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Burke CONNECTION

A crowd of 400 people attended the "comm-UNITY" gathering at the Jewish Community Center of Northern Virginia to affirm peace and unity on Sunday, Oct. 14.



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Helping with
'Baby Blues'

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OCTOBER 18-24, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



NVHG ART & CRAFT SHOW
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Northern Virginia Handcrafters Guild
 www.NVHG.org

NEWS



Vietnam refugees

PHOTO COURTESY US DEPARTMENT OF THE NAVY

Exhibit Honoring Asian Pacific Americans at the Fairfax Museum

An innovative exhibit, considered a first of its kind, "I Want the Wide American Earth: An Asian Pacific Story," will be at the Fairfax Museum and Visitor Center through Dec. 31, 2018. Created in 2013 by the Smithsonian Asian Pacific American Center and the Smithsonian Institution Traveling Exhibition Service (SITES), the exhibit is on its 13-city national tour. The exhibit uses Filipino-American writer Carlos Bulosan's poem, "I Want the Wide American Earth" as the backdrop to share the complex story of Asian Pacific American history. It explains how Asian and Pacific Americans have influenced history in the United

Details

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States. There are 30 banners presenting different cultures from various countries in Asia to the Pacific Islands and Polynesia. The exhibit also honors the lives of the first Asian immigrants and celebrates the successes of the present generation.



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Greater Little Zion Baptist Church to Celebrate 127th Anniversary

The congregation of the Greater Little Zion Baptist Church in Fairfax, Virginia invites the community to join them as they celebrate their 127th Anniversary on Sunday, Oct. 28 at 9:45 a.m. The rich history of this church is truly a testimony to God's love and grace that have been demonstrated from generation to generation. We have been abundantly blessed, and we will celebrate with thanksgiving and joyful hearts as we remember the road our ancestors traveled to lead us to where we are today.

The theme for this year's anniversary is: "Each of Us Has a Part to Play," Ephesians 4:16.

This celebration service will be preceded by a 3-night Revival of praise, and there are confirmed dynamic speakers to bring God's message for each service.

Dates: Revival — Wednesday, Oct. 24 at 7:30 p.m. — Rev. Shakina Rawlings, Kingdom Fellowship Church, Alexandria

Thursday and Friday, Oct. 25 and Oct. 26 at 7:30 p.m. — Rev. Taft Heatley, Shiloh Baptist Church, Alexandria

Zion Day Anniversary Celebration Service — Sunday, Oct. 28 at 9:45 a.m. — Rev. Dr. Robert F. Cheeks, Jr. — Guest speaker (Shiloh Baptist Church, McLean)

Greater Little Zion Baptist Church is located at 10185 Zion Drive, Fairfax, Rev. Dr. James T. Murphy, Jr., Pastor

For more information call the Church Administration Office at 703-239-9111.



A crowd of 400 people attended the “comm-UNITY” gathering at the Jewish Community Center of Northern Virginia to affirm peace and unity on Sunday, Oct. 14.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

There were 19 swastikas spray-painted on the Jewish Community Center of Northern Virginia last week.

United in Support

After 19 swastikas spray-painted on building, community rallies behind Jewish Community Center of Northern Virginia

BY STEVE HIBBARD
THE CONNECTION

On Saturday, Oct. 6 around 4:30 a.m., a vandal spray-painted 19 swastikas on the exterior walls of the Jewish Community Center of Northern Virginia in Fairfax — sending shock waves that reverberated throughout the tight-knit community and beyond. In the week that has passed, the graffiti has been removed from the building on Little River Turnpike, and the outpouring of support from neighbors, elected officials, clergy and people from around the country has been overwhelming.

Undaunted by the hatred, the incident caused the community to unite. On Sunday, Oct. 14, about 400 people packed the “J” (JCCNV) at a “comm-UNITY” gathering to affirm peace and unity. A dozen Federal, state and local elected officials as well as religious leaders offered messages of love; musicians sang inspirational songs, and the attendees collaborated on a group art project. It was a tree trunk and branches and people traced their hands, cut them out, and placed them on the tree.

“We felt violated,” said David Yaffe, president of the Board of JCCNV. “This was not the first time; the JCC had been violated before. This vandalism is a reminder that there are people in this area who share neither community values nor the American dream of opportunity and diversity and inclusion.”

As a result of the vandalism, for four days he said they received phone calls from all over the country; as well as Facebook and other social media posts, which were “overwhelmingly supportive.”



Del. Eileen Filler-Corn (D-41) addresses the crowd.



David Yaffe, president of the Board, JCCNV, addresses the crowd.



Board of Supervisors Chairman Sharon Bulova



Rabbi Brett Isserow, Rabbi Emeritus, Beth El Hebrew Congregation and JCCNV Board member.



U.S. Rep. Gerry Connolly (D-11)



Lt. Gov. Justin Fairfax



Attorney General Mark Herring



Del. Vivian Watts (39)

Also offering words of support at the service were Pastor Dan Roschke of Bethlehem Lutheran Church; Hurunnessa Fariad of the ADAMS Center; Rabbi Brett Isserow of Beth El Hebrew Congregation; and Gil Preuss of the Jewish Federation of Greater Washington. Gov. Ralph Northam and U.S. Sen. Mark Warner sent messages of support as well.

According to Sharon Bulova, chairman of the Board of Supervisors: “I love it that so many faiths are here to express support, and

really that is what defines us in Fairfax County,” she said. “We are a community that supports each other. We are a community that appreciates and celebrates each other — our different faiths, our different cultures; and we come together when one of us has been hurt. When one of us has been hurt or damaged, you’re damaging all of us ... This only makes us stronger.”

Added U.S. Rep. Gerry Connolly (D-11): “I’m proud of our community today because one hater is not going to divide this com-

community,” he said. “In this community (hatred) will never prevail ... Today all of us say ‘I am a Jew’; all of us say ‘I am a Muslim. I am an immigrant.’ Because I will not let you divide us — your hatred, your bigotry, your fear must go back where they came from.”

He continued: “So, as we look with horror and disdain at the 19 swastikas that were painted on this building or the defilement at the United Church of Christ, we know that this community has risen up in its revulsion and in its desire to express communion with those who were affected — because we were all affected. So, fear won’t ever prevail in this community as long as we stand as one. Nobody will divide us. And ultimately, love and compassion and caring and community will overtake hatred and fear.”

Del. Eileen Filler-Corn (D-41), who read a statement from U.S. Sen. Tim Kaine, said it was shocking and very disturbing seeing 19 swastikas across the “J.” “It’s a center in our community that’s welcoming and inclusive and all about diversity,” she said. “The hate that we saw was not representative of our community.”

“Today all of us say ‘I am a Jew’; all of us say ‘I am a Muslim. I am an immigrant.’ Because I will not let you divide us — your hatred, your bigotry, your fear must go back where they came from.”

— U.S. Rep. Gerry Connolly (D-11)

Police Reform: More to Be Done

Five years after an officer shot and killed John Geer in Springfield, Implementation Group offers look at successful reforms, and recommends action in other areas.

BY KEN MOORE
THE CONNECTION

Despite police departments not being “known for embracing change,” said Phillip Niedzielski-Eichner, “we’ve seen Fairfax County and its Police Department achieve substantial and meaningful reform.”

Since the county’s Ad Hoc Police Practices Review Commission formed after a county officer shot and killed John Geer in 2013, the county has implemented 88 percent (179 of 202) of the actions recommended by the Commission.

“The report of the commission could have remained on the shelf since its release three years ago,” said Niedzielski-Eichner, chair.

Board of Supervisors Chairman Sharon Bulova encouraged seven commission members to continue to assist and advise the county and police department as commission recommendations were assessed and implemented.

The informal implementation group issued a Final Report on Fairfax County Police Reform on Oct. 10. The report was undertaken by the group on its own initiative, believing that the community might benefit from an independent discussion of progress.

POLICE REFORMS will increase police accountability, divert those with mental illnesses into treatment instead of incarceration, reduce use of force injuries and death, open public access to incident information, and maintain public confidence in the police department, according to the Implementation Group.

