

Celebrating Diwali in Great Falls

Divya Tewari, a junior at Langley High School and first-generation American, enjoys her family tradition of celebrating Diwali.

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PHOTO BY JEAN JIONAS/THE CONNECTION

NOVEMBER 2-8, 2011

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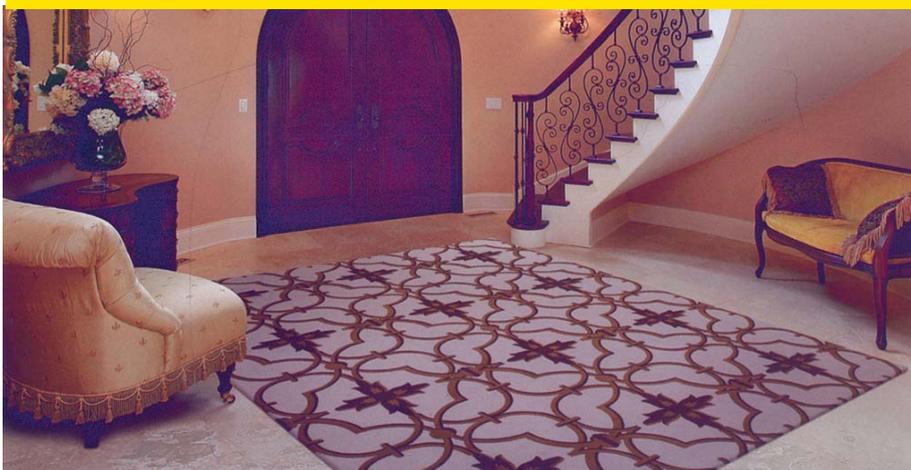
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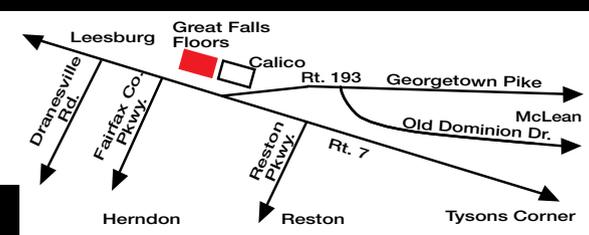
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ELECTION 2011



Cameron Quinn, who was sworn in as general registrar Sept. 12, points out district maps that cover the walls of her office. As general registrar, Quinn oversees Fairfax County's voter registration and election administration agency.



Fairfax County election manager Judy Flaig checks voter registration rolls with computer databases. Flaig, who has been with the Office of Elections for nearly 25 years, is also a certified elections/registration administrator, one of the few in the country.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

A Perfect Storm of Headaches

Check cards now, nearly half of county voters will experience some change.

BY VICTORIA ROSS
THE CONNECTION

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.

What's At Stake?

With almost every state and local office in Fairfax County up for reelection, there is one thing both Republicans and Democrats can agree on: it's been a winning season for campaign sign makers.

On Tuesday, Nov. 8, 696,426 registered Fairfax County voters are eligible to go to the polls and cast their ballots. Off-year elections, with no presidential or mid-term Congressional races to draw voters, typically have dismal voter turnout, hovering around 20 percent. But many political observers expect voter turnout to be as high as 30 - 35 percent this year — nearly twice as many voters as in the 2009 election — because of high-stakes and hard-fought election battles throughout the county.

In Fairfax County, the state's most populous jurisdiction, Democrats have a six-member majority on the Board of Supervisors, and all of the county's nine Senators are Democrats. But Republicans say GOP dominance of state government is within reach; they currently hold a solid 59-seat majority in the House, and are two seats shy of controlling the Senate.

Statewide redistricting in 2010 put key seats into play. Fairfax County is where the state's Republican leadership is spending the most money in an effort to seize control of both houses. Democrats have a 22-18 seat majority in the Senate, but the GOP needs to pick up just two Senate seats to take effective control of the legislature, because the lieutenant governor casts the tie-breaking vote.

