROP Hunger Walk last November 2018 at Fairfax Presbyterian Church. Hundreds of local area residents participated and raised over \$28,000 in support of hunger and disaster relief.

Hunger Walk on Sunday, Nov. 17

CROP Hunger Walk. Sunday/Nov. 17, 1:15-4:30 p.m. At Fairfax Presbyterian Church, 10723 Main Street, Fairfax. Area residents from different faiths, cultures, and ages, walking together (5K or shorter Golden Mile) to support local/global efforts to fight world hunger and help disaster victims. Registration required. Free. Visit the website: www.burkecropwalk.org

Burke Lake Park, 7315 Ox Road, Fairfax Station. Enjoy a stroll along the lakeshore and learn about the constellations, their stories and other night-sky features. An astronomical naturalist will identify the stars for you and have some telescopes for you to use. The program concludes with a campfire. S'mores ingredients are provided; hot dogs are welcome. The program runs from 7 to 9 p.m., and the cost is \$10 per person. Children must be accompanied by a registered adult. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

Taj Express: The Bollywood Music Revue. 8 p.m. At GMU Center for the Arts. Cost is \$48, \$41, \$29. This international sensation explodes onstage with the look and feel of the Indian Bollywood movies that have been entertaining people around the globe for generations. Taj Express follows the story of one man's passion and another's genius, and is packed with action, romance, comedy, and glamour. Spectacular dance numbers are performed to India's pop hits, including the songs of Oscar-winning composer A. R. Rahman, along with folk-music classics. Visit the website: <https://cfa.gmu.edu/>.

NOV. 9-10

Fall Foliage Tour Boat Ride. 4-5 p.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. Enjoy the fall colors a new way this autumn. This tour boat ride captures the beauty of fall from a pontoon boat's unique perspective. The tour includes a one-hour ride and a hot beverage. It's designed for participants age 5 to adult. Cost is \$8 per person. Children under age 12 must be accompanied by a registered adult. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

SUNDAY/NOV. 10

TTRAK Model Train Show. 1-4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia TTRAK members will hold an N gauge Model Train Display at the Fairfax Station Railroad Museum. Cost is \$4 for adults 16 and over; \$2 for children 5-15; free for Museum members and children under 5. Visit www.fairfax-station.org www.facebook.com/FFXSRR phone 703-425-9225.

Historic Home Tour. 2-4 p.m. At Sunrise at Silas Burke, 9619 Burke Lake Road, Burke. Sunrise at Silas Burke and the Burke Historical Society are hosting an open house of the historic house, Woodbury. At 2 p.m. Jon Vrana will present on the house's history followed by tours at 3 p.m. Free. Visit the website: www.burkehistoricalsociety.org

The Four Seasons. 2 p.m. At GMU Center for the Arts Concert Hall, Fairfax. Featuring the Zurich Chamber Orchestra; Daniel Hope, Violin; Vivaldi: The Four Seasons. Cost is \$48, \$41, \$29. Rediscover the beauty of The Four Seasons, both in its original form and also in a completely reimagined one. In this groundbreaking program, the Zurich Chamber Orchestra, led by

music director and charismatic violin virtuoso Daniel Hope, pairs Vivaldi's iconic masterpiece The Four Seasons with neo-classical composer Max Richter's piece Recomposed. Visit the website: <https://cfa.gmu.edu>

Rose Bush Auction and Rooting Workshop. 2-4:30 p.m. At Merrifield Garden Center, 12101 Lee Highway, Fairfax. From 2-3:15 p.m. — Bid at live auction and take home beautiful rose bushes. Inspect all bushes 1/2 hour beforehand. From 3:30-4:30 p.m. — Learn to grow roses from cuttings. Instructor led. All materials provided. Bring your pruners. Cost is free to Arlington Rose Foundation members, \$15 at the door for non-members, which includes the benefits of one year membership. Visit the website: arlingtonrose.org.

