

NOVEMBER 3-9, 2011

25 CENTS NEWSSTAND PRICE



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Posing in stern 1930s style are cast members of Chantilly High's "I Remember Mama." (Standing, from left) are Brooke Johnson, Katie McVicar, Kelsey Monk, Robbie Novak, Natalie Spitzel, John Downey, Alex Johnson, John Cuddehe, Emily Sakowitz and Jack Tarbell; seated are Matt Tillman and Amanda Miesner.

CHS Performs 'I Remember Mama'

Play depicts conflicts in immigrant family.

BY BONNIE HOBBS
CENTRE VIEW

Featuring a cast and crew of 42, Chantilly High presents "I Remember Mama," Thursday-Saturday, Nov. 10, 11, 12, at 7 p.m., in the school theater. Tickets are \$8 at the door or at www.chantillyhsdrama.com.

"It's a sweet story of a family of Norwegian immigrants in 1930s San Francisco," said Director Ed Monk. "It's about their struggles with money, family crises and typical conflicts between immigrant children and their parents. It's a timeless, very heartwarming and family-friendly show."

This is Chantilly's Cappies play, and Monk calls it "a nice mix of comedy and drama, with both funny and poignant moments. We have a strong cast and things are going really well. Immigration is the story of America and, especially in this area, nothing's changed — parents want to hold onto customs from the old country and kids just want to fit in. They navigate through these issues in the show, with tough economic times, as well."

Portraying Mama is senior Amanda Miesner. "She's stern, likes to be in control of every situation, cares deeply for her four children and wants the best for them," said Miesner. "It's fun; she's different from characters I've played before."

She said Mama has a great deal of depth and many layers to her personality. "It's a lot of work, but very rewarding to play her," said Miesner. "The audience will like the show because they'll be able to relate to the family dynamics."

Senior Alex Johnson plays Katrin, and most of the story takes place when she's ages 15-17. "She's the dramatic one," said Johnson. "She wants to be a writer and she sees things as an unfolding

story. She makes them more dramatic than they really are — to the annoyance of her practical, by-the-book, Norwegian family."

Since the play is Katrin's memoir, Johnson also narrates the show. "The monologues are hard to memorize because they're so long," she said. "But it's fun and interesting to play someone who thinks everything is more exciting." Johnson said the audience will enjoy the strong relationships between the characters. "They're not necessarily like family relationships today," she said. "But they're still just as meaningful and genuine."

PORTRAYING ELDERLY Uncle Chris, Mama's uncle, is junior John Downey. "He had an accident years ago and walks with a limp," said Downey. "He's a drunk and likes to be horrible and nasty to everyone in his family, except Mama, who he respects, and the children."

"I love this role," he continued. "It's a bit challenging because of his limp, age and Norwegian accent. But now that I've got the character down, it's fun yelling and screaming at people and having them afraid of me." As for the show, Downey said the audience will like the various emotions and "interesting storyline that will entertain them from beginning to end."

Junior Matt Tillman plays Papa, the family breadwinner. "He's a carpenter so he works all day trying to make ends meet," said Tillman. "He's a strong man, but Mama disciplines the children. He puts food on the table and she runs the home."

Although often onstage, Papa usually stays out of the arguments between Mama and her sisters, so Tillman says it's a challenge to develop him as a person, without that many lines. "So I do it with

SEE 'MAMA', PAGE 6

Campaigning for Sully Supervisor

Incumbent Frey

BY BONNIE HOBBS
CENTRE VIEW

Michael Frey has been Sully District supervisor ever since the district began in 1992, and he's running for reelection because of the people he serves.

"The people I meet and get to help — that's really why I do it," he said. "It's not always big things; it's mostly trying to make the community a little better and safer and make it a nice place to live. "I listen to people's concerns and do the best I can for them."

For example, a teen-age girl wanting to join the police cadet program didn't meet the vision requirements, and lasik's not recommended until age 18. So Frey called the police chief on her behalf and she was admitted to the program with glasses; at 18, she had the eye surgery.

"She later went to college and the police academy and graduated number one in her class," he said. "She's now a Fairfax County police officer."

Just recently, a Vietnamese immigrant had problems getting reimbursed from Inova for a bill his insurance company had paid. So Frey called and discovered the mistake had also affected others. "Five days later, he got his check," said Frey. "It made a big difference to him."

SEE FREY, PAGE 12

Challenger Malik

BY BONNIE HOBBS
CENTRE VIEW

Shahid Malik has never before run for public office, but he has a history of service. He served nine years as president of the Ahmadiyya Muslim Community — which is currently building a mosque in Chantilly — and does volunteer work for Humanity First in African and Central American countries.

Humanity First is a private, non-government organization, and he's director of its Water for Life program. It puts drinking-water pumps where people live so they'll have cleaner, healthier water, instead of getting it from streams.

"So I have the passion to serve communities and to serve people," said Malik, 56, of Chantilly's Walney Oaks community. And now, he's the Democratic challenger vying against Republican incumbent Michael Frey for Sully District supervisor.

Malik's lived in the district for 24 years, and he and his wife of 29 years, Bushra, have four grown children, two sons, Danisch and Faiq, and two daughters, Lebeeda and Sosan. He owns a small business, R U Being Served, an event-management company, in Chantilly.

He says he's running for supervisor because he wants to "give

SEE MALIK, PAGE 10

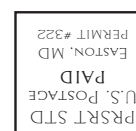


Frey



Malik

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NEWS

Help Scouts Collect Food

It's time again for the Boy Scouts' annual Scouting for Food drive — and a chance for local residents to help provide food for needy families in their own communities. The Scouts will drop off plastic bags to homes across the region on Saturday Nov. 5, requesting food donations.

They'll return to pick up the filled bags, the following Saturday, Nov. 12. On that date, residents are asked to place their food-filled bags outside their door before 9 a.m. and a Scout will pick them up. The food will then be taken to a collection area to later be distributed by Western Fairfax Christian Ministries (WFCM) via its food pantry to local families in need. Last year, more than 900 Scouts, plus some 700 other students and adults from the Sully District — which includes Centreville, Clifton and portions of Chantilly and Fairfax — collected more than 52,400 pounds of food. With the current economic situation, the need is much greater now than in years past. So this year, the local Scouts hope to collect more than 60,000 pounds of food.



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From left: Angela Virostek and Brooke Daniels operate on Emily Strait.



In the "die-ning" room with (from left) Rachel Palmer, Erin Fowler and Nathalie Palmer.

Chantilly High's Haunted House

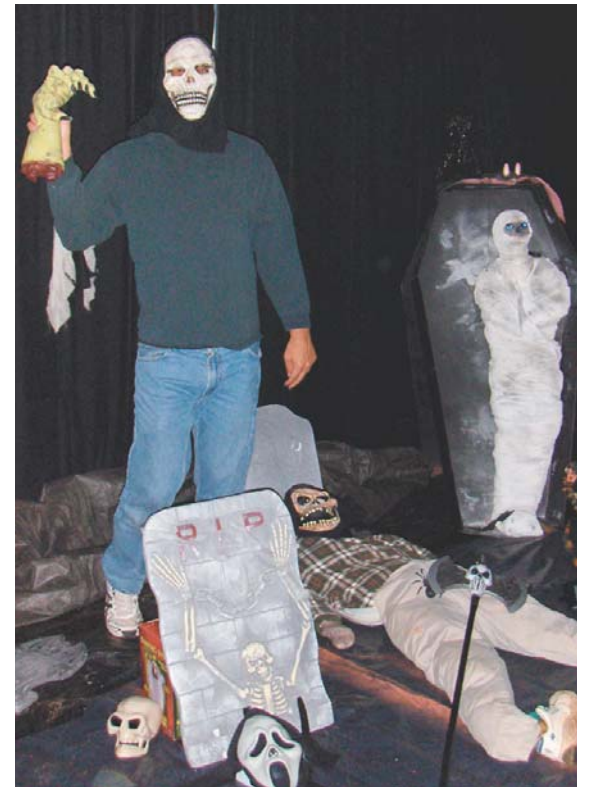
The Chantilly High girls' field hockey and soccer teams welcomed the community to their haunted house, Saturday, Oct. 29



Beware of killer Kayla Christian.



