

Costumes are encouraged for both performers and audience members at the Spookfest II on Thursday, Oct. 28 at 7:30 p.m. in the Langley HS Auditorium.



'Spookfest II' at Langley High

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The 'new generation' of the Great Falls Optimist Club, from left: Margaret and Bruce Ross of Great Falls, Jennifer and Calvin Follin of Great Falls, and Joan and Mark Turner of Lovettsville.



PHOTOS BY
DEB COBB/
THE CONNECTION

Dancing for a Cause

Great Falls Optimist Club's Barn Dance to benefit children's cancer funds.

On Saturday, Oct. 23, The Great Falls Optimist held its 5th annual Barn Dance. A barn was filled with good food, good music and good company to benefit Children's Cancer Funds.

Western Electric, a Great Falls/McLean based band, provided the music for the evening. Pictured here: Tommy Auldridge, Chick Hall, Benny Potter and Chris Hall. Not pictured is drummer Mike Tool.



Debbie and Mike Mullen, Great Falls residents, staff the drinks bar during the event.



The Barn Dance was held in a beautifully appointed barn.

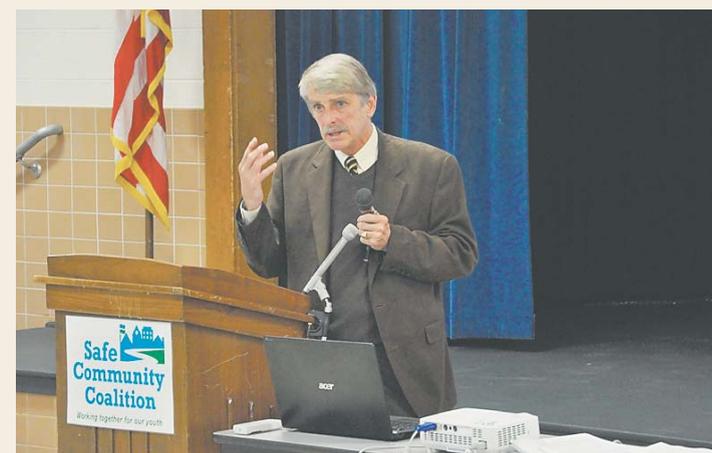


PHOTO BY ALEX MCVEIGH/THE CONNECTION

Ralph Hingson, director of the Division of Epidemiology and Prevention Research at the National Institute on Alcohol Abuse and Alcoholism, speaks to members of the Safe Community Coalition Oct. 21 at Cooper Middle School.

Sobering Facts

Safe Community Coalition examines ways to curb underage drinking.

BY ALEX MCVEIGH
THE CONNECTION

The Safe Community Coalition, a community group dedicated to educating parents and youth about making responsible decisions, held a meeting to discuss underage drinking Oct. 21. The featured speaker for the event, which was held at Cooper Middle School, was Ralph Hingson, director of the Division of Epidemiology and Prevention Research at the National Institute on Alcohol Abuse and Alcoholism.

Hingson came armed with statistics that pointed out just how many deaths and injuries occur because of alcohol, and specifically underage drinking. From 2001 to 2005, there were 9,625 alcohol-attributable deaths of people aged 25 or younger, and almost 5,000 deaths occurred because of underage drinking.

"We're losing more young people each year to underage drinking than soldiers we have lost in the entire [Middle East] war," he said.

Young people who use alcohol most frequently, and tend to binge more than adult drinkers, said Hingson.

"Alcohol is the psychoactive drug of choice for young people," he said. "Young people tend to drink less frequently

than adults do, but on the occasions they do drink, they drink more heavily."

With current knowledge of brain development, the fear is that heavy drinking at a young age will stunt that growth, and Hingson said that it is yet to be determined just how harmful long-term effects can be.

"We're concerned that the human brain is developing into your 20s, and that alcohol may have a deleterious effect on the developing brain," he said. "Some people worry about how long that damage lasts. Even if that damage is stopped if people curtail their drinking, the lost opportunity is the problem."

He said parents could do their part to help by fostering open lines of communication with their children and discussing problems that can arise with underage use of alcohol, establish rules, monitor behavior and setting healthy examples though their own behavior. Hingson also praised the work done by community groups such as the SCC.

"I'm always impressed by community groups that roll up their sleeves and address these issues head on," Hingson said.

District Supervisor John Foust (D-Dranesville) stopped by the meeting to thank the SCC for

SEE DRINKING, PAGE 6

Revolving Art Exhibit To Open at The Tavern

Great Falls Studios announces launch of new venue to display local art.

Great Falls Studios, a consortium of local artists, has announced its newest exhibit venue, The Tavern at Great Falls. The art group will partner with The Tavern to put on rotating exhibits displaying the work of its artist members, allowing diners to experience original works of art in a relaxed setting.

The kick-off exhibit at The Tavern will showcase the work of painter Betty Ganley and photographer Ed Behrens. It accompanies an ongoing exhibit by another Great Falls Studios artist, Pat Mercer Hutchens, whose paintings have been a fixture at The Tavern for the past several years.

The new exhibit by Ganley and Behrens will feature a mix of subjects, including scenes of Great Falls. The show will run from Nov. 1 – Dec. 31, 2010. Exhibits at The Tavern will rotate every two months, giving visitors to the restaurant exposure to new artists and styles throughout the year.

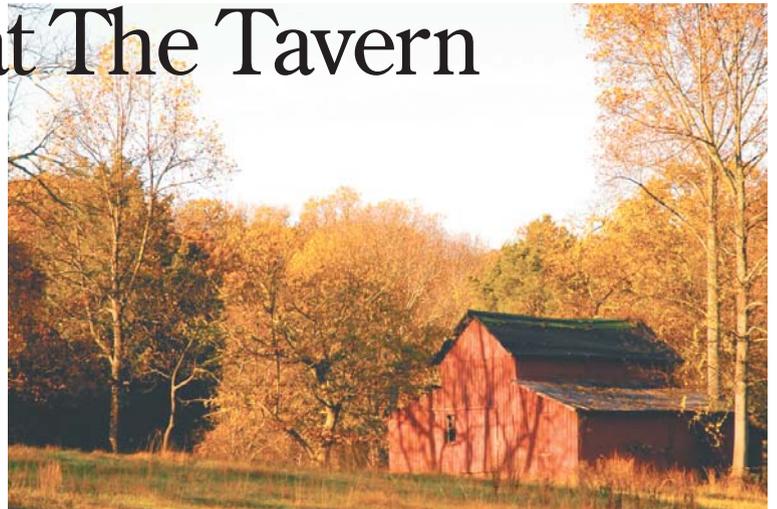
“It’s all a part of our efforts to make Great Falls a more artful place,” says Cindy Grisdela, head of the GFS Exhibits Committee. “Many people don’t realize that there are so many artists in our community, and we are excited about these opportunities to share our art with local residents and visitors to our village.”

Great Falls Studios has 90 members, including painters, photographers, sculptors, potters, quilters and others, all of whom live or work in Great Falls.

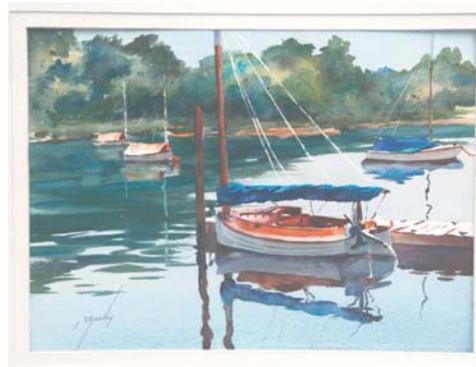
Ganley is an award-winning watercolor artist, who uses vibrant colors and a keen sense of place to create memorable scenes of gardens, landscapes, seascapes and still life. Her work has been chosen for inclusion in more than 100 judged shows, received over 70 awards, and is represented in numerous private and corporate collections all over the United States. “The beauty of nature surrounding us never ceases to amaze me. To be able to see our world through an artist’s eye is a constant joy,” Ganley says. For more information about Ganley’s work, visit her website at www.bettyganley.com.

Behrens has shot award-winning photographs from his travels all over the world. He creates compelling compositions exploring landscapes in exotic locations, as well as here at home in Great Falls, fascinating portraits of people and animals, and unique juxtapositions between otherwise ordinary objects. One of his photographs hangs in the United Nations. “My subjects tend to be eclectic, combining my interests in travel and in photography,” Behrens explains. For more information about Behrens’ work, visit his webpage at www.GreatFallsStudios.com/artists.

The Tavern is located at 9835 Georgetown Pike in Great Falls, serving classic American fare in a family-friendly environment. Hours are 11 a.m. – 10 p.m. Monday – Thursday, 11 a.m. – 11 p.m. Friday and Saturday, and 11 a.m. – 9 p.m. Sunday. For more information, visit www.greatfallstavern.com.



Photographer Ed Behrens shoots photos on his travels all over the world. Closer to home, this image of an old red barn on Georgetown Pike in Great Falls is typical of his style. The barn has since disappeared, collapsing in last winter’s snow.



Watercolor artist Betty Ganley uses vibrant colors to create memorable scenes. ‘The Boatbuilder’s Pond’ is just one of her paintings that will be part of the Great Falls Studios artist’s exhibit at The Tavern in the Great Falls Village Center.

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SCHOOL NOTES

Send School Notes to greatfalls@connectionnewspapers.com. Deadline is Friday.