Implemented highlights, according to the Final Report, issued last week, include:

- ❖ Diversion First, alternatives to incarceration for people with mental illnesses or developmental disabilities

- ❖ Revisions to the police department’s Use of Force General Order, with de-escalation as the strategy of first resort when confronted with a threat rather than the use of deadly force

- ❖ An Independent Police Auditor who reviews investigations of death or serious injury cases

- ❖ A Civilian Review Panel to review investigations of civilian complaints regarding “abuse of authority” or “serious misconduct” by an officer

- ❖ A Media Relations Bureau led by a civilian professional who reports directly to the Police Chief

- ❖ A predisposition to disclose information by making revisions to information-related general orders in order to increase



Police Chief Ed Roessler speaks last November in Mount Vernon about the new Civilian Review Panel and Independent Police Auditor. Also pictured, Shirley Ginwright, who served on the Ad Hoc Police Practices Review Commission and Implementation Group; Adrian Steel, inaugural chairman of the Civilian Review Panel; and Richard Schott, the Fairfax County Independent Police Auditor.



Phillip Niedzielski-Eichner

“More is possible to further build and maintain community trust.”

— Phillip Niedzielski-Eichner

New report credits police with “substantial and meaningful reform.”



CONNECTION FILE PHOTOS

public visibility of the department’s daily activities and performance,

- ❖ Revisions to policies governing vehicle pursuit that constrains their use and strengthens supervisory oversight

- ❖ Recruitment of high-caliber personnel that reflects the county’s diverse population

SOME RECOMMENDATIONS have been approved, but are still in the process of being implemented, including a call for full deployment of body-worn cameras and each patrol officer being equipped with “tasers” as less-lethal alternatives to the use of a firearm.

“Still, we believe more is possible to further build and maintain community trust,” said Niedzielski-Eichner.

The Implementation Group recommends the Board of Supervisors direct the police department to formally respond to findings of an Independent Police Auditor and a Civilian Panel, and to give the public an opportunity to comment on the findings and recommendations. As the group understands, the Chief of Police has chosen not to respond because the Board of Supervisors did not specifically direct him to do so.

The Chief of Police and his command leadership should maintain a “neutral public posture pending an investigation of a police-involved use of force incident,” the report recommends.

THE INDEPENDENT POLICE Auditor’s responsibilities could expand in several areas. The implementation group advocates for: monitoring and reviewing investigations of Sheriff Deputies involved in shootings, in-custody deaths, and any use of force incident resulting in serious injury or death; auditing police use of body worn cameras, providing an annual report to the Board and the public with findings and recommendations; and participation on two internal police review committees, the Use of Force Technical Review Committee and the Vehicle Pursuit Review Committee.

“The Implementation Group urges Chief Roessler and his commanders to sustain FCPD’s reform efforts and, in particular, to unflinchingly meet the ‘predisposition to release information’ standard with regard to openness and transparency, and to commit to respond to findings from the Independent Police Auditor and the Civilian Review Panel.”

The report also calls for a data-driven monitoring program that fully leverages data on police use-of-force and other data now being collected in response to the Commission’s recommendations.

Continued public involvement will be key to continuing to build trust with the community, the report says.

“Continued successes and improvements will depend on Chief Roessler, his commanders and continued meaningful collaboration with citizens engaged in implementation,” said group member Randy Sayles.

For more, see www.fairfaxcounty.gov/policecommission/

NEWS

Ben Anderson, Heather Apostol, Lillian Brown and Elizabeth Pepper baked cookies and brownies to sell for their Military Ambassadors Club.



PHOTOS BY
MIKE SALMON/
THE CONNECTION

West Springfield Spartans Raise Funds for Student Activities

Students at West Springfield High School put on the arts and crafts festival to raise funds on Saturday morning, Oct. 15 in the back parking lot at the school. There was music, cookies and a pie in the face, but all for a good cause.

—MIKE SALMON



The hot chocolate and marshmallows were a hit in the early hours of the fundraiser while the temperatures were colder, said Sydney Lamb, 14, and Colin Malleck, 16.

Free Halloween Lyft Rides Offered in Area

Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), nearly half (44 percent) of all U.S. traffic deaths involve drunk drivers, free Halloween Lyft rides will be offered to deter impaired driving throughout the Washington-metropolitan area beginning Saturday, Oct. 27.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2018 Halloween SoberRide program will be in operation beginning at 10 p.m. on Saturday, Oct. 27 and continue until 4 a.m. on Sunday, Oct. 28, as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this six-hour period, area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter a SoberRide code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Saturday, Oct. 27 on www.SoberRide.com.

Last year, a record 715 persons in the Washington-metropolitan area used WRAP's Halloween

SoberRide program rather than possibly driving home impaired. The charity also offers its SoberRide program on St. Patrick's Day, Cinco de Mayo, Independence Day, and the winter holidays.

(Last year, WRAP announced a partnership with the ridesharing service Lyft to provide WRAP's SoberRide service in the Washington-metropolitan area.

"Nearly half (44 percent) of all U.S. traffic fatalities during Halloween involve drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Gregory Erickson, WRAP's president.

SoberRide is offered throughout Lyft's Washington, D.C. coverage area which includes all or parts of: the District of Columbia; the Maryland counties of Montgomery and Prince George's; and the Northern Virginia counties of Arlington, Fairfax, Loudoun and Prince William.

Since 1991, WRAP's SoberRide program has provided 73,123 free safe rides home to would-be drunk drivers in the Greater Washington area.

More information about WRAP's SoberRide initiative can be found at www.SoberRide.com.



Park Authority to Hold Public Hearing on Proposed Property Exchange

The Fairfax County Park Authority will hold a public hearing on Wednesday, October 24, 2018 to receive public comment on a proposed exchange of property in the Mason District.

The Park Authority proposes to exchange approximately 1,000 square feet of currently disturbed property in Holmes Run Stream Valley Park, that is identified on the Fairfax County Real Property Identification Map as Tax Map No. 61-4((34))C, for approximately 1,000 square feet of undisturbed property that is owned by Bruce E. and Patricia Kasold. In addition, Bruce E. and Patricia Kasold will grant a conservation easement, approximately 2,000 square feet in size, to the Park Authority for undisturbed natural open space. The property of Bruce E. and Patricia Kasold, 5914 Skyline Heights Court, Alexandria, Virginia, is identified on the Fairfax County Real Property Identification Map as Tax Map No. 61-4((34))72. With the exchange, the Park Authority will add approximately 0.07 acres of open space to the county's park system.

Park Policy 209, Disposal of Land or Facilities, requires a public hearing be held prior to the Park Authority's decision to dispose of land or facilities. The public hearing will be held at 7:30 p.m. in the Park Authority Board Room of the Herry Building, at 12055 Government Center Parkway, Fairfax, Virginia. Those interested in this exchange are urged to attend the public hearing or send a representative to the hearing to present their views.

If you would like more information, please visit our website at <https://www.fairfaxcounty.gov/parks/sites/parks/files/assets/documents/board/archives/2018/091218-cow-pkg.pdf>. To speak, please call Judy Pedersen, Public Information Officer, at 703-324-8662, or send an email to parkmail@fairfaxcounty.gov. For persons with hearing impairments, sign language interpreter services are available upon request. Please call 703-324-3988 TTY at least ten days prior to the meeting.

Written comments from the public on the exchange of the Holmes Run Stream Valley Park property will be received by the Fairfax County Park Authority for a period of 30 days, closing on October 23, 2018. Written comments should be directed to Cindy McNeal of the Planning & Development Division, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 406, Fairfax, Virginia 22035. Email comments should be sent to: parkmail@fairfaxcounty.gov.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least ten working days in advance of the registration deadline or event. TTY (703) 803-3354 703-324-8700 • ONLINE : www.fairfaxcounty.gov/parks • E-mail: parkmail@fairfaxcounty.gov

OPINION

Yes, America, Religious Freedom Began in Fairfax County

BY CHAP PETERSEN
STATE SENATOR (D-34)



The Vienna Metro station is the epicenter of suburban northern Virginia. Thousands of commuters come and go every morning, dropping off loved ones or catching the Orange Line into the urban core of the DMV. None of them are aware that just a few hundred yards away one of the most significant (and least known) Americans lived 250 years ago on a modest farm.