Colleen Davidson in bathtub.



Spooky skeleton Benny Reeves.



Ghosts (from left) Natalie Moghadas and Danielle Wynd.

PHOTOS BY
BONNIE HOBBS
CENTRE VIEW



Creepy couple, Joyce and Bill Mashinski.



Snug in her coffin is Leandra Colella.



Jack-in-the-Box Mackenzie Cowne.



Electric-chair scene with (from left) Emily Owen and Amy Guillen.

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Lees Corner Elementary School fourth-graders Lena and Hayley eat their geography test after successfully completing the "sweet assessment" given to the entire fourth grade on Oct. 29. The test is a 10-year tradition at the school.

'Sweet Assessment'

The fourth grade students of Lees Corner Elementary School had a special geography assessment on Friday, Oct. 28. As part of their Virginia unit, students were tested on some basic facts about the state, including the five regions, major rivers, major cities and geographic features. Instead of drawing on a paper map, students used frosting, chocolate chips, frosting gel and candies to decorate Virginia-shaped cookies.

PHOTOS BY
DEB COBB
CENTRE VIEW



Ben Schuman, of Laurie Hilburger's fourth grade class, holds up his Virginia-shaped cookie as his geography assessment begins on Oct. 28. He will use frosting, chocolate chips and candies to mark important geographical features of the state.

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- Bill Cooper, Deputy Sheriff Lieutenant (Ret.), Fairfax County



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- Governor Bob McDonnell
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NEWS

'Mama'

FROM PAGE 1

props and activities and, when I do have lines, I've got to make them count, he explained. Tillman said the audience will recognize characters such as the "annoying little sister" and older brother giving guidance.

Students Chloe Vasquez, A.J. Gresick, Drew Pardo and Roxy Shumate combined their ideas and designed the set together. It's a two-story house plus interiors of

a hospital, country home, soda shop and hotel. The house is 14 feet tall and 20 feet wide, with 16-foot walls around it, signifying the city. "It's movable, so the sets can be rolled onstage for the particular scenes," said Gresick. "Toughest was making sure everything fits together right, because so many things have to touch each other — and you don't want any gaps. And the set is heavy to move around." Most satisfying, he said, is "seeing it go from our scale model to the real thing and then watching it come to life."



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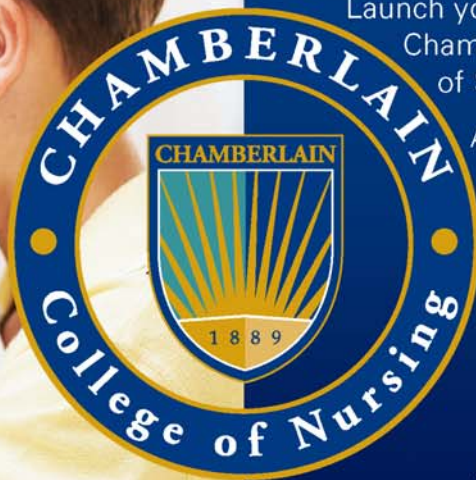
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*Source: The U.S. Bureau of Labor Statistics Monthly Labor Review November 2007.

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BULLETIN BOARD

The Ed Lang Team/Remax Premiere is extending its Holiday Pie Giveaway to the local community. It will be giving away free ColdStone Creamery holiday pies to the first 150 email request sent in to the Ed Lang Team. In the past this has been a "clients-only event", but this year they wanted to have our Community members stop by our Remax Premier Office, meet the Ed Lang Team, and receive a Free Thanksgiving Pie. For details on how to receive your free pie, Go online to www.Edlang.com/free-holiday-pie.php.

Ed Lang's Free Movie Event will take place Saturday, Dec. 3 at the Centreville Multiplex Theatre. This year they will feature Disney's new movie, "The Muppets".

Our Neighbors Child (ONC) is the local volunteer organization coordinating holiday assistance (gifts of new toys and clothing) for children of families in financial crisis in Centreville, Chantilly and

Western Fairfax. This community effort is made possible each year through the generous support from local churches, schools, businesses and individuals. Preparing for its 20th holiday season, ONC needs help more than ever from groups or individuals willing to "adopt" the special needs of local children. The number of requests for winter coats/jackets, boots and warm clothing continues to increase. Specifics such as sizes, etc. will be available the week before Thanksgiving. If you would like to help, contact Denise McInerney, ONC Clothing Coordinator at oncdenise@aol.com. Specify in your email the number of children you wish to assist and age-range preferences, if any. For other volunteer opportunities or to make a donation, please visit www.ourneighborschild.org.

The weekends of Nov. 5 and 12 Scouts will be "Scouting for Food" to help the needy. Scouts will be going door-to-door in neighborhoods Nov. 5 and

6 distributing bags to households and encouraging people to fill those bags with canned goods and other non-perishable food items. The following weekend, Nov. 12, the food-filled bags will be collected by Scouts and taken to collection centers, like Community of Faith, where the food will be distributed through food pantries and other means in the coming months. Community of Faith United Methodist Church in Franklin Farm, Herndon, is again one of the key collection and distribution centers.

White House Ornament Sale. The Western Fairfax County Woman's Club is selling 2011 White House Christmas ornaments. This year's ornament honors the 26th president, Theodore "Teddy" Roosevelt. This ornament features a view of the White House with Santa approaching carrying a bag full of toys. The 2011 ornaments cost \$19. Proceeds benefit charity. Order yours now by calling 703-378-6841 or 703-378-6216. It is possible to order

previous years' ornaments.

NOV. 4 AND 5

District 29 Toastmasters. Members of clubs from Fredericksburg to Leesburg will meet at the Dulles Hilton in Herndon. They will listen to the winners of five division contests speak together in the District's championship of Table Topics. They will honor Hannah August, press secretary to Michelle Obama. Visit <http://bit.ly/nGM6US>.

THURSDAY/NOV 10

Open House. 9:30 to 11:30 a.m. Clifton Children's Academy will hold a Registration Open House for Kindergarten and morning, afternoon and full day preschool classes. This is for registration for Fall 2012. The school is at 14315 Compton Road, Centreville. Call 703-968-8455 or visit www.childrensacademy.com

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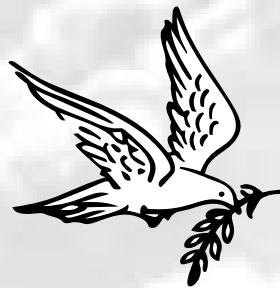
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(Rev. Bobby J. Ford Jr., Youth Minister)
Holy Communion (Third Sunday) 10:00 AM
Wednesday Prayer Meeting/ Bible Study and Spiritual Development Courses: 7:00 PM (Includes Youth Bible Study)

OPINION

Vote (No Later than) Tuesday, Nov. 8

Voting early could save confusion on Election Day; most commuters eligible to vote early.

You can find Centre View stories on candidates and races, plus letters from readers, on our Website, www.ConnectionNewspapers.com.

We're keeping this week's editorial short to make room for more letters relevant to the election. You can vote early, "absentee in person," from now until Nov. 5 if you think that there is any chance you could be away from home for 10 hours on Election Day. Anyone who commutes or who has any sort of commitment away from home on Election Day would qualify. Remember: Saturday, Nov. 5 is the last day to vote early, absentee ballot in-person. Tuesday, Nov. 8 is Election Day, with polls open from 6 a.m. - 7 p.m.