Rep. Frank Wolf (R-10) presented Congressional Awards to the following local students in recognition of their community service projects:

- ❖ Kelsie Mietla of Herndon, Congressional Award Gold Medal, University of Virginia;
- ❖ Lea Mulder of McLean, Congressional Award Bronze Medal, Langley High School;
- ❖ Andy Crump of Herndon, Congressional Award Bronze Medal, Thomas Jefferson High School for Science & Technology;
- ❖ Jane Willner of McLean, Congressional Award Silver Medal, Thomas Jefferson High School for Science and Technology.

To earn the Congressional Award, young people must set and achieve goals in voluntary public service, personal development, physical fitness and expedition/exploration.

William Chapman of Great Falls has completed the Freedom Alliance Military Leadership Academy. The Academy is a summer camp based on the curriculum of the U.S. Army, and introduces students to positive role models, teaches them leadership skills, and tests their resolve through mental and physical challenges.

Cameran Alavi, Hilary Benjamin, Paulina Drucker, and Matthew Goudreau of Langley High School have been selected to perform in the 2010 Virginia Honors Choir, at the Virginia Music Educators Association (VMEA) convention Nov. 20 in Norfolk.

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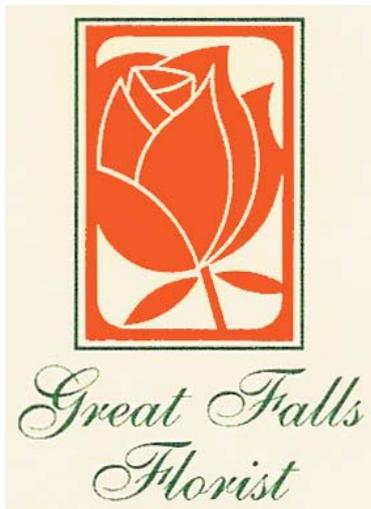


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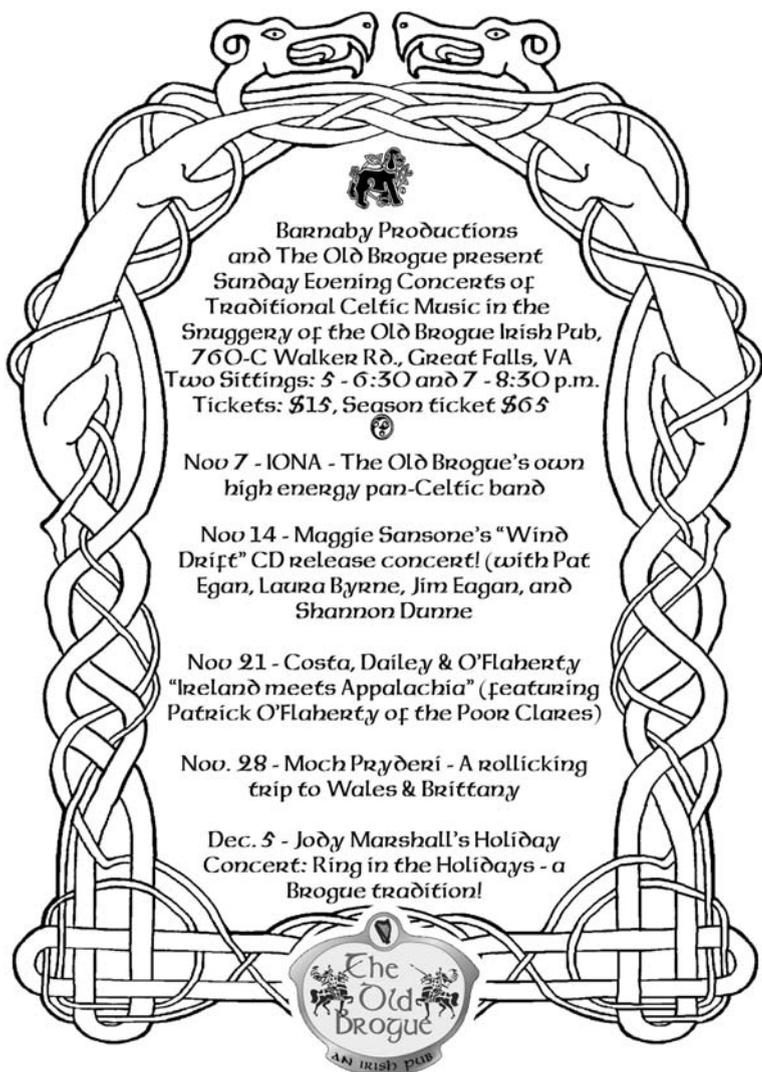
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Katie's Coffee House and illy Coffee USA invite you to a special event on Monday, November 1st from 10 am - 12 noon, where you will meet Master Barista Giorgio Milos and discover the ritual and pleasure of authentic Italian illy espresso.

HISTORY AND SCIENCE

Giorgio will discuss the history and the origin of coffee, as well as fascinating facts about the agronomy and chemistry of the coffee bean.

ART

Giorgio will demonstrate proper technique and presentation of espresso and espresso-based beverages.



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Underage Drinking

FROM PAGE 3

their efforts in fostering safe development of the community's youth.

"The work they have done has been an essential part of this community for the past 15 years," Foust said. "We're dealing with serious problems here, and I thought the presentation was fantastic."

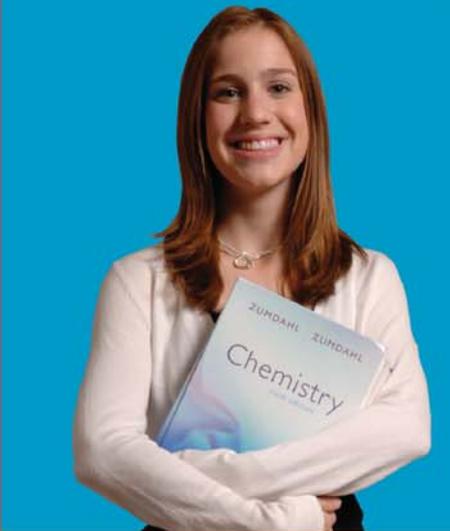
Nyka Feldman, executive director of the SCC said she brought Hingson in to speak as an attempt to "keep challenging ourselves to find new approaches" to issues such as underage drinking.

SCC vice-president and parent Mimi Weisberg said that presentations like this are invaluable for parents when it comes to discussing difficult topics with their children.

"Parents can be afraid of what they're going to hear, so it's important they feel ready to give answers, and where to find answers," she said. "It's important to talk to our teens about the data we heard tonight, and listen to what they're thinking when it comes to underage drinking."

For more information about the SCC, visit www.safecommunitycoalition.net.

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Volunteers at a Stop Hunger Now event measure out soy, rice and a chicken-flavored vitamin powder into meals. The McLean Rotary Club is hoping to package 100,000 meals Nov. 6 at the Lutheran Church of the Redeemer in McLean.



PHOTO CONTRIBUTED

Helping the Hungry

McLean, Langley High join Rotary Club in preparing 100,000 meals for hungry people around the world.

BY ALEX McVEIGH
THE CONNECTION

A few months ago, McLean resident Bob Hahne and his wife helped package 20,000 meals in two hours for starving people in 23 countries around the world. On Nov. 6, Hahne and the McLean Rotary Club will attempt to package 100,000 meals at the Lutheran Church of the Redeemer.

The event is for the charity Stop Hunger Now, which assembles nutritious, easily shipped meals around the world to aid hungry people. Hahne said when he heard the numbers at the Williamsburg event, it was something he wanted to get involved in.

"They emphasized that 30,000 people per day die of hunger, and it becomes a moral question: what's worse, to know that fact or to know that fact and do nothing about it?" he said.

VOLUNTEERS will package meals made up of soy protein, rice, freeze-dried vegetables and a chicken-flavored powder containing vitamins and minerals. Each meal costs 25 cents and meals are packaged in groups of six. Stop Hunger Now provides the packaging equipment and other materials, and volunteers will measure out servings of the various foods and package them together.

Hahne said they are seeking 500 volunteers to help assemble the meals in two shifts, one from 9 a.m. to 11 a.m. and one from 1 p.m. to 3 p.m. They are also seeking to raise \$25,000 to cover the cost of the 100,000 meals.

Both McLean and Langley high schools have thrown their support behind the event, as students from both schools will be participating and raising money for the event.

"For McLean and Langley high schools the Stop Hunger Now project provides an opportunity for

schools along with community partners to support and influence community service activities that address local, national and international needs through their commitment to building a stronger community," said Dr. Deborah Jackson, principal of McLean High School, and a program chair with the McLean Rotary Club. "It teaches habits of thought, word and deed that help young people learn, work and live together as families, friends, neighbors, communities and nations."

Hahne said that he hopes the event is the first of many in this area, given the enthusiasm coming from the community.

"The goal is to show how easy it is to get something done," he said. "It's been a pleasure to see the willingness of this community, especially the young people, to help."

Rod Brooks, CEO of Stop Hunger Now, says that 95 percent of the charity's events are mobile packaging events such as these.

"It's exciting to be able to give people a hands-on opportunity to help people who are suffering from hunger," Brooks said. "The experience is really powerful, and hopefully people come away with a sense of how we can take an active role in ending hunger."

"The experience is really powerful, and hopefully people come away with a sense of how we can take an active role in ending hunger."

— Rod Brooks,
CEO of Stop Hunger Now

THE MEALS go to various school meal programs in foreign countries, which Brooks says also encourages education.