Jeremiah Moore was typical of English settlers who migrated to rural Fairfax County in the colonial era to clear fields and establish farms. Unlike most of his neighbors in Anglo-dominated Tidewater Virginia, he was a religious dissenter who found inspiration in the “Baptist” movement that spread through Great Britain in the mid-18th century.

The Baptists were not welcome in colonial Virginia. Its political and economic structure was based upon allegiance to the Church of England, which was the only permitted church. Indeed, a pastor could not open a church or preach without a license from the Church. Regardless, Moore in the early 1770s became an itinerant preacher fearlessly promoting the Gospel, without a license, to the farmers and

tradesmen in northern Virginia.

When the Fairfax County Sheriff found out about Moore, he confined him in the County jail, then located at the County seat of Alexandria. According to family lore, Moore continued to preach through the cell bars, thereby undoubtedly driving his captors to distraction.

This incident would have been forgotten but for one remarkable fact – colonial Virginia in 1773 was changing rapidly and Moore’s neighbors did not agree with his imprisonment. Indeed, when the case came to trial, a Fairfax County jury acquitted Moore and sent him back to farm and presumably his speaking engagements.

A movement was starting. Inspired by Moore’s notorious case, another Fairfax County landowner and attorney, George Mason, added “freedom of religion” to his “Fairfax County Resolves” which was read to the Fairfax County militia when they mustered to join General Washington in May 1775. A member of the Virginia House of Burgesses, Mason added the same language to his Virginia Declaration of Rights, which later became part of the Virginia Constitution.

During the Revolutionary War, as the cause of liberty became national, Moore re-emerged as a spokesman for religious minorities. In

1779, he presented a petition signed by 10,000 Virginia freeholders – an impressive number in an era without mass media or big cities – to Gov. Thomas Jefferson asking Virginia to adopt Jefferson’s Virginia Statute of Religious Freedom. In 1786, after years of Moore’s lobbying, the Assembly finally did so.

Moore never backed off. In his senior years, he was still writing letters to now-President Jefferson decrying the “the most glaring violation of Rights that has ever disgraced a Free People,” namely Virginia’s requirement that eligible voters own at least 50 acres.

Moore died in 1814 at his farm. His grandson Thomas became a prominent attorney in the town of Fairfax and his great-grandson Walton Moore served in the U.S. Congress. Descendants continue to live in the area as attorneys, Virginia lawmakers and even as Anglican clergy.

Jeremiah Moore’s real legacy, of course, has been the idea of religious freedom which has been enshrined in the U.S. Constitution since 1791, when Mason’s “Fairfax County Resolves” found their home in the Federal Bill of Rights. Indeed, the “establishment of religion” prohibition in the First Amendment directly harkens back to Moore’s imprisonment in 1773.

Today, the American ideal of freedom of religion is still a work in progress. Yet it also provides a beacon to billions around the globe who seek to practice their faith in peace. And it all begins in Fairfax County.

A Warning Too Dire to Ignore

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



For those who like to plan where you will be and what you will be doing in twenty years a complicating factor that has for too long been ignored must be considered: climate change. The Intergovernmental Panel on Climate Change brought together by the United Nations issued a report earlier this month, written and edited by 91 scientists from 40 countries and based on a review of more than 6,000 scientific reports, predicting much more dire consequences of climate change much earlier than previously had been expected.

Conditions that have been visibly happening with much more regularity in recent years of intense rains and hurricanes, droughts, excessive heat, flooding, and wildfires will be getting worse. Forget retirement to that beach

COMMENTARY

house you have been fixing up; there is a high probability it may be under water as the beach disappears. Rising costs

of living may eat into our retirement savings yielding them inadequate.

What about life for our children and grandchildren? What will it be like? The evidence presented is too compelling to ignore. To sustain a future quality of life for our posterity we must take aggressive action now.

As reported in The New York Times, the authors found that if greenhouse gas emissions continue at the current rate, the atmosphere will warm up by as much as 2.7 degrees Fahrenheit above preindustrial levels by 2040 inundating coastlines and intensifying droughts and poverty. The

new report shows that many of the most serious changes will come much earlier than expected.

The report said to prevent 2.7 degrees of warming, greenhouse pollution must be reduced by 45 percent from 2010 levels by 2030 and 100 percent by 2050.

The use of coal as an electricity source would have to drop from nearly 40 percent today to less than 7 percent. Renewable energy such as wind and solar, which makes up about 20 percent of electricity generation, would have to increase to as much as 67 percent.

While the report talks about the science involved, the politics of the issue present the greatest challenge. With a federal administration filled with climate-change deniers and with a pledge to bring back coal for greater energy production, there seems to be a great likelihood that the United States will indeed withdraw from the Paris Climate Agreement. (Under the terms of the agreement, the U.S. wouldn’t actually be able to withdraw until November 2020.)

The administration also may eliminate more regulations that were put in place to reduce climate change if those regulations stand in the way of greater business profits.

Until sanity returns at the national level, it is important that actions — as small as they may seem — be taken at state, local, community and family levels to preserve our climate and our planet. We have a responsibility to our children and others to live our lives in a way that recognizes the clear and present dangers our planet faces. The warning is too dire to ignore.

Write

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Call: 703-917-6444.

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BULLETIN BOARD

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

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

THURSDAY/OCT. 18

Gentle Yoga. 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. This yoga protocol is facilitated by Pat Fitzsimmons RN, C-IAYT, E-RYT 500, an instructor specifically trained to work with cancer patients who will adapt traditional yoga practices to meet the physiological and psychological needs of cancer patients. No registration required. It is recommended that participants dress comfortably and bring a yoga mat, towel(s), and water. Visit www.sentara.com for more.

NARFE Fairfax 737 Fundraiser.

4:30-8 p.m. at 29 Diner, 10536 Fairfax Blvd., Fairfax. Join NARFE 737 for "All You Can Eat BBQ Buffet" supporting Alzheimer Research. Pulled pork/chicken, pit beef brisket, spare ribs & baby back ribs; breast; wings; mac and cheese; collards; smoky baked beans; green beans; and slaw. Adults, \$15; 12 and under, \$8. Beverages extra. Email rrharney2@gmail.com for more.

FRIDAY/OCT. 19

Angst: Raising Awareness Around

Anxiety. 10 a.m.-6 p.m. At George Mason University, Johnson Center Cinema, 4400 University Drive, Fairfax. The ADHD Resource Group of Northern Virginia is hosting viewing of the documentary ANGST. Highlights students living with anxiety disorders and how they can be helped. There will be a panel of professionals who will be able to answer questions. Visit <https://AngstGMUJC.showclix.com> to reserve tickets \$6.50 for Students/Educators; \$11.50 General. Visit the website: <https://www.adhdnova.org/Events.html>

SATURDAY/OCT. 20

Mental Health First-Aid.

8 a.m.-5 p.m. At Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Mental Health First Aid certification course where you will learn common warning signs, risk factors, and action plan and resources. Cost of \$35 includes lunch and snacks. Visit the website: <http://bit.ly/2OYyWz5>

FACeIng the Future Together.

8 a.m.-3:30 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. Family and community engagement (FACE) is at the center of everything that PTAs accomplish. Join the launch of a new effort to welcome and encourage all families throughout Fairfax County to become active participants in their school community. \$10 (includes continental breakfast, lunch and snacks). Scholarships are available for the conference and can be requested on the registration form. Interpreters will be available. Go to www.fccpta.org to register.

MONDAY/OCT. 22

Normal Aging Versus Dementia.

12:30-2:30 p.m. at Prince of Peace Lutheran Church, 8304 Old Keene

SEE BULLETIN, PAGE 15

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PHOTOS BY MIKE SALMON/THE CONNECTION

Anita Tadavarthy, a Springfield resident and owner of "Empirical Grace," uses all the teachings of acupuncture.

