



# Fairfax Station

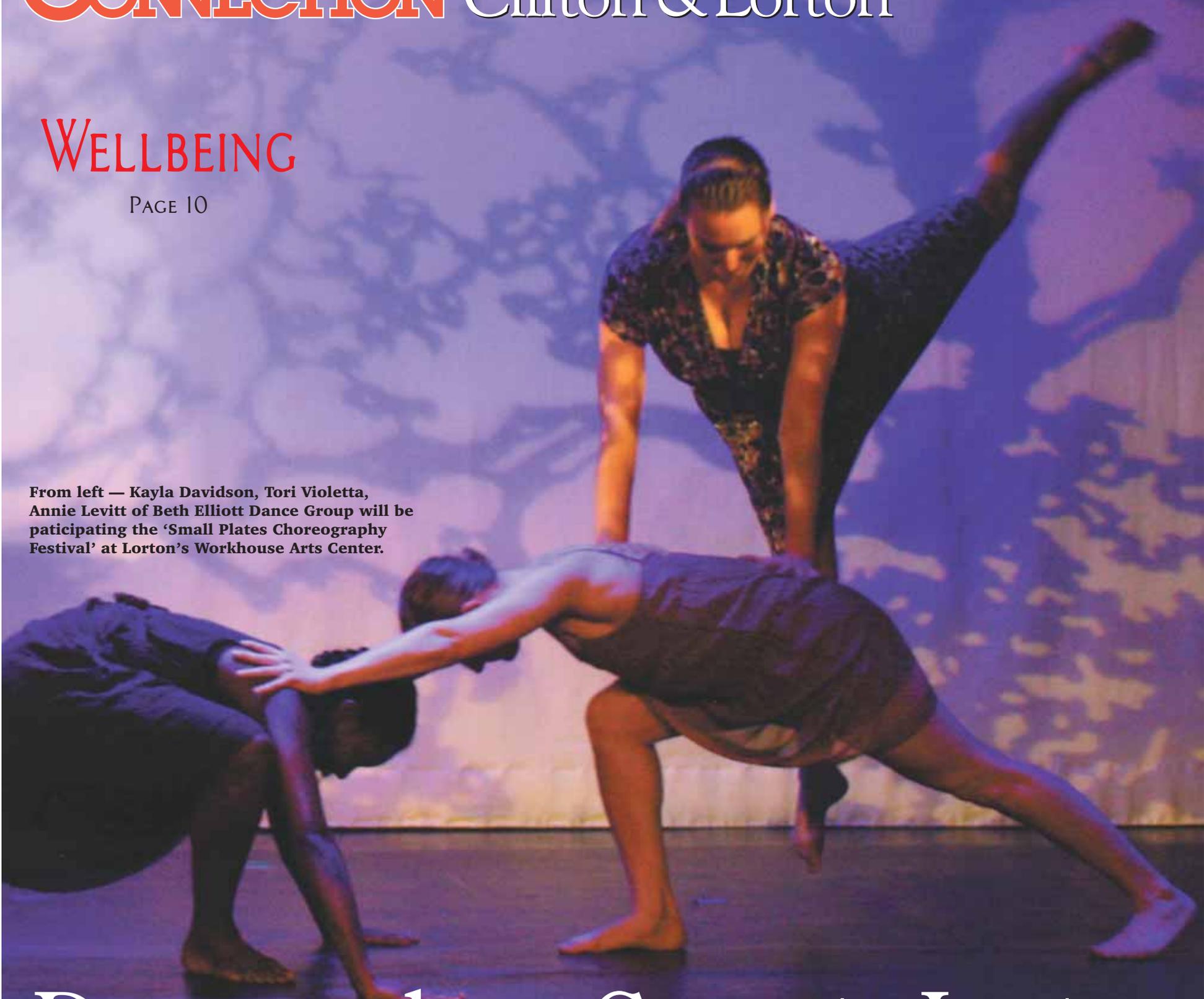
## CONNECTION Clifton & Lorton

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### WELLBEING

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From left — Kayla Davidson, Tori Violetta, Annie Levitt of Beth Elliott Dance Group will be participating the 'Small Plates Choreography Festival' at Lorton's Workhouse Arts Center.



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# Murder Charge Goes to the Grand Jury

## Caterer stabbed after E.C. Lawrence Park wedding.

BY BONNIE HOBBS  
THE CONNECTION

**O**n the surface, an argument over folding chairs after an Aug. 6 wedding at Cabell's Mill in Ellanor C. Lawrence Park led to a woman's fatal stabbing and a man charged with murder. But according to a witness and a video of the seven minutes leading up to the tragedy, tensions between the man and the wedding party had been simmering all during the event.