The unprecedented turnover within the Fairfax County School Board has pushed those races front and center this year. Six of the School Board's incumbents did not seek reelection, and all 12 seats are up for grabs. The retirement of Superintendent Jack Dale, and parent anger over many school district policies — including discipline, sleep and grading — has made the School Board race the one to watch.

— VICTORIA ROSS

"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

SEE VOTER, PAGE 21

Key Local Races



Barbara Favola, Democratic candidate.



Caren Merrick, Republican candidate.

31st Senate District

Barbara Favola (D) has served on the Arlington County Board for the past 14 years, and was chair in 2000, 2004 and 2009, and vice chair in 1999, 2003 and 2008.

She said she will work to provide state funding for a low teacher-student ratio, create green jobs and hopes to focus on transportation options such as public transit.

"Since 2008, this entire region has created more jobs than any other in the state... and I want that to continue," she said.

As of Sept. 30, the Favola campaign has raised \$400,591.

Caren Merrick (R) is the co-founder of webMethods and is currently a partner at Bilbury Partners. She says she hopes to provide an alternative over a career politician and supports a greater focus on Science, Technology, Engineering and Math education and securing a dedicated funding source for transportation costs.

As a small business owner, Merrick says she hopes to "streamline regulations and taxation so that businesses of all sizes can grow."

The Merrick campaign has raised \$456,309 as of Sept. 30.



Barbara Comstock, Republican incumbent.



Pamela Danner, Democratic challenger.

34th Delegate District

Barbara Comstock (R) is finishing her first term as delegate. Prior to her election, she was an aide to U.S. Rep. Frank Wolf (R-10), researcher for the Republican National Committee and director of public affairs for the Department of Justice.

Comstock said she would like to see more in-state spots for Virginia college students and see Virginia challenge the national Affordable Healthcare Act, citing concerns that it will hurt small business.

She said "businesses have to do more with less, stretch those dollars, and we wanted to do the same in government."

The Comstock campaign has raised \$760,512 as of Sept. 30.

Pamela Danner (D) practices law in McLean, and has served

as president of the McLean Community Foundation and on the McLean Community Center Governing Board. She also served on the Tysons Land Use Task Force and as finance committee chair for the Fairfax County Water Authority Board.

She says she hopes to increase accessibility to planned Metrorail stations and that she supports a Project Labor Agreement for Phase Two of Dulles Rail. She also says she hopes to secure more state funding to maintain secondary roads in the area.

She says she is "fiscally conservative and socially moderate."

As of Sept. 30, the Danner campaign has raised \$257,026.

SEE LOCAL RACES, PAGE 21

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NEWS

Detective Work on the Wing

Weekend birding events are open to all.

BY MONTIE MARTIN
THE CONNECTION

Rain or shine, birders from throughout the region meet at 8 every Sunday morning at Great Falls for a two-hour sleuthing spree.

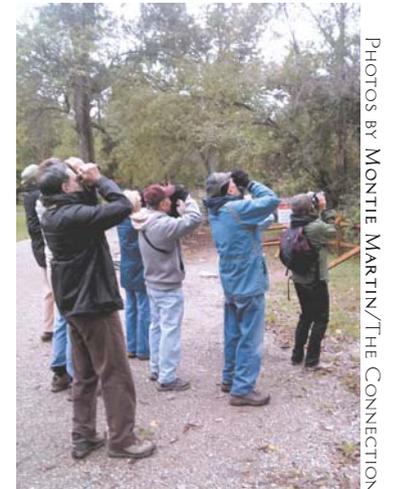
As veteran birding detectives will note, there are clues based on physical appearance, sound, as well as seasonal and environmental considerations that must be taken into account.

Stuart Merrell, an experienced Arlington birder who attends every gathering, enjoys the challenge. "It can be devilishly hard to identify birds this time of year, because they have lost their spring plumage," said Merrell. "Listening to a bird's song is one tool, but it takes a certain amount of training."