Ensemble da Camera of Washington. 3 p.m. At Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. The acclaimed Ensemble da Camera of Washington (EDCW), AYPO's ensemble-in-residence, will perform works by Mozart and Brahms with guest artists Jennifer Kim, violin; Tsuna Sakamoto, viola; and David Hardy, cello. Join us for an evening of music presented by AYPO and funded in part by the National Endowment for the Arts. Tickets are \$10.

TUESDAY NOV. 12

Fall/Winter Art Workshop for Teens/Adults. 1:30-3:30 p.m. At Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin presents drawing, watercolor, Chinese Brush and portfolio development. Visit www.czartlessons.com for more. Call 703-250-6930.

"Naïla and the Uprising." 4:30 p.m. At The Johnson Cinema, 4400 University Drive, Fairfax. The Visiting Filmmakers Series at Mason presents: "Naïla and the Uprising," a free screening and Q&A with Julia Bacha. The film chronicles the remarkable journey of Naïla Ayesh and a fierce community of women at the frontlines, whose stories weave through the most vibrant, nonviolent mobilization in Palestinian history – the First Intifada in the late 1980s. Using evocative animation, interviews, and exclusive archival footage, this film brings out of anonymity the courageous women activists who have remained on the margins of history — until now. For more information, see VFS.GMU.EDU or contact Cynthia Fuchs at cfuchs@gmu.edu.

Fall/Winter Art Lessons for Youth Classes. 5:15 - 6:15 p.m. At Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin presents drawing and watercolor. (8 yrs & up). Visit www.czartlessons.com for more. Call 703-250-6930.

Fall Drawing Plus Color Class. 6:15-7 p.m. At Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin presents drawing and watercolor. For ages 5-8 years. Visit www.czartlessons.com for more.

WEDNESDAY/NOV. 13

Women's Connection Luncheon. 11:30 a.m. to 1:30 p.m. At Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Enjoy entertainment and inspiration. Marveta Cummings to speak on "Life Can Be Wonderful...If Only." A Navy Captain tells stories of WWII Pacific Campaign. Share your WWII family memories. Men welcome. Cost is \$22. Email: springwmconn@yahoo.com or call 703-922-6438.

THURSDAY/NOV. 14

Holiday Open House. 2-6 p.m. At Gunston Hall, 10709 Gunston Road, Mason Neck, Lorton. Celebrate the season at Gunston Hall during this merchandise unveiling and receive special discounts and offers, complimentary gift wrapping, and snack on light refreshments as you shop locally. This event is free and open to the public. Visit www.gunstonhall.org.

FRIDAY/NOV. 15

SymposiYUM! 2:30-6:30 p.m. At Gunston Hall, 10709 Gunston Road, Mason Neck, Lorton. Join the inaugural SymposiYUM! program which features lectures, discussions, and a special food-based experience. The launch of this innovative program combines the traditional concept of a symposium with the dynamic, food-focused programming offered at Gunston Hall, such as Cocktails by Candlelight and its Hearth Cooking Workshops. Speakers will include Dr. Kelley Deetz and Ms. Michelle Moon. Visit www.gunstonhall.org.

Lakeside Campfire Fridays. 6-7:30 p.m. At Lake Accotink Park, 7500 Accotink Park Road, Springfield. Come to Lake Accotink to enjoy a campfire, s'mores and more. A different topic and a different area of the park will be explored at each event. Cost is \$8 per person. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink.

SATURDAY, NOV. 16

2019 Gala Phantom of the Workhouse. 6-11 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. Featuring a reception, raffle, silent auction, dining, dancing, dinner, and live auction. The band Fringe Benefits is performing. A mysterious and impressive evening awaits. Black tie optional. Masquerade encouraged. Visit the website: <https://workhousearts.networkforgood.com/events/14148-2019-workhouse-arts-center-ga>

ilyAIMY & Ayreheart. 7 p.m. At Epicure, 11104 Lee Highway, Fairfax. Two award-winning singer/songwriters, a unique percussive acoustic guitarist, Grammy-nominated lute player Ronn McFarlane, the world-traveled Irish bones player of the Carolina Chocolate Drops, violin, percussion, electric cello... all on one stage playing original tunes, Renaissance-era compositions and some Led Zeppelin to boot. Cost is \$10 suggested. Visit www.ilyaimy.com.