Monday afternoon, in Fairfax County General District Court, defense attorney Peter Greenspun argued that his client, Kempton Bonds, had no malice toward Tyonne Johns, the woman he allegedly stabbed to death. If anything, said Greenspun, the crowd there was verbally abusing and threatening Bonds. But ultimately, the judge found probable cause to believe Bonds is guilty as charged and certified his case to the grand jury.

Johns, 35, of Washington, D.C., was the event's chef and caterer. Bonds, a 19-year-



**Kempton Bonds.**



**Chef Tyonne Johns.**



**Tyonne Johns, the victim.**

old Clifton resident, is a 2015 Robinson Secondary School graduate and was a seasonal employee of the county Park Authority. Police had already responded to the Chantilly park around 9:24 p.m., after Bonds reported the wedding guests' disorderly conduct. But the next call they received, about 10:50 p.m., was about the stabbing.

**THE CHAIRS** for the wedding were supplied by both Chef Tyonne Catering Co., owned by the victim, and the Park Authority. Witnesses said Johns was starting to pack up the folding chairs, but Bonds told her the chairs belonged to the park, and the two began to argue.

Johns's assistant, Shaina Mason, testified Oct. 31 that "There was a conversation about the chairs and the bride was upset and yelling." She said that after Johns asked Bonds why he was upsetting the bride, Johns "yelled at him and he stabbed her and she stepped away and said, 'You stabbed me!' Mason said she didn't see the actual stabbing, but saw Johns back away from Bonds, "who had a knife in his hand." She also said Johns never touched him.

Mason then called 911. After that, she said, crying, "Someone put [Johns] in a chair, and [Bonds] went down the steps on the side of the building."

Under Greenspun's cross examination, Mason said that during the event, guests

were upset with Bonds turning off the music and taking down the decorations. She said for 10 to 20 minutes, people were yelling and cursing at him. She also said that Bonds didn't curse, scream or threaten anyone, but "he was rude."

During the seven minutes or so before the stabbing, Bonds videotaped on his phone what the others were saying and doing, and Greenspun played that tape in court. In it, the bride yells at Bonds, "Boy, I'm about to f\*#k you up, I swear to God, on my wedding day."

Then the groom yells at Bonds, "I guarantee, you'll be fired; you ruined my whole wedding." He and another woman also call Bonds derogatory names, and a female tells him, "I'm going to knock you out."

Next is the stabbing, and Bonds says, "Stay away from me." Mason said she couldn't tell one voice from another on the tape and was in the driver's seat of a U-Haul during the altercation. However, Greenspun got her to admit that, when she heard a voice threaten to "f\*#k [Bonds] up," Johns was "within arm's reach" of him.

"It wasn't Bonds who was acting out of control, with malice, it was the group," said Greenspun.

County police officer Jason Reichel was the first officer responding to the stabbing.

SEE WEDDING, PAGE 5

## Foundation's Long Roots

BY GERALD A. FILL  
THE CONNECTION

**T**he Gunston Hall School" foundation that donates money to financially needy students with learning disabilities, has origins going back to 1892 when it was initially founded by two Virginians, Beverly Randolph Mason and Elizabeth Nelson Mason, as the Gunston Hall School in Washington, D.C.

Beverly Mason was the great grandson of George Mason, the author of the Virginia Bill of Rights. Mason named the school after his ancestral home where he was born and spent his childhood; Gunston Hall built in 1756 continues as a historic site in Mason Neck.

The Washington, D.C. Gunston Hall school operated for 50 years as an all girls boarding school until it was forced to suspend operations at the beginning of WW II. Thanks to the daughters of Beverley Mason, the charter was transferred to George Washington's historic Pohick Church where it served students from kindergarten through fifth grade. After ceasing operations there in 1966, its charter was transferred to St. Christopher's Episcopal Church to operate as a private school in Springfield. A



**Gunston Hall School teacher and students, circa 1962 in front of Pohick Church. From left: Jackie Posner, Tom Hazard, teacher Jenny Mandrowsky, Rob Hartwell, and Alan Gaddy.**

loss of lease eventually led to the end of the school there in 1978.

Not willing to abandon the focus and its tradition of assisting needy children, the school was turned into an endowment fund in 1979 by Mr. and Mrs. Hazard, where they

**Its mission is to help needy students with learning disabilities.**

continued to operate the fund until 1999. From that date to the present, it has been led by one of their sons, John Hazard, Jr. The students eligible for the Gunston Hall School typically attend private schools that educate children needing special education help to overcome their learning disabilities. One such school, that specializes in helping children who suffer from dyslexia, is the Oakwood School, located in Annandale.

The longtime chairman of Oakwood, Robert McIntyre, said, "The Gunston Hall School financial assistance program has been enormously helpful to our families and students for many years. The late Helen Hazard was the epitome of what the Gunston Hall School Foundation continues to be today; a caring and compassionate program dedicated to helping needy children."