Merrell began birding in earnest
SEE BIRDING, PAGE 7



Marshall Rawson, leader of the Great Falls birding group, spots an eagle.



Birders search for warblers in the trees.

PHOTOS BY MONTIE MARTIN/THE CONNECTION

"If you are a new birder, come and join the group. If you even spot a cardinal that's a big help for us."

— Marshall Rawson, leader of the Great Falls bird group

Warbler Watch

Warblers are a fall favorite for birdwatchers, and make a great starting point for those interested in Great Falls bird watching. These migratory birds take varied shapes and colors, although they can be especially tricky to spot this time of year without their spring plumage. A little advanced preparation, knowing the warbler call and physical appearance, can greatly enhance the birding experience.

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- **Providence:** Patty Reed • **Dranesville:** Louise Epstein
- **Mason:** Sandy Evans • **Mt. Vernon:** Dan Storck
- **Hunter Mill:** Pat Hynes
- **At-Large:** Lolita Mancheno-Smoak, Steve Stuban

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ELECTION 2011

Candidates Speak at Grange

School board, Conservation District director, Sheriff candidates meet at Grange

BY ALEX McVEIGH
THE CONNECTION

The Great Falls Citizens Association hosted its second candidates forum Tuesday, Oct. 25, featuring candidates for Fairfax County Sheriff, Dranesville District School Board representative, Northern Virginia Soil and Water Conservation Director and At Large School Board representatives.

Fairfax County Sheriff Stan Barry (D), said he has been endorsed by 11 public safety groups, and that a lot of people believe the office is currently performing its functions well. The sheriff's office serves legal process, provides courthouse security and runs the Adult Detention Center.

Barry said most of the cuts that could be made by his office have already been made.

"We've already eliminated the programs we could without affecting public safety," he said. "We've reduced overtime pay tremendously. The county auditor reported that if other agencies did what we've done, there wouldn't be an overtime problem."

Barry also said he was proud of the county's program to treat mentally ill inmates, by keeping them separate from the general population and giving them access to resources.

If re-elected, Barry says he hopes to continue the Sheriff's Office's community outreach program to children ages 4 to 12, saying "we believe this is the right age group to focus on."

Barry's opponent, Republican endorsed Bill Cooper, did not attend the debate.

Epstein practiced law for 15 years and co-founded FAIRGRADE, which aims to reform the county's grading scale. She also co-founded the Fairfax Education Coalition in 2009, where she served as budget chair.

"I questioned why over \$300 million a year went to central headquarters," she said. "This analysis helped save winter track, and it also showed how we could save for programs, like full day kindergarten, without tax increases."

Strauss has served for the past 18 years and is the current school board chair. She pointed to the maintenance of the Langley school boundary as an example of her commitment to the local community.

"In the years I have served, the Langley attendance area has been preserved. This is a 16-year run," she said. "There are very few high schools in the county who have had their boundaries protected for 16 years, I know that has been very important to this community."

ONE OF THE ISSUES that concerns residents of Great Falls is the issue of large class sizes, which both candidates spoke about reducing.

"Both seemed to talk the talk when it came to reducing our class sizes, and while Janie Strauss laid out a plan for doing so, she's also the one who served

SEE CANDIDATES, PAGE 9



Fairfax County Sheriff Stan Barry (D) speaks at the Great Falls Grange Tuesday, Oct. 25.



From left, Janie Strauss and Louise Epstein, candidates for Dranesville School Board Representative.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

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Birding at Great Falls

FROM PAGE 4

after spotting his first Scarlet Tanager. "The Scarlet Tanager is a dramatic bird," said Merrell. "It's red and black and has a fascinating call, chip-berr!"

Novice birders need not fear learning the signs and signals of a diverse birding before making the first trip to Great Falls. Identification takes time and tutorage, and experienced birders are particularly welcoming to new participants.

"The bird group takes people who know little or nothing about birding and introduces them to the thrill," said Joe Burns, Supervisory Park Ranger for Great Falls and Glen Echo Parks. According to Burns, there are more than 130

species of birds that inhabit Great Falls throughout the year.