Nostalgic Nights. 8 p.m. At GMU Harris Theatre, 4471 Aquia Creek Lane, Fairfax. Be swept away by the romantic charm of the classical guitar as the Fairfax Symphony Orchestra takes you on a journey to Spain with Joaquín Rodrigo's masterpiece. Featuring Berta Rojas on guitar; and Christopher Zimmerman, conductor. The composer, blind since the age of 3, drew his inspiration from "the fragrance of magnolias, the singing of birds, and the gushing of fountains" in the palace gardens of Aranjuez. This guitar concerto by Rodrigo was written in 1939 and is his best-known work, with its success establishing his reputation as one of the most significant Spanish composers of the 20th century. Hear the stories behind the music with music director Zimmerman and special guests before the concert at 7 p.m. Call the box office at 703-993-2787. Visit www.fairfaxsymphony.org.

NOV. 16-17

Holiday Express Boutique Sale. Saturday 10 a.m. to 6:30 p.m.; Sunday, 9 a.m. to 2 p.m. At St. Mary of Sorrows Church, 5222 Sideburn Road, Fairfax. Handcrafted, one-of-a-kind, seasonal decorator and gift items. Sweet Shop, Silent Auction, Raffle, Chili lunch and cafe on Saturday only (10-4 p.m.). No vendors. Cash or check only. Call Lou: 703-426-8092.

"Il Postino" (The Postman). Saturday at 8 p.m.; Sunday at 2 p.m. At George Mason University's Center for the Arts, 4373 Mason Pond Drive, Fairfax. Virginia Opera, The Official Opera Company of the Commonwealth of Virginia, will stage composer/librettist Daniel Catán's three-act opera Il Postino (The Postman), the second opera in the company's 2019-2020, 45th anniversary season. The production marks the Virginia Opera debut of stage director Crystal Manich. Tickets are \$45-\$115. Visit www.cfa.gmu.edu.

ENTERTAINMENT

Lush Musical Journey of Love and Longing

Area premiere of “Il Postino” (“The Postman”) from Virginia Opera.

BY DAVID SIEGEL
THE CONNECTION

Opera enthusiasts and newcomers alike are in for a special pleasure as Virginia Opera’s production of Mexican composer Daniel Catán’s tragic-comedic “Il Postino” (“The Postman”) arrives at the Center for the Arts.

Based in part on the 1994 Academy Award-winning film, “Il Postino” recalls the imagined life of exiled Chilean poet Pablo Neruda as he provides his long-suffering, love-struck postman, Mario, with poetic words to reveal his heart to the love of his dreams. As Neruda wrote, “Love is so short, forgetting is so long.”

“Il Postino” is a universal tale about the bumpy road to finding love. It features a score with arias, duets, and music paying homage to Puccini. The music will be conducted by Adam Turner. The orchestra for this production is provided by the Virginia Symphony Orchestra. Crystal Manich directs “Il Postino,” the first of the Virginia Opera “From Screen to Stage” initiative.

“Many of the stories from the most beloved masterworks in the operatic canon come from literary sources,” noted Turner. “Recently I’ve noticed contemporary composers looking to cinema for inspiration. Importantly, a good story is what ultimately resonates with an audience, and some of today’s best stories can be found in the world of cinema.”

“The music of ‘Il Postino’ is richly evocative of the language of love, poetic and passionate, rapturous and lyrical, full of beautiful melodies and the peaks and valleys of human emotion,” said Turner. Daniel Catán’s musical language is “creative orchestral textures, vivid word painting, accessible lyricism, a sense of ‘magical realism throughout the score.’”

Turner added that Catán’s music composition is “the furthest thing from ‘scary modern music’ that you’ll ever encounter.”