Healing at 'Empirical Grace'

West Springfield alumni opens acupuncture office in Springfield.

BY MIKE SALMON
THE CONNECTION

According to mainstream science, the practice of acupuncture involves an acupuncturist inserting needles into a person's body with the aim of balancing their energy. This, it is claimed, can help boost wellbeing and may cure some illnesses.

If you ask Anita Tadavarthy, a Springfield resident and owner of "Empirical Grace," on Traford Lane, "acupuncture is phenomenal for pain, any sort of pain," she said. Her mission statement reads "Empirical Grace provides quality acupuncture therapy to heal our patients." The vision is "To use the wisdom of acupuncture and Chinese medicine to heal our patients."

Tadavarthy is a West Springfield High School alumna that graduated from the University of Virginia with a business degree, worked a few high-level finance jobs, and discovered, "I was really intrigued by acupuncture." She moved to Oregon and graduated from the Oregon College of Oriental Medicine, and began practicing acupuncture in Portland. She then got certified in Virginia, moved back and opened her business in early September. "The needles are really powerful," she said.

Over those years, her family opened a free clinic in India, treating many people, and she traveled there to help out.

"We had people from all over India," she said. The local hospital brought in some of their patients, and then the local police brought in officers to be treated for knee pain.

Although she found some non-believers in Portland, just as anywhere else, her business was successful. Although it is most commonly used to treat pain, she's had women come in that were trying to conceive, and sought acupunc-



Anita Tadavarthy, a Springfield resident and owner of "Empirical Grace," uses needles in conjunction with meditation.

ture as an aid.

"Anybody I've treated that really wanted to get pregnant, got pregnant," she said. Acupuncture is also used to treat allergies, arthritis, back pain, carpal tunnel, insomnia, migraines and sciatica.

Tadavarthy decided to come back to Springfield where her parents live, and was surprised at the level of education she's seen leads to many open minds. "This is my passion," she said. Tadavarthy uses meditation to complement acupuncture as well.

In addition, she teaches acupuncture at the Virginia University of Integrated Medicine in Fairfax.

Virginia is no stranger to eastern medicines and has a chapter of the Acupuncture Society of Virginia which is called "a professional membership organization of Licensed Acupuncturists dedicated to promoting the practice of Acupuncture and Oriental Medicine in the Commonwealth of Virginia." ASV headquarters is located in Warrenton.

World Acupuncture Day is Nov. 15, 2018

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Carving Made Easy

Creating a front porch worthy Halloween pumpkin.

BY MARILYN CAMPBELL

“**I**ck, this is so gross,” said one 11-year-old girl with shoulder length blonde hair. “Those are the guts,” said her classmate, a 12-year-old, white apron-clad boy, as he pulled a handful of stringy, orange pulp out of a fat pumpkin.

“It’s part of the process. You have to clean out the messy insides before you can start carving a beautiful design,” said Lisa Searby, who was offering an in-home lesson in carving Halloween pumpkins to a group of middle school students and their parents.

A drive around most neighborhoods during this, the spookiest season of the year, will likely reveal the efforts of many to carve a sophisticated pumpkin. From frightening to fanciful, the art of pumpkin carving is a skill that eludes many. So on a chilly Sunday afternoon, Searby, who lives in Bethesda, Md. trekked to the Fairfax home of Katie and Luke Gunther to offer a class in pumpkin carving. With a few tricks and the right tools, Searby says that almost anyone can create a front-porch worthy gourd.

After the parent-child duos have donned aprons and the pumpkins are placed atop tables covered with plastic and topped with newspaper, the instruction begins. A set of carving tools is something that Searby recommends to anyone who wants to create an impressive design.

“You don’t have to break the bank, but you need to get a set of tools that are sturdy enough to stand up the the heft of a thick-skinned pumpkin,” she said. “You can usually find them online pretty easily. Choose a set that has a tool for each step of the process, like a little serrated saw to cut a hole in the top and a scooper to clean out the flesh. It makes carving so much easier.”

It appears that parents agree. “I didn’t realize that there was such a thing, but these little tools are awesome,” said Luke Gunther, the father of 12-year-old twins. “We usually use a kitchen knife and it’s hard to cut through and the edges of the designs are always jagged, but the tools make a much smoother cut.”

Once the tops of the pumpkins are removed and the pulp, flesh and seeds area cleared, the artistry begins. “Use a dry-erase marker to to sketch the design that you want to carve on the front of your pumpkin,” said Searby. “Does anyone know why



Investing in a set of carving tools helps create impressive Halloween pumpkins.

we’re using a dry-erase marker instead of a Sharpie? Because if you make a mistake or don’t like your drawing, you can wipe off a dry-erase marker and start over. Sharpies are permanent.”

Three hearts are what Theresa Holt and her 12-year-old son and 11-year-old daughter choose for the front of their pumpkin. “This is such a fun thing to do, even if you don’t care about the outcome, it’s a great way to spend time together as a family,” she said.

Those who choose to use one of Searby’s pre-designed templates are instructed to attach the template to the pumpkin and use the spike tool to trace the design onto the gourd, leaving tiny pinholes in its thick flesh. Next, the class uses one of the carving tools to cut out the facial features or other designs and, voila, in less than 30 minutes the group produces six pumpkins that are ready for Halloween.

“If you’re going to use candles illuminate your pumpkins at night, make sure you put the candles in a glass candle holder first,” said Searby. “Now the clean-up begins. It’s a messy process after all.”



Front-porch ready Halloween pumpkins.

PHOTOS COURTESY OF LISA SEARBY

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Saturday Community Farmers' Market. Through Oct. 27, 8 a.m.-1 p.m. at 10500 Page Ave., Fairfax — one block from West and Main streets behind the Wells Fargo Bank and adjacent to the Historic Fairfax County Courthouse. Visit www.fairfaxsaturdaymarket.com.

The Rocky Horror Show. Through Oct. 28, Friday-Saturday, 8 p.m. (standard and VIP ticketing); Sunday, 5 p.m. (standard tickets only) at the Lorton Workhouse Arts Center, 9518 Workhouse Road, Lorton. Standard tickets, \$25-\$35; VIP tickets, \$50-\$60. Visit workhousearts.org for tickets.

Farmers Market. Saturdays, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit www.facebook.com/SpringfieldFoodworks/.

Second Saturdays. 6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk is the perfect time to meet nearly 85 Resident and Associate Artists, creating art in the studios or exhibiting in our galleries. Visit www.workhousearts.org/.

THURSDAY/OCT. 18

BBQ Buffet Fundraiser. 4:30-8 p.m. at 29 Diner, 10536 Fairfax Blvd., Fairfax. Join NARFE Chapter 737 for an "All You Can Eat BBQ Buffet" supporting Alzheimer's Research with 30 percent of the buffet price or 15 percent of menu items donated. Visit 29diner.com/ for more.

FRIDAY/OCT. 19

Campfire at Lake Accotink. 7-8:30 p.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Come to Lake Accotink Park to explore different topics and different areas of the park. Then, warm up by the glow of the campfire with s'mores. For participants age 3-adult. \$8 per person. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink for more.

FRIDAY-SUNDAY/OCT. 19-21

Madhaunter's Madhouse. Friday-Saturday, 7-11 p.m.; Sunday, 7-10 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Madhaunter's Madhouse haunted trail of terror returns to the Workhouse. In 2018, screams will echo across the 55-acre historic Workhouse campus, built on the grounds of the once-abandoned and notorious DC Department of Corrections Lorton Reformatory. Tickets (\$20), volunteer at workhousearts.org/madhaunter.

SATURDAY-SUNDAY/OCT. 20-21

Fall Fun Days. 10 a.m.-4 p.m. at Whitehall Farms, 6080 Colchester Road, Fairfax. Fourth annual Fall Fun Days, featuring a pumpkin patch, corn maze, nature trails, inflatable bounce houses, lawn games, wagon rides, and more. Meet farm animals (like Henry the cow) and learn more about sustainable farming. A farm-to-table lunch option will be available, featuring farm fresh ingredients from Whitehall's farm store. \$12 for adults and children over 3. Visit www.whitehall.farm for more.

