

# Fairfax CONNECTION



Thousands thronged to the City of Fairfax on Saturday for the 41<sup>st</sup> annual Fall Festival.

## Fun at Fairfax Fall Festival

NEWS, PAGE 10

### Making a Difference for Local Families

NEWS, PAGE 3

### Shelane's Run for Postpartum Depression

NEWS, PAGE 8

PHOTO BY BONNIE HOBBS/THE CONNECTION  
OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

OCTOBER 19-25, 2017

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

11

VIRGINIA

2017

# Special VIP Offer for your Toyota

**BUY 3 TIRES AND GET ONE FREE**

**BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95**

SEE SERVICE ADVISOR FOR DETAILS. **GOT TIRES?**

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

Jack Taylor's  
**ALEXANDRIA TOYOTA**

3750 Jefferson Davis Hwy  
Alexandria, VA 22305  
703-684-0710  
www.alexandriatoyota.com

**CHECK ENGINE LIGHT DIAGNOSIS NO CHARGE**

INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES & GIVE YOU AN ESTIMATE OF REPAIR COSTS.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

Jack Taylor's  
**ALEXANDRIA TOYOTA**

ServiceCenters  
TOYOTA  
Let's Go Places

31 YEARS OF RECEIVING THIS HONOR.  
1 OF 4 DEALERSHIPS IN THE NATION TO RECEIVE THIS HONOR.

**Service & Parts Dept. Hours:**  
Monday - Friday, 7:00am to 9:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare Customers**  
Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000 Mile Services  
Call your ASM for details  
**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

NOW AVAILABLE

**BASIC LUBE, OIL & FILTER CHANGE SERVICE**

**\$29<sup>95</sup>** NON-SYNTHETIC  
**\$44<sup>95</sup>** SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

**BRAKE SPECIAL \$79<sup>95</sup>**

INCLUDES: Install Genuine Toyota front brake pads; inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.  
MACHINE ROTORS ADDITIONAL

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

**SIGHT LINE WIPER BLADES \$10 OFF**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. PARTS CENTER ONLY. 9000 THRU 11/30/17

**FREE BATTERY CHECK-UP**

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

**4 WHEEL ALIGNMENT \$64<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

**15% OFF ANY ONE REPAIR**

Maximum Discount \$200.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

**SPECIAL OFFER TRUESTART BATTERY \$99<sup>95</sup>**

INCLUDES BATTERY INSTALLATION  
Includes: 84 month warranty, 24 month **FREE** replacement, 24 month **FREE** roadside assistance.  
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

Check your windshield. Does your sticker say **10/17, 11/17, or 12/17?** If so, your VA Safety Inspection is now due  
**VIRGINIA STATE INSPECTION FREE**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 11/30/17

Jack Taylor's  
**ALEXANDRIA TOYOTA**

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**

# Making a Difference for Local Families

## Complete the Circle FOODRaiser is Oct. 29.

BY BONNIE HOBBS  
THE CONNECTION

It's tough to be hungry in an area as affluent as Fairfax County, but that's the sad reality for so many families here. So local nonprofits Britepaths in Fairfax (formerly Our Daily Bread) and Lorton Community Action Center (LCAC) are holding an event to collect food for them.

It's the seventh annual Complete the Circle FOODRaiser, and it's slated for Sunday, Oct. 29, from 1-2:30 p.m. at Fairfax High's practice football field, 3501 Rebel Run in Fairfax. Participants will bring food to donate and will create a live, art project that will be photographed from the air.

"It's a wonderful, inter-generational, hands-on event to address food-insecurity in our community," said Britepaths' Executive Director Lisa Whetzel. "And for kids, it's a great opportunity to see community members all coming together around a cause that affects their neighbors in need. It shows them people's compassion and empathy in action."

Register at [www.CompletetheCircleFx.org](http://www.CompletetheCircleFx.org). through event day, but T-shirts aren't guaranteed for late registrants. Admission is \$10 (\$12 for XXL event T-shirt). Attendees are encouraged to bring at least three food-pantry items or a grocery-store gift card to be distributed to community members in need. For more information and a list of the most-needed pantry items, see [www.CompletetheCircleFx.org](http://www.CompletetheCircleFx.org), call 703-273-8829 or email [info@britepaths.org](mailto:info@britepaths.org).

**THE FESTIVITIES** begin with live music by Tommy Gann of the group, Cancer Can Rock, plus refreshments and children's activities. Then, wearing certain colors of T-shirts, participants will create a living, Art for the Sky project designed by internationally renowned artist Daniel Dancer. Placed in bins all around them will be the food donations brought that day to literally "complete the circle" of giving and hope.

"It's fun to see it all in action, and kids especially get such a kick seeing the crane lift up the photographer," said Whetzel. "And when they receive the image in a postcard, a few weeks later, they try to find themselves in it."

Approximately 1,000 people participated in last year's event and donated nearly 8,000 pounds of food and supplies and more than \$1,500 worth of grocery-store gift cards and financial contributions. This year's goals are 1,200 participants, 15,000 pounds of food and \$15,000 in donations to help the county's working poor.

"The battle against hunger in our community is stronger than ever before," said LCAC Executive Director Linda Patterson.



Participants crouch down according to the color of their T-shirts to create a previous year's Complete the Circle design.



A collage of some of the participants and fun during last year's FOODRaiser.

"And part of it is because food insecurity continues to grow, especially for families not eligible for food stamps, because they make just too much to qualify for them, but not enough to necessarily eat every day."

"It's incredible to think that, in wealthy Fairfax County, there are about 60,000 people who don't know where their next meal will come from," added Whetzel. "Many of them are children, and it's heart-breaking to think of how their parents must feel when they work so hard to make ends meet, but have to put their kids to bed with empty stomachs."

She said that's why participating in Complete the Circle is "a joyful way for community members to be part of the solution to the very real problem of hunger and need in our midst. We welcome community members to join us that day and to make the event even more meaningful by bringing a team of family, friends, co-workers or community-group members. Another great way

to help is by holding a grocery-store gift card or food drive in advance."

Patterson said LCAC's partnership with Britepaths helps change lives such as Kate's, a military mom of four who comes to LCAC's food pantry each Friday, "Complete the Circle is a lifeline for her and her children while her husband is deployed," explained Patterson. "And Mary receives food each Thursday through our grocery delivery program for homebound individuals. Complete the Circle means she's able to eat each day."

**DONATIONS** of household and toiletry items are also welcome. Britepaths doesn't have the capacity to accept food, so LCAC receives the food donations and Britepaths receives the non-food contributions and the gift cards. Event sponsors, in-kind donations and volunteers are still needed. Besides individuals and families, community organizations and businesses are encouraged to bring a team to the FOODRaiser.



This year's Complete the Circle FOODRaiser image symbolizes the giving spirit and a lending hand.

So far, nearly 500 people, including more than 60 teams, have registered.

Whetzel said food is needed all year 'round, but "Fall is when we begin looking toward our neighbors' needs during the holiday season." And for LCAC, said Patterson, "The food helps us get through the early winter and makes a big impact on the families we serve." Britepaths serves some 1,200 families a year. For example, a mother of three whose husband died of a heart attack got food assistance there for five months so she could feed her children until she could learn to drive and get a job. Also helped was a single dad with diabetes and a 12-year-old son. When the dad went blind and lost his job, Britepaths' aid was critical in tiding them over before his Social Security benefits kicked in.

Patterson said almost a third of LCAC's families are seniors or disabled households. "We're seeing that number increase," she said. "And because of their meager income, they need ongoing, weekly, food assistance. For example, a disabled woman with custody of her infant grandson comes to us. There's no way she could feed herself or afford diapers and formula for the baby, if not for LCAC's assistance."

The image to be created during the FOODRaiser is of a leafy tree with hands reaching up to form its trunk. "It's to symbolize the giving spirit and a lending hand," explained Whetzel. "Many leaves make up a tree, just as many people help each other to become a strong community."

And with the donated items being placed around it, she and Patterson hope enough food is brought to encompass the entire perimeter and "complete the circle."

For the participants, said Patterson, "It's the best Sunday afternoon they'll ever experience. After my first time, I walked away inspired because I knew those couple of hours weren't just changing me, they were changing thousands of lives. On any given day, almost 28,000 children in Fairfax County go hungry. We can change that through Complete the Circle. I believe we all can make a difference for families in our community."



Fairfax County Fire and Rescue Master Tech. George Loayza answers questions from visitors watching a vehicle extrication demonstration Oct. 14 at the Station 21 open house in Fair Oaks.

Vehicle extrication crew just removed the roof of a wrecked car. They show how they would use a hydraulic spreader to lift the dashboard and steering column off a trapped driver.

# Fire Prevention Week Teaches Safety Tips

Annual open house offers fun for all ages.

BY MARTI MOORE  
THE CONNECTION

Fairfax County Fire and Rescue ended this year's Fire Prevention Week with an open house celebration Oct. 14, when first responders gave important safety tips to the general public through fun activities and live rescue demonstrations for kids of all ages.

Although crew members at the Fair Oaks Volunteer Fire and Rescue Company 21 gave it the old college try Saturday, it's hard to believe this fire station at 12300 Lee Jackson Memorial Highway did not score the highest points in this year's "Best Open House" award.

The winners of seven battalions, respectively, throughout Fairfax County are: Fire Station 39 in North Point, Station 2 in Vienna, Station 17 in Centreville, Station 8 in Annandale, Station 5 in Franconia, Station 11 in Penn Daw and Station 14 in Burke.

Fair Oaks crew should demand a recount because their house on U.S. Route 50 had it all: games, stickers, red plastic helmets, rescue activities for kids, information booths, food, fire trucks, ambulances and a zip-line demonstration.

They had drama at 1:44 p.m., when their heavy rescue truck rolled out in response to a car accident on Interstate 66. Upon their return, crew jumped out of the fire engine and showed open house visitors how they disassemble a wrecked car to extract people trapped in the vehicle by using serious power tools as big as a small child.