For more election information: Alexandria Board of Elections, 703-746-4050, <http://alexandriava.gov/Elections> Fairfax County Board of Elections, 703-324-4700, www.fairfaxcounty.gov/eb/ Arlington Board of Elections, 703-228-3456, <http://www.arlingtonva.us/departments/voterregistration/voterregistrationmain.aspx> City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp> Virginia Board of Elections <http://www.sbe.virginia.gov>

LETTERS TO THE EDITOR

Consensus-Builder

To the Editor:

I hope my friends and neighbors in Chantilly and throughout Fairfax County will support Ted Velkoff for an At Large Seat on the Fairfax County School Board on Nov. 8.

I have known Ted since he served as treasurer of the Poplar Tree Elementary School PTA, beginning in 2001. Later, when I was president at the Rocky Run Middle School PTA and Chantilly High School PTSA, he also served as treasurer, and I always knew that PTA finances were in good order under his guidance.

When Ted was PTSA president at Chantilly High School, he was a consensus-builder who fostered open dialogs at our meetings, where parents could express differing points of view with school officials and with each other, always reaching outcomes in a constructive and positive manner.

At all three schools, he has been a champion of our schools here in Chantilly and our public schools throughout Fairfax County.

I am delighted that Ted has stepped forward to serve as an At Large member of the School Board and hope you will join me by voting for him on Nov. 8.

Patty Huba
Chantilly

outstanding school system for students to excel and maintains a great reputation largely as a result of the hard work and efforts of those on the "front lines" — the teachers in the classroom. I support Ted Velkoff for School Board - At Large, because he understands that investing in our teachers should be a top priority of the school board.

Our teachers, who give more hours to their job than is required, need to receive a salary that is competitive with the surrounding counties. In order to attract new hires and retain those great teachers who already work in Fairfax, we need to pay our teachers a salary that allows them to live in the county where they teach — right here in Fairfax. Ted Velkoff agrees that to attract and retain quality teachers Fairfax County needs to offer fair and competitive compensation. While there has been a spirited School Board campaign this year, few candidates have talked about the issue of teacher compensation with the level of clarity and understanding as at-large candidate Ted Velkoff. I believe he would be a welcome addition to the School Board as an advocate for teachers, parents and students alike. I urge my friends, neighbors, former and current teachers to vote for Ted Velkoff on Nov. 8.

Norma Pace
Fairfax

Importance Of Teachers

To the Editor:

Fairfax County has a long and great history of hiring quality teachers. I am proud to have been one of those teachers. As a retired Fairfax County teacher who spent 25 years teaching at Hutchison Elementary in Herndon, I truly believe that one of the most important issues facing our schools is recruiting and retaining the best teachers. Our county offers an

Fresh Passion And Vision

To the Editor:

Over the past 20 years, Fairfax County has grown leaps and bounds both by infrastructure and by the people who live here. Fairfax County has increasingly become a prime example of diversity, strong schools, relatively stable job economy and a hub zone for large corporations to call home. Tyson's corner now has the highest office space per square foot in the coun-

try! That alone speaks volumes on the market's faith in our county's growth and stability. The one thing that hasn't changed is the diversity in leadership. Some of our political appointees have kept the same position in the same area for over 20 years. With an ever-evolving political culture and diverse neighborhoods we need political appointees that reflect these changes with a fresh passion and vision for our neighborhoods.

We've all seen the political bickering on the major news stations; red vs. blue, a country divided. We need leaders that are more focused on improving our schools, public transportation, increasing jobs and fixing local issues. When it comes to the basics of government and the sound infrastructure of our communities, the average American is not as concerned with the R or D next to a candidate's name, but the character and passion of the individual to serve their communities. In Sully District, I find that person to be Shahid Malik. Shahid is a citizen who has traveled the world and found Fairfax to be the best home for his wife

and children.

Shahid started his own business here in Fairfax and has been a community leader who truly holds the servant's heart. Being so deeply involved in the community, has allowed him to work with all members of society and politics to meet the goals of community. Shahid is not one to make a neighbor fill out piles of paperwork to get a permit only to find out that they could of done it simply online or pass them off to another person to solve their issues. Anyone who has worked with local government from a citizen perspective, understands where I'm going with this. We don't need paper pushers or people who lack the passion to truly get involved in the community. Shahid works for the people, with the people. I've witnessed it in his everyday life, and I am sure that with that kind of passion, Shahid Malik would be a true asset to Sully District Board of Supervisors.

Rachel Tefft
Chantilly



Benefiting Autism Society

On behalf of the Autism Society of Northern Virginia, Kit Hessel (center) accepts a check for \$19,161.93 from Hooters from this summer's benefit golf tournament organized by the restaurant chain. Joining him are Robin Brock with Hooters (second from left), ASNV president Don Shipley (third from right), along with members of the wait staff at the Chantilly store. It's the third year Hooters and Hessel have organized a golf tournament to benefit ASNV, and the events have raised a total of more than \$50,000.

CENTREVIEW

NORTHERN EDITION

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
centreview@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9438
bhobbs@connectionnewspapers.com

Steve Hibbard
Associate Editor, 703-778-9412
shibbard@connectionnewspapers.com

Rich Sanders
Sports Editor, 703-224-3031
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Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Louise Krafft,
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CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

CONNECTION NEWSPAPERS, L.L.C.
Peter Labovitz
President/CEO

Mary Kimm
Publisher/Chief Operating Officer
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

Debbie Funk
National Sales, 703-778-9444
debfunk@connectionnewspapers.com

Jeanne Theismann
Special Assistant to the Publisher
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jtheismann@connectionnewspapers.com
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A Connection Newspaper

ENTERTAINMENT

NOW THROUGH NOV. 13

"Little Shop of Horrors." Presented by The Alliance Theatre at Mountain View High. The show runs three weekends, Friday-Saturday, Nov. 4-5 and Nov. 11-12, at 7:30 p.m. each night. There's one matinee, Sunday, Nov. 13, at 2 p.m. Tickets are \$16, adult; \$14, children 12 and under, plus senior citizens. A special Scout program, Oct. 29 at 6 p.m., gives ticket holders a pre-show sneak peak behind the scenes. Group rates are available; call 703-220-810 or e-mail boxoffice@thealliance theatre.org. Visit www.thealliance theatre.org.

FRIDAY/NOV. 4

Swing Dancing. 9 p.m. to midnight. Admission is \$15. With JP McDermott and Western Bop. Drop-in beginner swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road in Herndon.

SATURDAY/NOV. 5

Colonial Day. 11 a.m. to 4 p.m. Hear the crack of muskets as soldiers and militiamen muster at Sully Historic Site. At Sully Historic Site, 3650 Historic Sully Way in Chantilly. Call 703-437-1794.

Singles Dinner and Movie Night. 5 p.m. Meets at PF Chang's at Fairfax Corner, 4250 Fairfax Corner Ave., Fairfax, followed by movie of your choice at Fairfax Corner 14. Cost is \$30 and includes dinner, soda, tip and movie ticket. RSVP required. Sponsored by New Beginnings, a support group for separated/divorced men and women. Call 301-924-4101 or visit www.newbeginningsusa.org.

Lane's Mill DAR Chapter Meeting. 1 p.m. meeting; 12:30 p.m. social time. Daughters of the American Revolution. At Sully Station II Community Center, 5501 Sully Park Dr., Centreville. Prospective members should contact jsmithtot@aol.com.

NOV. 5 AND 6

Cox Farms Pumpkin Madness. Saturday, 10 a.m. to 6 p.m.; Sunday, 10 a.m. to 5 p.m. The Grand Finale of the Cox Farms Fall Festival! Bring us your used jack o' lantern to be dropped from the High Drop, hurled with the Catapult, squished with the Squisher. Plus Hayrides, Giant Slides, Animals, Rope Swings, Music. At Cox Farms, Pleasant Valley and Braddock Roads in Centreville.