SATURDAY/OCT. 20

Salvation Army 5K. 8-11 a.m. at Salvation Army, 4915 Ox Road, Fairfax. This is a 5k Run & Walk to benefit the Salvation Army's after School program for at risk youth. \$22. Email Donald.Wilson@uss.salvationarmy.org or call 703-385-8700.

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the

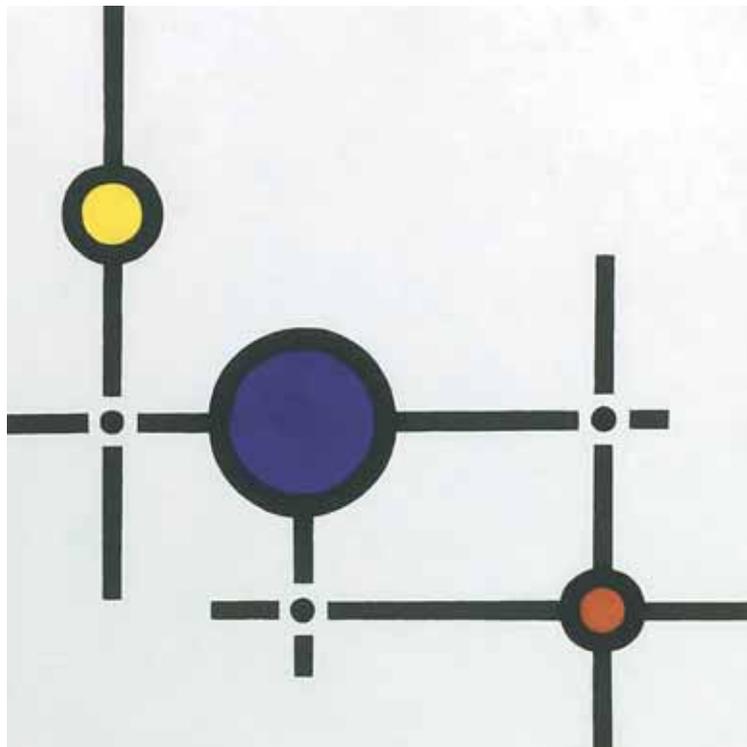


PHOTO COURTESY OF IRIS MEDIA, LLC

City of Fairfax Band at last spring's National Community Band Concert.

Community Band Concert

WETA Host Richard Kleindfeldt and the City of Fairfax Band kicks off its 49th season with special guest Steven Hendrickson of the NSO on trumpet. Music by Holst, Sousa, John Williams and Julie Giroux. Saturday, Oct. 20, 7:30-9 p.m. at Fairfax High School Auditorium, 3501 Rebel Run, Fairfax. \$15 adults, \$10 senior, students free. Call 571-336-CFBA (2322) or visit fairfaxband.org.



Painting #3: Gene Moty, "A-23", 10x10, oil on linen, 2018

'Less is More'

The Arches Gallery at the Workhouse Arts Center of Lorton Virginia features "Less is More: A New Language Of Abstract Minimalism" by Gene Moty. The works on display embrace his less is more philosophy with a pure clean modern style that counterbalances today's frenetic pace of life with its contemplative energy. Gallery hours, through Nov. 3 in Gallery 9 of the Workhouse Arts Center, 9518 Workhouse Road, Lorton. Visit www.genemoty.com for more.

City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet for more.

Meet the Author and Book

Signing. Noon-3 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Jack Gilden has a book coming out Oct. 1 about Don Shula, Johnny Unitas - their rivalry and the 1960s. The book is now available for preview orders online at Amazon and Barnes & Noble and in selected bookstores. Visit www.jackgilden.com for more.

Trunk or Treat. 5-7 p.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Get a

jump start on Halloween by joining Franconia United Methodist Church for a family-friendly Trunk or Treat in the church parking lot. Wear a costume and enjoy fun and games for children from preschool to middle school. Free. Call 703 971-5171 or visit www.franconiaumc.org/contact/

Fairfax Choral Society Concert. 7 p.m. at Annandale United Methodist Church, 6935 Columbia Pike, Annandale. The Amadeus Orchestra musicians join their season partners to welcome Maestro Thomas Colohan in his first concert as Director of the Fairfax Choral Society. Tickets are \$40 and may be purchased at the door or online at www.amadeusconcerts.com.

Students 17 and under and active military are admitted free of charge.

Community Band Concert. 7:30-9 p.m. at Fairfax High School Auditorium, 3501 Rebel Run, Fairfax. WETA Host Richard Kleindfeldt and the City of Fairfax Band kicks off its 49th season with special guest Steven Hendrickson of the NSO on trumpet. Music by Holst, Sousa, John Williams and Julie Giroux. \$15 adults, \$10 senior, students free. Call 571-336-CFBA (2322) or visit fairfaxband.org.

SUNDAY/OCT. 21

Oktoberfest. 4-6 p.m. At Grace Presbyterian Church, 7434 Bath Street, Springfield. Free. A family-friendly Oktoberfest featuring sausages, keg root beer, root beer floats, moon bounce, and other activities. Visit the website: www.gracepresby.org.

TUESDAY/OCT. 23

WSHS Fall Concert. 7-10 p.m. At West Springfield High School Auditorium, 6100 Rolling Road, Springfield. Free. West Springfield High School Spartan Choir and Orchestra is proud to present the stunning "Sunrise Mass" by Ola Gjellem with their friends from Eppelheim, Germany, and Lake Braddock Secondary School. Visit the website www.spartanchoir.com.

THURSDAY/OCT. 25

Paintings & Pairings. 5:30-9 p.m. at Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church. Enjoy paired hors d'oeuvres and wines, a three-course dinner, and auctions and artwork for sale. All proceeds from the event benefit Insight Memory Care Center. \$125. Visit www.insightmcc.org/ for more.

Hitchcocktober: 39 Steps (1935). 7 p.m. at Angelika Film Center - Mosaic, 2911 District Ave., Fairfax. Every Thursday night in October a classic film by Sir Alfred Hitchcock will be featured with a bonus screening of PSYCHO on Halloween. Tickets are \$10. Visit angelikafilmcenter.com.

THURSDAY-SUNDAY/OCT. 25-28

The Adventures of Huckleberry Finn. 8 p.m. at George Mason University Center for the Arts-Concert Hall, 4373 Mason Pond Drive, Fairfax. Mark Twain's timeless classic sweeps us down the mighty Mississippi in this musical adaptation of Huck Finn. Professional Artist in Residence, Thomas W. Jones II helms this journey. \$15 for students and seniors, \$30 for adults. Call 703-901-5941 or visit cfa.calendar.gmu.edu/big-river-the-adventures-of-huckleberry-finn for more.

FRIDAY/OCT. 26

Lorton Workhouse Ceramics Workshop. 10:30 a.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Travel to the Lorton Workhouse Arts Center Visit lortonseniorcenter.org or call 703-550-7195 for more.

Rock the Block: Supervixen. 6:30-9:30 p.m. at Old Town Square, 3999 University Drive, Fairfax. Family-friendly free concert series, which features live bands, beer garden, and city restaurant vendor booths. Bring your own lawn chairs or blankets to sit on. Free. Call 703-385-7858 or visit www.fairfaxva.gov/rocktheblock

FRIDAY-SUNDAY/OCT. 26-28

Madhaunter's Madhouse. Friday-Saturday, 7-11 p.m.; Sunday, 7-10 p.m. at The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Madhaunter's Madhouse haunted trail of terror returns to the Workhouse for a third year of scares. In 2018, screams will echo across the 55-acre historic Workhouse campus,

built on the grounds of the once-abandoned and notorious DC Department of Corrections Lorton Reformatory. More information, tickets (\$20), and volunteer opportunities are available at workhousearts.org/madhaunter.

SATURDAY/OCT. 27

ECHO Yard Sale. 8 a.m.-noon. At St. Bernadette Catholic Church in the gym, 7600 Old Keene Mill Road, Springfield. Hundreds of items — toys, dishes, collectibles, small electronics, home decorations and fashion accessories. Proceeds go to support ECHO (Ecumenical Community Helping Others.) Visit the website www.echo-inc.org.