J.P. Wood, president of Company 21 highly recommends anyone with a health condition wear a medical alert tag to help emergency medical technicians and emergency room staff save their life.

Station 21 commander Matt Burns, far right, narrates a vehicle extrication demonstration to visitors of his annual open house Saturday. Although the recorded high temperature Oct. 14 in Fairfax is a mild 73 degrees Fahrenheit, Burns explains the heavy protective gear worn by firefighters makes them feel like a baked potato. Master Tech. Ben Roadruck calls it his "personal sauna." He, Burns and other Station 21 crew served last month with the Fairfax County Urban Search and Rescue Team — Virginia Task Force 1 in storm recovery efforts from Texas to the U.S. Virgin Islands after three major hurricanes wreaked havoc along the Gulf Coast and islands of the Caribbean.



From left: Kelly Burns of Sterling holds open the driver side door as Fairfax toddler Patrick Vetterick and his dad, Paul, sit behind the wheel of the fire engine Saturday, while Fairfax County Fire and Rescue Tech. Brian Talbot holds down his truck. "I've been driving fire engines for 23 years," Talbot says. This annual open house is not Burns' first rodeo, either. The 16-year-old volunteers in the fire house run by her dad, Capt. Matt Burns.



From left: proud papa, Josh Cruciotti of Fairfax peers through his smartphone lens as Station 21 volunteer Reggie Smith teaches 4-year-old Amelia Cruciotti how to put out fires.

As she teaches a toddler a simple fire safety technique called "stop, drop and roll," Fairfax County Fire and Rescue EMT Teresa Neves emphasizes "It's important to cup your face with your hands."

She says this vital step protects a person's face from flames and lungs from smoke inhalation.

Residents who missed this event can learn best practices for a home escape plan from

Sparky the Fire Dog in a video called "Every Second Counts: Plan 2 Ways Out!" Find this and other safety demonstrations on the National Fire Protection Association's website at [www.fpw.org](http://www.fpw.org).



PHOTO BY BONNIE HOBBS/THE CONNECTION

### Fairfax City Schools Receive VML Award

While Fairfax City Councilman Jeff Greenfield looks on, Mayor David Meyer (in center, holding award) presents the Virginia Municipal League (VML) Stairway to Success Award to (from left) City Schools Superintendent Phyllis Pajardo and School Board members Carolyn Pitches, Toby Sorensen, Bob Reinsel, Mitch Sutterfield and Jon Buttram. The ceremony was at the start of the Oct. 10 City Council meeting. The VML comprises all the towns, cities and counties in Virginia; and at the recent VML conference in Williamsburg, the City received a gold-level award for supporting early childhood education at the Main Street Child Development Center.

# 2 Great Shows




### TOY TRAINS & ACCESSORIES

**Saturday, October 28, 2017**  
9:00 am - 2:00 pm

**Vienna Volunteer Fire Station**  
400 Center Street, S  
Vienna, VA

Admission - \$5  
Children under 12 FREE

**New & Used Trains, Track, Accessories & more**

**Operating Train Layout - Repairs - Appraisals**

Breakfast, Sandwiches, Snacks Available

**DOOR PRIZES**

Sponsored By  
WB&A Chapter-Train Collectors Association  
wba.boswell@gmail.com

### TOY CARS, TRUCKS, KITS

**Sunday, November 5, 2017**  
9:00 am - 1:00 pm

**Dunn Loring Volunteer Fire Station**  
2148 Gallows Road  
Dunn Loring, VA

Admission - \$5  
Children under 12 FREE

**Corgi, Dinky, Hot Wheels, Matchbox, TootsieToy, & more**

**All Scales, Materials, Kits, + Vintage Toys**

Coffee, Donuts, Sandwiches, Snacks Available

**DOOR PRIZES**

Sponsored By  
Capital Miniature Auto Collectors Club James  
William Brostrom - 703 941-0373



Select Suites Still Available



## We're hosting a Harvest Open House at The Kensington Falls Church, and you're invited

**Saturday, October 21, 2017**  
**from 1pm-3pm**  
**700 West Broad Street**

*Family & Friends Welcome • Tours • Refreshments*

RSVP to 703-992-9868  
or conciergefs@kensingtonsl.com

Please join us for a harvest open house as we anticipate the crisp temperatures and beautiful colors of fall. Our community is buzzing with activity, along with the happy sounds of residents, staff, family and our beloved four-legged friends. Having you here to share it all will make our upbeat mood even more so! We promise to make you feel welcome as soon as you cross the threshold. Our team is quick to deliver a smile and a hug, and maybe even a two-step and a song.

While you're here, sneak a peek at available assisted living suites. Explore programs of care that promote joy and wellness. Mingle with guests while getting a taste of the arts at a special exhibit, courtesy of Falls Church Arts. And, introduce yourself to us and someone you love.





**THE KENSINGTON**  
*An Assisted Living Community*

---

FALLS CHURCH



703.992.9868 | 700 West Broad Street, Falls Church, VA 22046  
[www.TheKensingtonFallsChurch.com](http://www.TheKensingtonFallsChurch.com)

## What To Do Against the ‘Nightmare Scenario’?

BY STEPHEN R. RUTH  
SCHAR SCHOOL OF POLICY AND GOVERNMENT  
PROFESSOR OF PUBLIC POLICY  
GEORGE MASON UNIVERSITY

**W**e should fear Artificial Intelligence. Not in the future but now. Ask Sheryl Sandberg, chief operating officer of Facebook. She announced that her company, with its over 2 billion users, built software it cannot fully control. “We never intended or anticipated this functionality being used this way,” Sandberg said, “— and that is on us.” Facebook’s operating systems had allowed Russian operatives to create accounts and ads aimed at influencing the 2016 U.S. presidential election. The gigantic network seems to have created systems that are ungovernable.

Facebook’s problem hints at the extreme dangers lurking within Artificial Intelligence as it grows throughout the world. AI Experts are already talking about a “nightmare scenario,” where nations’ AI systems could ignite real-time conflicts. Consider, hair-trigger AI systems could eventually control several nations’ military responses’ and some error in any one algorithm could possibly lead to a nuclear catastrophe.

Between the Facebook case and the nightmare scenario is the immediate problem of millions of people losing jobs. Around the globe, programmable machines — including robots, cars and factory robots — are replacing humans in the workplace. Automation

threatens 80 percent of today’s 3.7 million transportation jobs, one U.S. government report estimated, including truck and school bus drivers, taxi drivers and Uber and Lyft drivers. Another report indicates AI is threatening aspects of the many different jobs, including call center operators, surgeons, farmers, security guards, retail assistants, fast food workers and journalists. A 2015 study of robots in 17 countries found that they accounted for over 10 percent of the countries’ gross domestic product growth between 1993 and 2007. Consider, a major supplier for Apple and Samsung cell phones and computers, China’s Foxconn Technology Group, is planning to automate 60,000 factory jobs with robots, replacing its existing employees. Meanwhile, Ford’s factory in Cologne, Germany, not only replaced human workers with robots but also on some jobs stations position robots beside human workers — they are called cobots.

But these employment issues, as troubling as they are, cannot compare to the dangers envisioned by Elon Musk and Stephen Hawking. They are among the dozens of thought leaders who signed a letter harshly condemning governments’ increasing reliance on AI for military use. Their chief concern is autonomous weapons, another example of AI. The U.S. military is already developing armaments that do not require humans to operate them. These weapons are being created to offer battlefield support for human troops. Autonomous arms are dramatically easier to develop and mass-produce than nuclear weapons. They will likely

to soon appear on black markets around the world, certain to be favored by terrorist groups. To quote from the open letter, the new autonomous weapons would be ideal for dark actions including “assassinations, destabilizing nations, subduing populations and selectively killing a particular ethnic group.”

There are some economic optimists like MIT’s Erik Brynjolfsson and Andrew McAfee, who feel that AI will eventually bring long term prosperity to the world, but even they admit that finding common ground among, economists, technologists and politicians is daunting. Obviously, it will be very difficult to craft legislation about AI without more agreement about its potential effects.

We should definitely be fearful of artificial intelligence, not just because it is clearly destined to affect the number of available jobs, including those in middle and even upper middle class domains, but because its potential military use can lead to a perilous future, if not controlled. As the open letter signed by Musk and Hawking concluded, “Starting a military AI arms race is a bad idea, and should be prevented by a ban on offensive autonomous weapons beyond meaningful human control.”

*The author is director of the International Center for Applied Studies in Information Technology (ICASIT) <http://policy-icasit.gmu.edu/>*

## Shades of the Old South **It is always important to vote, but it is more important than ever this year.**

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



### COMMENTARY

**J**ust when you think things are changing you can be shocked to realize just how much they stay the same. Politics in Virginia are a prime example.

For more than a century after the Civil War the consistent factor in politics was race baiting. The then-called Democrats in the South, who later became known as Dixiecrats and today are the conservative wing of the Republican Party, were successful with a variety of laws that disenfranchised African Americans.

Even with the few African Americans who could get through the labyrinth of laws that included blank sheet registration forms, literacy tests and poll taxes the scare tactic employed by too many candidates was to suggest that their opponent was a lover of black people — but using a derogatory term. That fear of black people has its roots back to the centuries where black people were enslaved and brutal enforcement and fear were used to keep them that way.

The Civil War did not resolve the feeling between blacks and whites, and slave codes were replaced with Jim Crow laws that whites could use to assert supremacy over black people.

For a candidate to take a position that could be interpreted as being favorable to African Americans would mean almost certain defeat at the polls. Only Supreme Court decisions and federal laws like the Civil Rights Act and the Voting Rights Act created a more level political playing field between the races. Continued efforts to suppress the votes of minorities and to unnecessarily complicate the voting process are still employed by some trying to maintain a structured society of white supremacy.