For director Manich, “The blending of Pablo Neruda’s poetry with Catán’s sweeping music portray a journey of finding meaning and love. This is a much needed sentiment in our tumultuous world.



PHOTO COURTESY OF
VIRGINIA OPERA

Crystal Manich,
director, Virginia
Opera production of
“Il Postino”



PHOTO BY NICHOLAS
COOPER/COURTESY
VIRGINIA OPERA

Daniel Montenegro
who portrays Mario,
the long-suffering
and love struck
postman in the
Virginia Opera pro-
duction of “Il Postino
 (“The Postman”).

Where and When

Virginia Opera presents “Il Postino” at Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Performances on Saturday, Nov. 16, 2019 at 8 p.m. and Sunday, Nov. 17, 2019 at 2 p.m. Tickets: \$110, \$70, \$40. Call 888-945-2468, or visit www.cfa.gmu.edu.

Note: Sung in Spanish with English supertitles. A pre-performance discussion begins 45 minutes prior to the performance, located on Monson Grand Tier. Seating is limited and opens 15 minutes before the pre-performance discussion.

“Throughout ‘Il Postino,’ there are moments of heightened reality directly attached to Neruda’s poetry. These moments will be visually expressed through the use of projections, as if the characters are being transported to a higher realm where poetry exists,” added Manich.

Tenor Daniel Montenegro portrays the featured role of Mario, The Postman. “Catán is often compared to Puccini and I can see why. They both are melodic and possess beautiful sweeping lines.” But, Catán “has his own unique sound and style.”

“Il Postino,” a transporting musical journey to find the love of one’s life awaits.

COMMUNITIES OF WORSHIP



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Sunday School 10:10 AM
Sun. Evening – Realtime Worship & Youth 6 PM
Family Night – Wednesday 7:15 PM
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Announcements

Legals

Legals

**City of Fairfax, Virginia
Public Notice**

Disposal of Private Property Taken Into Possession of City of Fairfax Police Department

Pursuant to Section 50-33, 50-35 and 50-36 of the Code of the City of Fairfax, the City of Fairfax Police Department will be disposing of the below listed unclaimed property, by public auction conducted by an independent auction service, converted to department use or generally disposed of. Any person who feels they have a legal claim, with reasonable proof of ownership, should contact MPO Gardner of the City of Fairfax Police Department at 703-385-7829 between the hours of 8:00 a.m. and 3:00 p.m. weekdays until close of business
FRIDAY, NOVEMBER 22, 2019.

Auction Service: Colonial Auction Services,
13200 Old Marlboro Pike, Upper Marlboro, MD 20772
Business Phone #301-627-7575