In addition to John Hazard, Jr., the following present and past members of the foundation board have sustained the Gunston Hall School by contributing to the endowment and assisting in the management of the foundation: Robert Hartwell, Freeman Jelks, Charrie Moscardini, Joanne Harman, Linda Bender, Eleanor Hunt, and former board members now deceased: Steve Hartwell, Scott Crampton, and John and Helen Hazard.

## Foundation's History

A brief history of the Gunston Hall School Foundation as told by John Hazard, Jr., president, Gunston Hall School, Lorton. "For 50 years Gunston Hall School for girls in Washington, D.C., operated as one of the outstanding private schools in the metropolitan area. I have an original invitation to the 1919 commencement exercises of the school. It shows the location of the school to be initially at: 3017 "O" Street, NW, Washington, D.C., from 1893-1904; and then moved to: 1906 Florida Ave. NW, Washington, D.C. from 1905-1950s.

"With the beginning of World War II, Gunston Hall School of Washington, DC was forced to suspend operations. The four daughters of Mr. and Mrs. Beverley Mason preserved the school's charter and in 1962 presented it to a group of people in the congregation of Pohick Church, Lorton, who were interested in starting a church school. Pohick was chosen because it is the church conceived and built by George Mason and George Washington (its location is about mid-way between Gunston Hall and Mount Vernon).

**VOTE TUESDAY, NOV. 8!**

CONGRESSWOMAN

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- › Human Trafficking legislation, signed into law, that cracks down on this growing crime and protects women and children.
- › Started two Heroin Task Forces to battle the heroin scourge in our communities and advancing legislation to increase education, treatment and prevention.
- › Started the "10th Congressional District Young Women Leadership Program" for junior high and high school young women.

"I ask for your vote on  
Tuesday, November 8th.

As your Congresswoman, I will continue to work tirelessly to strengthen our national security and protect us from terrorism; advance breakthroughs in 21st century cures for chronic diseases such as cancer, Alzheimer's and diabetes; promote a 21st century economy with more opportunity and higher wage jobs; provide transportation funding and solutions; and fight the growing problem of human trafficking and heroin abuse in our community."

*Barbara Comstock*

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# Wedding Night Stabbing Goes to Grand Jury

FROM PAGE 3

“There were people running and screaming, all over the place,” he said. Reichel said they told him their friend had been stabbed and they pointed out Bonds as the culprit, so Reichel handcuffed him.

**THE OFFICER** then found Johns slumped over in a chair. “I tore her shirt and saw a wound underneath her left breast,” he said. “I applied pressure to her wound and supported her head to protect her airway.” When more officers arrived, he directed them to take custody of Bonds and he returned to the victim. “The only thing she said to me was, ‘I can’t breathe,’” said Reichel. Then an ambulance came and rushed Johns to a hospital, where she was pronounced dead.

Also testifying was Officer Jason Deal, who arrived at the scene to find Bonds on his knees, in handcuffs. “Officer Reichel said it appeared he’d stabbed someone, and Bonds said, ‘Yes, that’s correct; that was me.’ I found a folding pocket knife on him – about 4 inches, folded up.” He then took Bonds to the Adult Detention Center, where he was arrested and charged with second-degree murder.

Summing up, Greenspun said, “This is clearly a tragic situation, but there’s no evidence of malice. There was a blistering, ugly, aggressive, assertive assault by numerous people there. But [Bonds] didn’t invite or provoke this horrible, verbal assault. It was the vitriol, hate and aggression of the words – and Johns gets in his face, as he’s backing up to the railing, and yells at him. If it’s anything, it’s manslaughter, not murder.”

But Assistant Commonwealth’s Attorney Brandon Shapiro stressed that Bonds “had a knife in his pocket – a deadly weapon. He had the ability to leave and didn’t. There was no physical altercation; at no point was Bonds touched. There’s probable cause for second-degree murder.”

Agreeing, Judge Michael Lindner said, “Words can be very hurtful, [but] the defendant’s responses to the anger were not words of peace.

There was a knife inside someone’s body. There’s a fair probability that Mr. Bonds killed somebody in malice.”

Lindner then certified the case to the grand jury for possible indictment. He also continued Bonds’s bond of \$250,000 plus house arrest.



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**The Duff Law Firm**  
11320 Random Hills Road/Suite 630  
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# OPINION

## Vote No Later than Tuesday, Nov. 8

Vote early (“absentee in person”) through Saturday, Nov. 5.

Who knows what will happen on Election Day? Voters can avoid the uncertainty of possible traffic gridlock, bad weather or other impediments by voting “absentee-in person.” If you work, you qualify to vote absentee because of the possibility you could be commuting and working for 11 hours on Election Day. There are many other reasons voters qualify to vote early in Virginia.