"We think by shipping to school feeding programs, we're providing a huge incentive to go to school. We find that enrollment rates go way up, which helps spread education and breaks the poverty cycle," Brooks said. "

There will be a bell set up at the church, to be rung once for every 1,000 packaged meals. Hahne says "hopefully we'll be able to ring it 100 times."

The event will take place at the Lutheran Church of the Redeemer, 1545 Chain Bridge Road, Nov. 6 from 9 a.m. to 3 p.m. For more information, call 703-790-5319, or e-mail mclean.stophunger@gmail.com.

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OPINION

Vote Nov. 2 (or Before)

Turnout could make a big difference in one or more of the three congressional races in Northern Virginia this year.

Every year is an election year in Virginia. This combined with a bevy of special elections in some areas can result in voter fatigue.

This year, every voter in Virginia will vote for a candidate for U.S. House of Representatives plus vote on three statewide constitutional questions.

Voters in Fairfax will also vote on a transportation bond referendum.

Voters in Arlington will also choose one member of Arlington County Board, one member of the Arlington School Board and vote on four bond questions, one for Metro funding, one for "county infrastructure," one for schools and one for parks.

You can still vote early. Voters are allowed to vote absentee if they might be unavailable to vote on Election Day, including people who might be at work or commuting to work for 11 hours on that day. That's eight hours at work, a possible one-hour commute each way plus a lunch hour.

VOTERS' RIGHTS, excerpts from the State Board of Elections, www.sbe.virginia.gov:

As a Virginia voter, you have the following rights:

- ❖ To be treated with courtesy and respect by the election officials

- ❖ To seek help from the election officials if you are unsure about anything relating to the voting process.

- ❖ To be given a demonstration of how the voting equipment works.

- ❖ To enter the full name of a write-in candidate.

- ❖ To have a ballot brought to your vehicle instead of entering the polling place if you are 65 years of age or older, or if you are disabled.

- ❖ To vote even if you have no identification with you at the polling place. You must sign the "Affirmation of Identity" statement before voting if you have no ID (unless you are voting for the first time and did not mail in a copy of your id). Even so, bring your identification with you.

- ❖ To vote by provisional ballot if your status as a qualified voter is in question, and to be present when the Electoral Board meets to determine if your ballot will be counted.

- ❖ To bring your child age 15 or younger into the voting booth with you to observe you vote.

IF YOU FEEL your voting rights have been violated or that you may have witnessed an election law being broken, it is important to report the incident immediately, before the polls close on ElectionDay, and preferably while

Polls Open Nov. 2, 6 a.m.-7 p.m.

To find your polling place, see a sample ballot, check your registration, go to www.sbe.virginia.gov and click on "Voter Information." Registered voters can vote in person absentee for many reasons before Election Day, see details below.

For more, contact your local election board.

IN FAIRFAX COUNTY:

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703-324-4700 for 24-hour recorded information
In-Person Absentee Voting available until Oct. 30:
Office of Elections, 12000 Government Center Parkway, Suite 323, Fairfax, VA 22035, Monday-Friday, 8:00 a.m. -7:30 p.m., and Saturday, 9 a.m. - 5 p.m.

Also available thru Oct. 30, at the following satellite locations, Monday-Friday, 2:30 p.m. to 7:30 p.m., and Saturday, 9 to 5 p.m.

McLean Governmental Center, 1437 Balls Hill Road, McLean, VA 22101

North County Governmental Center, 12000 Bowman Towne Drive, Reston, VA 20190

you are still at your polling place. Contact the State Board of Elections at 1-800-552-9745, or via email at info@sbe.virginia.gov.

If you still believe your voting rights may have been violated, you have 10 days to file a formal complaint with the State Board of Elections.

colon, cervical, skin, and breast cancers. As a member of their Board, I know the importance of routine check-ups including regular mammograms. Today a mammogram can detect barely visible tumors that a woman might not be able to "feel" for another decade.

Editor Mary Kimm had a more aggressive tumor, but she was aware from earlier exams that her symptoms merited a return visit to her doctor. She used her knowledge to be her own advocate, and she was treated in time as a result. According to the Virginia office of the Every Woman's Life program, the survival rate for breast cancer is 98 percent if diagnosed at an early stage, but only 26 percent if diagnosed at a later stage. Likewise, the survival rate for invasive cervical cancer is 92 percent if diagnosed early and only 15 percent if diagnosed late.

"A woman's race or economic status in the United States should not affect her chances of surviving breast cancer, but they do." This point is worth repeating, because in Virginia poor women must go to one of 26 health care centers in the state to be screened for breast or cervical cancer if they wish to have the cost of a positive diagnosis covered through Medicaid. Given their lack of accessibility to a diagnostic center, limited

resources, and fear of unknown outcomes, these women are often not diagnosed until they have a late stage cancer. Beyond the devastating personal impacts, the cost to the state is substantial: early stage breast cancer treatment is about \$28,000 as opposed to almost \$44,000 for late stage cancer. The disparities for cervical cancer are greater: \$11,700 as compared to \$38,500 for late stage treatment.

In 2009 as a legislator, I introduced HB2200 to establish a non-reverting, interest-bearing fund for underserved Virginia women diagnosed with breast or cervical cancer. The bill passed unanimously, and was signed into law. Now, The Breast and Cervical Cancer Prevention and Treatment Fund (BCCPT) may receive private donations that may not be diverted to other state funds and are matched two-to-one by federal funds established under a law passed in 2000. Once the Virginia fund reaches a self-sustaining threshold, the legislature can remove the requirement that poor women must be screened at one of the 26 centers.

Instead, they can receive their screenings close to their homes, and qualify for treatment under the current Every Woman's Life program. We will at a minimum, double the number of women

treated early for these two diseases.

If you would like to help Virginia women achieve the promise of early detection and treatment for breast or cervical cancer during October's Breast Cancer Awareness Month – or at any time – you may send a check made out to The Department of Medical Assistance Services "and write "BCCPT Fund" in the memo line. Contributions should be sent to: The Department of Medical Services, Fiscal Division/BCCPT, 600 Broad Street – 8th floor, Richmond, Virginia 23219.

Together we can save lives, save money, and savor a cause worth celebrating.

Margaret Vanderhye
McLean

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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LETTERS TO THE EDITOR

Saving Lives, Saving Money

Recent editorial ["October: Breast Cancer Awareness Month", Connection, Oct. 13-19, 2010] includes several points that deserve special emphasis because they can shape both our attitudes and our behavior regarding breast cancer.

The first point is: "...there is just one person in charge of your health care, and that person is you." While that statement may seem obvious today among educated people with sufficient health insurance, it still comes as a revelation to many who lack access to health care and regard illness and wellness passively – as forces we react to instead of managing. However our health care reform legislation evolves, a primary objective must be that we take ownership of our own health – knowing our risk factors, getting regular preventive check-ups, and adopting good nutrition and lifestyle choices.

That leads to a second point worth emphasizing: "...early detection really can save lives." The national Prevent Cancer Foundation based in Alexandria (www.preventcancer.org) advocates and funds research and outreach on early detection and prevention programs for treatable cancers, among them prostate,



CONTRIBUTED

Spookfest II will be held on Thursday, Oct. 28 at 7:30 p.m. in the Langley HS Auditorium.

Langley High Orchestra Presents 'Spookfest II'

The Langley High School Orchestra is presenting the Spookfest II on Thursday, Oct. 28 starting at 7:30 p.m. in the Langley HS Auditorium.

The Halloween concert will include scary costumes, lighting and effects, and a guest performance by the Hyun Woo Choi, a professional magician. The orchestra students will play haunting selections including Danse Macabre, Ghost Carnival, A Pirate's Leg-

end, and Incantations. They will also be joined by Glenn Quader of the Fairfax Symphony and junior pianist Sarah Barham for the Totentanz (Dance of Death) by Franz Liszt.

Admission is free, although donations are gratefully accepted. Costumes are encouraged for both performers and audience members.

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ENTERTAINMENT

Send announcements to greatfalls@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

THURSDAY/OCT. 28

Parachute and Hot Chelle Rae. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Craft Beer Class. 6:30 p.m. Total Wine & More, McLean Shopping Center 1451 Chain Bridge Road, McLean. Style comparisons and tastings. \$15. Registration required, class size limited. 703-749-0011.
Pianist Jim Brickman. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$35. Wolftrap.org.

FRIDAY/OCT. 29

Ninth Annual Jazz for Justice Concert. 8 p.m. in the George Mason University Center for the Arts Concert Hall, 4500 University Drive, Fairfax. Proceeds benefit the charitable endeavors of the Fairfax Law Foundation and the music scholarship fund at George Mason University. cnorris@fairfaxbar.org.
The Summer Set, Stereo Skyline, Mod Sun, Austin Gibbs and School Boy Humor. 5:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Old Firehouse Teen Center Halloween Fright Night. 1440 Chain Bridge Road, McLean. Friday night dance for 7th-8th graders. Prizes for the most impressive costumes. www.mcleancenter.org.
"Holiday." 8 p.m. at 1st Stage, 1524 Spring Hill Road, McLean. A comedy

of love, money and ambition by Philip Barry, set a year before the Great Depression. \$25 adults, \$15 students. 703-854-1856 or www.1ststageysons.org/holiday.
"Aesop's Fables." 7:30 p.m. ArtSpace Falls Church, 410 S. Maple Ave., Falls Church. A contemporary adaption of Aesop's classic tales. \$12 adults, \$10 students and seniors. 571-239-5288 or www.creativecauldron.org.
Monster Mash. 7 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. A party for 5th and 6th graders, with a DJ, dancing, games, snacks and more. Costumes encouraged. \$30, \$20 McLean district residents. www.mcleancenter.org.
Pianist Jim Brickman. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$35. Wolftrap.org.