PROP#	ITEM	SERIAL #
14746	HUFFY NIGHTHAWK BICYCLE	AHT7H04****
14772	VA Birth Certificate ROSARIO VASQUEZ	N/A
14798	APPLE IPOD PINK	DJQT03M****
14821	WHITE FIT BIT	2015DJ****
14840	RED/BLK GENESIS V2100 BICYCLE	N/A
14850	US PASSPORT- MATTHEW HERNANDEZ	NONE
14854	US PASSPORT- RACHEL UGUALA	NONE
11865	SIL/BLUE BLACK HUFFY BICYCLE	36****
14883	MENS BCA5C29 BICYCLE	BCA7295****
14890	IPHONE 6 BLK/SIL	DNTPVD7V****
14899	KENT FS20 AMBUSH BICYCLE	N/A
14903	IPHONE 6 WHITE	35930706500****
14905	SILVER IPHONE WITH PINK COVER	N/A
14907	RED SONY LAPTOP WITH CHARGER	N/A
14912	21 SPD AVALON MOUNTAIN BIKE BLU/WHT	GS11100****
14928	21 SPD MAGHA EXCITOR MOUNTAIN BIKE BLK/YLW	N/A
14935	HARD ROCK SPECIALIZED MOUNTAIN BIKE GRN	P8CH3****
14940	BLK COOL PAD PHONE	N/A
14957	ROADMASTER MOUNTAIN BICYCLE GRAY	SNFSD16HK****
14960	3 LARGE BLK SUITCASES	N/A
14976	BLACK CELLPHONE ZTE	N/A
14978	BOYS KENT FREESTYLE BICYCLE YELLOW	46531
15004	IPHONE WHITE/GOLD	N/A
15010	LG FLIP PHONE	N/A
15010	CASSETTE ADAPTER	N/A
15011	BLACK BACK PACK	N/A
15013	SLEEPING BAG	N/A
15014	BROWN OLD NAVY PURSE	N/A
15039	ROADMASTER MOUNTAIN BICYCLE PURPLE	SNFSD14F7****
15056	CELL PHONE	Unknown
15074	WHITE CELL PHONE	Unknown
15101	MONGOOSE MOUNTAIN BICYCLE	R52002
15107	BLACK CELL PHONE WITH OTTER BOX CASE	N/A
15112	ROADMASTER BICYCLE	SNFSD15C3****
15116	NEXT MOUNTAIN BICYCLE WHITE	LWMF00****
15142	PACIFIC EXPERT BICYCLE GREEN	N/A
15147	NEXT MOUNTAIN BICYCLE RED	005D74****
15175	IPHONE WITH OTTER BOX	N/A
15177	DIAMONDBACK BICYCLE GRAY	N/A
15188	GENESIS V2900 BICYCLE BLUE/WHITE	GS3290****
15191	VERA BRADLEY PURSE AND CONTENTS	Unknown
15196	IPHONE 7 WITH CASE PINK	N/A
15211	SKIP SCOOTER	4WYEQ18JAE****
15218	ROADMASTER BICYCLE BLACK	SNFSD08****
15227	BLUE SAMSUNG GALAXY PHONE S9	N/A
15208	WIRELESS SPEAKERS LIVE PLATINUM	Q21025****
15230	UNKNOWN MODEL IPHONE BLACK	021025****
12541	AMBUSH BICYCLE WHITE/BLK	H55040****
15266	WHITE ECLIPSE WRIST WATCH	N/A
15266	SILVER RING WITH PURPLE JEWEL	N/A
15280	NOVARA BICYCLE	ACA11H00****
15272	BLACK HANDBAG	Unknown
15305	ORANGE AVIEO BICYCLE	0328****
15305	GREEN DIAMOND BACK BICYCLE	DHA11M00****
15312	IPHONE IN BLACK OTTERBOX	N/A
15323	GREY PURSE	N/A
15326	US PASSPORT- DOUGLAS DAVIS	NONE
15331	MODEL AIRPLANE	NONE
15335	GENESIS BICYCLE	GS7287****
15340	HYPER SYSTEM 20 BLUE BICYCLE	XZDM15A0****
15343	VA O/L PIERCE NACLAREO	NONE
15346	PINK FITBIT BRACLET	N/A
15355	ADIDAS BAG AND CONTENTS	N/A
15365	APPLE IPAD AND CASE	DMRJPB62****
15366	US PASSPORT-CRISTIAN DIAZ	N/A
15372	SILVER/GOLD RING	N/A
15396	KENT TERRA 2.4 BLUE BICYCLE	G170720****
15397	WHITE IPHONE IN FLOWER CASE	N/A
15407	GREY ADIDAS SNEAKERS/EYEGLOSS CASE/AUX CARD	N/A
15411	KATE SPADE SUNGLASSES	N/A
15413	GIANT MOUNTAIN BICYCLE	N/A

BULLETIN

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

Fairfax County Board of Supervisors Meetings in 2019

12000 Government Center Parkway
Fairfax, VA 22035

Nov. 19, 2019 9:30 a.m. - Full Board of Supervisors Meeting

Nov. 26 Committee Meetings
❖ 9:30 a.m. - Economic Advisory Commission
❖ 11 a.m. - Personnel Committee
❖ 1:30 p.m. - Legislative Committee
❖ 3 p.m. - Budget Committee
❖ 5 p.m. - Audit Committee

