

# Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

## WELLBEING

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University of Mary Washington alumnae Gigi Finney, Danielle Whitty, Khloe Fusselman, and Katie Roper hang out with the "Great Pumpkin," an 1,100-pound contest loser from New York, in a spot in the gravel parking lot at Nalls Produce in the Springfield area.

# Great Pumpkin Seen in Springfield

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NOVEMBER 2-8, 2017

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**AREA  
ROUNDUPS**

**‘Healthy  
You Summit’  
to Be Held in  
Springfield**

Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. will host a “Healthy You Summit” to discuss investing in one’s health and well-being. This program will provide the community with information to make the best choices during open enrollment to include the selection of the “a la carte” benefits and the Affordable Care Act. This event is free and open to the public and will be held on Nov. 18 at the West Springfield Government Center, Community Room, 6140 Rolling Road, Springfield, from 4-6 p.m.

RSVP to attend the event at [www.fcacdst.org/health-care-summit](http://www.fcacdst.org/health-care-summit).

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Northam



Gillespie



Hyra



Fairfax



Vogel



Herring



Adams

## On the Ballot A look at what's on the top of the ballot this Election Day.

BY MICHAEL LEE POPE  
THE CONNECTION

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

### Race for Governor

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

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

#### Fundraising Total: \$22.8 million

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

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

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

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

#### Fundraising Total: \$14.8 million

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

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

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

#### Fundraising Total: \$63,000

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

### Race for Lieutenant Governor

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

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

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

#### Fundraising Total: \$2.9 million

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

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

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

#### Fundraising Total: \$2.5 million

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

### Race for Attorney General

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

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

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

#### Fundraising Total: \$6.2 million

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

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

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

#### Fundraising Total: \$3.4 million

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



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**ED GILLESPIE**  
Governor

**JUSTIN FAIRFAX**  
Lt. Governor

**JOHN ADAMS**  
Attorney General



**VOTE TUESDAY, November 7th**

Paid for by the Southern States PBA PAC Fund. 2155 Hwy 42 S, McDonough, GA 30252. Chris Skinner, president; Dave Soderberg, senior vice president; Donald Scott, vice president, Joe Naia, secretary.



PHOTOS BY MIKE SALMON/THE CONNECTION

A haunted house is part of the pumpkin patch at Nalls Produce in the Springfield area.

# Great Pumpkin Seen in Springfield

Halloween weekend at Nalls Produce in the Springfield area.

BY MIKE SALMON  
CONNECTION NEWSPAPERS

The great pumpkin of Charlie Brown fame may have appeared this year, in a spot in the gravel parking lot at Nalls Produce in the Springfield area. It was around 1,100 pounds and greeted all the pumpkin patch visitors on Halloween weekend at Nalls alongside the roosters roaming around, which is just one outdoorsy feature at Nalls, an outdoor produce stand that's been around since the early 1960s.

Danielle Whitty was at the patch with friends from University of Mary Washington, looking at all the different kinds of pumpkins, which came in nearly 40 different varieties.

"We love the pastel pumpkins," Whitty said.

The 1,100-pound pumpkin was a sight to see, but sadly it was a loser in a nearby "biggest pumpkin" contest, and found its way to a spot in the parking lot. It originally came from New York, where Cary Nalls said the pumpkins are coming from these days along with Pennsylvania. In the pumpkin growing season, "the nights are too hot and humid in summer around here," Nalls said.

Over the years, Nalls has become an ex-



Nalls employee Raymond Culbertson holds a knucklehead pumpkin, which is more of a gourd than a pumpkin, says Nalls owner Cary Nalls.

pert on locally grown produce, pumpkins and Christmas tree varieties that Nalls Produce specializes in. He's been a fixture on Beulah Street near Kingstowne for years, the locals know where to go when it's time to plant the vegetable garden in the spring, pumpkins around October and wreaths, trees and cider during the holidays. "I quit after Christmas for two months," he said, although his daughter runs the business a

SEE PUMPKIN, PAGE 12

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**Date:** Saturday, November 11, 2017  
Saturday, January 13, 2018

**Time:** 9:00-9:30 a.m. – Registration  
9:30-1:00 p.m. – Workshop

**Place:** Duff Kronfeld & Marquardt P.C.  
Fair Oaks Commerce Center  
11320 Random Hills Road/Suite 630  
Fairfax, VA 22030

Please join us for coffee at our Second Saturday Divorce Workshop and get the information and support from professionals: a family law attorney, a financial advisor, a family therapist, a private investigator, an estate planning attorney and other professionals who will help guide you through the divorce process. Speakers vary for each workshop.