Voters can vote absentee-in person at Fairfax County Government Center, Conference Room 2/3, 12000 Government Center Parkway, Fairfax, now through Friday Nov. 4, 8 a.m. to 8 p.m. and Saturday, Nov. 5, 9 a.m. to 5 p.m.. Nov. 5 is the last day to absentee vote in-person.

Absentee voting is also available at 10 satellite locations, now through Friday, Nov. 4, 2-8 p.m. and Saturday Nov. 5, 9 a.m. to 5 p.m.

Satellite voting locations in the area:

- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
- ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
- ❖ West Springfield Governmental Center -

6140 Rolling Road, Springfield

❖ Mason Governmental Center - 6507 Columbia Pike, Annandale

❖ Lorton Library - 9520 Richmond Hwy., Lorton, Saturdays only.

### VOTING ON THE QUESTIONS:

Here are our recommendations:

Vote YES for the MEALS TAX. Fairfax County needs to find alternatives to the real estate tax, and in Virginia, there are not many options allowed to localities. This is one of the few alternatives available, and it requires a referendum.

Vote YES for the three Fairfax County Bond Questions: Vote YES for Transportation; vote YES for Parks; Vote Yes for Human Services.

Vote NO on on Question One. This anti-union language is already Virginia law; it doesn't belong in the Virginia Constitution.

### For Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, or you face any other challenge to voting at your polling place, don't panic or give up. You will be given the opportunity to vote a provisional ballot. Ask for a provisional ballot if one is not immediately offered. You will then have until Monday, Nov. 14 to resolve the issue and demonstrate your right to vote.

After completing the provisional ballot, you will be given written instructions from the election officials on how to submit a copy of your identification so that your vote can be counted.

A voter will have until noon on Monday, Nov. 14, following the election to deliver a copy of identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Monday, or the provisional ballot cannot be counted.

Also by noon on Monday 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.

### CORRECTION

Voters who do not present photo ID and vote by provisional ballot have until noon on Monday, Nov. 14 after the election to present their identification. Previous coverage reported that the cutoff was Friday.

— MARY KIMM

KIMM.MARY@GMAIL.COM

### LETTERS

## Where Are the Details on Social Security?

To the Editor:

After listening to the final Presidential debate, I believe that both candidates should explain themselves better and give more details on what they will do to update Social Security.

Because most Northern Virginians pay into Social Security every year, we should know how the candidates will keep it strong for us, our kids, and our grandkids. Social Security is critical to my retirement right now, and it is becoming more critical every year. I am disabled; some days I can operate without people even noticing there is anything wrong with me, and days I cannot get out of bed.

That is the main reason why I am urging every presidential candidate to lay out their plan to update Social Security. If our leaders do not act now, future retirees will lose up to \$10,000 per year in benefits. We deserve to know where the candidates stand on this important issue before we decide who to elect. To all the candidates I ask: “Where are the details?”

George Cupp  
Springfield

## Reject the Meals Tax

BY TOM DAVIS  
FORMER U.S. REPRESENTATIVE

On Nov. 8, Fairfax County voters have an opportunity to cast a powerful vote for themselves, and for better government by voting “no” on the proposed Meals Tax. A “no” vote will send a message to the county Board of Supervisors that higher taxes should not be routine, and that county leaders must focus on better management, and more importantly, the School Board, more efficiency, and greater respect for taxpayers.

The ballot language for the meals tax referendum was carefully worded to avoid guarantees for how the money will be spent, while pro-tax forces want voters to believe it will be used for teacher pay raises and property tax relief.

In fact, there are no guarantees for this at all. To remedy this glaring political error, a public relations campaign has been launched, partially at taxpayer expense, by teacher unions and some on the county board, to try to convince voters that the board's intentions are to use the new revenue for teacher pay hikes even though no such requirement exists.

Voters shouldn't buy the argument, and they shouldn't approve the new tax.

A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering. One example, is their recent release of an RFP to identify a community convener to “study” and bring about the name change of Jeb Stuart High School, despite the fact that the Stuart-area population and students oppose the change.

There are a number of problems with a new tax

on prepared foods and meals, but most troubling is the very regressive nature of this proposed new tax. The tax would be imposed on all meals at restaurants and carry-out, in addition to prepared food sold at convenience stores, food trucks, etc. — meals that are necessities, not luxuries, for many working men and women, and busy families. The new tax would also be levied on all ready-to-eat foods including a long list of items such as deli foods and grocery store rotisserie chickens.

While there are many other problems with the proposed tax, it's also troubling because it confirms an unhealthy focus by county leaders on higher taxes and more revenue as opposed to better management.

Earlier this year, county leaders passed a \$100 million increase in property taxes — also presumably to fund education. Now, they're back in front of voters asking for another \$100 million in the form of the Meals Tax.