Dec. 3, 2019 9:30 a.m. - Full Board of Supervisors Meeting

Dec. 10 Committee Meetings
❖ 9:30 a.m. - Health, Housing and Human Services Committee
❖ 11 a.m. - Development Process Committee
❖ 1:30 p.m. - Transportation Committee
❖ 3 p.m. - General Assembly Annual Reception and Work Session

NOV. 6 TO JAN. 5

Give the Gift of Original Art. At Torpedo Factory Artists at Mosaic, 2905 District Ave., #105, Fairfax. Open Wednesday thru Sunday 11 – 7 p.m. Reception celebrating small businesses, Nov. 30, 5 to 8 p.m. You can find extraordinary fine art that makes great gifts this holiday season — the work of highly-acclaimed Torpedo Factory Artists — at their satellite space in Merrifield. Beautiful paintings, fine-art photographs, one-of-a-kind jewelry, scarves, ceramics and much more will be offered. Plus you can get an early start on your holiday shopping. Artists Sonne Hernandez and Greg Knott are in residence during this show.

THURSDAY/NOV. 7

Autonomous Technology Summit.

At INOVA Center for Personalized Health in Fairfax. The Northern Virginia Technology Council (NVTC) in partnership with the Virginia Unmanned Systems Center at CIT will hold its Autonomous Technology Summit of Virginia. The Summit will bring together leading experts across the commercial, defense, regulatory, and academic sectors as they discuss the opportunities, challenges, and impacts of autonomous technology across the domains of sea, air, land, and space. Along with keynote and panel discussions, the event will provide a unique platform to showcase Virginia's leadership in autonomous systems and highlight best practices, new business models, and technology transfers that have a national impact.

SUNDAY/NOV. 10

American Legion Dinner. 7 p.m. At Springfield VA American Legion Post 176, 6520 Amherst Ave., Springfield. Join the Department of Virginia Commander for a Veteran's Day Eve Dinner. This will be the Commander's official Veterans Day visit and official visit on behalf of the Department of Virginia to Arlington National Cemetery. All members of the 17th District American Legion family are invited to attend the dinner honoring the Department Commander. Cost is \$25.

NOTICE OF OLD DOMINION ELECTRIC COOPERATIVE AND ITS MEMBER DISTRIBUTION COOPERATIVES TO SEEK WAIVER OF CERTAIN PURPA OBLIGATIONS FROM THE FEDERAL ENERGY REGULATORY COMMISSION

Take notice that on or after December 2, 2019, Old Dominion Electric Cooperative (ODEC) intends to file with the Federal Energy Regulatory Commission (FERC) a Petition requesting waiver of certain obligations in FERC's rules implementing Section 210 of the Public Utility Regulatory Policies Act of 1978 (PURPA), on behalf of itself and the following ODEC member distribution cooperatives which are regulated by the Virginia State Corporation Commission (VSCC): A&N Electric Cooperative, BARC Electric Cooperative, Community Electric Cooperative, Mecklenburg Electric Cooperative, Northern Neck Electric Cooperative, Prince George Electric Cooperative, Rappahannock Electric Cooperative, Shenandoah Valley Electric Cooperative, and Southside Electric Cooperative (collectively, the "Members").