Registration at the door; however, pre-registration is recommended as space is limited.

Online Registration: [www.secondsaturdaynova.com](http://www.secondsaturdaynova.com)  
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CERAMIC TILE  
8" X 24"



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sq. ft.

KINGSTON OAK  
PORCELAIN TILE  
6" X 24"



89¢  
sq. ft.

LAMINATE  
TIGERWOOD  
12MM



99¢  
each

MATTE WHITE  
PORCELAIN MOSAIC  
12" X 12"



\$1.39  
sq. ft.

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



\$1.59  
sq. ft.

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



\$1.99  
sq. ft.

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MARBLE  
12" X 12"



\$1.99  
each

SMOKED OYSTER  
GLASS MOSAIC  
12" X 12"



\$2.47  
sq. ft.

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



\$2.79  
sq. ft.

SOLID PREFINISHED FOREST GLEN  
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3/4" X 5"

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\*\*NO PURCHASE NECESSARY TO ENTER OR WIN. PURCHASE DOES NOT INCREASE CHANCES OF WINNING. MUST BE LEGAL U.S. RESIDENT LIVING WITHIN 250 MILES OF ALEXANDRIA, VA, AT TIME OF ENTRY. SEE COMPLETE OFFICIAL RULES AT WWW.FLOORANDDECOR.COM/VALEXANDRIA/GRANDPRIZE. FOR DETAILS INCLUDING ELIGIBILITY RESTRICTIONS, PRIZE DESCRIPTIONS AND ANY REGISTRATION AND GRAND PRIZE EVENT LOCATION 4607 EISENHOWER AVENUE, ALEXANDRIA, VA 22304. REGISTRATION PERIOD: 11/4/2017, 12:00PM - 2:00PM. OPEN ONLY TO FIRST 1,000 ELIGIBLE CONTESTANTS. IN THE EVENT THAT NO FINALIST COMPLETES GRAND PRIZE WINNING REQUIREMENTS, THE GRAND PRIZE WILL NOT BE AWARDED. ODDS OF WINNING THE GRAND PRIZE ARE 1-4,000,000. SPONSOR: FLOOR & DECOR, 2233 LAKE PARK DR., SUITE 400, SMYRNA, GA 30080.

# OPINION

## Turn Out To Vote Races at top of ticket likely to be very close; your vote counts.

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

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

### Absentee Voting in Person

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

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

See your locality's elections website for more.

### Bring Photo ID, There Are Alternatives

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

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

Among accepted ID: valid Virginia Driver's

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

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

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

### Provisional Ballot Process for Voters Who Arrive Without Identification

## On the Ballot

#### Governor

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

#### Lieutenant Governor

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

#### Attorney General

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

#### House of Delegates

##### 34th District

Kathleen Murphy (D) incumbent  
Cheryl Buford (R)

##### 35th District

Mark Keam (D) incumbent, unopposed

##### 36th District

Ken Plum (D) incumbent, unopposed

##### 37th District

David Bulova (D) incumbent, unopposed

##### 38th District

Kay Kory (D) incumbent  
Paul Haring (R)

##### 39th District

Vivian Watts (D) incumbent, unopposed

##### 40th District

Donte Tanner (D)  
Tim Hugo (R) incumbent

##### 41st District

Eileen Filler-Corn (D) incumbent, unopposed

##### 42nd District

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

##### 43rd District

Mark Sickles (D) incumbent, unopposed

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

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document may be provided to the electoral board to suffice the identification requirement.