Although the sheer number of species that flock to Great Falls makes identifying the flighty suspects particularly difficult, there are plenty of tools available to help close the case. One resource is eBird.org, which provides graphic maps of current birding trends.

No tool, however, is better than simple experience with a veteran. "If you are a new birder, come and join the group. If you even spot a cardinal that's a big help for us," said Marshall Rawson, leader of the Great Falls birding group. "We have an intrepid corps of watchers, if nothing else birding is a wonderful excuse to get out and enjoy nature."

Join

The all-volunteer bird group meets every Sunday at 8 a.m. by the Great Falls visitors center. Before hitting the trail make sure to bring binoculars and a bird book. Other resources include the Bird Songs USA app, which lists over 200 North American bird-calls and is complete with photo identification.

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FAIRFAX COUNTY BOARD OF SUPERVISORS

- Chairman:** Spike Williams - www.Vote4Williams.com
- Braddock:** John Cook - www.JohnCook4Supervisor.com
- Dranesville:** Dennis Husch - www.dhusch.com
- Mason:** David Feld - www.4feld.com
- Providence:** Chris Grisafe - www.chrisgrisafe.com
- Springfield:** Pat Herryty - www.patherryty.org
- Sully:** Mike Frey - www.MichaelFrey.org

FAIRFAX COUNTY SCHOOL BOARD AT-LARGE CANDIDATES

- Sheree Brown-Kaplan - www.brownaplan4schoolboard.com
- Lin-Dai Kendall - www.lindai.webs.com
- Lolita Mancheno-Smoak - www.lolita4schoolboard.com

DISTRICT CANDIDATES

- Braddock:** Nell Hurley - www.NellHurley.com
- Dranesville:** Louise Epstein
www.LouiseEpstein4SchoolBoard.com
- Hunter Mill:** Nancy Linton
www.NancyLintonforSchoolBoard.org
- Mt. Vernon:** Michele Nellenbach - www.nellenbach.com
- Providence:** Patty Reed - www.pattyreed.org
- Springfield:** Elizabeth Schultz
www.ElizabethSchultzforSchoolBoard.com
- Sully:** Sheila Ratnam - Sheila@SheilaRatnam.org

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.

FAIRFAX COUNTY SHERIFF
Bill Cooper - www.cooperforsheriff.net

FAIRFAX COUNTY SOIL & WATER BOARD
Thomas Cranmer - www.Tom4SoilandWater.vpweb.com
John Peterson - jwpeterson@cox.net

REPUBLICAN CANDIDATES FOR STATE SENATE

- 30th District: Tim McGhee - www.TimMcGhee.us
- 31st District: Caren Merrick - www.carenmerrick.com
- 32nd District: Patrick Forrest - www.forrest2011.com
- 33rd District: Patricia Phillips - www.PatriciaPhillips.org
- 34th District: Gerarda Culipher - www.CulipherForSenate.com
- 35th District: Robert Sarvis - www.robertsarvis.com
- 37th District: Jason Flanary - www.JasonFlanary.com
- 36th District: Jeff Frederick - www.votejeff.com
- 39th District: Miller Baker - www.millerbaker.org

FOR HOUSE OF DELEGATES

- 34th District: Barbara Comstock - www.delegatecomstock.com
- 36th District: Mac Cannon - www.CannonforDelegate.com
- 37th District: Brian Schoeneman - www.brianfordelagate.com
- 40th District: Tim Hugo - www.timhugo.org
- 42nd District: Dave Albo - www.davealbo.com
- 44th District: John Barsa - www.votebarsa.com
- 67th District: Jim LeMunyon - www.LeMunyon.com
- 86th District: Tom Rust - www.tomrust.org



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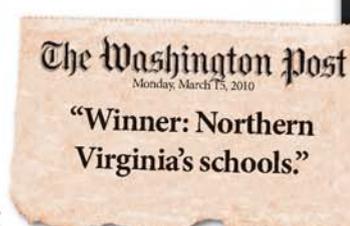
"During my campaign, I promised to focus on job creation and over the past two years, I have worked in a bi-partisan way to get positive, common sense results for our families. Together we've worked for good jobs, better roads, and quality education. With your vote, I will keep working to make Northern Virginia the best place to live, work, and raise a family."