Easy money makes for bad management. In 1992, as board chair, I supported a meals tax. The county budget was in terrible shape coming off a real estate depression that saw our commercial tax base collapse. Voters rejected the tax, we took the opportunity to reorganize our budget from top to bottom and two years later were named the Best Financially Managed County in America. The budget problems today are nothing of that magnitude. And with no guarantees as to how the money will be spent, plus the current School Board's spending proclivities. I am voting no.

It's important that voters reject this, join me in voting “no” on the Meals Tax.

Tom Davis is former U.S. representative and past chairman of the Fairfax County Board of Supervisors.

EDITORIAL

Fairfax Station,  
Lorton & Clifton  
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# COMMENTARY

## Vote 'Yes' on Question #2

BY DEL. TIM HUGO (R-40)  
HOUSE MAJORITY  
CAUCUS CHAIRMAN

This year, on Tuesday, Nov. 8, voters will have the opportunity to vote on a proposed Constitutional amendment to support our first responders and their families here in the Commonwealth. Question #2, which I sponsored in the General Assembly, will amend the Constitution of Virginia to allow localities the option to grant a real estate property tax exemption to the surviving spouses of first responders (police officers, firefighters and EMTs) who were killed in the line of duty. This is similar to the successful 2014 ballot measure that granted the same real estate tax exemption to the spouses of members of U.S. Armed Forces killed in action.

The legislation that led to this proposed amendment was introduced at the suggestion of one of my constituents, Suzanne Garbarino. At the Fairfax County Sully Police Station in 2006, Mrs. Garbarino's husband, Master Po-

lice Officer Michael Garbarino and Detective Vicky Armel, were tragically killed in the line of duty. Mrs. Garbarino approached me in 2014 with her concerns about the financial burdens that she and other families of fallen first responders face.

Recent events concerning violence towards police officers, including the tragic shooting of Prince William County Police Officer Ashley Guindon on Feb. 27, 2016, further remind us of the tremendous sacrifices our first responders make.

These men and women, who put their lives on the line each and every day in order to keep us safe, deserve our gratitude and appreciation.

This Constitutional Amendment, Question #2, would be but a small recognition of the efforts of our first responders, particularly those who have made the ultimate sacrifice.

I hope you will join me in honoring our first responders who put their lives on the line, by voting YES on Question #2 on Nov. 8.

### LETTERS TO THE EDITOR

## Comstock Respects Cultural Diversity

To the Editor:

The Hispanic Business Roundtable Institute has endorsed Congresswoman Barbara Comstock for re-election because of her unwavering commitment to economic and educational opportunities for all Americans. Comstock earned the endorsement of the non-partisan, non-profit group because of her work on issues important to Hispanic-Americans. She has promoted small business ownership, increased access to education, and quality, affordable healthcare. I am proud to join many Hispanic Americans across the 10th

District who are supporting Congresswoman Comstock.

There is also a personal warmth and care for engaging with all ethnic communities in Fairfax County, as I have witnessed her joining in events such as the annual Bolivian Festival, Vietfest, Korus and genuinely communing with all peoples in their cultural celebrations. I believe she honors and respects the cultural diversity of our citizens and as such is an exemplary servant leader of We the People.

**Dr. Lolita Mancheno-Smoak**

Fairfax Station

SEE LETTERS, PAGE 12

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[www.stopthefoodtax.com](http://www.stopthefoodtax.com)

Paid for and Authorized by Fairfax Families Against the Food Tax Referendum Committee

# ENTERTAINMENT

Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/) or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

## ONGOING

**Adventures in Learning** Shepherd's Center of Fairfax 8:30 a.m. - 2:45 p.m. every Monday for 6 weeks, Oct. 3, 2016 - Nov. 7 these events take place at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. start with gentle exercise, followed by speakers on topics such as health, history, community, personal development, finance, and more. Afternoon breakouts are book club, bridge, canasta, and mind games. Bring a brown bag lunch. Cost: \$30 for 6 weeks (Mondays). To register: call 703-426-2824 [www.scfbva.org](http://www.scfbva.org).

**Senior Line Dancing** 1 - 2 p.m. Little River Glen Senior Center 4001 Barker Ct, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. [barbriba@hotmail.com](mailto:barbriba@hotmail.com) 703-524-3739

**The Farmer's Market at Springfield Town Center.** May 7-Nov. 19, 10 a.m.-2 p.m. Through November. Corner of Spring Mall and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. [springfieldtowncenter.com](http://springfieldtowncenter.com).