More recently those who want to keep or expand their political power have swept immigrants — whatever their status — into the realm of those who are to be feared and suppressed from participating in the democratic process.

Many strive to gain maximum political advantage through whatever means while at the same time wanting to keep the appearance of respect and patriotism. The recent television ad with scary images and references to fear and the MS 13 gang intends to scare voters into rejecting a compassionate medical doctor with an ad that fact checkers have found to be untruthful.

Another concern from the current campaign

is the suggestion from a white female candidate for lieutenant governor that her black male opponent does not understand the issues well enough to discuss them “intelligently.” Disregarding the excellent academic credentials of her opponent, her comments had the tone of the past that one observer said seemed more appropriate for 1957 than 2017.

At the national level, there are daily statements and actions that hearken back to the racial climate of the Old South. This year in Virginia, we have a unique opportunity on Nov. 7 to make a statement with our votes that we reject the discrimination of the past. It is always important to vote, but it is more important than ever this year. Despite efforts to romanticize the Old South and the Confederacy, we need to learn the truth and understand why we need to move on.

### 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:

Letters to the Editor, The Connection  
1606 King St., Alexandria VA 22314  
Call 703-917-6444  
[editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

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

@FfxConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
**Local Media Connection LLC**

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Bonnie Hobbs**  
Community Reporter ♦ 703-778-9438  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

**Andrea Worker**  
Reporter  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

**Mike Salmon**  
Editorial Assistant  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
e-mail:  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic

**Art/Design:**  
Laurence Foong, John Heinly,  
Ali Khaligh

**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

**CIRCULATION**  
**Circulation Manager:**  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



# FAITH

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

**Burke Presbyterian Church**, 5690 Oak Leather Drive in Burke, worship services are Sundays at 9 a.m., 11:15 a.m., and 6 p.m. [www.BurkePresChurch.org](http://www.BurkePresChurch.org).

**One God Ministry Church**, 4280/4282 Chain Bridge Road, Fairfax, offers Early Morning Service at 8 a.m., Sunday School at 10 a.m., Sunday Worship Service at 11 a.m., and Wednesday Bible Study at 7 p.m. Women, Men, and Youth Bible Studies are on the third Tuesday of each month at 7 p.m. A Spiritual Gifts Service is the first Friday of every month at 7 p.m. One God Ministry has ministries for youth, men, women, couples, music and singles. 703-591-6161 or [www.onegodministry.org](http://www.onegodministry.org).

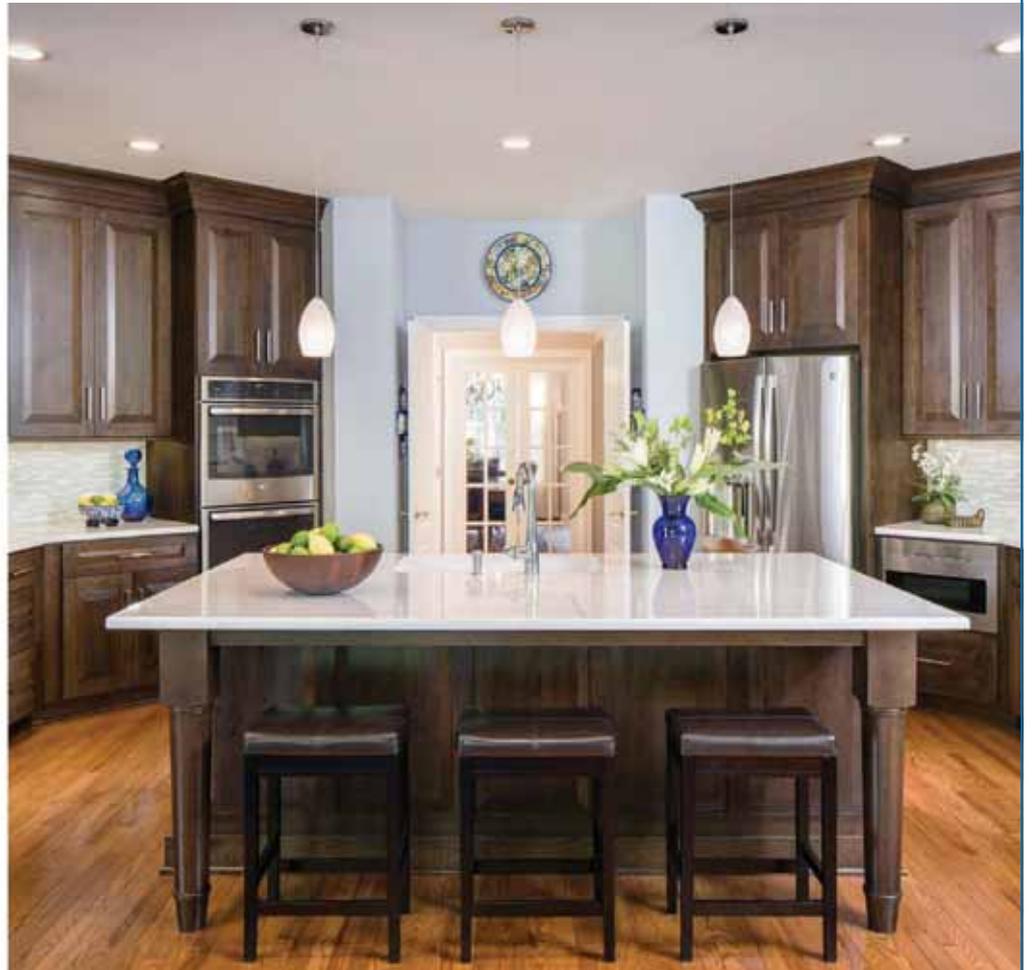
**Faith Communities in Action** meets the first Wednesday of every other month from 2-4 p.m. at the Fairfax County Government Center, Conference Rooms 2 and 3, 12000 Government Center Parkway, Fairfax.

**The Bahá'í Community of Fairfax County Southwest** offers Interfaith Devotions, Children's Classes, Junior Youth Groups and Study Circles, which are open to all. For more information on these or to know more about the Bahá'í Faith, go to [www.bahai.us](http://www.bahai.us) or 571-320-5274.

**St. Leo the Great in Fairfax** hosts "Night of Praise" the first Saturday of each month, featuring praise music and Eucharist adoration at 7 p.m. Located at 3704 Old Lee Highway in Fairfax.



**Your "Nicely Done" Kitchen or Bath is Right Around the Corner!**  
A "One-Stop Shop" That Goes Above and Beyond Your Imagination



Find us on Houzz,  
Facebook, & Angie's List!



**NICELY DONE**  
Kitchens and Baths

Kings's Park Shopping Center  
8934 Burke Lake Road, Springfield VA 22151  
703-764-3748 [www.nicelydonekitchens.com](http://www.nicelydonekitchens.com)

## 10<sup>th</sup> Annual South Run Art and Craft Show

SATURDAY, NOV 4: 9 AM – 4 PM

SUNDAY, NOV 5: 10 AM – 4 PM

South Run RECenter  
7550 Reservation Drive  
Springfield, VA



Free Parking

\$4 Admission

## Struggling with Type 2 Diabetes and Weight?

You don't have to manage alone.

Join our research team!

2 year clinical study examining the impact of an investigational medication for the treatment of type 2 diabetes and obesity.

Study related nutrition & lifestyle counseling, physical exams, lab tests and research medication at no cost.

Washington Center for Weight Management & Research  
Domenica Rubino, MD  
703-807-0037  
2800 S. Shirlington Road, #505  
Arlington, VA 22206  
[www.wtmgmt.com](http://www.wtmgmt.com)

# COMMUNITIES OF WORSHIP



Worship Gathering - Sunday 8:45 & 11 AM  
Sunday School 10:10 AM  
Sun. Evening - Realtime Worship & Youth 6 PM  
Family Night - Wednesday 7:15 PM  
Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups  
Visit our Website: [www.jccag.org](http://www.jccag.org)  
4650 Shirley Gate Road, Fairfax  
Bill Frasnelli, PASTOR 703-383-1170

**To Advertise Your Community of Worship,  
Call 703-778-9418**

## COMMUNITY



The starting line during the 2016 Shelane's Run.

PHOTOS CONTRIBUTED



Shelane Gaydos with daughters Nadia, Sofia, and Olivia during Easter 2015.

# Shelane's Run for Postpartum Depression

**5K Race and 1K Fun Run to be held Oct. 21 at Fairfax County Government Center.**

BY STEVE HIBBARD  
THE CONNECTION

The second annual Shelane's Run, a 5K race and 1K fun run in memory of Shelane Gaydos of Herndon, who suffered from postpartum depression (PPD), will be held Saturday, Oct. 21, 2017, at the Fairfax County Government Center. It is the only race focused on maternal mental health in Virginia; last year's race had 400 runners and raised \$27,000. This year, they're hoping to raise \$30,000 for postpartum depression awareness.

Shelane Gaydos' mother, Joanne Bryant, 63, of Fairfax Station, hopes to bring postpartum depression out of the darkness and make it a common conversation that families will have with their loved ones.

"In my daughter's case, she lost a child; this was her fourth pregnancy and she was mourning the loss of her child," she said. "We didn't realize the extent of her depression."

Bryant, who's retired from the National Defense University, said her daughter was very private and internalized a lot, and no one was aware of the depressive state she was in. She took her own life at age 35 on June 12, 2015.

"In a lot of cases, women don't know their symptoms, what they're going through and how they can be helped — and that it's temporary," she said. Besides depression, symptoms of the disease may include fluctuating hormones, insomnia, loss of appetite, intense irritability, and difficulty bonding with the baby.

**THE RACE MONEY** raised will help support the nonprofit Postpartum Support Vir-



A father/daughter team at the Shelane's Fun Run finish line in 2016.

ginia, headed by Adrienne Griffin in Alexandria ([www.postpartumva.org](http://www.postpartumva.org)). "We want to raise enough money to make a difference in the community to set up some grants for families who might need the support of a caretaker to come in and take care of additional siblings or just be there to support the mom in need," she said.