NOV. 10, 11, 12

"I Remember Mama." Tickets are \$8. Written by John Van Druten and directed by Ed Monk. Focuses on a family of

recent Norwegian immigrants living in San Francisco during the Great Depression. Thursday, Nov. 10 at 7 p.m.; Friday, Nov. 11 at 7 p.m.; Saturday, Nov. 12 at 7 p.m. At Chantilly High School, Stringfellow Road, Chantilly. Visit www.chantillyhsdrama.com.

FRIDAY/NOV. 11

Swing Dancing. 9 p.m. to midnight. Admission is \$15. Drop-in beginner swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. With Natty Beaux. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road, Herndon.

NOV. 11-13

The Northern Virginia Christmas Market craft show returns to the Dulles Expo Center in Chantilly, Friday-Sunday, Nov. 11-13. Hours are Friday-Saturday, 10 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m.

SATURDAY/NOV. 12

Holiday Happenings Craft Show. 10 a.m. to 4 p.m. More than 90 vendors will be offering fused glass, ceramics, artisan and fashion jewelry, scarves, embroidery items, knitted/crocheted items, hair accessories, pet accessories and more. At Woodson High School, Entrance #2 and #3, 9525 Main Street, Fairfax.

Bluegrass Gospel Concert. 6 p.m. At Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. The church is located on Route 50 near the Route 28 overpass at Sullyfield Circle. Call 703-631-1799.

The 19th annual Holiday Happenings Craft Show will be held Saturday, Nov. 12, from 10 a.m.-4 p.m., at W.T. Woodson High School, 9525 Main St. in Fairfax.

Fairfax Symphony Orchestra. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. With harpist Yolanda Kondonassis. Mozart's Symphony No. 10, Barber's Adagio for Strings, Ginastera's Harp Concerto, Barber's First Essay for Orchestra, and Schubert's Symphony No. 5. Free pre-concert discussion for ticketholders at 7 p.m. Tickets \$25-\$55. info@fairfaxsymphony.org.

Super Science Saturdays. 10 a.m. to 3 p.m. Free. The theme is "The Moon and Beyond." Super Science Saturdays take place from 10 a.m. to 3 p.m. on the second Saturday of each month, offering activities focused a different science concept. Through demonstrations and hands-on activities, visitors will become immersed in science, technology, engineering and mathematics (STEM) topics related to aviation and space exploration. At the National Air and Space Museum, Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. Visit: <http://www.nasm.si.edu/events/superscience/>.

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The Fairfax County School Board and the Soil & Water Board are non-partisan elections. The candidates listed herein have been endorsed by the Fairfax County Republican Committee.

POLITICS

Malik

FROM PAGE 1

balance” to the Sully District. “There are a lot of issues more tilted toward land developers and interest groups than to the residents, themselves,” he said. “Some of the homeowners associations are having problems. Whenever there’s a new development coming in, things are imposed on them, rather than their voices being heard. The developer sends a representative to talk to them, but then nothing happens.”

Malik supports Fairfax County’s network of bicycle and pedestrian pathways, as well as the expansion of Metro rail to Stringfellow Road and beyond. He’d also like to see VRE expanded to connect with the Connector buses. “It’s too far for people to connect to VRE, so they should be able to connect to it by bus,” he said. “And there should be more and more frequent Connector buses.”

“We want to take some of the cars off the roads and add more people in buses so there’s less pollution,” he said. “And the buses should be green, using propane gas.”

MALIK WOULD ALSO “encourage housing affordable to our children, senior citizens and workforce. We should be able to provide these services to our people.”

He wants to make taxes affordable for residents and businesses and make sure that county programs and services are “efficient, cost-effective and well-run. As a citizen, I’ve had experience with county departments on various levels, and I believe Fairfax County employees are doing an excellent job. But some of the things that are system-ingrained need to be improved.”

Doing so is especially important, said Malik, in cases “where one department doesn’t know what another is doing. So there needs to be more communication between departments so they can get their work done in a shorter period of time and it’s less burdensome on the county, itself.”

If elected, he plans to pursue economic development and revitalization opportunities “to have a vibrant economy. Since I’m a small-businessman, I’ll support the community and encourage this partnership.”

Furthermore, Malik wants to make county government “accessible, responsible and accountable to the constituents, through the supervisor’s office, to provide customer service. I’ll be there for them.”

While he was president of the Ahmadiyya Muslim Community, he said, “We participated in a number of programs to serve the Sully District. These included Adopt-a-Highway, feeding the hungry and providing school supplies and backpacks to children in Fairfax County who are below the poverty line.”

“I’m also going to introduce an Adopt-a-Stream program to protect our drinking water, stream valleys, air quality and trees,” said Malik. “This would be done through responsible environmental regulations and practices. I’m very green and interested in the environment. I’d start it in the Sully District and, hopefully, have the Board of Supervisors adopt it countywide.”

Most importantly, he said, he would work with the county police to keep the streets and neighborhoods safe. “Presently, I’m working with the Fairfax County police on a recruitment program to build a diversified police force,” said Malik. “We have so many different ethnic groups here, in big numbers, so the police need people who can translate and also understand the manners and behaviors of those cultures.”

If he becomes Sully District supervisor, he said, “What I’d do first – my top priority – would be to find out all the issues we have in each neighborhood and discuss them in town hall meetings. Then we could see which is the most pressing issue.”

Malik said people should vote for him because “I will bring my energy and new ideas to this district. I believe I’m the best person for this job and I’ll be there for the people – for the citizens of Sully District.”

For Frey, being Sully’s supervisor is his only job and he does it full time. But Malik would still run his business at the same time. However, he said, “We’ll see how it works; my business wouldn’t interfere with my running of the Sully District.”

Waseem Sayed lives in Los Angeles, but spends three weeks of each month on the East Coast. And as a national executive with the Ahmadiyya Muslim Community, he’s known Malik since 1991 and wholeheartedly supports his bid for supervisor.

“I admire his tenacity with his work with the Ahmadiyya Muslim Community and with serving the community where he lives,” said Sayed. “He knows what’s needed here and can put his knowledge, experience, passion and skills to use. I’m helping him with his campaign, and I can personally attest to his integrity and honesty.”

IN ADDITION, said Sayed, Malik “knows how a supervisor impacts an ordinary family in the Sully District, and he can address issues from a fresh perspective.”

West Springfield’s Usman Chaudhary has known Malik about 12 years, also through the Ahmadiyya Muslim Community. “He actually helped me come to this area from New York,” said Chaudhary. “I think of Shahid as a good, stand-up citizen, active in the local community. I’ve worked with him on different projects, over the years, and he’s also a friend.”

Calling Malik straightforward and genuine, Chaudhary said, “He gets people from all different backgrounds together to get things done and solve problems, and he has a great work ethic. He organized the Ahmadiyya Muslim Community youth group to bring food to the Embury Rucker Shelter [in Reston] on a monthly basis, and it’s been done for seven years now. He’s already been serving the community.”

PEOPLE NOTE

The Fairfax County Public Library Board of Trustees hosted the Friends Choice Awards on Oct. 12 to honor the hard work, dedication and continued service of members of Library Friends groups. The following Friends were honored:

♦ Friends of the Centreville Regional Library — **Jack Keppel and Jim Mercer.**



SHAHID

MALIK
FOR SULLY DISTRICT
SUPERVISOR

Get More out of
your Vote

VOTE
MALIK

November 8, 2011

Paid for by Friends of Malik

Check Voter Cards

Nearly half of county voters will experience some change.

BY VICTORIA ROSS
CENTRE VIEW

The insider's game of political baseball known as redistricting usually draws yawns from voters, but Fairfax County's chief election official is issuing voters a wake-up call.