The Petition will request waiver of FERC's regulations to allow ODEC and the Members to jointly implement their respective obligations under Section 210 of PURPA and under Part 292 of the FERC's regulations, 18 C.F.R. Part 292, as set forth in the PURPA Implementation Plan between ODEC and its member distribution cooperatives. PURPA Section 210 was enacted to encourage production of electric energy by qualifying cogeneration and small power production facilities (QFs). Part 292 of FERC's Regulations sets forth the requirements regarding arrangements between electric utilities and QFs. Part 292 requires electric utilities to purchase and sell energy and capacity from and to QFs. The PURPA Implementation Plan provides that (1) any QF may interconnect with the electric distribution systems of ODEC's Members or to ODEC's transmission system to the extent such QF is entitled to interconnection under Part 292 of the Commission's Regulations; (2) ODEC will purchase capacity and energy from QFs with a net capacity in excess of 100 kW and up to 20 MW as made available by such QFs, at ODEC's avoided cost; (3) each of the Members will sell supplementary, back-up and maintenance power to QFs on a firm or interruptible basis, upon request, at rates that are non-discriminatory, just and reasonable, and in the public interest; and (4) no QF will be subject to duplicative charges for interconnection or wheeling as a result of selling to ODEC and buying from a Member. By Order issued on August 9, 2019, in its Case No. PUR-2019-0047, the VSCC granted ODEC's motion for authorization to state that the VSCC endorses the Petition with respect to the Members.

Copies of the PURPA Implementation Plan will be sent to interested parties upon request. FERC will publish notice of the Petition in the Federal Register following receipt of the filing. That notice will specify that any person desiring to be heard in this matter can make the appropriate filing with the FERC.

Inquiries or comments concerning this matter should be addressed to:
Old Dominion Electric Cooperative • 4201 Dominion Boulevard •
Glen Allen, VA 23060 • (804) 968-4021 • Attn: General Counsel

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

ELECTION RESULTS

FROM PAGE 9

District 44

Paul E. Krizek (D),
incumbent
12,271 70.52%
Richard T. Hayden (R)
5,105 29.34%

District 45

Mark H. Levine (D),
incumbent,unopposed
19,208 91.41%

District 46

Charniele L. Herring
(D), incumbent,
unopposed
12,270 92.03%

District 47

Patrick A. Hope (D),
incumbent,
unopposed
20,993 96.16%

District 48

Richard C. "Rip"
Sullivan (D),
incumbent,
unopposed
18,680 94.27%

District 49

Alfonso H. Lopez (D),
incumbent
13,393 83.43%
Terry W. Modglin (I)
2,522 15.71%

District 53

Marcus B. Simon (D),
incumbent,
unopposed
15,554 93.83%

District 67

Karrie K. Delaney (D),
incumbent,
unopposed
15,415 89.48%

District 86

Ibraheem S. Samirah
(D), incumbent,
unopposed
13,588 89.45%

Virginia State Senate

District 30

Adam P. Ebbin (D),
incumbent,
unopposed
40,942 91.67%

District 31

Barbara A. Favola (D),
incumbent,
unopposed
44,347 91.82%

District 32

Janet D. Howell (D),
incumbent
44,424 73.17%
Arthur G. Purves (R)
16,171 26.64%

District 33

Jennifer B. Boysko (D),
incumbent
32,258 64.83%
Suzanne D. Fox (R)
17,446 35.06%

District 34

J. C. "Chap" Petersen
(D), incumbent,
unopposed
39,971 91.15%

District 35

Richard L. "Dick"
Saslaw (D),
incumbent,
unopposed
33,563 92.75%

District 36

Scott A. Surovell (D),
incumbent,
unopposed
35,131 95.82%

District 37

Dave W. Marsden (D),
incumbent,
unopposed
37,720 90.49%

District 39

George L. Barker (D),
incumbent
37,989 65.92%
S. W. "Dutch"
Hillenburg (R)
19,571 33.96%

CLERK OF COURT (Alexandria City)

J. Greg Parks (D),
unopposed
26,466 93.98%

Commonwealth's Attorney (ARLINGTON COUNTY-FALLS CHURCH CITY)

Parisa Dehghani-Tafti
(D) unopposed
45,334 90.01%

Sheriff (ARLINGTON COUNTY)

Elizabeth F. "Beth"
Arthur
49,929 97.29%

Commissioner of Revenue (ARLINGTON COUNTY)

Ingrid H. Morroy
49,406 97.50%

Treasurer (ARLINGTON COUNTY)