"[Griffin] has reached out to a lot of the local hospitals to get more awareness and screening for women; she has helped with lobbying for new legislation to bring more funding to the states to be able to support those programs within the hospital," she said.

Shelane Gaydos graduated from Woodson High School and George Mason University with a degree in criminal justice. She worked as a detective with the Fair Oaks District Police Station and was married to Brian Gaydos, also a police officer; the couple had three daughters: Olivia, now age 5, Sofia, 7, and Nadia, 9. Shelane Gaydos was also an avid runner.

Pregnant with her fourth child in 2015, Shelane went in for a checkup at 12 weeks



The Gaydos family welcomes baby Olivia in October 2012.



Shelane Gaydos died at age 35.

### Details

Shelane's 5K Run/1K Fun Run will be held Saturday, Oct. 21, 2017 at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The race winds around Government Center Parkway and Random Hills Road. Cost to enter the race is \$34; and \$12 for the Kids Fun Run (12 years or under). Teams can be created with five or more runners for \$29. The late check-in goes from 7:30-8 a.m.; the Fun Run starts at 8:30 a.m.; the 5K Run starts at 9 a.m.; and the awards are at 10 a.m. There are activities for children, including a rock wall, moon bounce, face painting, arts and crafts, and more.

The race's largest financial supporter is SAGE Therapeutics, which is developing treatment for postpartum depression following the birth or loss of a child.

For more details, visit [www.Shelanesrun.org](http://www.Shelanesrun.org).

and discovered during an ultrasound that the baby did not have a heartbeat. She had a miscarriage and took a week off work after she lost the child.

"She had the normal sadness that comes with the loss of a child, but we didn't realize just how deep a depression she had fallen into," said her mother. "In looking back on it now, there were little signs — sort of that distant stare, not looking like she was totally into a conversation."

**SHELANE GAYDOS' SISTER** Sarah Bryant, 33, of Herndon, said: "The first week, she looked like she was on the up-and-up; she stayed home with the girls. On the second week, that's when she started going downhill rapidly in a depres-

sive state."

She said her sister had been stressed from work and upset about not getting the results from the doctor about why she lost the child. "She was pretty distraught because she always wanted four kids and she wanted to know why she lost her child. She didn't get the answers she was hoping to get. So that added to everything too."

Sarah, who works in IT Tech at Fairfax Circuit Court, wants to get the word out that one in five women will suffer from postpartum depression. "It's the leading complication from pregnancy," she said. "And suicide is the leading cause of death for women in the first year of having a baby... Postpartum depression can become severe unless treated and recognized."



PHOTOS BY MIKE SALMON/THE CONNECTION

Fairfax historian Brian Conley has looked into the legend of the bunnyman bridge extensively.

# The Elusive Trail of the Bunnyman Urban Myth

Fairfax County Library investigator: "This Guy Doesn't Exist."

BY MIKE SALMON  
THE CONNECTION

The overpass that carries railroad tracks over Colchester Road in Fairfax Station has earned a reputation through the years from a story involving dead rabbits, an insane asylum, escaped prisoners, and unexplained deaths. The story, which dates back to 1904, is as roving as the single lane roads that lead to the bridge, but doesn't have any verifiable facts to stand on, said Fairfax County archivist Brian Conley, who has made the legend of Bunnyman Bridge a focus in recent times.

"First time I heard of it was as a teenager," he said in a recent "Forgotten Fairfax," presentation at the City of Fairfax Regional Library on Saturday, Oct. 14.

Conley's presentation had a timeline that started in 1903 at an asylum in Clifton, and rambles to 1904 when escaped convicts were on the run and "they found one of the inmates dead, hanging from the bridge," the

rumor mill reported. In 1905 there was a group of teenagers killed in the area, a murder in 1976 near the bridge, and another in 1987. These reports were all summarized by Timothy J. Forbes, but according to Conley, "this guy doesn't exist." The dates and incidents were reportedly from the archives of the Clifton Town Library, which does not exist either, and the "names never check out," his investigation concluded. It was the magic of the urban legend, helped by the internet that made the legend bigger.

**IN CONLEY'S INVESTIGATION**, there were a few unsolved murders in the Burke-Fairfax Station area, which added to the intrigue, which included the Holober murders involving the Green Forest Nudist Colony in February 1949, the Ridgeway murders in 1927 where a man named Louis Boersig was executed for killing his wife and daughter, and then the murder of Eva Roy in

SEE BUNNYMAN, PAGE 14



One of Brian Conley's slides shows one of the first real references to a bunnyman in a 1970 headline.



If you are looking for a Remodeling company with Outstanding Customer Service and Lasting Value, give Foster Remodeling a call at 703.672.2249





## Please Join Us Free Fall Seminars

Saturday, October 21<sup>st</sup> 2017





**Big Impact, Small Space**  
Saturday October 21<sup>st</sup>, 2017 - 9:30am  
Confused about how to make the most of a small space? Join our creative design team as they help you untap the potential of a smaller space. Using creative solutions, we will help you realize that there may be more than meets the eye!  
Doors open at 9:00am - Seminar begins at 9:30am



**Kitchen and Bath Remodeling**  
Saturday October 21<sup>st</sup>, 2017 - 11:00am  
Have you been thinking about remodeling your kitchen or one of your bathrooms? Let us update you on the latest design tips and trends. From layouts and new technologies to finishes and code requirements, Foster Remodeling Solutions will get you up-to-date. Seminar will begin at 11:00am.

Call today to reserve your spot - 703.672.2249 or online at [FosterRemodeling.com](http://FosterRemodeling.com) under Seminars

Foster Remodeling Solutions  
7211-H Telegraph Square Drive • Lorton, VA 22079  
703.672.2249 • [FosterRemodeling.com](http://FosterRemodeling.com)

# LIVE LONGER

EARTH FARE

EST. 1976

EVERYONE'S  
HEALTHY  
SUPERMARKET

COMING SOON TO  
FAIRFAX

## WE CHOOSE OUR PRODUCE AS IF HIS LIFE DEPENDS ON IT.



Learn more at [earthfare.com/fairfax](http://earthfare.com/fairfax)



Thousands thronged to the City of Fairfax on Saturday for the 41<sup>st</sup> annual Fall Festival.



Andrea Scott of N the Loop sells handmade, crocheted caps, scarves and ponchos. Seated is Tanisha Nicholson.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

# Fun at Fairfax Fall Festival

The 41<sup>st</sup> annual Fairfax Fall Festival was Saturday, Oct. 14.



Sparring with their balloon swords are Dora Teng, 8, and Kevin Hong, 9.



These children swing through the air on a festival carnival ride.



From left: Dong Dang and Dung Diep serve food from East Wind Vietnamese Restaurant.



Vendor Maria Trigo, of Piris Group, with her foam decorations.



My Hero Zero entertains the crowd after the festival ends.

# Boosting a Child's Self-Esteem

A positive self image is a lifelong gift.

BY MARILYN CAMPBELL

One of the greatest gifts that a parent can give a child is a healthy self-esteem. Positive feelings about oneself can lead to success in a gamut of situations ranging from school to social circles, say child development experts.

"Self-esteem plays an important role at all stages of our lives," said psychologist Stacie B. Isenberg, Psy.D. "As adults, it can affect how one approaches situations and interacts with other people. When self-esteem is low, it may, for example, affect work performance or one's ability to recognize and enjoy accomplishments."

Parents play an essential part in the development of their child's self-esteem, advises Cheryl Giacomelli, who teaches psychology at Northern Virginia Community College. "Parents foster self-esteem in many ways including leading by example, being emotionally available, engaging with their children, and providing a loving and supportive environment that allows children to succeed and fail," she said.

Parents can model this behavior in everyday tasks. "For example, while helping a child with a math assignment and not understanding the math problem, the parent

who says 'I can't believe I don't understand this, I was always terrible at math' is sending a different message than the parent who says, 'I'm not sure about this one. Let's ask your teacher to explain it to us in a different way,'" said Isenberg. "Parents can benefit themselves and their children by learning to describe situations according to the specific circumstances and resisting putting a generalized label on the situation or their behavior."

Since children learn by observation, modeling healthy relationships and habits is a vital component of developing a healthy self-esteem, suggests Giacomelli. "Choose an activity once a day in which you are fully engaged with your child," she said. "This may sound like common sense, however in today's busy world, it's sometimes difficult to devote all of your attention to one task. This means playing a game or reading a book and ensuring your cell phone is nowhere in sight."

"Experiences that may negatively impact the development of a strong sense of self occur when we do not fully engage with our children, when we do not allow our children to fail, and when we do not acknowledge our own faults," continued Giacomelli

Avoid harsh criticisms and display expressions of love, warmth and affection, advises Joanne Bagshaw, PhD, LCPC, professor of psychology at Montgomery College-Germantown.

"Children's self-esteem develops based on how well their parents love them," she said. "The best thing parents can do is to openly and unconditionally love and accept their child. Parents ... can do so verbally, by telling their children often that they love them and by being openly affectionate, with hugs, for example. Parents can also communicate warmth through their tone of voice, and eye contact."

**PRAISING CHILDREN** is important, but it must be sincere. Even setbacks can offer opportunities for developing a healthy self-esteem, suggests Isenberg. "Children feel good about themselves when they have received genuine, positive reinforcement from people and situations," she said. "Praising a child's efforts is one of the best things parents can reinforce, because a child can control his effort, whereas outcome isn't always within one's control."

One example that Isenberg offers is saying something like, "I'm so proud of how hard you studied for that science test. You

spent a lot of time reviewing the material and were really dedicated to being prepared."

Allowing children to learn to do things on their own and even experience a setback within a supportive environment may increase feelings of confidence and competence, says Jerome Short, Ph.D., associate professor of psychology at George Mason University.