Barbara Comstock



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- National Federation of Independent Business
- Northern Virginia Technology Council's TechPAC
- Northern Virginia Association of Realtors
- Fairfax County Chamber of Commerce's NOVA BizPAC
- Associated Builders and Contractors
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FAITH

Faith Notes are for announcements and events in the faith community. Send to greatfalls@connectionnewspapers.com. Deadline is Friday.

Holy Transfiguration Church, 8501 Lewinsville Road in McLean, has announced their Annual Arabic Christmas Sweets Sale. The Holy Transfiguration Church Ladies Guild bakes Arabic pastries including various baklava varieties, date and nut-filled butter ma'amoul, pistachio-filled butter ma'amoul, anise and coconut ma'kroon, pecan babouleh, and ghrabeh, and packages them in attractive see-through trays. Orders must be received by Oct. 30, to be picked up on Sunday, Dec. 4, 12-1 p.m. at the church. Proceeds contribute to the parish's needs as well as to charitable endeavors supported by the Ladies Guild. www.holytransfiguration.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or www.meditation-dc.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vienna Presbyterian Church, 124 Park St. in Vienna, presents the 12-week program "Passages," for those experiencing separation or divorce. The DivorceCare series meets Tuesdays at 7 p.m. Cost of materials \$20, scholarships available. 703-938 9050 or Passages@ViennaPres.org.

Vienna Assembly of God has a ministry to children on Wednesdays, 7-8 p.m. at the corner of Center N and Ayr Hill Avenue, N.E. Children's Church on Sundays also available. 703-938-7736 or www.ViennaAG.com.

Vienna Christian Healing Rooms, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

LETTER FROM PAMELA DANNER

34th House of Delegates Candidate

Dear Voter,

This Tuesday, November 8th, voters across the 34th House District will go to the polls to make their voices heard. I am running to represent the 34th District because I want to take my almost *three decades of leadership experience in this community* to Richmond to serve you. As a lawyer and small business owner in McLean, and a mother of three daughters who attended our local public schools, *I understand and share your local concerns.*

Traffic congestion is an ongoing problem for our community and frankly, *I'm tired of Northern Virginia being at the mercy of downstate Virginia legislators and sending our tax dollars downstate.* I'll lead efforts to:

- Bring our money back for our transportation needs
- Widen Route 7
- Provide for safe walk/bike paths and shuttle bus service to our new Metro stations.

As a former teacher, I know that education is an investment in our economic future. That's why I'll fight for:

- Our fair share of education funding
- Increasing the number of in-state students admitted to our state universities.

One of my priorities is to make sure that Virginia remains a state where businesses want to locate. I will:

- Support tax credits for small businesses to help create new jobs
- Work to grow Virginia's clean energy economy.

As a fiscal conservative and social moderate, *I promise you that I will always vote for the interests of Northern Virginia first.* The only pledge I have taken in this campaign is to you, the voter.

I hope that I can count on your vote on Tuesday, November 8th.

Sincerely,

Pamela B. Danner
Candidate for State Delegate for the 34th District



Pamela Danner

"A 25-year resident of McLean, Ms. Danner, a lawyer, has led the McLean Community Foundation and served on the Fairfax County Water Authority Board. Her pragmatism would be a welcome addition to the statehouse."

The Washington Post

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Learn more about Pamela:
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ELECTION 2011



From left, At Large School Board candidates Ted Velkoff, Ilryong Moon, Lin-Dai Kendall, Lolita Mancheno-Smoak, moderator Ralph Apton, candidates Steve Stuban, Sheree Brown-Kaplan and Ryan McElveen.