"It's critical that voters pay attention this year," said Cameron Quinn, Fairfax County's general registrar. "Even if they haven't moved, they may be voting in a new place or in a different election district. We don't want them to wait until Election Day to find out they don't know where to vote, or they've researched the wrong candidate."

This year's election, the first since the redrawing of boundary lines of the Virginia State Senate, House of Delegates and Fairfax County's Board of Supervisors magisterial districts along with relatively new statewide voter registration software, could be the perfect storm of potential headaches for voters and campaign officials come Election Day.

"From the perspective of an election administrator, this [election cycle] is a bad one," Quinn said. "Anytime there's redistricting, you have to anticipate there will be some confusion and concern, but we're doing everything we can to mitigate the problem."

Quinn said she and nearly 75 full-time and seasonal employees have been working around the clock to double and triple check voter registration information, and correct any discrepancies before Election Day. One of the tools they are using is the county's Geographic Information Systems (GIS) department street files and matching them to the voter database to search for errors.

"This is my third time redistricting," said Judy Flaig, a senior election official with the county. "In many respects, the technology makes it more accurate. I remember the days we were crawling on the floor with huge maps and markers circling districts. Redistricting takes place every 10 years after the U.S. Census is complete."

ELECTION OFFICIALS sent out voter cards on Oct. 7 to every one of Fairfax County's 640,000-plus active registered voters. They want voters to review those cards. Now.

"I can't say this enough. Please review those cards. Go to one of our websites. We'd rather people call us with questions now than get frus-

trated when they go to the polls," Quinn said.

Quinn said that nearly half of the county's registered voters will see a change on their cards, whether it's a new polling place, or a new House or Senate district.



Halloween Spirit

Dressed up as "Happy Hour," staff at Weichert Realtors in the Fair Oaks Office gathered for their annual Halloween party. From left are: Pam Stream, Judy De Sio, Mary Paget, Jeremy Lopynski, Lynne Jones, Janet Stewart and Bob Paget.



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 6988 Old Brentford Rd. \$325,000 Sat 11-2 Kim Spear... Keller Williams... 703-618-6892
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 6433 Sutcliffe Dr. \$538,000 Sun 1-4 Jeanne Little... Century 21... 703-538-4994
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POLITICS

Frey

FROM PAGE 1

September's heavy rains generated flooding here, and several residents had problems with their drainage ditches, clogged stormwater ponds and downed trees. "So I spent days communicating and coordinating with the various agencies to try to get their problems solved," said Frey. "People often don't know which entity to call, so they call us. Then we make the call for them and have a staff person from that entity call them back."

Being Sully supervisor is his full-time job. And over the past two decades, Frey, 55, of Centreville's London Commons community, has amassed a list of accomplishments and improvements for the constituents he serves.

He's especially proud of the expansion of Centreville's Historic District, which was enlarged dramatically from 18 to 72 acres. "I created the task force that decided what would be included in it and then helped secure Planning Commission and Board of Supervisors approval."

The Historic District boundaries were originally drafted based on five historic buildings there. "But clearly, the historic significance goes well beyond that," said Frey. "It includes the sites of Civil War encampments, earthworks and forts, plus the views."

Frey was also instrumental in the acquisition of some 2,400 acres to be permanently protected as parkland. Now, specific sections are used for recreation, ballfields, horses and model airplanes, and some will remain permanent open space.

Regarding transportation, the county finished widening Centreville Road from Route 50 to the Dulles Toll Road. "I got it funded through the county bond in 2007," said Frey. "Then I worked with county staff and VDOT and enabled it to be built by the Route 28 public/private partnership. Because I got it included in this partnership, it was substantially less expensive and quicker to get it done that way."

Stringfellow Road's widening has already begun. "So I'm working with the community to mitigate any negative impacts to the homeowners," said Frey. "One way is by shifting the road where we can – and having 2-foot-wide bike lanes on the road, instead of 4-foot lanes. Twenty-five years ago, when right-of-way was acquired there, it didn't allow for trails and bike lanes. Stringfellow will be one of the first roads in the county to have on-road bike lanes." He also helped get Stringfellow in the county's bond issues, and did likewise for Poplar Tree Road, currently being widened. And he's pleased about the switch from Metro buses to Fairfax Connectors. Said Frey: "I first proposed that in 1996, and it's proven more cost-effective and efficient."

"We've expanded service to the Stringfellow park-and-ride lot and some to the Westfields area," he continued. "My next goal, depending on demand, is to provide North-South service from Centreville to Reston/Herndon and the Route 28 Corridor." With tough economic times, the supervisors will continue dealing with federal and state budget-cut ramifications – whether in transportation or programs affecting senior citizens or people with developmental disabilities. "So it'll be a real challenge," said Frey. "People will come to us at the local level for help."

Therefore, he said, more public/private partnerships are needed. An example is the redesign of the Chantilly Regional Library; the county designed the layout and Friends of the Chantilly Library funded the work. He said the county will also have to partner with groups such as WFCM and FACETS to provide some of the needed human services.

He's glad to see the district's population diversification and the faith community's growth, and he's worked to help both the CYA and SYA youth sports groups achieve their goals.

Frey also believes more teachers are needed to handle rising school enrollment, and the county must get "back to where we can give the schools more money." And, he added, "We need to make salary increases a priority for teachers and county employees in the next budget year." Overall, he said, "I enjoy helping people, and I've enjoyed every minute of the 20 years I've served them."

Centreville business-owner Dennis Hogge, who's known Frey some 25 years, said he's fair and listens to all sides. "He tries to reach consensus and then does what's best for the people of his district," said Hogge. He also said Centreville's Historic District wouldn't exist without Frey's unwavering support.

"Because of his land-use knowledge, he's one of the best supervisors this county's ever had," said Hogge. "He's overseen the transformation of this once rural and agricultural area into a world-class, residential and business community. Things such as the Westfields Corporate Center and the Air and Space Museum annex came to fruition under his watch. It takes someone with his tremendous expertise to shepherd these complex projects through."

Dan and Leslie Jenuleson began Sully Station II's Neighborhood Watch and called Frey "an extremely active supporter of all our community and police events, including National Night Out and the annual 9/11 candlelight vigil. He attends these events every year, on his own time."

"Michael actually lived in Centreville before the creation of the Sully District and takes great pride in his neighbors and community," continued Leslie Jenuleson. "We know we can count on him if we have a question or concern. He's passionate, honest and a true leader."

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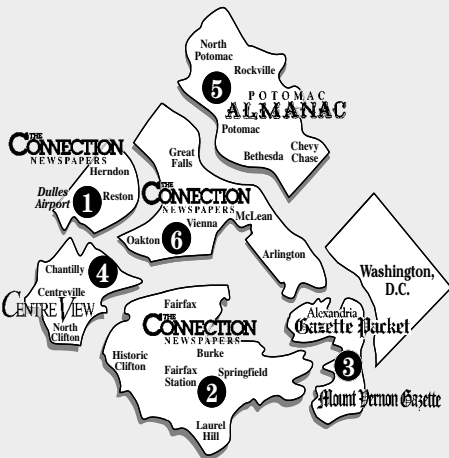
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Cause An Affect



By KENNETH B. LOURIE

My father was right: there are consequences to every action. And that Barry Lourie parental admonition is never more true than it is in the medical world, specifically the prescription medication world. In life, as my father tried to warn me, there are consequences; in medicine, there are side effects. Don't I know it! As a surviving, stage IV lung cancer patient, my world now (fortunately a world in which I'm still alive; however, there are no promises or predictions about my future) is regularly about dealing with – and treating – side effects.