"Parents may do too much for children or protect them from failure so that children do not learn to cope with difficult situations and soothe themselves," he said. "Children should believe that they have worth for being a unique person."

Fostering opportunities for positive social interaction with their peers can lead to a healthy self-esteem, says Short. "Children who have close friendships and reciprocal sharing with friends tend to have higher self-esteem," he said. "Children's successful accomplishment of goals also boosts self-esteem."

Establishing boundaries and setting limits with children can instill a sense of safety and security, advises Short. "Authoritative parenting that is high in support and high in structure and expectations contributes to children's positive sense of self," he said.



**Adopt/Donate/Volunteer**  
www.lostdogandcatrescue.org



**PATHWAY HOMES, INC.**  
Supportive Residential Mental Health Services

**Help The Homeless 5K Walk 2017**  
Saturday, October 21st  
Veterans Amphitheater  
At Fairfax City Hall  
10455 Armstrong St, Fairfax

In just one morning, you can make a real impact on the lives of men and women who are homeless in Fairfax County and the Northern Virginia region. Your registration fee of just \$32 provides a day of supportive services for someone in need.

**Schedule of Activities**  
Check-in and registration opens: 8:30am  
Program and walk begins: 9:00am

**You Choose The Walk**  
A 5K through the neighborhoods of Fairfax city OR  
A 1.5 mile short course

To register on-line or for more information:  
[www.PathwayHomes.org](http://www.PathwayHomes.org) or (703) 876-0390

**LONG TERM CARE MEDICAID APPLICATION SUPPORT**

by **Nelson-Childers, Inc.**

We know how stressful, challenging, and costly it can be when a loved one needs full time skilled care. You may want to apply for Medicaid. We can help.



Set up a **FREE CONSULTATION**

[www.Nelson-Childers.com](http://www.Nelson-Childers.com)  
**(703) 999-3499**

**EDLIN SCHOOL**  
**OPEN HOUSE**  
EVENTS

*Visit Us*

August 26  
September 23  
October 28  
November 18



Edlin School  
Scientia Superans Fines

10 AM - 1 PM  
Tours on the Hour

A unique learning environment for gifted & talented children, Pre K - 8

[edlinschool.com](http://edlinschool.com) 703.438.3990  
10742 Sunset Hills Road, Reston, VA 20190

# ENTERTAINMENT

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

and come pick up a great second hand costume for this year on Friday. Visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) or call 703-385-7858.

## ONGOING

**Photo Exhibition.** Through Oct. 28, Tuesday-Saturday, 10 a.m.-3 p.m. at The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. "Binding Wounds, Pushing Boundaries: African-Americans in Civil War Medicine" looks at the men and women who served as surgeons and nurses during the Civil War and how their service challenged the prescribed notions of race and gender. Free. Call 703-591-0560.

## THROUGH OCTOBER

### Fall Festival and Pumpkin Playground.

Various times at Burke Nursery & Garden Centre, 9401 Burke Road, Burke. Weekdays is \$10 per person and the weekend price is \$14 per person. Call 703-323-1188.

**Pumpkin Patch.** 10 a.m.-7 p.m. at the St. George's United Methodist Church, 4910 Ox Road, Fairfax. Buy fall pumpkins and decorative gourds grown by Native American farmers to support jobs in a high unemployment area in Arizona. Email [office@stgumc.org](mailto:office@stgumc.org) or call 703-385-4550.

## OCT. 16-19

### Halloween Costume Exchange.

Drop off various times at Sherwood Center, 3740 Old Lee Highway, Fairfax. Pick up new costume on Friday, Oct. 20 from 6-9 p.m. Drop off gently used and clean Halloween costumes Monday through Thursday,

## THURSDAY/OCT. 19

**Cabaret Performance.** 7 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Live musical entertainment by featured actors and singers from the City of Fairfax Theatre Company. Visit [www.fairfaxcitytheatre.org](http://www.fairfaxcitytheatre.org).

## FRIDAY/OCT. 20

**Pathway to Wellness Conference.** 8:30 a.m.-2:30 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Keynote Speaker will be Jennifer Marshall, founder of "This is My Brave," and other presenters will talk about how creativity, poetry, music and dance can be part of recovery. \$30. Visit [www.fairfaxcounty.gov/csb](http://www.fairfaxcounty.gov/csb) or email [wwwcsb@fairfaxcounty.gov](mailto:wwwcsb@fairfaxcounty.gov).

## OCT. 20-21

**Fairfax City Ghost Tours.** 7-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Stories of the spirited individuals who may still roam Old Town Fairfax. Comfortable walking shoes advised. Cider and treats provided. \$15. Ages 12 and up. Call 703-385-7858 or email [parksrec@fairfaxva.gov](mailto:parksrec@fairfaxva.gov).

## SATURDAY/OCT. 21

**2nd Annual Shelane's 5K Run/Walk.** 7:30 a.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Free kids activities: rock wall, moon bounce, face painting, arts and crafts

# VCO Opens 47<sup>th</sup> Season

## Performing "Royal Tributes" at Northern Virginia Community College.

BY DAVID SIEGEL  
THE CONNECTION

An enduring presence in Northern Virginia, the Virginia Chamber Orchestra (VCO) will open its 47th season with "Royal Tributes." The specially themed concert will be conducted by VCO Music Director David Grandis. He selected musical works by contemporary and classic period composers that pay respect to queens, both past and present.

The "Royal Tributes" compositions that patrons will hear are related to Monarchs including Marie Antoinette of France, Queen Elizabeth II of England, and Salote Tupou III, Queen of Tonga. "We know from past experience that audiences will enjoy hearing not only the 'classical top 40,' but also selections they may never previously had an opportunity to hear," said Grandis.

"Beyond the renowned Haydn, the contemporary composers to be represented have received more modern accolades. Dominick Argento was awarded a Pulitzer Prize for Music in 1975. And, Sir Malcolm Arnold was knighted by Queen Elizabeth II for his overall service to music. One of Arnold's pop-culture works is the theme song for the Academy Award winning film, "The Bridge Over the River Kwai."

For those less familiar with the professional Virginia Chamber Orchestra, it is a chamber orchestra by design. It is not a downsized symphony orchestra. "The music of a chamber orchestra has intimacy



PHOTO COURTESY OF VIRGINIA CHAMBER ORCHESTRA  
**Virginia Chamber Orchestra Music Director David Grandis**

and transparency as well as power and drama," said Grandis.

The "Royal Tributes" concert will include: Haydn's "Symphony No. 85" in B flat major, H1:85, Arnold's "Sinfonietta No. 2, Op. 65," Argento's "Royal Invitation: Homage to the Queen of Tonga" and Gerald

Finzi's "Romance in E flat major, Op. 11"

Adding to the overall interest of the music, the VCO will have a narrator providing add intriguing true stories to further illustrate the "Royal Tributes" theme. Works by Virginia artist Mark Malecki will be on display to provide a visual arts presence to the

## Where & When

Virginia Chamber Orchestra presents "Royal Tribute" at Ernst Cultural Center, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. Performance on Sunday, Oct. 22, at 4 p.m. Tickets at door: adults, \$25; seniors, \$20; and groups (10 or more), \$20. Students are admitted free. Visit [www.virginiachamberorchestra.org](http://www.virginiachamberorchestra.org) or call 703-758-0179. Parking is free. Complimentary reception will follow in the adjoining art gallery where works by Virginia artist Mark Malecki will be on display.

event.

The Virginia Chamber Orchestra is supported in part by grants from the Arts Council of Fairfax County and its patrons and other donors.

[www.whitehall.farm](http://www.whitehall.farm).

## SUNDAY/OCT. 22

**Baby2Tot Fest.** 11 a.m.-3 p.m. at the Jewish Community Center, 8900 Little River Turnpike, Fairfax. The day will include a vendor showcase, professionally-led parenting workshops, Preschool Alley featuring area preschools, Little Planets' natural play area, "Ask a Professional" Corner Café, onsite demos, kid-friendly crafts and entertainment, door prizes, and giveaways. Visit [jccnv.org/baby2totfest](http://jccnv.org/baby2totfest) or call 703-323-0880 for more information.

**Clifton's Ivakota Farm History.** 3:30-5 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Lynne Garvey-Hodge, a Fairfax County History Commissioner, lectures on Clifton's Ivakota Farm, which from 1915 to 1925 served as a school and home for unwed mothers and their children. Call 703-324-8300 or email [Jubilee@FairfaxLibraryFoundation.org](mailto:Jubilee@FairfaxLibraryFoundation.org).

## FRIDAY/OCT. 27

**Final 2017 Rock the Block**

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

**Build Your Community  
Support Your Local  
Businesses.**

THE CONNECTION  
to your community

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

The end of an era!  
**RETIREMENT  
SALE**  
We are closing our doors  
after over 30 years!  
Fully stocked with more  
to come...get started now.

**Judy Ryan**  
OF FAIRFAX

Twinbrooke Centre • 9565 Braddock Road  
Open 7 Days • 703-425-1855 • Like us on Facebook

and more. Come run/walk to help raise awareness and resources for postpartum mood disorders in memory of Shelane Dawn Gaydos. \$30 for 5K, kids fun run, \$10. Visit [shelanesrun.org/](http://shelanesrun.org/) or call 571-332-9026.

**Help The Homeless 5K Walk 2017.** 8:30 a.m. At Fairfax City Hall, 10455 Armstrong St., Fairfax. A 5K through the neighborhoods of Fairfax City or the 1.5 mile short course. \$32. Visit [www.PathwayHomes.org](http://www.PathwayHomes.org) or call 703-876-0390.

**Forge Brew Works Anniversary.** noon-10 p.m. at Forge's Taproom, 8532 Terminal Road, Lorton. Forge Brew Works celebrates our year anniversary with live music, food, games for all, kids' activities, and, of course, beer - some of which will be served out of Forge's restored vintage 1953 GMC Beer Truck. Visit [www.forgebrewworks.com](http://www.forgebrewworks.com).