#### 44th District

Paul Krizek (D) incumbent, unopposed

#### 45th District

Mark Levine (D) incumbent, unopposed

#### 53rd District

Marcus Simon (D) incumbent  
Mike Casey (I)

#### 67th District

Karrie Delaney (D)  
Jim LeMunyon (R) incumbent

#### 86th District

Jennifer Boysko (D) incumbent  
Linda Schulz (R)

#### Fairfax County School Bonds

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

#### Fairfax County Office of Elections

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

## Correction

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

Springfield  
**CONNECTION**

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# LETTERS

## Voting 'Yes' on School Bond

To the Editor:

A unique thing about the Commonwealth of Virginia is that we have an election every year. While there may be differences over which party to support at the ballot box on Nov. 7, one thing voters on every part of the political spectrum can support is our children and Fairfax County Public Schools. On the ballot in Fairfax County this year is a bond for \$315 million worth of capital improvement projects for Fairfax County Schools in every community across our county. This year's bond will have a huge impact in Providence District, as the largest project in the bond is the renovation of Oakton High School — a \$93 million project. Our county schools are a \$5.2 billion asset that are key to the future vitality of Fairfax

County ... while also providing an average of \$100,000 in additional home equity to Fairfax County residents. In order to preserve what is for many of us our biggest investment, we need to make a continued commitment to our school system. Modern facilities allow for state of the art learning, in addition to attracting and retaining the best teachers who are able to capture the attention and imagination of our students. Importantly, all of this is achieved without raising taxes. By voting yes on the School Bond referendum, you are voting yes to the continued success of Fairfax County. On Nov. 7, please be sure to read the entire ballot and vote yes on the School Bond Referendum.

**Sam Leiber**  
Fairfax

## To End Epidemic of Violence

To the Editor:

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

The League of Women Voters of Virginia expresses our heartfelt concern and hopes for the loved ones of the victims and the survivors. We will continue to work to end the epidemic of violence. But the calls to wait and gather the facts before taking substantive steps on gun violence is a familiar ruse. There are facts we know today. Every day, 93 Americans die from a gunshot. Americans are 25 times more likely to die from gun violence compared to people from other industrialized countries.

Like every other public health epidemic, we need to look at what

is most effective to prevent gun violence overall.

There are proven solutions that work like expanding background checks to all private gun sales sold online and at gun shows, prohibiting dangerous people, like domestic abusers, terrorists and those with mental illness, from accessing guns — that will make our communities safer and save lives.

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

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

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

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# Creating Balance Advanced planning is one key to holiday harmony.

BY MARILYN CAMPBELL

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

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

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

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

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

**“The holiday cycle starts with Halloween and ... can snowball as people get more and more stressed.”**

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

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

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

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

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

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

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

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

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

SEE BALANCE, PAGE 15

## A healthy body starts with a healthy mouth!

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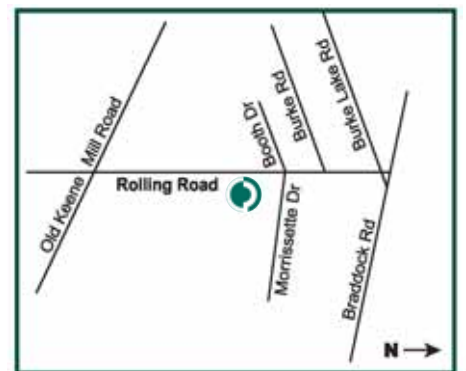
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## NEWS



PHOTO CONTRIBUTED

**Virginia Tire & Auto, the Fairfax-based full-service provider of automotive maintenance, repair and tire services, will donate a portion of proceeds from oil changes through June 2018 at all 13 locations to the International Justice Mission (IJM). Washington Redskins Quarterback Kirk Cousins, a customer of the Dulles location of Virginia Tire & Auto, is a longtime supporter of IJM.**

# Supporting Anti-Slavery Effort

## Virginia Tire & Auto donates portion of proceeds from oil changes.

BY ASHLEY CLAIRE SIMPSON

For most Americans, the word “slavery” applies to an archaic institution. And, while it is a scourge of the past for the more developed or stable parts of the world, slavery isn’t history for other populations.

“Historically, humanitarian and missions organizations worked courageously to bring healthcare, education, food and other vital services to the global poor, but little had been done to actually restrain the oppressors who are a source of great harm to the vulnerable,” said Jaclynn Willert, director of Professional Athlete Partners and Programs at International Justice Mission (IJM). “More than 20 years ago, Gary Haugen and a group of lawyers, human rights professionals and public officials launched an extensive study of the injustices witnessed by overseas missionaries and relief and development workers. This survey of more than 65 organizations representing 40,000 overseas workers showed that 100 percent of the respondents were aware of cases of abuse and injustice against the poor and vulnerable, but they felt powerless to do anything about it.”