Candidates Address Local Issues

FROM PAGE 6

on the board while sizes went up," said George O'Connor of Great Falls. "I think Janie has done a great job, but after 18 years, we need a new face in order to change things."

Great Falls resident Arlene Lenhauer, said that while she was struck by Epstein's message, she trusts in Strauss's experience.

"Louise is a great speaker and very passionate, which impressed me, but I just think Janie has a track record of leadership at the board level," she said. "I think that experience will serve us well over the next term, especially with the important decisions to be made."

One such decision will be to name a new superintendent, as Dr. Jack Dale has announced he will retire at the end of his current contract.

"Of all the school board elections to be involved in, I think this is one of the most important when it comes to the future of our schools, and I know it's the issue I'm most interested in when hearing from candidates," said Shane Carpenter of Great Falls. "The next superintendent will be making decisions on how the county grows with the population, so I think we all want to make sure the best person is chosen. If that means a new process by which a new superintendent is hired, I'm totally open to it."

SEVEN AT-LARGE School Board candidates will compete for the three at-large spots. Sheree Brown-Kaplan, Lin-Dai Kendall, Lolita Mancheno-Smoak, Ryan McElveen, Ilryong Moon, Steve Stuban and Ted Velkoff are all running, with Moon the only incumbent.

Brown-Kaplan said she hopes to provide "new leadership" to the board, and said she hopes to have an auditor examine the school system's budget.

"Our budget consumes almost 54 percent of our county's revenue," she said. "we need to be sure that the money flows primarily to the classroom, where it primarily benefits our teachers and students."

Kendall says she hopes to bring a more analytical approach to the school board, especially when it comes to the budget.

"One paradigm I'd like to change is how demographics seem to be defining the potential of our children. We need to change that equation," she said. "I want to make sure parents are at the top of the loop in terms of all policy making, especially in terms of disciplinary reform."

Mancheno-Smoak said she is running to be a stronger voice in the community, especially during changing demographics.

"We need a new norm in the Fairfax County School system. One that will value and respect the voice of the parent, teacher, student and taxpayer," she said. "We need child-centric responsive leadership. That means all policy making will be focused to benefit the child in the classroom."

McElveen says one of his priorities would be to make sure teachers are paid a decent wage.

"My father is a teacher, he's 73 years old and can't afford to retire," he said. "We need to pay teachers at least on par with surrounding school districts so that we can continue to attract the best talent to our district."

Moon served on the school board from 1995-1999 and again since 2004. He is currently the board's vice chairman and served as chair in 2006.

"I want to be here to support our new leaders and continue the excellence we have in Fairfax County," he said. "I also would like to provide my own leadership and experience."

Stuban said he is running to help enact disciplinary reforms and fix what he perceives as indifference from the current county staff when it comes to changing things like their zero tolerance policy.

"I was told that the disciplinary process only impacted half a percent of the students within FCPS. There are about 180,000 students in our school system. Half a percent equates to 900 students," he said. "That attitude seems to prevail in every decision the school board makes. I believe that every student matters, and that every decision the school board makes should reflect that."

Velkoff says he wants to take the experience he's learned as a parent and focus on making life better for the people in the classroom.

"I've learned as a parent that the quality of our schools come from the men and women that are educating our children," he said. "I'm running because I want to work for them. They went two years without a pay increase. I'm going to work to increase their compensation and make sure they have a secure retirement."

Thomas Cranmer and George Lamb were the two present candidates for the three available spots on the Northern Virginia Soil and Water Conservation District. There are five total candidates.

The directors of the district oversee the county's efforts to work for cleaner waterways and protect natural resources.

Cranmer, a Great Falls resident, has experience as a civil engineer and has worked around the world, including Iraq and India.

"I feel the Soil and Water Conservation District needs to focus on the bigger picture," he said. "There needs to be leadership when it comes to concentrating on important projects. We need to take broader view of what's going on, not just look at things like individual horse farms, which the board did at meetings I attended."

Lamb currently serves on the board, and he served on the Tysons Land Use Task Force, and founded the Fairfax League of Conservation Voters.