**Trick or Treating.** 1-3 p.m. at The Colonnade, Braddock and Union Mills Road, Clifton. Rain or shine. Visit [www.rappaportco.com](http://www.rappaportco.com) or call 571-382-1200.

**2017 Library Jubilee Gala Fundraiser.** 5:30-8 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. "The Library Goes

Hollywood" with food, ice cream, auction and photo booth with VIP Hollywood guest, Marilyn Monroe. \$75. Call 703-324-8300 or email [Jubilee@FairfaxLibraryFoundation.org](mailto:Jubilee@FairfaxLibraryFoundation.org).

**Trunk or Treat.** 6-8 p.m. at Franconia United Methodist Church (FUMC), 6037 Franconia Road. Games, snacks, hot cider in the church parking lot. Visit [www.franconiaumc.org/](http://www.franconiaumc.org/) or call 703-971-5151.

**Campfire Stargazing.** 8-10 p.m. at Burke Lake Park is located at 7315 Ox Road, Fairfax Station. Astronomical naturalist identifies the stars, constellations and other night-sky features, and make S'mores. \$10. Call 703-323-6600 or visit [www.fairfaxcounty.gov/parks/burkelakepark/](http://www.fairfaxcounty.gov/parks/burkelakepark/).

## OCT. 21-22

**Fall Festival.** 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit

**Concert.** 6:30-9:30 p.m. at Old Town Square, 10415 North Street Fairfax. Vinyl Invention performs. Visit [www.fairfaxcityeda.org](http://www.fairfaxcityeda.org).

**SATURDAY/OCT. 28**

**Vendor Fair Fundraiser.** 11 a.m.-3 p.m. at Liberty Middle School, 6801 Union Mill Road, Clifton. School fundraiser and raffle. Email [lularoekellylisa@gmail.com](mailto:lularoekellylisa@gmail.com).

**Halloween Fest.** 3-5 p.m. at Springfield Town Center, 6500 Springfield Mall, Springfield. Featuring entertainment by magician, Carnegie Master of Mystery, face painting and craft activities. Children can stop by Guest services to get their

trick or treat bag. Visit [springfieldtowncenter.com](http://springfieldtowncenter.com).

**OCT. 28-29**

**Fall Festival.** 10 a.m.-4 p.m. at the Whitehall Farm, 6080 Colchester Road, Fairfax. Featuring a large corn maze in the shape of a chicken, pumpkin patch, farm animals, inflatable bounce houses, hay ride, and nature trail. \$12, active duty military and their families receive \$2 off per ticket. Visit [whitehall.farm](http://whitehall.farm).

**MONDAY/OCT. 30**

**Trick-or-Treating at City of Fairfax Buildings.** 9 a.m.-5 p.m. Children

are invited to come safely trick-or-treat at any of the following City of Fairfax buildings:

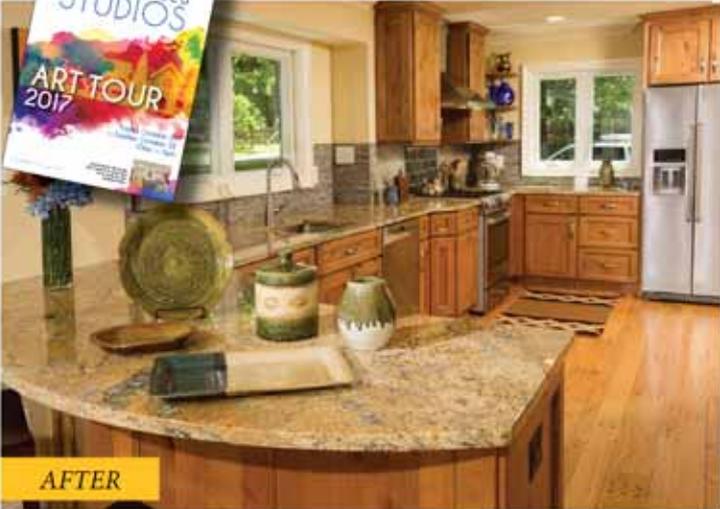
- ❖ City Hall – 10455 Armstrong St.
- ❖ Green Acres – 4401 Sideburn Road
- ❖ Sherwood Center – 3740 Old Lee Highway
- ❖ Fairfax Museum & Visitor Center – 10209 Main St.

Email [information@fairfaxva.gov](mailto:information@fairfaxva.gov) or call 703-385-7855.

**Halloween Celebration and Costume Parade.** 10:30 a.m. at Old Town Square, 3999 University Drive, Fairfax. A variety of children's activities and entertainment, costumes encouraged for parade. Visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) or call 703-385-7858.

## REMODELED HOME TOUR

Saturday October 21 to Sunday October 22 10AM TO 5PM  
700 Forest Park Road, Great Falls, VA 22066




**JOIN US** and take part in the 14th annual Great Falls Studios Art + Remodeled Home Tour. Visit artists in their homes on the scenic back roads of Great Falls, presented by Great Falls Studios.

REINVENT YOUR HOME TO ENRICH YOUR LIFE \*

Come see first hand how redesigning existing space created better function, flow, and light in this remodeled home.

**THIS IS A MUST-SEE REMODELED HOME!**

**SUN DESIGN**  
ARCHITECTURAL DESIGN-BUILD FIRM

Major Remodels • Additions • Kitchens  
Baths • Basements • Outdoor Spaces  
703.425.5588 [SunDesignInc.com](http://SunDesignInc.com)



Meet potter Robin Smith



Meet painter Lachini Johnston

## Home of the \$6,850 Bathroom Remodel

### From Now to WOW in 5 Days Guarantee

# TWO POOR TEACHERS

## Kitchen and Bathroom Remodeling

**10% down**  
nothing until the job is complete for the past 17 years



**Free Estimates**  
**703-214-8384**



Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999



# MODERN AMERICAN CRAFT

ART + FASHION + DESIGN



MICHAEL MODE

**100**  
Jury Selected Contemporary Artists & Designers



KIMBERLY WILLCOX

**OCT. 28-29 | 3rd YEAR**

## AMERICAN FINE CRAFT SHOW WASHINGTON

[CraftShowDC.com](http://CraftShowDC.com)

CHILDREN UNDER 12 FREE

CASH ONLY AT BOX OFFICE

**SPECIAL \$5 GOURMET BOX LUNCH OFFER**  
-See Website

**BUY TICKETS ONLINE & SAVE**

## Inside or out...



**...Tech Painting's got you covered!**



Serving:  
VA  
DC  
MD  
OBX

**703-684-7702**



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

**Announcements**

**We pay top \$ for STERLING,**  
MEN'S WATCHES,  
JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.  
**Schefer Antiques**  
703-241-0790  
theschefers@cox.net

**Find us on Facebook  
and become a fan!**  
www.Facebook.com/  
connectionnewspapers  
**THE CONNECTION**  
Newspapers & Online  
The Connector to Your Community  
www.connectionnewspapers.com

**Computers**

**HDI  
COMPUTER SOLUTIONS**  
JENNIFER SMITH  
Serving the Area Since 1995



- > Speed Up Slow Computers
- > Virus Removal
- > Computer Setup
- > Help with Windows 8

**571-265-2038**  
Jennifer@HDIComputerSolutions.com

**Announcements**

**Lifetime  
METAL  
ROOFING**  
by VA CAROLINA BUILDINGS, INC.

40 YEAR WARRANTY ON THE FINISH - ENERGY EFFICIENT  
SUPERIOR DURABILITY - SENIOR CITIZEN DISCOUNT  
**FACTORY DIRECT - WE FINANCE - CALL NOW!**

**WWW.METALROOFOVER.COM 1-800-893-1242**

**Announcements**



**Sign up for  
FREE DIGITAL  
SUBSCRIPTION**  
to any or all of our 15 papers  
**WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE**



**NEWS**

# Bunnymen Demystified

FROM PAGE 9

Burke, where she was strangled and tied to a tree but it was never solved. “To this day, they have no idea what happened to this woman,” Conley said. None involved the bridge though.

In October 1970, there was a story in the Washington Post, with a headline “Man in Bunny Suit Sought in Fairfax,” where a guy with a hatchet attacked a couple in a car on Guinea Road. According to another Post entry “he did appear about a week later right on Guinea Road,” Conley said about a guy with a white thing over his head. That seems to be where the “bunnymen,” part of the legend started. “I can find no evidence that the story was ever told before 1970,” Conley said.

But folks have heard it. Ivy Mitchell, a teenage resident of Clifton, heard it from her babysitter. “An escaped man, he was hiding in the woods eating rabbits, he started to kill people,” she said.

Springfield resident Barbara Evans, who attended Conley’s presentation, heard it from her two sons years ago. “We actually went out to find the bridge,” she said.

There was a story in the Fairfax Globe, dated Oct. 29, 1970, about the police report from the couple on Guinea Road. “I’m convinced this was the genesis of the story,” said Conley. In the Globe story, the man had a white covering on his head, which could have been a pillowcase or a Klu Klux Klan hood, which was mentioned in one of the reports Conley looked at, but “they didn’t say it was a bunny suit, somebody else added that to the story,” Conley said.

**IN THAT REPORT**, the action was close to a house owned by Lloyd Aylestock, and the house is still there, and someone named Bennet has a wall hanging with the actual hatchet mounted to it. One of the slides had a picture of the actual hatchet mounted on someone’s plaque that was used to break the car’s windows.

Conley did track down two of the Aylestock children, who are now adults, and “they backed up the newspaper account,” Conley said. But this was in Burke, and miles away from the bridge. Conley examined 1970’s era photos of the bridge area and there were only three houses remotely close to the bridge at that time and not much else. One of the houses had ties to a motorcycle gang back then.