The maintenance treatment drug, Avastin, with which I have been infused every three to four weeks going in for nearly 30 months now – and counting, (about 45 minutes per session) has kept my malignant tumors from growing and/or moving (perhaps causing a little shrinkage as well but not enough that my oncologist has described it as an official effect). However, aside from its presumptive success stalling (I wouldn't yet characterize its infusion as a defeat of my cancer, although I am in "partial stable remission," according to my oncologist), it has over my extended use caused a few side effects. Nothing major, nothing we can't control, but something we have to monitor. And the longer it continues (meaning the longer I live), the more chronic some of these conditions/side effects appear to be becoming. As such, these conditions/side effects themselves need to be treated or else they'll potentially cause a type of collateral damage – that we're all trying to avoid, and one that could possibly weaken my immune system and compromise my defenses yet again.

I'm not talking nausea or vomiting or neuropathy, or a host of other side effects with which many chemotherapy patients are familiar. No, I'm referring to, at least in my circumstance: "the silent killer," as it sometimes called, high blood pressure as it is more well known. Every two weeks I'm "cuffed" and my numbers are recorded by a nurse. The issue, as it specifically relates to me, and my treatment, is that unless my blood pressure is under a certain pair of numbers (diastolic and systolic), the protocol prevents me from being infused with Avastin. And since neither the doctor nor myself want to ruin a good thing, we've been treating my elevated blood pressure fairly aggressively. In so doing, however, the increase in, and the addition of, new medication has itself caused a side effect: edema, the medical term for swelling. And it has not been swell.

Primarily, the swelling has occurred in my legs and feet (I've had to buy larger shoes – by one full size) and walking has become difficult. In sharing this new condition/side effect with my oncologist ("new" symptoms are very important and always worth mentioning, I've been advised, repeatedly), I was prescribed a water pill (one with an extremely long name) to eliminate the excess fluid in my legs; "benign" though, is how my doctor described this side effect. Two weeks into its unsuccessful use, I've been instructed to stop because the stress on my kidneys caused by its ingestion and subsequent filtering out of the body (through the kidneys) is worrisome. And if there's been one consistent theme to my treatment, it has been to carefully consider the effect on major organs where we don't want to create a new problem while treating the underlying problem.

Now, as my oncologist said, we're treating the side effect of the treatment of a side effect of a side effect of the Avastin. Less than ideal, you might say. I wouldn't say the whole thing is making me dizzy (another side effect?) because I might be prescribed another medication (just kidding; maybe not?). I'm not worried that I'm cascading downward; I'm merely venting a little cause and not-so-great effect.

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

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ROUNDUPS

Billeter's Charges Dismissed

In August 2010, Fairfax County police charged special-education teacher Jennah Billeter of Fair Oaks with mistreating two young boys in her care during Deer Park Elementary's summer program for autistic children. She was later indicted and was scheduled for a jury trial, last Tuesday, Oct. 25, in Circuit Court. However, on that date, Judge Bruce White dismissed her charges.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Nov. 3 and 17, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Turn Back Those Clocks

Daylight Saving Time ends Sunday morning at 2 a.m. So before going to bed Saturday night, Nov. 5, residents are advised to turn back their clocks, watches – and the time setting on their miscellaneous electronic devices – one hour.

Show Choir Contest Voting

For the second year in a row, Chantilly High's Touch of Class Show Choir has advanced to the top 12, among thousands of entries, in "Parade" magazine's search for America's Favorite Show Choir. To vote for Chantilly, go to www.parade.com/choir. The title goes to the choir receiving the most votes by midnight, Nov. 6.

Blais Town Hall Meeting

Independent Dianne Blais, running for 40th district delegate against Republican incumbent Tim Hugo, will hold a town hall meeting at the Centreville Regional Library. It's set for Sunday, Nov. 6, from 3-4 p.m. Blais wants to meet 40th-district constituents and explain her campaign.

Park Authority to Meet

The Fairfax County Park Authority will meet Wednesday, Nov. 9, at 7:30 p.m., in the Herry Building, 12055 Government Center Parkway, Suite 900 in Fairfax. Call Judy Pedersen at 703-324-8662.

Help Scouts Sort Food

Western Fairfax Christian Ministries' (WFCM) is recruiting volunteers for the Boy Scouts' annual Scouting for Food drive being held Saturday, Nov. 12. People are needed to fill three shifts at both the Boy Scout sorting site – an empty warehouse at 4313 Walney Road in Chantilly – and at the WFCM Food Pantry at 13981 Metrotech Drive in Chantilly.

The shifts are 10 a.m.-1 p.m.; 1-4 p.m. and 4-7 p.m. Anyone volunteering in the Food Pantry must be at least 16; younger children are fine for the other site. To sign up, contact Annette Bosley at 703-988-9656 ext. 110 or abosley@wfcmv.org.

WFCM Seeks Food, Volunteers

Western Fairfax Christian Ministries' (WFCM) food pantry urgently needs donations of jelly; jam; spaghetti sauce; boxed potatoes; canned meats, fruit, spaghetti and vegetables (no green beans); juice; pancake mix and syrup; oil; sugar and cereal. Also needed are deodorant and toilet paper. (Toiletory items cannot be purchased with food stamps).

The most-urgent, thrift store needs are the donations of baby clothes and coats for re-sale in the thrift store. Bring all items to WFCM's food pantry at 13981 Metrotech Drive (near Backyard Grill and Bar) in Chantilly.



Josh Fried, the tall young man in the gray hoodie at front left, led the building of a new sukkah for Temple Beth Torah.

Eagle Project Helps Synagogue

More than 100 members of Temple Beth Torah, students, teachers, and their families, came together Sunday, Oct. 16, under clear blue skies in Chantilly for their annual "Pizza in the Hut" event to celebrate the Jewish fall harvest holiday of Sukkot. An important part of the holiday for Jews is to pray and eat in a wooden structure, called a sukkah, reminiscent of the tents the Israelites lived in after leaving Pharaoh's slavery in Egypt. The centerpiece of this year's successful celebration was the temple's new sukkah, constructed by 15-year-old Josh Fried, a 10th grade student at Temple Beth Torah's religious school and a member of Boy Scout Troop 1137, chartered by the Izaak Walton League in Centreville, as his Eagle Scout project.

While visiting the old sukkah this past spring, Josh realized it was in poor condition, having been stored outside for many years. Recognizing that the structure would need to be replaced before the Sukkot holiday, and determining that any sukkah the temple could buy would be smaller than needed and much more expensive, Josh decided he wanted to build a new sukkah for the temple as his Eagle project.

Over six months, Josh met with many of the leaders of Temple Beth Torah (Rabbi Kenneth Block, Cantor Jinny Marsh, School Principal Betsy Roth, art teacher Joe Sutliff, Board Chairman Dr. Matt Kesntenbaum, Brotherhood Chair Earl Schendell) to review both religious and engineering requirements for the sukkah. The sukkah itself presented an engineering challenge: as a religious artifact people wanted it to be beautiful and large enough to fit entire classrooms of students, yet the sukkah must also be put up and taken down each year.

With help from his Scoutmaster Dave Schneeman, assistant Scoutmaster Rene Winnik, troop committee chair Dave Gruber, Eagle

adviser Jim Knittle, and other adults in the troop who provided engineering, woodworking, and construction advice, Josh came up with a design that was functional, affordable, and easy to assemble and disassemble. Josh raised funds for the sukkah from the temple Brotherhood, Home Depot, and local companies such as Krause Associates and Fairfield Technologies, who provided funds and in-kind donations to pay for the sukkah. To provide a "greener" solution and also help save money, Josh also recycled hardware from the old sukkah to be used as part

of the new structure. And Josh, a second-year technical theater student at Fairfax High School, used his set-making skills to ensure the construction would be completed in a safe manner.

Over several weekends early in September, more than 100 people from the temple, the religious school, from Troop 1137 and other Boy Scout troops spent hundreds of hours to built, paint, decorate and assemble the sukkah for the upcoming Sukkot holiday. Josh is the son of Ken and Susan Fried in the Hampton Chase community in Fairfax.