SATURDAY/OCT. 30

Fall Color Photographers' Field Day. 5 a.m.-9 p.m. at Meadowlark Botanical Gardens, 9570 Meadowlark Gardens Court, Vienna. Classes, outdoor photo shoots and more will be offered throughout the day. Admission to Gardens \$5 for those arriving before 10 a.m. Extra charge for some activities. Field day box lunch available for \$7, must be pre-paid by Oct. 27. www.nvrpa.org/parks/meadowlark
Halloween Hike: Trick or Treat in the Haunted Woods. 7:30-9 p.m. at Meadowlark Botanical Gardens, 9570 Meadowlark Gardens Court, Vienna. Visit treat stations throughout Meadowlark, with a special display at the Lake Gazebo. Ages 6 and up. \$10 per person, no groups larger than 6. Reservations required at 703-255-3631.
Spanish Singer Buika. 8 p.m. at



'Liquid Dreams' by Brenda Drake

Liquid Dreams' by Brenda Drake. There will be an artist's reception with Brenda Drake at 2 p.m. on Saturday, Nov. 13, at the Great Falls Library, 9830 Georgetown Pike, Great Falls. 'Liquid Dreams' is a solo exhibition of Drake's paintings and mixed media works, on display from Nov. 2-30. www.artistbrendadrake.com.

George Mason University Center for the Arts, 4400 University Drive, Fairfax. A blend of jazz, blues and soul with gypsy rumba, Afro-Cuban music and flamenco. A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's

Grand Tier III. \$21-\$42. Charge tickets at 888-945-2468 or cfa.gmu.edu.

Vienna Choral Society Art Auction and Choral Concert. At the Church of the Holy Comforter, 543 Beulah Road N.E., Vienna. Silent auction of Haitian art begins at 6:30 p.m., followed at 7:30 p.m. by "Will Sing for Food: A Concert for the Hungry and Homeless". Proceeds benefit hunger and homeless relief organizations. Adults \$20, seniors and students \$15, families \$35. Tickets available at www.viennachoralsociety.org or 703-255-5508.
States featuring Mindy White at 7 p.m., **Halloween Party with The Speaks, Fight the Lion and Ivy Rose** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Mummenschanz. 8 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. \$40, \$35 district residents. www.mcleancenter.org.
National Master Chorale Romantic Classics Concert. 4 p.m. at St. Luke Catholic Church, 7001 Georgetown Pike, McLean. Choral music by Schumann, Mendelssohn, Reinberger and Bruckner, and the complete performance of Brahms' Zigeunerlieder. Tickets \$20-30, available at www.nationalmasterchorale.org or 202-596-8934.

Great Falls Library 10th Anniversary. 10 a.m.-3 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Moon bounce, glitter tattoos, make your own bookmark and balloons. Puppet show by Kaydee Puppets at 11 a.m. and storyteller Gary Lloyd's Pumpkin Tales at 3 p.m. Free and open to all ages. Children encouraged to wear Halloween costumes. 703-757-8560 or www.fairfaxcounty.gov/library/friends/gf.

"Holiday." 2 p.m. and 8 p.m. at 1st Stage, 1524 Spring Hill Road, McLean. A comedy of love, money and ambition by Philip Barry, set a year before the Great Depression. \$25 adults, \$15 students. 703-854-1856 or www.1ststageysons.org/holiday.
"Aesop's Fables." 2 p.m. and 7:30 p.m. ArtSpace Falls Church, 410 S. Maple Ave., Falls Church. A contemporary adaption of Aesop's classic tales. \$12 adults, \$10 students

and seniors. 571-239-5288 or www.creativecauldron.org.
McLean Orchestra Season Opening: Music of the Night. 8 p.m. at Oakcrest School, 850 Balls Hill Road, McLean. Conducted by Emil de Cou of the National Symphony Orchestra. Tickets \$15-\$30. Guests are invited to wear Halloween costume, as will the musicians and conductor. 703-893-8646.
Pianist Jim Brickman. 7:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$35. Wolftrap.org.

jamminjava.com.

TUESDAY/NOV. 2

Tyler Hilton and Josiah Leming. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

WEDNESDAY/NOV. 3

Green River Ordinance: the Grab Your Dancing Shoes Tour. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

THURSDAY/NOV. 4

Danielle Ate the Sandwich. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

FRIDAY/NOV. 5

Lar Lubovitch Dance Company. 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Modern dance ensemble. A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. \$22-\$44. Charge tickets at 888-945-2468 or cfa.gmu.edu.
Acoustic In-The-Round with Eric Brace, Dan Navarro and Peter Cooper. 7 p.m. and 9:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Old Firehouse Teen Center Dance. 1440 Chain Bridge Road, McLean. Friday night dance for 7th-8th graders. www.mcleancenter.org.
"Holiday." 8 p.m. at 1st Stage, 1524 Spring Hill Road, McLean. A comedy of love, money and ambition by Philip Barry, set a year before the Great Depression. \$25 adults, \$15 students. 703-854-1856 or www.1ststageysons.org/holiday.

MONDAY/NOV. 1

Council Bluffs and The Silver Liners. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna.

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Saturday, Nov. 6, 2010
11 a.m.-1 p.m.
Free patron admission

Kids, sign up now to sell your old toys, games and other items. Buy cool books, games, toys and clothes at great prices.

To sell:
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Sunday, Oct. 31, 3 p.m.
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OFTC Teacher Workday Trips
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Massanutten Indoor Water Park
Tuesday, Nov. 2 - 8302.210
Bowling at Strike Bethesda

Join the Old Firehouse Teen Center for these fun-filled trips for 5th-8th graders!

Travel and Adventure Film Series
Cruising the Eastern Mediterranean
with Sid and Mary Lee Nolan
Wednesday, Nov. 3, 7:30 p.m.
\$10/\$8 district residents

Dancing Under the Stars
Friday, Nov. 5
7-8 p.m. Free dance instruction
8-11 p.m. Dance
\$20 per person; **\$10** district residents;
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Come join us for a delightful evening of live music with **The Hot Society Orchestra of Washington**. Advance registration is recommended. Activity No. 1999.210

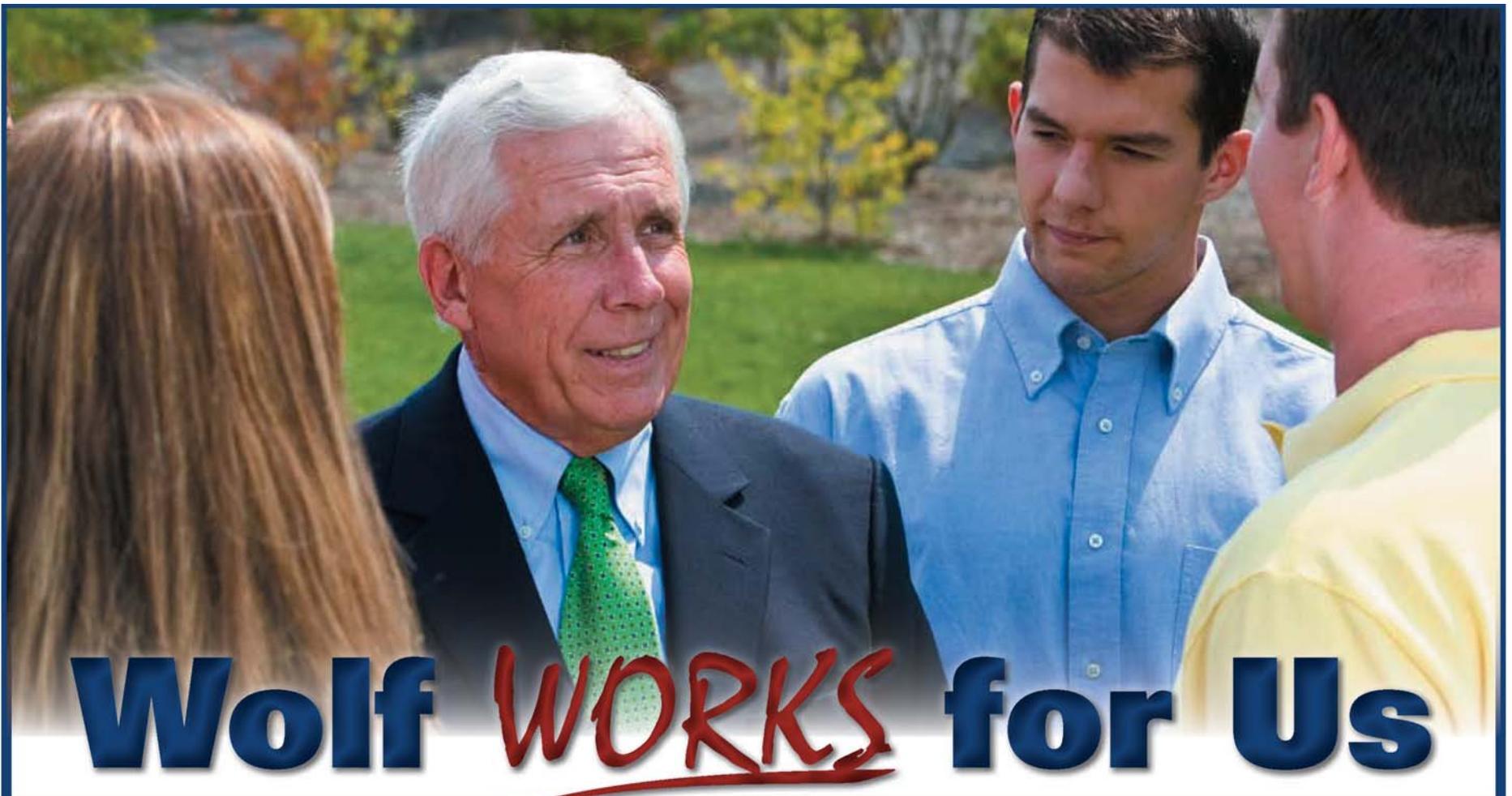
Children's Flea Market
Saturday, Nov. 6, 11 a.m.-1 p.m.
Sellers: **\$20** per booth/**\$10** district residents, advance registration required.
Patron admission is **free**.