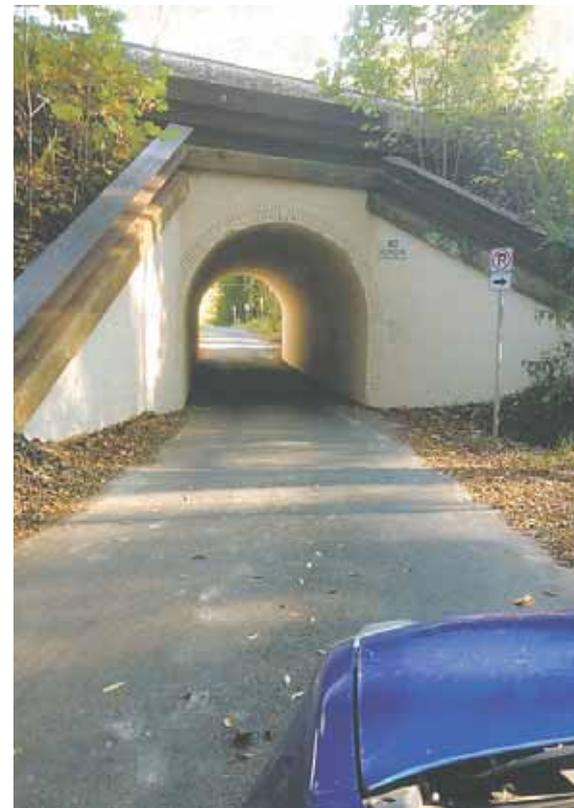


PHOTO BY MIKE SALMON/THE CONNECTION

**The railroad underpass on Colchester Road is the site of the urban myth known as Bunnymen Bridge.**

## Next in ‘Forgotten Fairfax’ — ‘Night of Terror’

The Next “Forgotten Fairfax,” lecture is on Saturday, Nov. 4, 11 a.m., when Lynne Garvey-Hodge speaks about the “Night of Terror,” when 33 female protesters were incarcerated and tortured at the Occoquan Workhouse for picketing the White House for the right to vote. The lecture is at the City of Fairfax Regional Library, Room A/B, 10360 North St., Fairfax.

In recent times though, there have been a few books written about the bridge, four “low budget horror films,” made about a bunnymen, a rock opera and a bunnymen quilt available on an art website, continuing the urban myth.

“It will not die,” Conley said of the story.

## Bahá’ís Mark 200th Anniversary of Founder’s Birth

Bahá’ís across Fairfax County are preparing to mark the 200th Anniversary of the Birth of Bahá’u’lláh, the Founder of the Bahá’í Faith, on Oct. 22, 2017.

Bahá’u’lláh (1817-1892) was a spiritual teacher who announced in 1863 that he was the Bearer of a new revelation from God. His teachings have spread around the world, forming the basis of a process of social transformation and community building which is unique in its global scope and the diversity of participants.

Bahá’ís regard Bahá’u’lláh’s

vision of the oneness of humanity as an antidote to the racial prejudice, violence and materialism that are corroding human societies. At the grassroots level in Fairfax County and all around the country, Bahá’ís invite their neighbors, colleagues and friends of all backgrounds to participate in a series of community-building activities which reinforce Bahá’u’lláh’s vision of the oneness of humanity and empower participants to contribute.

The Bahá’í community and its friends will celebrate the transformative impact of Bahá’u’lláh’s

teachings on the lives of families, neighborhoods and communities around the country and the world. Plans to celebrate the 200<sup>th</sup> anniversary around Fairfax County will incorporate drama, music, art exhibits, storytelling, service projects, prayer and devotional programs, including a screening of a film about the Founder of the Bahá’í Faith, Bahá’u’lláh, to be held at George Mason University on Oct. 22.

To learn more, contact 571-320-5274 or email fairfaxsw@gmail.com.

## BULLETIN BOARD

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

### IN-PERSON, TV DEBATES

**The League of Women Voters** of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. For more information about the candidates' priorities and positions, visit [www.vote411.org](http://www.vote411.org). In-person forums: \* **Wednesday, Oct. 25** at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly.

### 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:  
 ♦ **Wednesday, Oct. 25:** Burke Lake intersection – Kings Park Library, 9000 Burke Lake Road, Burke  
 ♦ **Thursday, Nov. 16:** Ravensworth Road intersection – Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale  
 ♦ **Monday, Dec. 11:** 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. For meeting times, visit [www.fairfaxcounty.gov/fcdot/braddockroadstudy/](http://www.fairfaxcounty.gov/fcdot/braddockroadstudy/).

### THURSDAY/OCT. 23

**CarFit for Senior Drivers.** 10 a.m.-2 p.m. at the City of Fairfax Police Station, 3730 Old Lee Highway. CarFit's trained professionals take older drivers through a 12-point checklist with their vehicles and recommend minor adjustments that help make their cars "fit" better for comfort and safety. Visit [www.fairfaxcityeda.org](http://www.fairfaxcityeda.org).

**Community Meeting.** 7-9 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fairfax County DOT has scheduled a series of public meetings for the community to learn more about the projects proposed for funding. Each of the meetings will begin with an open house followed by a formal presentation and a Q&A session. There will be map display boards for residents to view of the unfunded projects as well as transportation projects currently underway. Visit [www.fairfaxcounty.gov/fcdot/tpp2017.htm](http://www.fairfaxcounty.gov/fcdot/tpp2017.htm).

### TUESDAY/OCT. 24

**Postsecondary Education Planning.** 9-10:30 a.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1-Room 100. A Coffee and Conversation session for parents of students with disabilities. Staff from FCPS Career and Transition Services will discuss disclosure, accessing accommodations, and disability support services as you plan for postsecondary education for your child with special needs. Visit [www.fcps.edu](http://www.fcps.edu) for more.

### OCT. 24-DEC. 19

**Journaling for Stepmothers Class.** 10 a.m.-noon at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Use a journal as a tool for self-discovery to become more resilient, empowered, and clear in the role. \$195. Email [lisa@marketstreetwriters.com](mailto:lisa@marketstreetwriters.com) or call 703-281-1767.

### SATURDAY/OCT. 28

**Operation Medicine Cabinet Cleanout.** 10 a.m.-2 p.m. at Fair Oaks District Station, 12300 Lee Jackson Memorial Highway, Fairfax, Franconia District Station, 6121 Franconia Road, Alexandria or West Springfield District Station, 6140 Rolling Road, Springfield. Drop off unused or expired medications at a Fairfax County Police district station. Pills or liquids only, no pressurized canisters or needles. Safe disposal of unused or expired medications prevents drug abuse and misuse, accidental poisoning, and protects the environment. Disposal is free, convenient, confidential, and safe. Visit [www.fairfaxcounty.gov/police/stations/](http://www.fairfaxcounty.gov/police/stations/) or [www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html) for more.

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS. CALL KAREN AT 703-778-9422

<b>ELECTRICAL</b>	<b>ELECTRICAL</b>	<b>LANDSCAPING</b>	Good is not good, where better is expected. <b>-Thomas Fuller</b>
<b>K &amp; D ELECTRIC</b> COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		<b>A&amp;S CONSTRUCTION</b> Sod, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>	
<b>GUTTER</b>	<b>GUTTER</b>	<b>LANDSCAPING</b>	<b>LANDSCAPING</b>
<b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		<b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-912-6886</b> <b>J.E.S. Services</b> Free Estimates • Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed	
<b>IMPROVEMENTS</b>	<b>IMPROVEMENTS</b>	<b>LANDSCAPING</b>	<b>LANDSCAPING</b>
<b>Power Washing</b> Go from green to clean, do you have mold on your siding rotten wood that's a hoas violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: <a href="mailto:jnave@comcast.net">jnave@comcast.net</a> <b>703-987-5096</b>		<b>GOLDY BRICK CONSTRUCTION</b> Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded <b>703-250-6231</b>	
<b>A&amp;S Landscaping</b> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing <b>703-863-7465</b> LICENSED Serving All of N. Virginia		<b>TILE / MARBLE</b>	<b>TILE / MARBLE</b>
 <b>RN. CONTRACTORS, INC.</b> Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: <a href="mailto:rncontractorsinc@gmail.com">rncontractorsinc@gmail.com</a> <a href="http://www.rncontractors.com">www.rncontractors.com</a>		<b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>TILE / MARBLE</b>		<b>TILE / MARBLE</b>	
 Sign up for <b>FREE DIGITAL SUBSCRIPTION</b> to any or all of our 15 papers <a href="http://WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE">WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE</a>			
<b>BATHROOM REMODELING</b> by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. <a href="http://www.brennan-tile.com">www.brennan-tile.com</a> <b>703-250-2872</b> Licensed • Bonded • Insured			

## "Righty Tightly, Lefty Loosey"



By KENNETH B. LOURIE

So I've been told mnemonically for years. But when you're home and automotive-repair challenged as I am, everything is much easier said than done, especially when the mnemonic device is easier to handle/figure out than whatever tool and/or schematic is necessary/advisable for the at-home/in-driveway repair. (We don't have a garage, or much of a basement for that matter. It's more of a cellar, actually. In fact, I call it "the dug out," so lack of spatial accommodations can exacerbate the problem).

And that's sort of how I feel whenever I attempt a home/car-owner-type repair. Soon after I organize whatever thoughts and tools I guess I might need: within minutes of the initial effort, I will have likely complicated the repair and will be forced to dig myself out, sometimes literally. I'll spare you the details, but suffice to say, I am a man of my word and that word is disaster. To invoke the great and often-quoted Dirty Harry: "A man's got to know his limitations," (Magnum Force, 1973), and believe me, I do.