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Westfield Football Edges Wildcats in Overtime

BY RICH SANDERS
CENTRE VIEW

The Concorde District's biggest football game of the season lived up to expectations last week in Westfield's 13-10 overtime win over Centreville. With the district title on the line, both teams played a good, hard-hitting game which ultimately went into extra play where Westfield senior kicker Matt Delaney's 19 yard field goal proved to be the difference for the visiting Bulldogs.

Both teams entered the week nine showdown with unbeaten records at 8-0. Following a scoreless first quarter, Centreville, playing in front of a large home crowd, built a 10-0 halftime lead as a result of a five-yard scoring run by Chase Walter and a field goal to close the half.

Westfield's special teams helped turn the game around momentum-wise when junior linebacker Beau Donahue, on a Centreville kickoff return, picked up a loose ball and ran four yards into the end zone for a touchdown. Delaney's point-after kick got Westfield within 10-7.

Delaney booted a 24-yard field in the fourth quarter to tie the game before kicking what proved to be the game-winner in OT. On Centreville's possession following Delaney's overtime field goal, Westfield's Tyrone Walker recovered a Wildcat fumble to end the game.

Centreville lost despite getting a big game from running back Manny Smith, who rushed for 167 yards. But Westfield weathered Smith's big game and got the victory.

"Obviously I am very happy we won the game," said Westfield Coach Kyle Simmons,

of his team's come-from-behind win. "I am proud of how we never gave up and were very opportunistic. Bend but don't break defense and special teams play won the game. Turnover's helped but two of the three were on special teams' plays, both of which led to scores. If we plan to win the region we need to be able to beat them again."

Indeed, it is not far-fetched that the Bulldogs and Wildcats could play again at the upcoming eight-team Northern Region Div. 6 playoffs, set to begin Friday, Nov. 11.

Both teams still have one regular season game remaining on their schedules as Westfield will be at home versus district opponent Herndon (2-7) while Centreville will travel to district opponent Oakton (8-1), both games set for this Friday night.

Oakton is one of the top teams in the region. The Cougars, whose lone loss came a couple weeks ago to visiting Westfield, are coming off a 42-8 district home win at Robinson.

Centreville Coach Chris Haddock knows his team will have a tough task in going up against Oakton, one of several Concorde District teams which will be in the running for a Div. 6 crown in the upcoming weeks. He said his Wildcats, even with their quest of an unbeaten regular season ended, will be ready to go on Friday night.

"Our kids have handled the [Westfield games] result fine," said Haddock. "We played well on both sides of the ball; we just made a few costly errors. We play a good football team in Oakton this week and we will be ready."

Westfield, in going up against Herndon, will have to avoid a letdown. Herndon has



PHOTO BY CRAIG STERBUTZEL/CENTRE VIEW

Westfield running back Kendell Anderson (23) takes a handoff from quarterback Matt Pisarcik during the Bulldogs big Concorde District showdown football game at Centreville last Friday night.

displayed an explosive offense at times behind playmakers Josh Schow, a senior running back, and junior quarterback Ky Gilmore-Parrott. Schow, in Herndon's 56-38 homecoming loss against Robinson two weeks ago, rushed for 174 yards and four touchdowns.

But Herndon, on offense, has been up and down. In four of their losses, the Hornets have scored seven points or less, including a week ago when they were shutout by visiting district rival Chantilly, 28-0. But Herndon, still in search of its first district win, has also been a high-scoring outfit in several other games this season - a 33-7 win over South Lakes in week two; a 42-41 home loss to Oakton in week six; a 47-25

road win at Washington-Lee in week seven; and the 56-38 home loss to the Rams in week eight.

Defensively, Herndon has struggled to stop good offensive teams. The Hornets are dangerous because of their ability to score in spurts.

"Herndon is one of the best 2-7 teams I've seen," said Simmons, the Westfield coach. "They have ability, as shown by some of their scores. They played a close game against Oakton and were only down 7-0 at the half against Chantilly. Our focus needs to be on getting back to being productive on offense. This is the biggest game this week and we need to get better, find more contributors and stay healthy."

Chantilly Golf Finishes Second in the State

Chantilly High's coed golf team finished second at the Virginia High School League (VHSL) State AAA championships, held Oct. 10-11 at Laurel Hill Golf Club in Lorton. The Chargers were a scant nine strokes in back of the winner, Langley High, 593-602. Standings were determined by the aggregate scores from a team's best four of six rounds on each of two days.

"One of the team goals this year was to qualify for states," said co-head coach Kurt Sporkmann. "So, second place is not disappointing."

The six Chantilly players in the field included Steve Aanstoos, Juhee Bae, Jack Dargle, Mike Gagne, Tim Harwick and Mike Sciorra.

"I am especially proud of my five and six players, Harwick and Sciorra," Sporkmann added. "They really helped us out."

Harwick shot 75-72-147 and finished tied for sixth in the individual scoring. Sciorra posted a steady 75-75-150 and gained a tie for 12th place individually.



The 2011 Chantilly High golf team, which placed second at the Virginia State AAA tournament. In front: Mike Gagne. In back: Ben Nelson, Ben McGrath, Steve Aanstoos, Dan Kim, Mike Sciorra, Connor Messick, Juhee Bae, Tim Harwick and Jack Dargle.

— MICHAEL K. BOHN

CHANTILLY GOT BACK onto the win column last week with its 28-0 district shutout at Herndon. The Chargers (6-3) had lost their prior three games — setbacks to Concorde powers Westfield, Oakton, and Centreville — before righting the ship against the Hornets.

Running back Will Hill-Pensamiento rushed for 197 yards and two scores in the win over the Hornets and also caught a touchdown pass from Chargers' quarterback Sonny Romine (14-of-25, 197 yards). Romine also threw a scoring pass to Caleb Reinhardt. Chantilly led 7-0 at halftime and 14-0 after three quarters.

Chantilly, headed for the Div. 6 playoffs, wraps up the regular season with a district home game against Robinson this Friday night.

Chantilly Coach Mike Lalli said his Chargers believe they can experience big success the remainder of the season.

"I think our players are confident in what they can accomplish," said Lalli. "Our focus is on playoff positioning."

Chantilly, which can finish the regular season 7-3 with a win over the Rams this week, will likely be playing a first round playoff home game in two weeks.

SPORTS

Post Season for XC Squads

Centreville girls headed to regionals meet, as are girls' and boys' teams from both Chantilly, Westfield.

BY RICH SANDERS
CENTRE VIEW

Both the Westfield High girls' and boys' cross country squads earned fourth place team finishes at last Thursday's Concorde District Championships postseason meet, held on the hilly 2.98-mile course at Burke Lake Park on Oct. 27.

With their fourth place showings, both Westfield teams qualified for this week's Northern Region Championships, set to take place on Thursday, Nov. 3 at Burke Lake. The top four teams in both the girls' and boys' races at districts automatically qualified for regionals.

"I was very proud of both our girls and boys teams at the district championships," said Deegan. "They came to compete and did what they needed to do to give themselves a chance of competing at the regional meet."

What Deegan especially liked from both teams was that several runners put together season-best runs.

"Almost every one of our runners ran their best times," she said.

Four Westfield boys' runners, Jeff Edmondson, Max Chambers, Steven Mitchell and Nick O'Connell, and two girls, Leidy Arias and Elise Orloff, moved onto Westfield's all-time list of runners with the best times on the Burke Lake course, joining teammate Lauren Hicks.

Arias was Westfield's top finisher in the district girls' race, ninth place overall with a time of 19 minutes, 19 seconds. She and Orloff (13th place, 19:40) both earned Top 15 medals and All-District recognition. Rounding out Westfield's top seven runners were: Megan Owens (22nd place), Hicks (23rd), Karina Frank, Taylor Schwenke, and Reagan Warrington.