Kids, sign up now to sell your old toys, games and other items or come and buy cool books, games, toys and clothes at great prices!

Theatre IV
The Little Red Hen
Sunday, Nov. 7, 3 p.m.
\$12/\$8 district residents

For ages 4+. Join us in the adventure of this classic, feel-good, foot-stompin' country musical.

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➤ Easing Congestion at Spout Run

When morning traffic delays on the George Washington Parkway at Spout Run were part of the daily routine, Frank Wolf worked to get a dedicated lane built to improve traffic flow and ease congestion.

➤ Fixing Bottlenecks on the TR Bridge

When traffic bottlenecks on the Teddy Roosevelt Bridge created gridlock every weekday into and out of the nation's capital, Frank Wolf convinced the District of Columbia to install a reversible lane on the bridge.

➤ Protecting Georgetown Pike

When historic Georgetown Pike has been threatened, Frank Wolf has worked with the community to protect the road and surrounding neighborhoods.

➤ Creating New Jobs

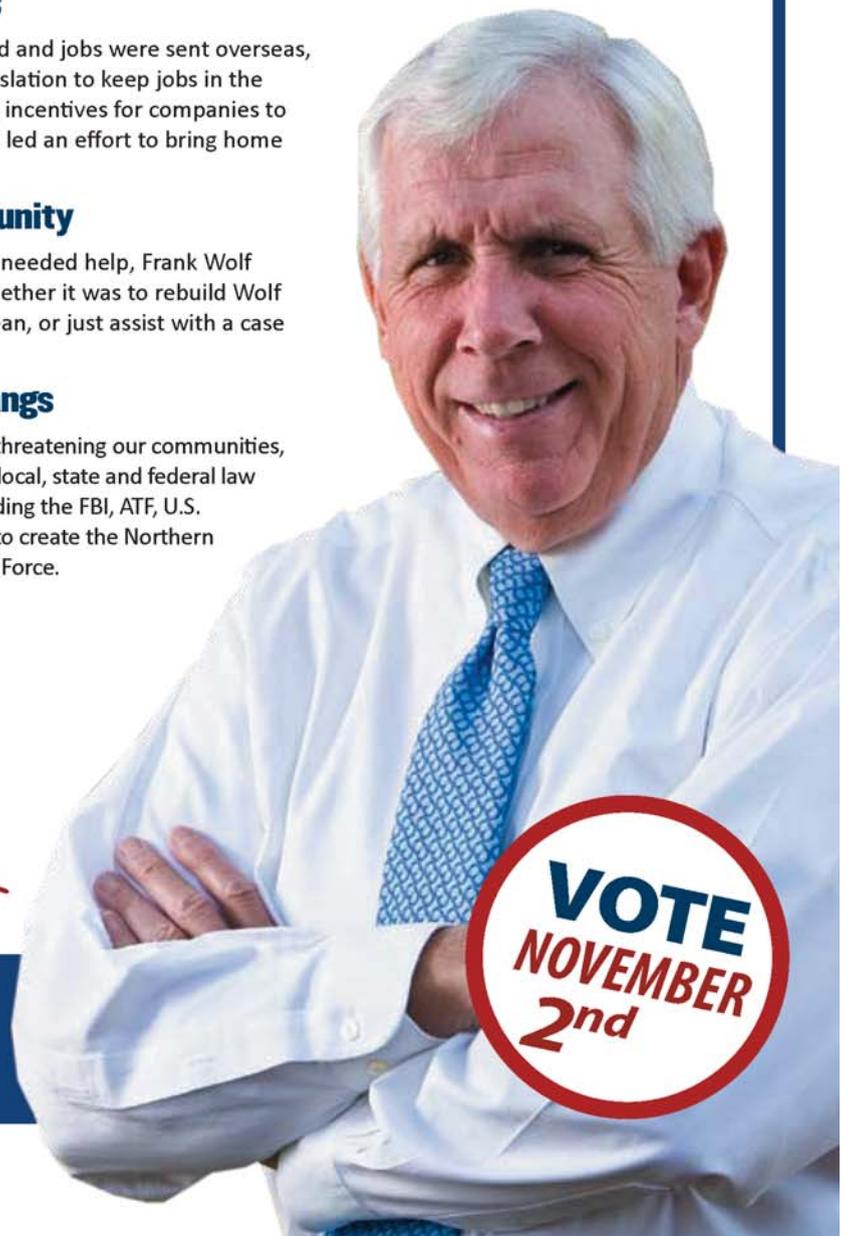
When our economy slowed and jobs were sent overseas, Frank Wolf introduced legislation to keep jobs in the United States by providing incentives for companies to expand in the U.S. and has led an effort to bring home jobs lost to outsourcing.

➤ Helping Our Community

When our community has needed help, Frank Wolf has always been there, whether it was to rebuild Wolf Trap, keep the CIA in McLean, or just assist with a case involving a federal agency.

➤ Fighting Violent Gangs

When violent gangs began threatening our communities, Frank Wolf pulled together local, state and federal law enforcement officials, including the FBI, ATF, U.S. Marshals Service and DEA, to create the Northern Virginia Regional Gang Task Force.



Frank Wolf is working hard for McLean and Great Falls.

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In-person absentee voting is under way at the McLean Government Center. For more information, go to: www.WolfForCongress.com

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New Districts Will Change Much

BY STEPHEN GROVES
VIRGINIA STATEHOUSE NEWS

As Virginia prepares to redraw its voting lines to match up with the latest census numbers, the northern part of the state looks to gain a larger section in the statehouse, but what the new districts might look like remains to be seen.

As the Commonwealth has grown in the last 10 years, Northern Virginia has become the economic engine as well as most populous area. Many in the statehouse predict three or four House of Delegates seats will shift to the area.

"There's no question that it's going to enhance our concerns, the concerns of the region, and going to make our voice heard in the General Assembly," said Del. Bob Brink (D-48), who represents Arlington.

NORTHERN VIRGINIA lawmakers agreed they would use this louder voice to bring up transportation issues in the statehouse. Traffic has clogged the highways of northern Virginia for years.

Del. Mark Sickles (D-43) of Franconia said that between the Northern Virginia and the Hampton Roads area, where traffic also is a major concern, the representatives from those areas could likely outweigh the rest of the state if they allied.

Education funding was another concern on which lawmakers said they could use their weight.

"Northern Virginia is the economic engine of the state and deserves more resource allocation," Brink said.

In the last decade, Virginia's population has grown 11.4 percent to about 7.8 million people. Most of the growth has been in the metropolitan areas, while rural areas and small towns have seen fewer people living there.

Great Falls Woman's Club Celebrates 30th Anniversary

The Great Falls Woman's Club held a grand celebration of their 30th Year Anniversary. The event, Denim & Diamonds, was held on Oct. 17, at the Colvin Run School House with BBQ and foot-stomping music by the Juggernaut Band who came from the Poconos. During the evening, a history of the Club was presented along with a review of its accomplishments in the community and philanthropy. GFWC was the recipient of the 2010 Ending Homelessness Award presented by Fairfax County, which was on display along with other awards, scrapbooks and

photo albums. The GFWC has long supported local groups such as the Great Falls Firehouse, Fairfax County Women's Shelter, Artemis House, Office for Women and Domestic Violence and Sexual Assault, Camp Frasier, Lift Me Up and Happy Hugs, to name a few. They also have a scholarship program which has awarded over \$85,000 to deserving students in the Great Falls area over the years. Over 65 local residents hit the dance floor and as the evening came to a close all the past presidents were recognized and thanked for their outstanding leadership.

Get Involved: Redistricting Hearing Nov. 4

The Senate's Privileges and Elections Committee is conducting hearings across the state about legislative redistricting. The public hearing Northern Virginia is Thursday, Nov. 4, 7 p.m., Herndon Town Council Chambers, 765 Lynn St., Herndon

The largest growth has been in the areas around Washington. Loudoun and Prince William counties both gained more than 100,000 people. Alexandria grew modestly from 128,000 to 150,000 in the last decade. Fairfax County also saw a jump of about 63,000 people.

"We know there's a lot of population growth ... so there's going to be a lot of changes," said Sen. Mary Margaret Whipple (D-31) of Arlington.

While some areas of Northern Virginia such as Alexandria and Mount Vernon have had steady population growth that puts those districts close to the estimated ideal for a House or Senate district, they could still see some change.

"Every time you change one line, you have to change another," Whipple said.