The results of this investigation — that slavery was very much still alive — led Haugen to establish IJM, a Christian non-profit organization to operate on the front lines of the battle against modern slavery.

“Gary established IJM in 1997, and the next year IJM carried out its first rescue operation to free children from slavery,” Willert said. “Then, in 2000, IJM’s first long-term field office opened in Mumbai to partner with local authorities to rescue girls and women trapped in sex trafficking.”

Headquartered in Washington D.C., IJM now has field offices in 17 countries across the world. Altogether, IJM employs more than 850 people to combat violence against the poor.

The non-profit works with local governments to conduct rescue operations; the organization said its efforts led to the rescue 2,356 children, women and men last year.

“We partner with local law enforcement to inves-

tigate cases of potential abuse, gathering evidence against perpetrators and helping local authorities plan rescue operations,” Willert said. “We then support authorities as they go into brothels, trafficking sites and other dark places to rescue victims of violence and bring them to safety.”

These boots on the ground operations require dedication, strategy, and — of course — funding. For all the global progress IJM makes, it requires home-grown support.

Currently, Virginia Tire & Auto, the family-owned and operated full-service car repair shop, is fundraising for IJM. Through June of 2018, the business will be donating a portion of proceeds from all oil changes to IJM. This will apply to at all 13 store locations distributed throughout Fairfax, Loudoun and Prince William counties.

“We’re giving a portion of our proceeds to IJM, and we’re really excited to be doing this,” said Julie Holmes, Virginia Tire & Auto president. “Our goal is to sponsor at least two rescue missions, each of which cost about \$7,000. In donating to IJM, we’re directing funding the rescue of people from slavery. We’re benefitting the most vulnerable in society. It’s an honor to aid in the incredible work that IJM does.”

The Virginia Tire & Auto team first learned about IJM from its customer, Washington Redskins quarterback Kirk Cousins. Cousins has lent public support both to IJM and to Virginia Tire & Auto.

“We’ve had a relationship with Kirk Cousins for quite awhile,” Holmes said. “He’s a customer of our Dulles location, and his values align with those of our organization. He’s been a spokesperson for us for two seasons. He educated us about IJM, which he’s been a part of IJM since he was in high school. We’re so grateful for our connection to Kirk, and then how he connected us to IJM. No other organization does work like them.”

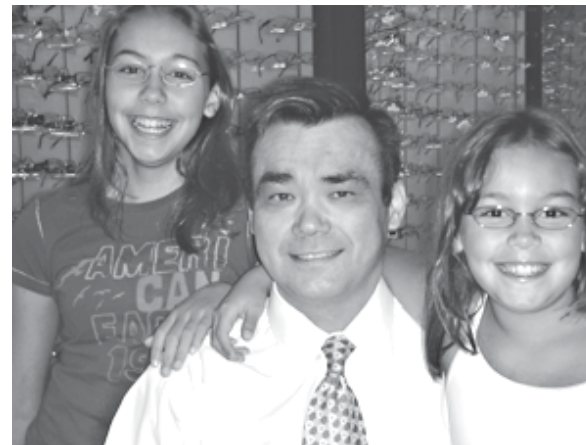
These kinds of connections help fuel IJM’s fire.

“Kirk and Julie Cousins are part of our IJM Pro Athletes Program Team Freedom, and we are grateful to him for inviting Virginia Tire & Auto to join in the fight to end slavery,” Willert said. “It will take all of us coming together to bring rescue and freedom everywhere around the world.”

To learn more about Virginia Tire & Auto, visit [www.vatire.com](http://www.vatire.com).

For information on how a company could partner with International Justice Mission, learn more at [IJM.org/Partnerships](http://IJM.org/Partnerships).