The overall individual race champion was Allie Klimkiewicz (17:44) of Oakton. Finishing second and third place were Robinson's Macey Schweikert (17:47) and Oakton's Hailey Dougherty (18:10).

Oakton was the team champion with 45 points, finishing ahead of second place Chantilly (54), third place Centreville (82), and the fourth place Bulldogs (101). Robinson and Herndon finished fifth and sixth, respectively.

Coach Deegan is looking forward to watching her Westfield girls compete at regionals.

"This group of runners is a special group that are enthusiastic and work extremely hard to achieve their goals," said Deegan. "I look forward to watching them compete [at regionals]."

For the region-qualifying Westfield boys, Jeffrey Edmondson was the Bulldogs' top finisher at districts, placing sixth and earning All-District honors with a time of 15:58. Chambers (19th place) was the next Bulldog runner to cross the finish line. Rounding out the Westfield lineup were: Mitchell (23rd place), John Nicholas (24th), Thomas Lazor, Nathan Kiley, and James Blersch.

Chantilly's Sean McGorty was the boys' race's first place finisher at 14:57, finishing ahead of second place Patrick Spahn of Robinson and third place Logan Miller of Chantilly.

Oakton, just as it was on the girls' side, was the boys' team champion with 42 points, finishing ahead



PHOTO BY CRAIG STERBUTZEL/CENTRE VIEW

Westfield High's Steven Mitchell, behind the Langley runner, was one of several Bulldog cross country team members to break personal-best times at last Thursday's Concorde District Championships meet.

of runner-up Chantilly (49), third place Robinson (60), and fourth place Westfield (103). Centreville finished fifth and Herndon was sixth.

THE CENTREVILLE GIRLS earned a third place finish at districts to qualify for this week's regionals meet. Meanwhile, the Wildcat boys, finished fifth but did not qualify regionals.

Rebecca Vinter was the Centreville girls' top finisher at districts, finishing fourth place overall with a time of 18 minutes, 28 seconds. Jackie O'Shea (19:13), meanwhile, was eighth place overall for the Wildcats. Centreville's other top finishers were: Joanna Ahn (17th place), Emily McLenigan (24th), McKinsey Smith (29th), Natalie King (30th), and Kylie Cuomo (31st).

For the Centreville boys, Chan Young Lee finished 14th overall to earn a Top 15 medal. Also for the Wildcats, Bobby Dunn and Chris Jones were 25th and 27th places, respectively.

FOUR CHANTILLY boys' runners earned Top 15 medals at districts, led by McGorty's first place finish. The strong individual showings helped the Chargers garner their second place team finish.

Along with McGorty and third place Logan Miller, Chantilly's other Top 15 runners at districts were Faris Sakallah (8th place) and Peter Malander (15th). The Chargers' Joshua Parshall finished 22nd overall while Andris Sturans and Ryan McGorty were 26th and 28th.

For the second place Chantilly girls, five runners earned All-District recognition by finishing in the Top 15. Alexa Cowne (7th place, 18:40) was the Chargers' top finisher, while Nora Raher was 10th place. The next three Chantilly finishers were Carolyn Carlson (11th place), Natalie Plummer (12th), and Samantha Lull (14th). Also for Chantilly, Patricia Cason finished 19th and Hannah Lull was 26th.

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WELLBEING

Butting Out for Health

BY MARILYN CAMPBELL
CENTRE VIEW

Dean Adams says that he has been smoking for 25 years. The Alexandria-based bartender has only tried to quit once, a cold-turkey attempt that was unsuccessful.

"It's kind of a manic thing for me," said Adams. "I smoke all the time, probably a pack to a pack and half a day."

He plans to try again on Nov. 17, a day designated as the Great American Smokeout, a campaign launched by the American Cancer Society to spotlight the dangers of tobacco use and the challenges of quitting.

"Most smokers make three to five serious quit attempts (i.e., for 24 hours or more) before they are finally successful," said Thomas J. Glynn, Ph.D. Glynn resides in Great Falls, and is the Director of Cancer and Science Trends for the American Cancer Society. "De-

ciding to quit smoking seems easy, but actually doing it is where the real challenge begins. That's why the Great American Smokeout can be so helpful — it gets smokers on the road to being smoke-free."

One of the goals of the Great American Smokeout is to raise awareness and make smokers aware of the obstacles to smoking cessation and the resources available to deal with those barriers.

"Cigarettes have a strong physiological pull on their users," said Glynn. "Nicotine maintains their physiological dependence, and the routines of smoking — reaching for the pack, lighting up ... the cigarette after a meal, etc., maintains their psychological dependence."

Medical experts say that before deciding on a cessation method, a smoker must first have a desire to stop. "Most important is for the smoker to want to quit," said Dr. Jasmine Moghissi, of Fairfax. "It is al

SEE BUTTING OUT, PAGE 19

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WELLBEING

Helping Smokers Learn To Quit

FROM PAGE 18

most impossible to get your wife/son/mother/cousin to quit if they don't want to. It has also been my experience that it is extremely difficult for someone to quit for their future health. If the smoker wants to quit because it's a filthy, smelly, dirty habit — that seems to be most effective."

Tools for quitting run the gamut from hypnosis and acupuncture to medication and laser therapy. Glynn says that no one method works best.

"Recent studies do suggest that a combination of medications [such as] Varenicline or Chantix and nicotine gum and counseling — either individual, group or by phone — may work best for many people."

Maureen Meehan, a certified hypnotist with Maryland Hypnosis, is a former substance abuse counselor who found hypnosis to be an effective tool for addressing addiction. "The reason it works so well to help people become non-smokers is because it deals with your subconscious mind which is powerful, alert and awake," said Meehan. "We talk to the subconscious mind and tell it to cut the cord to bad habits." Meehan says her method has a high success rate.

VIRGINIA HOSPITAL CENTER in Arlington offers a two-week smoking cessation class several times a year. "We teach smokers how to conquer the three aspects of smoking: addiction, habit and psychological dependency," said Cathy Turner. Turner resides in Burke and is Virginia Hospital Center's director of health promotion as well as its smoking cessation instructor.

Psychologist Dr. Gayle K. Porter of the Gaston and Porter Health Improvement Center in Potomac, Md. has counseled those who have stopped smoking suc-

cessfully.

"I've worked with people who've been addicted to a variety of substances, and smoking was the most powerful addiction to give up," said Porter, a former faculty member in the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins School of Medicine. "It is like a friend that never leaves. If you're lonely, sad, angry, you can always light up."

Along with Dr. Marilyn Gaston, Porter wrote "Prime Time: The African American Woman's Complete Guide to Midlife Health and Wellness." The book includes an eight-step smoking cessation plan.

"First and foremost is stress reduction," said Porter. "If you're stressed, it is going to be hard to stop smoking, and if you've already stopped smoking and you're stressed, it is going to be difficult not to resume. You have to get control over your stress."

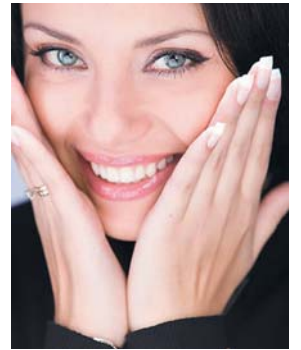
Porter and Gaston also founded Prime Time Sister Circles, a health support group that includes a component designed to help smokers kick the habit. Porter believes a team effort is necessary.

"It is important that people who are trying to quit smoking have support," she said.

Another smoking cessation tool is tobacco control. A study by Centers for Disease Control and Prevention (CDC) shows a link between strong tobacco control policies and a reduction in the adult smoking rate in the U.S.

Maryland's current cigarette tax is \$2 per pack, the 11th highest in the nation, while Virginia's current cigarette tax is \$0.30 per pack, the second lowest in the nation. Maryland's smoke-free law requires all of the state's workplaces, restaurants and bars to be 100 percent smoke-free.

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