But for the first time in the modern history of redistricting, the General Assembly is split between a Republican House and Democratic Senate. Also only 59 of the 140 lawmakers in the statehouse served during the 2001 redistricting. Throw in a Republican governor who has veto power to amend the redistricting, and it's "a big monkey-wrench," said Michael McDonald, a politics professor at George Mason and nationally recognized expert on redistricting.

To make matters worse, Virginia has the smallest time period in the nation to approve the new districts. When the latest census numbers come out in February, Virginia has less than two months to have new districts

Northern Virginia District Projections

The deviation from ideal indicates how much change could be required in each district.

SENATE DISTRICTS- IDEAL DISTRICT- 197,277

Senate District	Total population 2000	Estimated Total Population 2009	% Deviation from estimated ideal	Number difference from estimated ideal
30	174,712	196588	-0.3%	-689
31	174,500	188293	-4.6%	-8,984
32	177,755	184926	-6.3%	-12,351
33	262,751	302342	53.3%	105,065
34	175,317	181280	-8.1%	-15,997
35	158,737	185573	-5.9%	-11,704
36	184,196	206969	4.9%	9,692
37	221,044	192102	-2.6%	-5,175
39	170,581	191494	-2.9%	-5,783

CONGRESSIONAL DISTRICTS- IDEAL DISTRICT- 717,370

Congressional District	Total population 2000	Estimated Total Population 2009	% Deviation from estimated ideal	Number difference from estimated ideal
8	627,849	684340	-4.6%	-33,030
10	792,534	850337	18.5%	132,967
11	649,553	741603	3.4%	24,233

HOUSE OF DELEGATES DISTRICTS- IDEAL POPULATION- 78,911

House District	Total population 2000	Estimated Total Population 2009	% Deviation from estimated ideal	Number difference from estimated ideal
34	75,006	71702	-9.1%	-7,209
35	68,244	78086	-1.0%	-825
36	83,956	73573	-6.8%	-5,338
37	66,183	73073	-7.4%	-5,838
38	68,433	73844	-6.4%	-5,067
39	67,421	75421	-4.4%	-3,490
40	85,006	77551	-1.7%	-1,360
41	63,280	70393	-10.8%	-8,518
42	65,399	75228	-4.7%	-3,683
43	82,825	73892	-6.4%	-5,019
44	65,226	73977	-6.3%	-4,934
45	63,856	76632	-2.9%	-2,279
46	73,341	75938	-3.8%	-2,973
47	68,489	74408	-5.7%	-4,503
48	70,999	80077	1.5%	1,166
49	66,103	77640	-1.6%	-1,271
53	72,521	76138	-3.5%	-2,773
67	90,871	86050	9.0%	7,139
86	45,130	86876	10.1%	7,965

SOURCE: Virginia Division of Legislative Services, compiled by Virginia Statehouse News.

approved. They must draw the districts 60 days before the June 2011 primary elections so the Department of Justice has time to review the districts and approve them.

What this adds up to is a "you scratch my back, I'll scratch yours" deal likely being worked out between the House and Senate said McDonald. Each legislative body will approve the plan that the other comes up with for their districts.

INCUMBENTS will protect their districts if this system goes according to plan. But this will not leave everyone happy.

"Partisan redistricting is not good for democracy," Sickles said.

In Northern Virginia, which will gain sev-

eral House of Delegates seats, this could be interesting. The Republican held House might try to fit a Republican district or two into the Democrat-dominated north.

"There will be some very funny looking districts," McDonald said, suggesting that Republicans may try to draw "spoke-and-wheel" districts that start stretch out from urban centers to the suburbs.

"I wouldn't be salivating if I was a Republican trying to draw Republican districts in Northern Virginia," he said.

For now, lawmakers are watching the series of public forums on redistricting being held around the state. And waiting for the mad dash that will fill the statehouse when census numbers are released in February.



GFWC past presidents, from left: Patti Staas, Barbara Gwizdz, Jan Lucca, Tina Mather (current), Denise Edwards, Lindy Donalty, Barbara Slaybaugh, and Judy Smith.

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WEEK IN GREAT FALLS

Veterans Day Ceremony at Freedom Memorial

On Thursday, Nov. 11, at 11 a.m., the Great Falls Freedom Memorial Committee will hold its annual Veterans Day Ceremony at the site of the Freedom Memorial (behind the Great Falls Library at 9830 Georgetown Pike). The speaker will be Robert S. Boyd, a U. S. Army intelligence and security officer and wounded Vietnam Veteran. He left the Army in 1977 to accept a civilian position with the Department of Defense and, prior to his retirement in 2005, served as the first civilian Director of the Air Force Intelligence Analysis Agency. The Madrigal Choir of Langley High School will perform in the event.

The ceremony is open to all and ample parking is available in the Library parking lot. In case of rain, the ceremony will move into the Library's meeting room.

Brenda Drake to Exhibit at Great Falls Library

Brenda Drake will open a new solo exhibition of her paintings and mixed media series, Liquid Dreams, Nov. 2 -30 at the Great Falls Library, 9830 Georgetown Pike in Great Falls. The reception will be held on Saturday, Nov. 13, 2-5 p.m. with the Artist's Talk at 3:30 p.m.

The artist describes the series as an exploration of her continuing fascination with water. "I have always found freedom in the water and want to capture the weightless magic of slipping through shimmering liquid on canvas. This series continues my work with figures, exploring an environment where they may be viewed from every angle."

Educated at the University of South Carolina, Drake has lived and worked in the D.C. metro area for six years. She has exhibited locally with several solo shows in the area and previously in Kansas City, New York and New Jersey. Her work is in a number of private and corporate collections.

Additional information and images are available at: www.artistbrendadrake.com

Art Collector To Give Library Talk

Richard Kelly, a Great Falls resident and one of the country's leading art collectors, will give a free lecture on building and caring for an art collection on Thursday evening, Nov. 4, from 7 to 9 p.m. at the Great Falls Community Library. His talk is sponsored jointly by Great Falls Studios and Great Falls Foundation for the Arts. The public is invited.

Kelly is the founder of the Kelly Collection of American Illustration, which includes original works by Norman Rockwell, J.C. Leyendecker, Howard Pyle and N.C. Wyeth, and is recognized as one of the most extensive collections of paintings and drawings from the "Golden Age" of American Illustration in the country. He is a long-time resident of Great Falls with his wife Mary and two children.

A member of the Board of Trustees for the Norman Rockwell Museum, Great Falls Foundation for the Arts, and Neighbors International Foundation, Kelly was twice named one of the Top 100 Collectors in America by Art & Antiques Magazine. He will discuss how to choose, care for, and build a collection of quality illustrations.

The library is located at 9830 Georgetown Pike in Great Falls. The talk will begin at 7 p.m.

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OBITUARY

L. Mitchell Dick, 84, GAO Assistant General Counsel, Dies

L. Mitchell Dick, 84, retired Assistant General Counsel for the U.S. General Accounting Office (GAO) died peacefully after a long illness on Oct. 7, 2010 in McLean.

He was born in Winchester, Va., and moved to Arlington in 1932 and resided in McLean from 1966 until his death.

He graduated from Washington - Lee High School in 1944, Princeton University in 1948 and the George Washington University Law School in 1957. At W-L and Princeton Mr. Dick was a versatile trackman, scoring in many different track and field events.

During World War II, he served in the U.S. Navy. After the war and graduating from Princeton he went to work in the Transportation Division at GAO. He joined the Office of the General Counsel and retired after 35 years of service as an Assistant General Counsel. He received a meritorious Service Award in 1969.

At GAO Mr. Dick participated in many employee activities, serving as Counsel and President of the GAO Employees Association and President of the GAO Federal Credit Union.

Mr. Dick was a Civil War buff and was a historian by avocation. He served on the old Fairfax Historical Landmarks & Preservation Commission and helped preserve Colvin Mill, Dranesville Tavern and Sully Plantation. He served as the first chairman of the Fairfax County History Commission.

Preceded in death by Faith Tucker Dick, his wife of 50 years. Survivors includes, three daughters - Doris Dillon, McLean; Laura Mendelsohn, Great Falls; Donna Buffington, McLean; four grandchildren - Cassel Moschetto, McLean, Michelle and Sarah Mendelsohn, Great Falls, Nicole Buffington, McLean; and a sister, Ann Edmondson, N. Myrtle Beach, S.C., a brother Donnie Dick of Falls Church, and brother James Dick of Manassas.

BULLETIN BOARD

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. Deadline is Friday.

FRIDAY/OCT. 29

McLean Art Society Meeting. 10 a.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. With featured artist Joey P. Manlapaz, photorealistic painter and professor at the Corcoran College of Art and Design. 703-790-0123.