Carla F. de la Pava
49,741 97.34%

Member County Board (ARLINGTON COUNTY)

vote for 2
Kate A. "Katie" Cristol
41,097 40.51%
Christian E. Dorsey
38,087 37.55%
Audrey R. Clement
13,326 13.14%
Arron O'Dell
7,189 7.09%

Member School Board (ARLINGTON COUNTY)

Reid S. Goldstein
47,880 95.85%

**Unofficial
election
results
Tuesday,
Nov. 5,
2019**

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-Thomas Fuller

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Please Relief Me



By KENNETH B. LOURIE

Or let me go. So sang Engelbert Humperdink way back in 1967 about having lost that loving feeling. His lost loving feeling was not about his mortgage. The lyrics: "I have found a new love dear" imply if not clearly state that there's a woman involved. My lost loving feeling is about my mortgage. And contrary to Engelbert, I can't leave it, and believe me, I've tried, though I've never sung about it, only droned on about it in print. To invoke the legendary Ricky Ricardo, aka Desi Arnaz, from "I Love Lucy," originally broadcast in the mid- to late-50s: Let me 'splain.

It's been over 15 years since my last successful refinance. Twice in the intervening years I've tried to refinance. In each case, I've been denied even though I've had upwards of 50 percent equity and an 800 or so credit rating.

Between multiple problems with the house (lead paint on the exterior, broken windows, etc.) and less than ideal income documentation, debt to income ratio, yada, yada, yada, we've regularly been kicked to the curb, which we also don't have, so I gave up; and have proceeded over the years to fix some of the problems mentioned which unfortunately has not led to an acceptable resolution.

Time has passed, and after years of television advertisements by Henry Winkler, Fred Thompson and most recently, Thomas Magnum himself: Tom Selleck, promoting reverse mortgages for those nearing retirement, I buckled under the pressure of these years of paid celebrity endorsements and made a few inquiries. It turns out that given my age — and circumstances semi-unique to us (no kids, lots of equity, need the money), we're perfect candidates. So we applied to company number one (denied) which led to company number two: denied. The second time the denial was not about income documentation and so forth as it was with the first "reverse-mortgager." No. It wasn't even about the house. This time it was about an out-building on our property, specifically the foundation of a "shed"/stable standing derelict in its duties and of no use to anyone. Not however of 'no use' to the appraiser, apparently, who mentioned its condition in his report to the mortgage underwriter who now has because of those findings, slam-dunked us (put our application on hold) pending the shed's disposition.

To summarize and recall another legendary figure from the 50s: author Joseph Heller, I'm in a bit of a "Catch-22." I can't refinance the house and get access to its equity because I can't meet the financial qualifications. And I can't reverse-mortgage the house — to gain access to the equity I need to live on, because the out-building on my property ("Belly Acres" as I call it) is a shell of its former self, so to speak, and needs upwards of \$100,000 of repairs (I've gotten an estimate), money that if I had/could even get to, I'd need to live on, not spend on a building I'll never use/don't need. And neither can I sell the house (nor do we want to quite frankly) because the "shed" would be part of any deal, which means its repair would still be required. And one more thing, because the house is registered with the Federal Government as "Historic," we can't demolish this out-building either. In effect, we are stuck between a rock — as in those missing and cracked in the 100 year-old shed's foundation — and a hard place: the underwriter's intransigence and the Historic Preservation's rules. Let's call it a Catch-22 "A."

At this point, I don't really know which way to turn. I'm not exactly damned if I do, I'm more damned because I can't. I don't think I'm asking for any kind of special dispensation. I'm not involving the Pope. I just want, to quote singer/songwriter Nick Lowe from his 1974 song, ("What's So Funny 'Bout) Peace, Love and Understanding," some 'peace, love and understanding.' I'm not looking to make any trouble. In fact, I'm looking for the opposite: serenity, now and forever, with or without Seinfeld reruns. And I can afford it if the powers that be, won't be less omnipotent and help a fella out. I swear I won't bother them if they won't bother me. Make the approval a Festivus-type occasion except it won't be for the rest of us, it will be just for me and my wife. I promise I won't tell a soul.

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

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