**Fairfax Rotary Club Meeting.** 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and



PHOTO CONTRIBUTED

**This man who performs with the Shanghai Acrobats has an impressive combination of balancing skills. The Shanghai Acrobats will perform a variety of trampoline, ariel and juggling manuevers on Friday Nov. 5 at 8 p.m. and have two Saturday performances one at 2 p.m. and the other at 8 p.m. at the George Mason University's Center for the Arts. 4400 University Dr. Fairfax.**

program. [fairfaxrotary.org](http://fairfaxrotary.org).  
**Carolina Shag.** Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. [nvshag.org](http://nvshag.org).

**FUN-Exercise.** Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands

and weights both standing and seated exercises. Instructor donation is \$5. [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133.

**EXERCISE PROGRAM** Mondays and Fridays at 9:30 am year-round at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

**Cafe Ivrit (Hebrew Cafe).** Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern

Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP [Naama.Gold@jccnv.org](mailto:Naama.Gold@jccnv.org).

**Smoke Free Bingo** (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. [www.fairfaxvd.com](http://www.fairfaxvd.com). 703-273-3638.

**English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp>

**First Sunday Jazz Brunch** 11 - 2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy jazz brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit: <http://www.fxva.com/listing/bazins-on-church/1686/>

**Stories From Strawberry Park** 10 - 11 a.m. Tuesdays in Mosaic - Strawberry Park 2910 District Avenue, Fairfax. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Recurring weekly on Tuesday. Visit: <http://www.fxva.com/listing/mosaic-district/2326/>

**FRIDAY/ NOV. 4 & SATURDAY/ NOV. 5**  
**Shanghai Acrobats** Friday 8 p.m. &

Saturday at 2 p.m. and 8 p.m. at the George Mason University's Center for the Arts. 4400 University Dr. Fairfax. Trampoline artists, aerial acrobats, juggles, contortionists and martial artists of Shanghai Acrobats of the People's Republic of China. <http://cfa.gmu.edu/calendar/2276/>

## SATURDAY/NOV. 5

**Mission Marketplace at Burke United Methodist Church** 10 - 3 p.m. 6200 Burke Centre Parkway, Burke. Join us for a handmade craft festival - with a purpose. Local artisans and handicrafts from around the world will be on display. Proceeds benefit local, national, and international missions efforts. Bbq lunch also for sale. [www.burkeumc.org](http://www.burkeumc.org)

**FACETS' A Taste of Fall** 7 p.m. Sherwood Community Center 3740 Old Lee Highway, Fairfax. FACETS is hosting its 17th Annual Taste of Fall with FACETS, food, fun, entertainment, and a live and silent auction to raise funds to help families and individuals in Fairfax County and City who are suffering the effects of poverty and homelessness. Attendees at the Nov. 5 fundraiser can sample food and drink from a variety of Fairfax-area restaurants, wineries and breweries. Cost \$50 [www.FacetsCares.org](http://www.FacetsCares.org)

## SAT NOV. 5 & SUN/ NOV. 6 11 - 5 PM

**2<sup>nd</sup> Annual Mini Maker Faire with The Flint Hill School Robotics Team** 11 - 5 p.m. at Barnes & Noble Fairfax 12193 Fair Lakes Promenade Dr. Fairfax. Our weekend long celebration will feature coding and programming, 3D drawing, exploration of mechanical builds, motorized enhanced mechanisms, augmented & virtual reality and more.

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Special thank you to THE CONNECTION NEWSPAPERS

## Managing Holiday Weight Gain Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL  
THE CONNECTION

**H**oliday weight gain between Halloween and New Year's Eve is not only common, a new study published in the *New England Journal of Medicine* found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?'"

What different ways can I celebrate?" In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat



PHOTO BY MARILYN CAMPBELL

### Develop a plan now to combat holiday weight gain.

those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if

you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to

use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon, she said. "It forces a kind of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?'" said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said. "It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it."

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."

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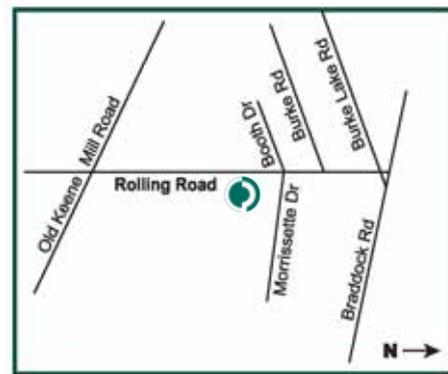
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# Staying Healthy and Safe During the Holidays

Health officials offer safety reminders in advance of the holiday season.

By MARILYN CAMPBELL  
THE CONNECTION

Late fall ushers in the holiday season and with that comes cooking and baking and parties and shopping — and the accompanying stress, worry and frustration.

There's pitfalls everywhere, from imbibing too much at parties to cross contaminating foods or leaving a dish out too long, making for a very unmerry holiday.