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 **Call Specific Agents to Confirm Dates & Times.** 

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11543 Tralee Dr.....\$1,745,000...Sun 1-4....Vivian Lyons.....Weichert.....703-406-9009

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11095 Saffold Way.....\$425,000...Sun 1-4....Pat Orend.....Long & Foster.....703-407-3300

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1208 Heritage Commons Ct...\$545,000...Sun 12-2:30...Claudette Schwartz.....Weichert.....703-760-8880

Oak Hill/Herndon

1000 Van Buren St.....\$499,900...Sun 1-4....Scott Kirkland.....Keller Williams.....703-282-3520

12506 Northern Valley Ct...\$579,900...Sun 1-4....Denene Crabbs.....Century 21.....202-487-4949

11917 Richland Lane.....\$974,900...Sun 1-4....Keith Harris.....Samson Properties...703-395-6601

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10218 Vale Road.....\$675,000...Sun 1-4....Mary Hovland.....Long & Foster.....703-946-1775

20701 Courthouse Oaks Rd...\$759,000...Sun 2-4....JD Callender.....Weichert.....703-606-7901

2216 Nobehear Drive.....\$841,000...Sun 1-4....Kathy MacKenzie.....Long & Foster.....703-620-4806

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45826 Matador Terrace.....\$425,000...Sun 1-4....Diana LeFrancois.....Century 21.....703-930-6682

46781 Hollow Mountain Pl...\$565,000...Sun 1-4....Deb Frank.....Re/Max.....703-915-3664

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The Thomas Jefferson High girls' cross country team finished first at the regular season-ending Rocketoberfest in Radford on Oct. 16. Pictured, left to right, are Sarah Nielsen, Taylor Reffett, Stephanie Marzen, Rachel Kuprenas, Kelly Rogers, Rekha Schnepf, and Sarah Stites.



PHOTO COURTESY/REGMI

SPORTS ROUNDUPS

The Jefferson High cross country program wrapped up its regular season schedule by competing at the 'Running with the Wolves Rocketoberfest' on Oct. 16 in Radford. Both the Jefferson girls' varsity and JV teams earned first place finishes. On the boys' side, the varsity Colonials finished third in the team standings and the JV boys were second. Top finishers for the varsity girls were: Stephanie Marzen (3rd place), Sarah Stites (5th) and Kelly Rogers (8th). Marzen and Rogers are both McLean residents. Individual medals went to the top 15 runners in all of the races.

Let It Fly, the world's largest 4-on-4 flag football tour, is coming to Northern Virginia. Local teams will make up the Northern Virginia leg of the tour, set to take place Saturday, Nov. 13 and Sunday, Nov. 14 at Occoquan Regional Park. The Let It Fly tour is hitting 20 cities nationwide and will culminate at the Let It Fly World Championships in Daytona Beach, Fla. from May 28-29, 2011. Join the tour at Occoquan for a weekend full of entertainment, special events, and prizes. Go to www.letitfly.org to register your team or for more information.

Keller Williams Realty of McLean/Great Falls will host its annual Charity Golf Tournament on Tuesday, Nov. 2 at Westwood Country Club in Vienna. The event will benefit KW McLean Cares. The entry fee for individual golfers is \$250; for four-somes it's \$1,000. Sponsorship packages ranging from \$250 to \$5,000 are still available. This year's beneficiaries are: Children's Inn at the National Institutes of Health, a healing environment for children and their families while receiving medical treatment; SHARE, which assists local lower-income families with food pantry and emergency needs; Wounded Warriors Project, which honors and empowers wounded service personnel who have incurred service-related wounds, injuries, and illnesses; and the Keller Williams McLean/Great Falls College Scholarship Fund, for aspiring seniors who show excellence in academics and community involvement. For more information, or to register, visit the website www.kwmcleancaresgolf.com, or contact Mary Jane Perry, Keller Williams Mclean, at 703-677-2266.

Great Falls boxer Jimmy Lange (33-4-2, 23 knockouts) will battle Joe Wyatt (23-1, 15 KOs) for the North American Boxing Association's (NABA) vacant 154-pound U.S. title in the main event fight at George Mason University's Patriot Center on Saturday, Nov. 6. The all-star undercard will include top regional competitors such as Fairfax welterweight Todd 'White Lightning' Wilson (8-0, 2 KOs); the 'Bolivian Queen,' Jennifer Salinas (11-2, 4 KOs), of Manassas; Chantilly middleweight Zain 'Tiger' Shah (3-0, 2 KOs); and a middleweight matchup between Brandon Quarles (2-0) of Alexandria and Lawrence Jones (3-2-2, 1 KO) of Chantilly. Doors will open at 6 p.m. with the first fight set for 7. Tickets can be purchased through Ticketmaster by logging onto www.ticketmaster.com, or calling phone charge at 703-573-SEAT. For more information, visit www.jimmylangeboxing.com.

Langley senior Sam Walsh paced his team at the Virginia AAA state golf tournament, Oct. 11-12.



PHOTOS BY MICHAEL K. BOHN

Walsh Leads Langley Squad

Saxons' golf team earn fourth place team finish at states.

BY MICHAEL K. BOHN

THE CONNECTION

Langley High senior Sam Walsh closed out his final high school golf tournament with a bang. He eagled the last hole of the final round of the Virginia AAA state championship on Oct. 12, giving him a 1-under 71 that day.

Walsh's 75-71—146 led Langley to a fourth place finish at states, and he ended up tied for 12th in the individual scoring. The other three players whose scores counted in the final round were Will Byrne (76-72—148), Edric Wung (75-73—148), and Chris Brugge (74-78—152). Langley trailed the winning team, Virginia

Beach's Kellam, by 14 strokes and third-place Chantilly by four.

"We were the only team in the tournament to post all four scores in the 70's on the second day," said Langley coach Al Berg afterward. "The team had a very successful tournament and season."

In addition to praising Walsh's great play, Berg also singled out freshman Edric Wung's fine play during the season, especially Wung's silver medal in the Northern Region tournament earlier this month.

Others posting scores for Langley at the state tournament at Nansemond River Golf Course in Suffolk included Joe Simpson, Matt DiSalvo, and Jack Sandusky.

"The team had a very successful tournament and season."

— Langley coach Al Berg



Freshman Edric Wung was a major contributor on the Langley golf team throughout the 2010 season.



PHOTO COURTESY/STARS

The Northern Virginia Travel Baseball League 15-under Stars' team travelled to Atlanta for the East Cobb Travel Baseball League World Wood bat Championships last July 18-25. There, the Stars went 6-1 in the tournament to take fifth place out of 114 teams. Pictured on the back row, left to right, are: Wade Arduini, Danny Bulas, Alan Machabee, Dan Powers, Josh Morrison, Denathan Dukes, Nick Moore, and Andy McGuire. On the front row: Brandon Ginch, Thomas Rogers, Texas Williams, Josh Koons, Jackson Rogers, and Andy Machabee. The bat boy in front is Tanner Koons. The team's coaches (not pictured) are John Koons, Brian Ginch, Mike Powers, and Ray Arduini.

A Scary Thought



By KENNETH B. LOURIE

Not knowing (never knowing) if what I'm feeling physically is a direct result of the stage IV lung cancer (the "underlying problem," as I find myself describing it) with which I've been diagnosed, or rather the fact that I'm 56, overweight, physically unfit and sleeping on an old bed is unsettling to say the least, downright incapacitating to say the most. Are the aches and pains symptomatic of the tumors in my lungs growing and/or moving – or of the cancer appearing somewhere else in my body independent of the "underlying problem," or are they completely normal given my age and overall physical condition/lifestyle/diet, etc?

How do I separate fact from self-created fiction? Moreover, how do I prevent my brain from maximizing everything while minimizing nothing? I don't want to make a lot of a little any more than I want to make a little out of a lot. Sometimes I feel if I ignore a certain pain, maybe it will disappear and therefore not be symptomatic of anything cancer-related. Other times, if I accept the pain as legitimate and worthy of a call to my oncologist (which I am encouraged to do as often as I feel the need to), perhaps the pain will in fact represent bad news – for me, and the beginning of an unexpected and premature end. There's a naive part of me which thinks, if I don't mention it or, if I make light of it, it won't be cancer-related and thus not confirmation of my oncologist's original 13-months to two-year prognosis, given to me/us back on Feb. 27, 2009.

Whenever I do feel something: in my lungs, especially when I cough or have any breathing or respiratory problems; in my sternum; in my sides – where the pain first manifested itself back on Dec. 28, 2008; in my brain/head – where lung cancer spreads to in 30 percent of patients; in my arms and legs where regularly I have muscle weakness; in my lower back where my kidneys are located (my creatinine is high and constantly monitored), I worry if this pain is it. "It" not being as good thing.

Since this mental battle has been fought for nearly two years now (dating back to that original Emergency Room visit, which led, ultimately to where I am today) I feel like I've won a few skirmishes. However, it doesn't make me feel any more empowered having endured these challenges. Certainly I can say, "I've been there, done that," unfortunately the experience doesn't solve or address the "underlying problem." As such, the problem remains: how does one live with such uncertainty?

Every day I feel something somewhere in my body, I wonder, is that the cancer? Every day I don't feel something somewhere in my body, I wonder, is the cancer still active; maybe it's simply doing what cancer often does: kill without any real symptoms until it's too late to treat successfully. (I always ask myself: whatever happened to stages I, II and III?) Both thoughts wear on me, constantly. Is it something or is it nothing? Is it real or is it imagined? Should I call my oncologist or not? Sometimes I think the mental demands are worse than the physical ones. Everything is magnified, nothing is simplified – in my head, anyway.

Death comes to us all. Trying to convince myself that what I feel does or does not matter – relative to the "underlying problem," has kept me awake more nights than any pain or discomfort I've felt. It hasn't been easy. However, it sure beats not feeling anything; if you know what I mean.

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

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21 Announcements

ABC LICENSE
Bank Soil, Inc trading as Vienna Exxon/Tiger Mart, 395 Maple Ave. East, Vienna, VA 22182. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer off Premises license to sell or manufacture alcoholic beverages. Brajendra P. Sharma, President.