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## THURSDAY/NOV. 2

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

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

## FRIDAY/NOV. 3

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

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

## SATURDAY/NOV. 4

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

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

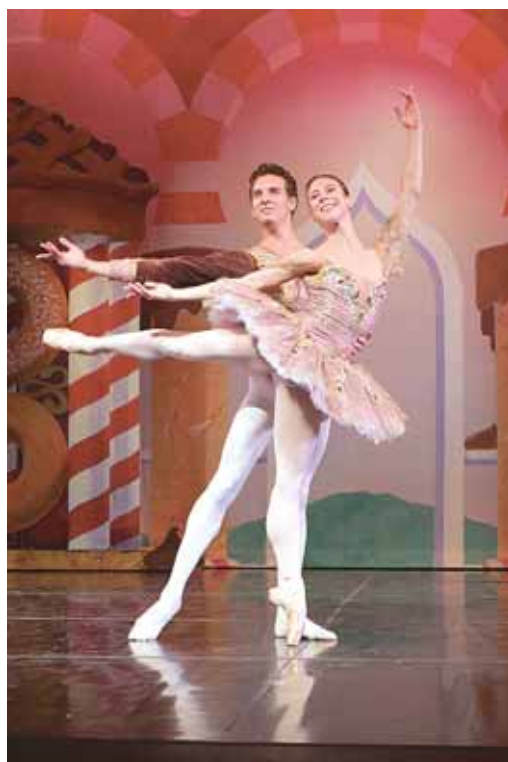
## SUNDAY/NOV. 5

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

## NOV. 4-JAN. 13, 2018

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

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



Chinese brush and portfolio development. Visit [www.czartlessons.com](http://www.czartlessons.com) or call 703-250-6930 for more.

## THURSDAY/NOV. 9

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

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

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

## SATURDAY/NOV. 11

**Veterans Day Celebration.** 10:15

## The Nutcracker

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

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

## SUNDAY/NOV. 12

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

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

## Holiday Music

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



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

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

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

## TUESDAY/NOV. 14

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

## NOV. 14-JAN. 9, 2018

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

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

drawing and watercolor. Ages 5-8. Visit [www.czartlessons.com](http://www.czartlessons.com) or call 703-250-6930 for more.

## NOV. 17-18

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

## SUNDAY/NOV. 19

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

## NOV. 25-26

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

## SATURDAY/DEC. 2

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

## SUNDAY/DEC. 10

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

## SATURDAY/DEC. 16

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

## City of Fairfax to Host ArtScreen Film Festival

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

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

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

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

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



PHOTO BY HANAN DAQAQ/THE CONNECTION

## David Toomer with his proud parents and sister Zoe Hayfield 11th Grader Competes for \$400,000

Last day to vote: Nov. 2.

**D**avid Toomer, 16, is among 29 semifinalists of 11,000 contestants from around the world who submitted engaging, imaginative and humorous videos to demonstrate a difficult topic in science. The final winner will receive \$400,000 and join world-famous scientists on stage at the Breakthrough Awards ceremony in Palo Alto, California.

The 11<sup>th</sup> grader at Hayfield Secondary School was homeschooled until sixth grade. He never thought he would pursue math and science as a career; instead, he wanted to be an architect.

**Q: How did your interest in math start?**

A: I think that my love for math and science really came when I got to high school; I was always good at math and science but I started doing it out of personal interest after taking classes in high school.

So my geometry teacher, my freshman math teacher, who is the person I nominated for the \$50,000, she really inspired me to keep doing things in math; to push myself and keep doing more.

**Q: What is her name?**

A: Ms. Carpenter. Pam Carpenter.

**Q: How about filmmaking?**

A: I did not know much about filmmaking at all when I was going into this challenge. That was the main obstacle for me in making the video. I had seen the email and I thought it was kind of far-fetched because I did not know how to make a video.

**Q: Where did you get the email from?**

A: I had a Khan Academy account that sent out an email supporting the challenge.

**Q: Not the school? Such a big prize, \$400,000, and not so many people knew about it?**

A: I knew two other people who I talked to who knew about it. That was it, for the most part. They have been trying to get the word out about the popular vote on Facebook, and not a lot of people knew about it. People have been stopping me in the hallway, asking me about it. It is kind of sad that not a lot of people knew about it.

**Q: How did you overcome your obstacle (filmmaking)?**

A: I have family friends who do a lot of graphic design. They were able to help me find the tools to make the video and from there it was just watching series of YouTube videos and learning how to do things.

**Q: When did you start working on it?**

A: I got the email in the beginning of September. I decided I was going to make a video about three days later and then I had to finish it by Oct. 1.

**Q: What I liked about your video is your sense of humor combined with rich content.**

A: The main thing that I wanted to do is to explain it to somebody like my sister or someone who did not ever learn about that kind of math. Even if I can't explain it to them on a mathematical level, I can explain it on a conceptual level.