Both Sides Tour XXI. 8:15 a.m. Leave from Franconia Museum at the Franconia Governmental Center, 6121 Franconia Road. Elijah White grew up in Maryland and moved to Virginia before the Civil War. He built his famed Thirty-Fifth Battalion, Virginia Cavalry with troops from both sides of the Potomac River. This tour will concentrate on White's exploits in Montgomery County, Maryland, Loudoun and Clarke Counties and Snickers Gap in the Blue Ridge Mountains in Virginia. \$100, includes bus, lunch, and a fast-food value card on the way home. Contact Don Hakenson at 703-971-4984 or dhakenson@verizon.net.

Genealogy in the Digital Age. 9 a.m.-2 p.m. At Dunn Loring Volunteer Fire Station, Oct. 312148 Gallows Road, Vienna. Fairfax Genealogical Society's Fall Genealogy Fair, "Genealogy in the Digital Age" with James M. Beidler. Plus vendors. Registration on line at <https://2018fxgfallfair.eventbrite.com>. Cost after October 15: FxGS member, \$45, non-member \$55. Visit the website www.fxgs.org

Trunk or Treat. 11 a.m.-1 p.m. at The Mott Community Center, 12111 Braddock Road, Fairfax. Come out to celebrate the community and Halloween at Trunk or Treat Community Day. Join friends and neighbors for food, music, vendors, moon bounce, trunk or treating, and more. Free. Call 703-278-8605 or visit www.fairfaxcounty.gov/neighborhood-community-services.

"Real vs Reel: A Closer Look at the Medicine of Mercy Street." 2 p.m. at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Jake Wynn from the National Museum of Civil War Medicine in Frederick, MD will explore and compare "real" medical practices from the Civil War versus the medical treatments shown in "Mercy Street," the PBS mini-series. Free. Call 703-591-0560.

Transforming Lives Gala. 6:30-11 p.m. at The Westin Alexandria, 400 Courthouse Square, Alexandria. Since 1974, Good Shepherd Housing & Family Services has been reducing homelessness and enabling self-sufficiency by providing permanent affordable housing, emergency financial services, budget counseling and case management to working households in Fairfax County. \$175-\$250. Visit goodhousing.org/gala

SATURDAY-SUNDAY/OCT. 27-28

Fall Fun Days. 10 a.m.-4 p.m. at Whitehall Farms, 6080 Colchester Road, Fairfax. See Oct. 20 above. Visit www.whitehall.farm

Ghost Train. 10 a.m.-6 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Take little goblins for a family-friendly ride on the Ghost Train at Burke Lake Park this Halloween season. Moon bounce, carousel and pumpkin painting. Dress for the occasion with your favorite Halloween costume. \$6 per person age two and older; younger children ride for free. Last ticket sold at 4 p.m. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/

Season Opening with Mozart and Beethoven

Virginia Chamber Orchestra features renowned soloist Brian Ganz.

BY DAVID SIEGEL
THE CONNECTION

The all-professional, Fairfax County-based Virginia Chamber Orchestra (VCO) opens its 47th season, with “Music of the Masters.” The evening showcases the distinguished pianist Brian Ganz as the featured soloist. The award-winning Ganz is regarded as a leading pianists of his generation. He has performed at The Kennedy Center for the Performing Arts.

Led by music director David Grandis, the VCO performs not only at the Ernst Community Cultural Center at Northern Virginia Community College, but is an “Ensemble in Residence” at George Mason University. The VCO also regularly performs creative ensemble presentations at Tysons’ intimate 1st Stage theatre.

“We are excited and looking forward to having a pianist of the stature of Brian Ganz perform as our guest soloist at our ‘home’ con-



Virginia Chamber Orchestra in performance.

cert hall in the center of Fairfax County,” said Doug Lovejoy, Virginia Chamber Orchestra Board President.

The VCO program will include Mozart: Piano Concerto in D minor, K. 466 which is full of dark storms, sunny romance and a jubilant finish. The Mozart concerto has also been played used as a pop accompaniment. A movement

from the concerto was played in the Oscar winning film “Amadeus,” while another movement was heard in “Mr. Robot,” a recent television series.

The upcoming VCO program will also include a performance of Beethoven: Symphony No. 4 in B-flat major, Op. 60; a less often heard symphony. In an interview, Ganz described the Mozart con-



Brian Ganz, soloist at Virginia Chamber Orchestra’s performance of “Music of the Masters”

PHOTO BY BRUNO MURIALDO/
COURTESY OF BRIAN GANZ

certo as “a very beautiful work for many reasons, but one reason is that one can hear both Mozart and

Where and When

Virginia Chamber Orchestra presents “Music of the Masters” featuring soloist Brian Ganz at Ernst Community Cultural Center, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. Performance: Sunday, Oct. 28, 2018 at 4 p.m. Tickets: \$30 (discount tickets online), \$35 at the door. Students (fourth grade through college) are free. **Note:** Free parking. Complimentary reception after performance to meet the soloist.

Beethoven within the same work! I look forward immensely to collaborating with the VCO and David Grandis on this masterpiece...my very favorite symphony!”

VCO music director, David Grandis, noted that the Beethoven: Symphony No. 4 “is a special universe of its own, one which resonates intimately with me.

“It is the only symphony which was commissioned. No draft survived, but we know Beethoven composed it in a few weeks,” added Grandis. “The fact that this symphony is probably the least loved and the least known of Beethoven’s output, makes it even more lovable to me...But it is just as perfect as any other of Beethoven’s symphonies. It has always seemed strange to me that it is less performed than the others. It might very well be my favorite Beethoven symphony.”

PHOTO COURTESY OF VIRGINIA CHAMBER ORCHESTRA

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Helping with ‘Baby Blues’

Shelane’s Run raises funds and awareness for maternal mental health.

BY ANDREA WORKER
THE CONNECTION

A woman suffering a bout of the “baby blues” during pregnancy or after childbirth isn’t uncommon — in fact, it’s reported that about 80 percent of moms experience sadness, mood swings and just feeling “out of sorts,” particularly after the birth of their child. If there are no other significant stress factors or traumas involved, those feelings often dissipate within a few weeks.

In June of 2015, for Shelane Gaydos, a Fairfax County police officer, a wife, a mother of three young daughters, and a member of a close-by, close-knit family, those feelings escalated after learning that the fourth child she was expecting had died in utero. Two weeks after hearing the devastating news, Gaydos died of suicide.

Eventually, after the initial haze of their loss and through extensive research, her family came to believe that Gaydos was suffering from the rarer form of this maternal depression — postpartum psychosis — which can cause delusions and paranoia.

“We just didn’t know how much she was suffering, and holding in,” said her sister Sarah Bryant, echoing what so many loved ones of maternal depression sufferers have said before. “Shelane was such a vibrant and confident woman, so full of life and love for her family.” Bryant acknowledges that even now, there is guilt mixed in with the emotions of loss.

GAYDOS’ FATHER, retired Army Officer Steve Bryant agrees with his daughter Sarah. “Shelane was always so independent, so tough — maybe too much so on herself.” As a career military man, Bryant admits he was never much on sharing feelings and emotions. Losing Shelane the way they did has changed that.

“I am pretty sure that there are a few women out there that wonder about me,” he said. “Nowadays, whenever I see a pregnant woman or a mom with her kids, I have to smile, say ‘hello,’ and just make a connection. You never know who may need just that.”

The Bryant and Gaydos families, along with Shelane’s many friends, took their grief and turned it into a positive — Shelane’s Fun Run/Walk — partnering first with Postpartum Support International and now with Postpartum Support Virginia, to raise awareness and funds to combat this too-often overlooked condition that can ruin lives and tear families apart at a time when many expect happiness should be at its peak.

In the fall of 2016, more than a year after losing Shelane, the first “Shelane’s 1K Walk and 5K Run” (and the first and only maternal mental health-focused charity road race) took off from the starting line at Fairfax County Government Center.