ABC LICENSE
MHG Cafe Clarendon, LLC trading as Circa at Clarendon, 3010 Clarendon Blvd. Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer and Wine on Premise, Mixed Beverage on Premise license to sell or manufacture alcoholic beverages. Stephen Gavula, Managing member

ABC LICENSE
New Burapa, Inc trading as Burapa Thai and Sushi Restaurant 1210 N. Garfield Street, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Mixed Beverage on premise and beer & wine on premise license to sell or manufacture alcoholic beverages. Prathumwal Uthes, owner.

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PHOTOS BY ALEX McVEIGH/THE CONNECTION

A girls lacrosse team practices at Leo Santabella Field in Great Falls. The Great Falls Lacrosse Association is proposing an artificial turf field for that location, citing the rain damage that often renders the field unplayable.

Defending Their Turf

BY ALEX McVEIGH
THE CONNECTION

Anyone hoping to play lacrosse at Leo Santabella Field in Great Falls on a Spring day has about a fifty-fifty chance of the field being in a dry, playable condition. With impervious parking lots surrounding the field, storm runoff tends to collect on the field.

With more than 500 players in the Great Falls Lacrosse Association relying primarily on Santabella Field to play, GFLA staff is searching for a solution. Installing artificial turf on the field is the solution they have come up with, and they are currently in the planning stage of doing so.

"Weather in the spring is unpredictable and the rain damage makes the field terrible, sometimes unplayable," said Glenn Tofil of the GFCA. "As we looked through the alternatives, we thought, why not make an investment in this field for our community?"

The GFLA would like to make the lacrosse field, located behind the Great Falls Library into a regulation-size field, and cover it with artificial turf, which would include a drainage system underneath. The cost of the field is projected at \$850,000.

THE GFLA is hoping to raise \$250,000 by the middle of December, and will have \$450,000 come from financing. They would also get a \$150,000 grant from Fairfax County. They are hoping to begin the process in January 2011, with most of the actual construction happening for 60 to 90 days during the early summer.

"The economics behind why we put these fields in are very sound," said William Harvey, a member of the Fairfax County Board of Equalization of Real Estate Assessment. "The upfront costs are out-weighted by maintenance of a grass field for the next 20 years."

Lacrosse in Great Falls has become very popular, and during the spring Santabella Field is used every day of the week for practices, clinics and games. In the fall, field hockey and lacrosse practices take place seven days a week.

"We're just trying to get the kids out there on the field, so they can play," said Greg Beckwith, a member of the GFLA who also serves on the Fairfax County Athletics Commission.



Adam Volanth of the Great Falls Lacrosse Association, speaks to residents about the artificial turf proposal at the Grange Oct. 25.

Peyton Cross, a Great Falls resident and member of the GFLA says there are no plans to put lights on the field, which was a major concern from neighbors.

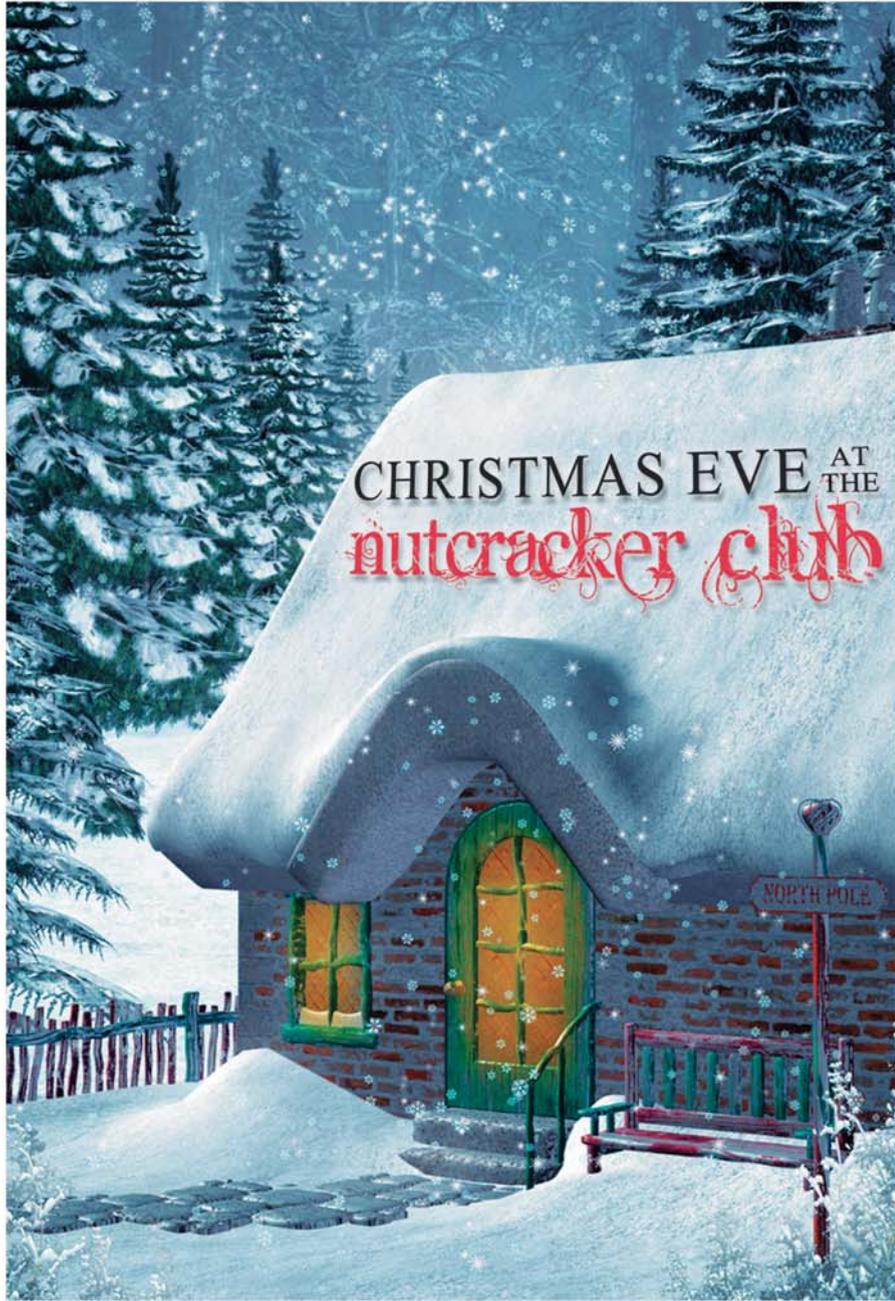
"Our use of the fields is the same every spring, we're not interested in putting in lights, we don't need to be keeping the kids out past dark," he said.

Eric Knudsen, Great Falls Citizens Association transportation committee co-chair, said that the GFCA would be wise to make that commitment in writing when the idea is presented to the Great Falls Citizens Association.

Amy Stephan, who lives on nearby Innsbruck Avenue, has concerns that the turf field will conflict with an effort by her neighborhood to restore a drainage pond at their own expense.

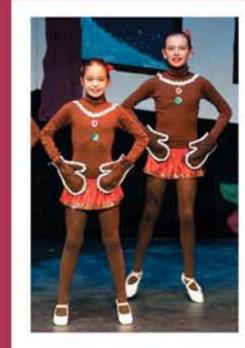
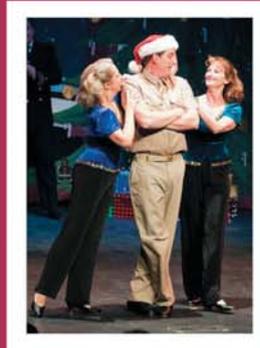
"I'm concerned about the effect it will have on our neighborhood's effort to clean our little pond," she said. "I'm certainly not against kids playing or anything like that, but we went to a great expense and a lot of effort, and I'd hate to see that go to waste."

THE PROJECT would be managed by the county Park Authority's Synthetic Turf Fields Branch on behalf of the Board of Supervisors. Similar turf fields have been placed at Hutchinson Park in Herndon, Bailey's Park in Falls Church and Ossian Hall Park in Annandale.

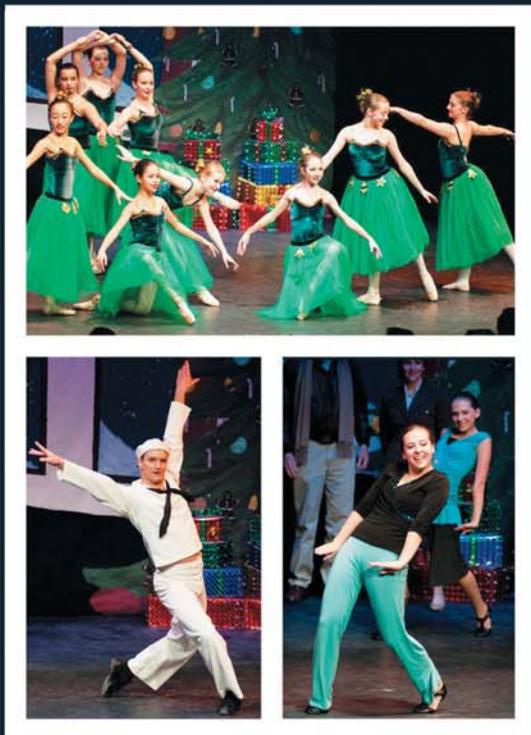
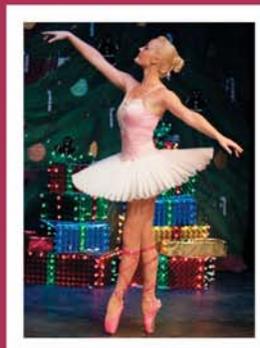


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