**Q: Why did you choose Euler's formula?**

A: I learned about Euler's formula about a year and a half ago and it absolutely blew my mind. I

SEE VIDEO, PAGE 12

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PHOTO BY MIKE SALMON/THE CONNECTION

Cary Nalls knows a lot about pumpkins, produce and the Beulah Street area where he's been selling produce since 1961.

**Pumpkin**

FROM PAGE 4

few days a week in the winter until the spring plants come. The only other two open-air markets in the area any more are DePaul's Urban Farm in Vienna and Cox Farm in Centreville. Nalls swaps trade tips with the other owners from time to time.

Cox Farms is also a family business that has roots in the Centreville area, and their logo on the website reads "Your local tradition, for generations." Their fall festival is bigger, due to their size, but has an oversupply of pumpkins as well. Cox was "started by brothers Eric and Steve in 1972," their website states, and continues to be a family run business, similar to Nalls.

Nalls looks at the growth around him with a smile, noting all the different cultures that have moved into the area and the history he's gone through while running the

business. When Beulah was widened in the 1990's, he fought with the Virginia Department of Transportation, and when the community next door went up for sale, it took a while. "The 'For Sale' sign rotted and fell down three times," it took such a long time to sell, he said.

In fact, his ancestors owned that parcel at one time too. "My great grandfather was born where those houses are when Lincoln was still president," he said.

In addition to the roosters roaming freely around the market that provide a soundtrack of crowing all day, there's Penny the Pig, who is a celebrity on Beulah Street. Nalls even had an event for her birthday.

The children stare from the gate into Penny's pen. "They love her, if something happens to that pig, I'll have to find another that looks like her," Nalls said.

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**Video**

FROM PAGE 11

had seen the proof which is really fancy and it was just beautiful to say the least. Usually mathematicians define a beautiful identity or formula as something that is succinct but carries a lot of weight. And that was just exactly what I saw in Euler's formula.

**Q: What would you do if you win?**

A: I will, probably stare at something...My mouth would probably hit the floor...I would probably jump up and down for 20 minutes...I don't know...It would be unequivocal joy.

**Q: Why do you want people to vote for you?**

A: Obviously because I want to win but also, I want them to vote for me because when they vote for me, it brings more attention to the video I did or maybe the entire challenge in itself. When they vote they are supporting students' love for learning and their want for curiosity, instead of just doing work for work.

The finalists' videos are up on YouTube and Facebook, and the general public can vote for a people's choice winner until Nov. 2.

David's video can be viewed here: <https://youtu.be/m8POUuGiwPQ>

— HANAN DAQQA

11

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## NEWS



PHOTO CONTRIBUTED

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

## Helping Raise Awareness About Childhood Hunger

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

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

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

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

### BULLETIN BOARD

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

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

#### BRADDOCK ROAD STUDY

**Community Meetings.** Braddock District Supervisor John Cook and the Fairfax County Department of Transportation (FCDOT) will host a series of community meetings focused on specific sections of Braddock Road this fall. The schedule includes:

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

❖ **Monday, Dec. 11, 7:30 p.m.:** Burke Lake intersection, second meeting – Kings Park Library, 9000 Burke Lake Road, Burke

The goal of the Braddock Road Multimodal Study is to develop commuting improvements for the corridor from Guinea Road to I-495 to Ravensworth Road. Visit [www.fairfaxcounty.gov/fcdot/braddockroadmmstudy/](http://www.fairfaxcounty.gov/fcdot/braddockroadmmstudy/).

#### SATURDAY/NOV. 4

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

#### SATURDAY/NOV. 11

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

**Veterans Day Health Lecture.** 4:30 p.m. at Pohick Church, 9301 Richmond Highway, Lorton. "Life after Military Combat: Finding a Place of Peace," delivered by Professor David Hufford, PhD of the Penn State College of Medicine. He has conducted extensive research on the effects of trauma on emotional health. Free. Email [1066LMN@gmail.com](mailto:1066LMN@gmail.com) or call 703-304-4152.

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# WELLBEING Balance

FROM PAGE 8

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

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

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

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

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

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

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

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

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

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## L'Arc de Triomphe



By KENNETH B. LOURIE

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

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

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

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

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

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

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

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

C'est la vie.

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



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