Granted, replacing bulbs in my house, as written in the final paragraph of last week's column: "What To 'Ware,'" ranks pretty low on the home owner's list of honey-can-you-do?. Nevertheless, challenges do present themselves, especially when height and a ladder – or a step stool, with no spotter, are involved. And when I'm looking up with arms outstretched attacking the problem: light fixture from multiple angles, sometimes, when I place my hand on the bulb, I begin to lose my orientation and am unsure where's 'Righty and where's 'Lefty.' And even though I always remember 'Tightly and 'Loosey,' when 'Righty Tightly, Lefty Loosey' doesn't immediately bring results, I tend to lose patience – and confidence, and slowly retreat to lower ground to reassess.

Unfortunately, there's no one to call. I mean, when you fail at the most basic and fundamental responsibility a home/car owner has, it's difficult, even for someone with as little ego as me, to admit abject failure. Repairing a toilet, installing light fixtures and/or ceiling fans; sawing, sanding, measuring, leveling and drilling; lifting, balancing and carrying; and anything else involving plumbing, electrifying; and even hammering and screwing in general, are tasks I don't mind asking and/or paying for. Having been down this road many times before, I know it's a path that won't lead to my redemption.

So not wanting to make a bad situation worse, or create a problem where one or two previously didn't exist, I have to employ the simplest of solutions. And what's simpler than "a pithy observation that contains a general truth:" an aphorism (Dictionary.com), an aid to one's lack of memory and ability to perform even the most basic of tasks, particularly as it pertains to a home owner: bulb replacement.

Not that this inability is at all defensible. It's not. It's totally indefensible and one whose defense is not all explainable by the most offensive of terms: cancer. Which as you regular readers know has been the bane of my existence going back to late February 2009. That's when my Internal Medicine doctor called me at work to share the results of my previous week's surgical biopsy. His suggestion was that we meet in his office to discuss the results. I shook my head in disbelief. If he wants to meet me in person, the results must be bad, I thought. Otherwise, he'd just tell me, right? I asked him to hold on as I found a private office for us to talk (me to react) and braced myself. He told me the growth was malignant and suggested I see an oncologist as soon as possible. An appointment was set for the following Thursday.

Much has changed in my life ever since that fateful day, but not as it concerns this home/car owner's inability to handle the most mundane tasks. Might haven actually gotten worse. As for "the cancer," as "Forrest, Forrest Gump" described the cause of his mother's death, not so bad. I am alive and reasonably well, eight years and nearly two months out, six years plus past the end date of my original "13 month to two year" prognosis. Of that I'm proud. As for the home and car repair deficiencies, I couldn't care less. I have to admit though, it is laughable – and pathetic.

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



**BEST WASHINGTONIAN 2017**

**Hermendorfer Associates**  
Top 1% of Agents Nationally



**Clifton - \$915,000**

Elegant, welcoming home in great community. Large kitchen opens to family room, spacious bedrooms, terrific walk-out lower level, sparkling pool, spacious deck and so much more!

Find More Information at: [www.Hermendorfer.com](http://www.Hermendorfer.com) • 703-503-1812



**Fairfax - \$659,000**

Don't miss this opportunity! Largest model on a cul de sac in sought-after Kings Park West community! So many features throughout the 3 finished levels! Welcome Home!



703-503-1817

No Blamey...Just Top Notch Real Estate Advice

Thinking of Buying or Selling?

**NOW is the Time to Be Preparing Your Home to SELL in the SPRING MARKET**

Call me today for a Pre-Listing Consultation.



My 32 Years of Professional Experience can provide you with advice that will help you **Sell Faster and For Top \$\$\$**



**MARSHA WOLBER**

Lifetime Member NVAR, Top Producers  
Top 5% of Agents Nationally

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

Cell: 703-618-4397



**Springfield - \$619,900**

7402 Shady Palm Dr. Move in ready home with so many updates! New roof, stainless kitchen w/quart counters, renov master bath. Multi level deck, fenced back yard. Very private 0.3 acre, backs to woods!



**STEVE CHILDRESS**

"Experience... with Innovation!"

Life Member, NVAR Top Producers  
Buyer Broker since 1973!

703-981-3277



**Fairfax Station \$719,000 BACKS TO WOODED COMMON GROUND!**

Beautiful 2 story Colonial with full finished basement in sought-after Crosspointe! 4 bedrooms, 3.5 baths, 2 car garage, large eat-in kitchen, hardwood floors, and many extras! This home is SOLD now, but call now to tour other similar properties. Interest rates are still very low...don't miss this opportunity to buy your Dream Home NOW!!! CALL STEVE CHILDRESS 703-981-3277



**Sheila Adams**

703-503-1895

Life Member, NVAR Multi Million Dollar Sales Club

Life Member, NVAR Top Producers



**Fairfax \$636,900**

Gorgeous 4 BR Colonial in beautiful Middlebridge. Home offers year round sunroom, deck with hot tub, trees line back yard providing privacy for perfect entertaining. Garage holds three cars (perfect for boat or antique car lover).

Call Sheila 703-503-1895.



**Jim Fox**

703.503.1800

[jim.fox@LNF.com](mailto:jim.fox@LNF.com)

L&F "Top 20" 2012-2014

Washingtonian Magazine's "Top Team" 2015

NVAR Lifetime Top Producer



**Fairfax Station \$899,900 Expansive Rambler**

One-of-a-kind. Expanded rambler w/6000+ sqft. 7BR/5.5BA. Gorgeous, secluded setting on ~2 acres. Expansive MBR w/dual walk-ins, lux bath & lg sitting rm. Cath ceiling in big LR, Formal DR. Eat-in KT w/access to screened porch & deck. Massive fam rm off KT w/frpl & built-ins. Lower lvl boasts walkout rec rm, 4BR/3BA & storage galore. Delightful pool. Long list of improvements.

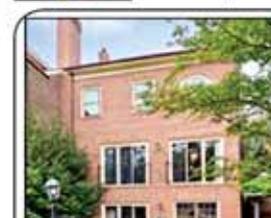


**Judy McGuire**

703-581-7679

NVAR Multi-Million Dollar Club

NVAR Top Producer



**Alexandria**

Must see this lovely 4 level TH w/elevator in Landmark Mews. Over 4000 sq ft, on premium lot with slate patio, professionally landscaped, exterior brick privacy wall, plenty of parking. Last bus stop to Pentagon metro. Call Judy McGuire at 703-581-7679.

**BEST WASHINGTONIAN 2017**

**AMANDA SCOTT**

703-772-9190

Top Producer

[www.AmandaScott.net](http://www.AmandaScott.net)



**Gainesville Heritage Hunt 55+ COMING SOON**

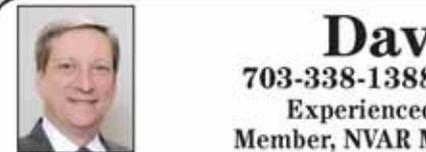
Beautifully updated 1-level home. 2 BR, 2 BA, Grmt Kit, new granite, new SS appls, new HDWD, new paint, Liv, Din, Sunroom, new lights, 2 car Gar. New roof. Backs to trees. Please call for info.



**Gainesville Heritage Hunt 55+ \$584,900**

PRIVATE RETREAT. Backs to woods - front porch water view! 3 lvl Tigerlily; 3 BR, 3 BA, Den, grmt Kit w island, SS Appls, credit for granite, new BA lights & Faucets, Liv, Din, Sunrm, Gas Fpl, HDWDS, Fans, Loft, Walkout LL, Screen porch. 2 car Gar, Irrigation sys. NEW ROOF!

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



**David Levent**

703-338-1388 [davidshomes@lnf.com](mailto:davidshomes@lnf.com)

Experienced Agent - Amazing Results

Member, NVAR Multi Million Dollar Sales Club



**Fairfax - \$459,900**

Meticulously Maintained 3 Level Brick Front Townhouse has 3 Bedrooms, 3 Full, 1 Half Bath. New Carpet and Paint. Recently Replaced Kitchen Appliances. Hardwoods Throughout Main Level. Kitchen Walks Out to Spacious Deck Overlooking Manicured Common Area. Lower Level has Den, Full Bath, and Large Rec Room. New Lighting Fixtures & Blinds. All Windows Replaced.



**Burke \$645,000**

Lovely Burke Home. 5 Bdrms, 3.5 Baths, 2 Car Gar. Kitchen remodeled with corian counters, SS appliances, ceramic tile flooring & tile backsplash. Stone walkway and matching front porch. New Windows in 2014. New blinds 2016. 2 Zone Heating. Baths remodeled 2014. Hardwood floors main level. Fin Basement w/ new carpeting & full bath. Lovely Signal Hill neighborhood. Call for addtl details & pricing.

**FREE CAREER SEMINAR**

Interested in a Career in Real Estate?

Learn About:

- ◆ Licensing & Education Requirements
- ◆ Scholarships Available
- ◆ Financial Investment to Get Started
- ◆ Training & Coaching
- ◆ How to Launch a Successful Real Estate Business
- ◆ Unlimited Earning Potential

For more information, contact Paul DiCicco  
703-503-1899 or [PaulD@LNF.com](mailto:PaulD@LNF.com).



**BARBARA NOWAK & GERRY STAUDTE**

"My Virginia Home Team"

703-473-1803, 703-309-8948

[gerry.staudte@longandfooster.com](mailto:gerry.staudte@longandfooster.com)

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



**Springfield \$395,000**

Beautifully updated 3BR, 3.5BA TH in popular Shannon Station! Hardwood floors on ML. Updated Kitchen w/ granite, SS appliances, and decorator backsplash. Fenced yard backs to wooded common area.



**ELLIE WESTER**

703-503-1880

L&F Founder's Club

Lifetime NVAR Top Producer

Life Member, NVAR Million Dollar Sales Club



**Fairfax Station - \$699,000**

Beautifully maintained and improved home in the desirable Fairfax Station neighborhood. Over 2800 finished space with updated baths and kitchen, 4 bedrooms, main level library as well as replacement windows. Half acre with common area on three sides. Neighborhood swim club and tennis.



"Committed to Earning the Loyalty of Our Clients by Providing Unparalleled Professionalism and Exceptional Service While Supporting Our Community."