"Whether you are serving up eggnog or making a turkey dinner with all the trimmings, the most important ingredient for any holiday meal is food safety," said Cassandra Mitchell, environmental health supervisor, Fairfax County Health Department.

Mitchell points to a statistic from the Centers for Disease Control and Prevention, which estimates that each year, nearly 48 million people get sick from a foodborne illness. "Make sure your guests are not among them," she said.

To help ensure a healthy meal, Mitchell advises frequent hand washing and thorough utensil washing to avoid spreading harmful bacteria. Use separate cutting boards when preparing raw meat, poultry and vegetables.

"Use a food thermometer to ensure meat and poultry reach the proper temperature," said Mitchell. "Keep the fridge at 40 degrees Fahrenheit or below to prevent harmful bacteria from growing."

Wash hands, utensils, sinks and anything else that has come in contact with raw poultry, added Kurt Larrick of the Arlington County Department of Human Services.



When cleaning kitchen counters use dry paper towels instead of wet clothes and sponges which harbor bacteria.

## Food Safety

<http://www.fairfaxcounty.gov/hd/food/holiday-food-safety.htm>

When cleaning a kitchen counter, eschew wet cloths and sponges, which harbor bacteria, in favor of dry paper towels. Never defrost food at room temperature.

Thaw it in the refrigerator, in cold water or in the microwave. Keep in mind that a stuffed bird takes longer to cook.

Whether hosting or attending an event that includes alcohol consumption, experts recommend partygoers be sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol-related. Use designated drivers, people who do not drink, to drive other guests home after a holiday party.

"Don't drink and drive or let anyone else drink and drive [and] wear seatbelts," said Mary Anderson, spokeswoman for the Montgomery County Department of Health and Human Services.

"Eat healthy... stay active, manage stress [and] travel safely," to have a healthy and happy holiday season, said Anderson.

PHOTO BY MARILYN CAMPBELL

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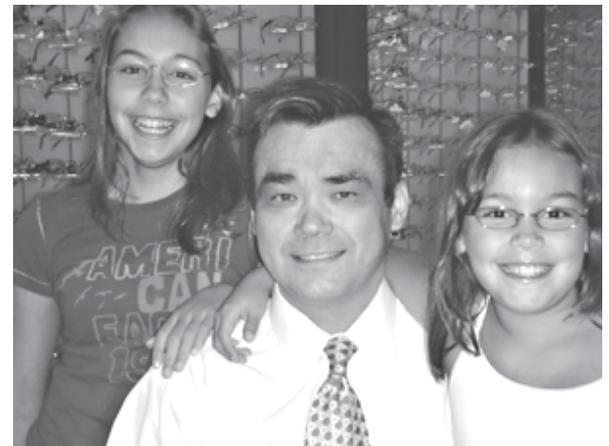
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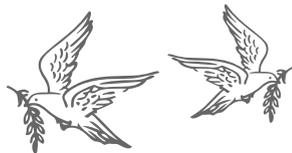
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**LETTERS**

**Sending Comstock Back to Congress**

To the Editor:

I attended the 10th District Congressional Debate and LuAnn Bennett, a carpetbagging D.C. real estate mogul running for Congress here in Fairfax said that Obamacare has made healthcare "more affordable." The entire room burst into laughter before she could even get the word "affordable" out of her mouth.

Indeed, this assertion is laughable. How could anyone running for Congress make such a ridiculous claim? How out-of-touch can one be?

This week, Health and Human

Services disclosed that Silver Tier Obamacare insurance plans will see an average increase of 25 percent, which is more than three times higher than the previous year-to-year increase. In fact, just two months ago in August, the nation saw the largest single month spike in healthcare costs in 32 years. In Virginia, the figures are even worse. The five major insurance companies have filed paperwork

showing premium increases may spike upwards of 37.1 percent.

Obamacare is collapsing under its own weight. Insurers are pull-

ing out of the exchanges altogether because of the convoluted system of laws and regulations. Businesses are contracting in size (or closing altogether) due to changes in the 40-hour work week.

Congresswoman Comstock has voted to repeal and replace this ill-conceived law with common sense, patient centered reforms that prioritize the relationship between doctor and patient. I will be voting to send her back to Congress to get the job done.

**Anna Lee**  
Centreville

**Sensible Gun Regulation: A True Voting Issue**

To the Editor:

Six-year-old Jacob Hall's next birthday party should have been super-hero-themed. Instead, it was his funeral. In what kind of country is a little boy randomly shot and killed playing during school recess? Tragically, a country where 91 people are killed by gun violence every day, with more than 33,000 men, women, and children losing their lives every year. For context, approximately 25,000 people will die of leukemia in 2016.