This year, on Saturday, Oct. 13, more than 500 adults and children on foot and in strollers, showed up at Government Center, braving a spot of rain and the arrival of autumnal temperatures, to take off once again to honor a life lost too soon, and to help prevent further loss and suffering.



Joanne and Steve Bryant, the parents of Shelane Bryant Gaydos, pose with photos of their daughter and her children at the 3rd Annual “Shelane’s Run” charity race. Shelane died of suicide while suffering from maternal mental health issues and her family will “honor her memory and help others to avoid that tragedy.”

PHOTOS BY ANDREA WORKER/THE CONNECTION



Children lining up for the 1K — including Shelane’s daughter Sofia wearing bib number 235, and her nieces Emma, #57, and Madilyn, #56. Granddad Steve Bryant is leaning in from the right. The retired Army officer is giving the girls some last minute tips.



Shelane’s sister Sarah Bryant poses with the winners of the kids’ category, Siyeh Bartlett from Chantilly, and James Fink from Fairfax. Bryant came up with the idea for the charity race to honor her sister’s three passions “family, community, and running” while raising funds for maternal mental health resources.



Adrienne Griffen founded Postpartum Support Virginia some 10 years ago wanting to bring maternal mental health issues “into the light” where women can get help.

But “this isn’t the time for sadness. It’s a time to celebrate, to have fun together,” Sarah Bryant told the crowd just before the 5Kers were called to the line-up. “We are here to keep the memory of the three things most important to my sister — family, community, and running, being physically active.”

Adrienne Griffen is the founder of Postpartum Support Virginia (PPVA), based in Arlington. The nonprofit is the beneficiary of the funds raised through Shelane’s Run. She started the group 10 years ago, to bring more resources and assistance to the women of Virginia.

“I, too have been there, with the birth of my second child,” said Griffen. “The first was a breeze, everything you heard and

“Nowadays, whenever I see a pregnant woman or a mom with her kids, I have to smile, say ‘hello,’ and just make a connection. You never know who may need just that.”

— Steve Bryant

read about, so the problems I experienced with the second were completely unexpected and bewildering.”

It took Griffen more than 6 months to find the help that she needed. “For the longest time, the answers I got were ‘which kind of anti-anxiety pills do you want?’ That was it.”

Griffen’s group have helped bring maternal mental health services to 23 hospitals around the Commonwealth. “We’re halfway to our goal of seeing these services, and trained medical professionals to screen, diagnose, treat, and offer support available in every hospital in Virginia that provides maternal care.”

Surrounded by fun activities for the younger set, as well as booths that provided information, support and resources for moms and their families, the 1K started the action. Lining up front and center were Gaydos’ daughter Sofia, and her two nieces (Sarah Bryant’s daughters) Emma and Madilyn. Some of the individual participants were so young that serious hand-holding was required, along with a lot of directing by race marshals, and there was the occasional “escape” as youngsters decided that running was a lot more exciting than walking.

James Fink, an 8-year-old from Fairfax and a first time racer, took first place in the kid’s category. Siyeh Bartlett, 8, of Chantilly was the first young girl to cross the finish line.

Thomas Johnson with the Fit4Mom team was the overall winner of the 5K, while Marissa Jambor Shipe was the top finisher for the women.

SHELANE’S FAMILY and the folks at Postpartum Support Virginia want women and their families to know that there is caring, professional and confidential support out there for them. “It’s not just about feeling bad,” insists Sarah Bryant. “There are powerful hormonal changes at work and they can have a terrible impact. Women need help to treat these conditions.”

“Postpartum mental health issues are the number one complications of pregnancy and childbirth,” said Griffen, “but they are so undiagnosed or undertreated and women suffer from the added stress of societal expectations and the stigma of ‘not being a supermom.’”

“Please connect with us, and let us help,” said Griffen. Visit www.postpartumva.org. One can also connect with trained volunteers with personal experience with maternal mental health issues by calling 703-829-7152.

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NEWS

ArtsFairfax to Present Arts Awards

Event recognizes extraordinary contributions of artists and arts organization and those who support the arts.

BY DAVID SIEGEL
THE CONNECTION

For the past seven years ARTSFAIRFAX has recognized both individuals and organizations that have made significant contributions to the creative economy in Fairfax County, the City of Fairfax, and the City of Falls Church. Beyond entertainment, cultural and educational activities for local residents, the arts strengthen the local economy with jobs and with taxes paid.

ARTSFAIRFAX is the organization that helps support the arts and provides a voice for the arts. A study developed by Americans for the Arts in collaboration with ARTSFAIRFAX indicated that more than \$270 million is generated annually in economic activity from the arts and culture industry in Fairfax. Additionally, more than \$9 million of local government revenue is generated as patrons at nonprofit arts events spend close to \$25 per person, per event, beyond the cost of admission on items such as meals, parking, and even babysitters.

This year's ARTSFAIRFAX's honorees have exhibited "individual and collective dedication to the arts, helping grow the cultural and economic economy in Fairfax County," said Linda Sullivan, ARTSFAIRFAX president & CEO.

The 2018 award recipients include Claude Moore Charitable Foundation, American Youth Philharmonic Orchestras, Wolf Trap Foundation for the Performing Arts, and Virginia McGehee Friend. The awardees were selected by ARTSFAIRFAX and community representatives. Nominations were received from the public.

"We are delighted to honor our 2018 Arts Awards recipients for their extraordinary contributions to Fairfax County and beyond," said Sullivan. "Our honorees have enabled thousands of arts programs and services, benefiting millions of people."

Master of Ceremonies for the 2018 ARTSFAIRFAX



Former U.S. Rep. Tom Davis, ARTSFAIRFAX 2018 Arts Awards Event Master of Ceremonies.



Virginia McGehee Friend

PHOTO BY YASSINE EL MANSOURI/COURTESY ARTSFAIRFAX

Where and When

ARTSFAIRFAX presents annual Arts Awards, at the Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church, Friday, Oct. 26, from 12 to 2 p.m. Additional information and details about the annual Arts Awards event is located at <https://artsfairfax.org/arts-awards-2/> or call 503-642-0862.

event is former U.S. Rep. Thomas M. Davis, currently director for Government Affairs at Deloitte in Washington. He is also an adjunct professor of Political Science at George Mason University, and also serving as rector (chairman, Board of Visitors).

"The arts awards recognize arts organizations that are county and national leaders in innovative and creative programs that educate and entertain all ages," said Davis. "A creative economy fuels innovation that provides jobs and creates a sense of place where people want to live, work and play."

Each year, ARTSFAIRFAX commissions a Fairfax County artist to design a keepsake award to commemorate the honorees. For 2018, award-winning artist, David Barnes will design the Arts Awards. His studio is at the Workhouse Arts Center. He is known for creating glass works that achieve unusual lighting effects throughout each work.

Public Safety Career Fair to Be Held Oct. 20

The public safety agencies of Fairfax County invite residents to learn more about career opportunities available at the Fairfax County Public Safety Career Fair on Saturday, Oct. 20.

Along with Fairfax County Fire and Rescue, the Sheriff's Office, Department of Public Safety Communications and Police Department will have personnel on site discussing employment opportunities available at each agency, demonstrating what they do every day, discussing the training opportunities available, and answering any questions.

According to Fairfax County Fire & Rescue Department, "This is a unique opportunity to not only learn about the careers available through Fairfax County, but to learn why Fairfax County is a great place to work in public safety. Guests will be able to apply for positions on site or sign up for 'Job Alerts' that will notify them as soon as a position is made available."

The event will be from 10 a.m. until 3 p.m. at the Government Center located at 12000 Government Center Parkway.

BULLETIN BOARD

FROM PAGE 7

Mill Road, Springfield. Join a discussion on changes that occur with age, warning signs of a memory problem, and what to do if a loved one is experiencing symptoms of dementia or memory impairment. Co-hosted by Insight Memory Care Center, Prince of Peace Lutheran Church, and The Springfield Parkinson's Disease and Care Partner Group. Light, healthy lunch served at noon. A free-will donation will be accepted for lunch. Email Stacey Crosson, Minister of Care and Outreach at stacey.crosson@poplc.org.