The vast majority of Americans – about 9 in 10 – support reasonable, common-sense gun regulation like background checks and bans on domestic abusers/mentally ill owning guns. However, our elected Congressional representatives — many beholden to a powerful gun lobby that subsidizes their campaigns – refuse to enact change. Ignoring the gun violence scourge is literally and figuratively an exercise in Russian roulette. Given the statistics, it is only a matter of time before it claims our school, our office, our community, or our children. Look at the picture capturing the final moments of Jacob's life, ending hauntingly as it began. A beautiful boy,

swaddled in a blanket in a hospital room — this time, surrounded by a distraught mother desperately enveloping her son and a father despondent he can no longer protect him. We owe it to Jacob and our children to make examining candidates' stance on sensible gun regulation a true voting issue – as important as protecting us from international terrorism, how will they address the domestic reality that dangerous people who shouldn't have guns terrorize our citizenry daily?

This Election Day in Virginia's Tenth Congressional District, vote to change Congress to reflect the

will of the people, not the gun lobby.

Incumbent Barbara Comstock, who per OpenSecrets.org, has received more campaign contributions from the National Rifle Association (NRA) than any other candidate currently running for the House of Representatives,

represents more of the same gridlock. Democrat LuAnn Bennett will work to keep guns from dangerous people while also protecting the rights of responsible, law-abiding gun owners, and is worthy of your vote.

**Christine Bachman**  
Fairfax Station

**Write**

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

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THE CONNECTION NEWSPAPERS

## DANCE



PHOTO COURTESY OF BETH ELLIOTT

From left — Kayla Davidson, Tori Violetta, Annie Levitt of Beth Elliott Dance Group.

## Small Plates Choreography Festival Returning to Workhouse Arts Center

BY DAVID SIEGEL  
THE CONNECTION:

Continuing its role as a locally-based incubator venue for Northern Virginia, the Workhouse Arts Center will be presenting the "Small Plates Choreography Festival." Developed by Beth Elliott (Northern Virginia Community College), the festival aims to bring the area's best choreographers and dancers to audience attention.

"We're thrilled to welcome Beth Elliott to the Workhouse Arts Center for another year of the 'Small Plates Choreography Festival,'" said Ava Spece, Workhouse, President/CEO. "Curated by Ms. Elliott, audiences will enjoy an unforgettable dance experience, surrounded by all the history and creativity the Workhouse has to offer," brought to life by the region's best choreographers and dancers.

So, what exactly is the "Small Plates Choreography Festival"? "It provides opportunities for choreographers to present work, to share an audience, and to engage with the audience in dialog about the work," said Elliott. Dance works are no longer than 10 minutes in length.

The Festival aims "to build community by bringing dance-makers and audiences together in an intimate performing arts experience," added Elliott. This year's multi-performance festival includes long-time members of the local dance community as well as newcomers.

"The choreographers have all really grown, and the new/emerging choreogra-

### Where and When

Beth Elliott Dance Group presents the "Small Plates Choreography Festival," at Workhouse Arts Center, W-3 Theatre, 9518 Workhouse Way, Lorton. Performances: Nov. 18 and 19, 2016 at 8 p.m. (doors open at 7:30 p.m.). Tickets: \$15 (general admission), \$10 students and seniors). Call 703-584-2900 or visit [www.workhouse.org](http://www.workhouse.org).



PHOTO BY CALEB KEITER/COURTESY OF WORKHOUSE ARTS CENTER

Ava Spece, President and CEO, Workhouse Arts Center

phers have the safety net of the regular participants to help guide them through the process," noted Elliott.

"I think that we can expect 'Small Plates' to continue to build a supportive and engaged community of dancers and dance audience" in this community.

The Workhouse facility "supports

the idea of short, small dance works presented together. It's an intimate environment, conducive to a personal feedback experience with the audience," added Elliott. The venue seats about 100.

Inviting audiences who may not be familiar with either the local dance scene or the "Small Plates Choreography Festival," Elliott said, "Come and be part of the 'Small Plates' experience. You can experience a little bit of a lot of different choreographers, and see what you like. It is a great experience for someone new to dance, and also an inviting atmosphere to ask questions and learn more about how choreographers think and work."

"The Small Plates Choreography Festival' is a really unique idea by having multiple professional dance companies collaborating on a full concert program," said Joseph Wallen, director, Workhouse performing arts.

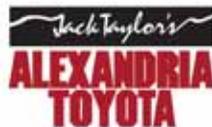
"It also provides exposure to audiences that might not know of emerging dance companies and brings new talent to our stage," added Wallen. And after-performance talk-back is encouraged.

11

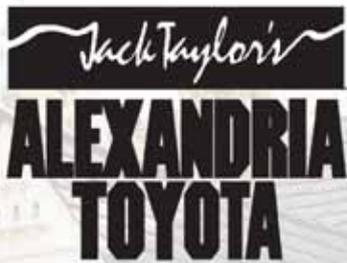
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