THURSDAY/OCT. 25

Public Comment Deadline. The Virginia Department of Rail and Public Transportation (DRPT) announces a 45-day public comment period for its proposed policy and guidelines for transit capital prioritization and urban transit agency strategic plans. The proposed plans are available online at drpt.virginia.gov/transit/tsdac/public-comment. Comments on the plans can be sent to Jen DeBruhl at DRPTPR@drpt.virginia.gov or DRPT, 600 East Main St., Suite 2012, Richmond, VA 23219.

Gentle Yoga. 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. This yoga protocol is facilitated by Pat Fitzsimmons RN, C-IAYT, E-RYT 500, an instructor specifically trained to work with cancer patients who will adapt traditional yoga practices to meet the physiological and psychological needs of cancer patients. No registration required. It is recommended that participants dress comfortably and bring a yoga mat, towel(s), and water. Visit www.sentara.com for more.

SATURDAY/OCT. 27

Caregiver Bootcamp. 9:30 a.m.-3:30 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. It can be hard as a busy caregiver to find all the information to best care for a loved one with dementia. Insight offers the Caregiver Bootcamp to share essential caregiving topics, all in one place. A continental breakfast and lunch will be provided free of charge. Register online at insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

VolunteerFest. A region-wide day of community service helps nonprofits accomplish tasks they would not have time or resources to do on their own. Register today. Visit www.volunteerfairfax.org/individuals/volunteerfest.php

MONDAY/OCT. 29

Richmond Highway Widening Public Information Meeting. 6:30-8:30 p.m. at Mt. Vernon High School Cafeteria & Auditorium (Enter at Door #8), 8515 Old Mt. Vernon Road, Alexandria. The Virginia Department of Transportation (VDOT) will host a public information meeting on the Richmond Highway Widening project to provide an update as well as an opportunity for the public to comment on the project. The meeting will include an open house, a formal presentation and a question and answer period. Individual questions will also be addressed during the open house. The presentation begins at 7 p.m. in the auditorium. Visit www.virginiadot.org/projects/northernvirginia/richmond_highway.asp

WEDNESDAY/OCT. 31

"Embark on Opportunity." 8 a.m. at Belle Haven Country Club, 6023 Fort Hunt Road, Alexandria. Learn how the Embark Richmond Highway Comprehensive Plan Amendment will shape the future of the Richmond Highway Corridor. This event will take the audience through a geographic tour of the corridor, led by the planners, community leaders, and industry experts that helped shape Embark Richmond Highway. Visit www.fairfaxcounty.gov/planning-zoning/embark-richmond-highway

Narcan Training Sessions. 6:30-7:30 p.m. At 8221 Willow Oaks Corporate Drive, Room 1-408 East, Fairfax. Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. Registration is not required but it is recommended. Visit www.chrisatwoodfoundation.org/naloxone to register.

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"Movin' On Up"



By KENNETH B. LOURIE

Not "to the east side" and not "to a deluxe apartment in the sky," but if fictional New York City cleaning business icon George Jefferson had been diagnosed with lung cancer as I was, I would bet he'd be happy making progress: the feeling of moving forward. And that's exactly what I feel now. With the "news" of last week's column, progress/movement is at hand. With two CT scans in the last three months and some tumors "progressing" - and then not, while a previously insignificant tumor burst (not literally) onto the scene, I am happy now to be onward and hopefully upward as I infuse every three weeks during the next quarter ahead of an early January 2019 scan. The future is now and I'm grateful to have choices as I navigate the road ahead.

Having a plan matters. Though I am still waiting and seeing, and evaluating after that next scan, I do feel as if I'm back on track. I know what my next three months will be about (about three months) and I'm clear what my schedule will be (subject to change due to lab results, an altogether normal/expected blip): urine, lab, infusion, post-chemo week of difficulty eating and physical and psychological challenges, followed by two weeks of relative normalcy, then infusion again and rinse and repeat every three weeks until early January 2019. Twelve weeks in total. Through Thanksgiving, Christmas and New Years. I won't say it will be pretty but it will be predictable and hopefully on a path to a positive result. (Remember, I'm life long member of Red Sox Nation so hope always springs eternal.)

This column is certainly not meant to minimize the possible discouraging results of my January scan but I see no advantage in anticipating and/or overreacting to unknown results and/or dire consequences months ahead of actual facts not yet in evidence. This is what being diagnosed with cancer is all about: a series of ups and downs and all-arounds; and the sooner the patient assimilates this unpredictable variability into their algorithm for living with the disease, the more manageable their lives will be. Moreover, "If you," to quote Rudyard Kipling, "can keep your head when all about you are losing theirs," it will likely contribute to the preferred calm that every cancer patient diagnosed as "terminal" needs to feel every second of every day (and night, too) as they struggle to deal with the internal demons brought about by this terrible affliction. As my friend Lynne, a cancer survivor herself, said to me when I was first diagnosed: "This will be the most difficult thing you'll ever have to do." Of course, she was right. It's been beyond my wildest nightmares.

Being stuck in a pattern with no clear direction does not help. For the past three months, I have been so entangled. Now I am not. Now I am on a path of less resistance and what resistance there is - to disappoint "The Borg," is not futile. It is all part of an agreed-upon pursuit of truth and hopefully justice - for me, anyhow. I haven't exactly abused the privilege of living (although while attending college in the seventies, occasionally there may have been the odd self-destructive-type behavior common to the times, none of which concerned my oncologist in the least by the way) and given my parents' long cancer-free lives, I would have expected better than a stage IV, non-small lung cancer diagnosis at age 54 and a half. But here I am, still, nearly 10 years post diagnosis. (There aren't that many of us, unfortunately.)

And though I am definitely not happy about my cancer circumstances, I can be positive about the negative. And what I am most positive about is that at least for the next quarter anyway, I know what I'm doing and why. I certainly can't say what I'll be feeling after my next scan; hopefully elation and relief, but in the interim, life will go on as per usual, and for a cancer patient/survivor, life going on is as good as it gets; almost as if I "finally got a piece of the pie."

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



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Terrific location inside the Beltway! Surrounded by million \$ homes! 4BR split foyer, large FR w/ built-ins & fpl, fenced yard, granite/SS kitch, formal LR & DR + den addition. www.4011ThorntonStreet.info



David Levent
703-338-1388 davidshomes@inf.com
Experienced Agent - Amazing Results
6 Year Member, NVAR Multi Million Dollar Sales Club



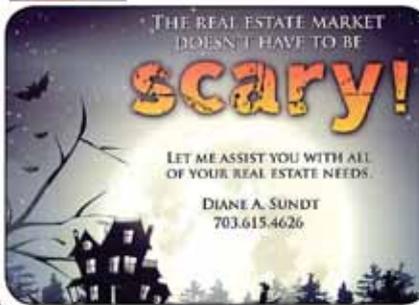
Fairfax \$765,000
Gorgeous 5 Bedroom, 4 Full & 1 Half Bath Colonial Home in Hampton Chase. Totally Remodeled Gourmet Kitchen. New Hardwood Flooring. Finished Walkout Basement. Screened In Rear Porch Overlooking Large Backyard. 1st Level Master Suite. Beautifully Landscaped. Much More. Call For Details.



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Judy McGuire
703-581-7679
NVAR Multi-Million Dollar Club
NVAR Top Producer



Woodbridge
Beautiful move-in ready water view TH in popular Belmont Bay. This house has tons of upgrades with top of the line SS appliances. Remodeled baths. Gleaming hardwood floors on main & upper levels & stairs. Meticulously decorated. Experience breath-taking views of the Occoquan River & Belmont Bay Marina from your own porch. Call Judy for more information.



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Fairfax \$699,900
New Listing in The Ridges of Glendilough Classic center hall colonial on a lovely street in Glendilough. Four bedrooms, hardwood floors, updated kitchen. Walkout lower level is ideal for entertaining and there is a spacious deck you can enjoy this fall as the leaf colors change in your backyard.



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