"We're the only urban conservation district. We have a lot of impervious services, parking lots, tennis courts, and the water that hits them will end up in the Chesapeake Bay," he said. "As an urban district, we need to look at different principles. Things like rain gardens can use the channel impervious surface runoff into gardens."

BULLETIN BOARD

THURSDAY/NOV. 3

Registration Open House. 9:30-11:30 a.m. McLean Children's Academy, 6900 Elm St., McLean. For morning, afternoon and full-day preschool classes. 703-734-2353 or www.childrensacademy.com.

SUNDAY/NOV. 6

November Volunteers for Change Orientation. 12 p.m. Volunteer Fairfax Office, 10530 Page Ave., Fairfax. Choose from more than 50 community service projects, including planting trees, bagging food for homeless families, tutoring adult ESL students, playing bingo with the disabled, special community-wide events throughout the year and more. Reservations required at 703-246-3895 or jktivlin@vlunteerfairfax.org.

TUESDAY/NOV. 8

Safe Driving Program for Mature Adults. 10 a.m.-3 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. The AARP driver safety program for motorists age 50 and older will be held Tuesday and Thursday, Nov. 8 and 10. The course will cover the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions and accident prevention measures. \$12 AARP members, \$14 non-members. Veterans and their spouses free. Registration required at 703-255-6360 or www.viennava.gov/index.aspx?nid=552.

Vienna Tysons Regional Chamber of Commerce TIPS Luncheon. 12:15 p.m. Shula's Steakhouse, 8028 Leesburg Pike, in the Tysons Corner Marriott. Every Tuesday. 703-862-4895.

Vienna-Oakton NARFE Chapter 1116 Meeting. 1:30 p.m. Vienna Community Center, 120 Cherry Street, Vienna. With Gayle Martin from Blue Cross, Blue Shield. Chapter 1116 will also hold election of officers at this meeting. Free. 703-938-6589.

WEDNESDAY/NOV. 9

Virginia Chronic Pain Support Group Meeting. 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

THURSDAY/NOV. 10

Woman's Guide to Planning for Retirement. 7 p.m. the Women's Center, 127 Park St. N.E., Vienna. Grow your financial security. www.womenscenter.org.

SATURDAY/NOV. 12

Veterans Hiring Event in Conjunction with the American Freedom Festival. 9 a.m.-3 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Attending veterans will have the chance to talk with employers, submit qualifications, and even participate in job interviews on the spot. Security Financial, TRAX International, NJVC, Northrop Grumman, Accenture and Microsoft, the Veterans Administration (VA), U.S. Office of Personnel Management Veterans Services, Department of Defense Civilian Personnel Management System, Department of Labor and Department of Energy will participate and make veterans aware of services available to them. Attendance is free and open to veterans and active duty military. 703-218-1600.

Healthy Responses to Anger. 9:30 a.m. The Women's Center, 127 Park St. N.E., Vienna. In addition to considering the root causes of anger, the workshop will emphasize relationship-based anger and include practical exercises to identify anger sources and manage stress and anger responses. \$45, \$35 members. 703-281-4928, ext. 276.

Avoiding Divorce Court II: Provisions of Settlement Agreements. 10 a.m. The Women's Center, 127 Park St. N.E., Vienna. A discussion of separation, custody, and property settlement agreements, standard provisions that are routinely found in all Agreements and creative provisions available to parties negotiating or mediating an agreement. \$30-\$70. 703-281-4928, ext. 276.

SUNDAY/NOV. 13

Day of Thanks. 5-8 p.m. Northern Virginia Baha'i Center, 21415 Cardinal Glen Circle, Sterling. Loudoun Interfaith BRIDGES (Building Relationships for Interfaith Dialogue, Goodwill, Education and Service), an association of congregations of Baha'i, Buddhist, Christian, Jewish, Muslim, Quaker, Sikh and Unitarian faiths, invites all faiths to celebrate cultural and religious diversity. Multicultural buffet dinner, musical performances and honoring of Interfaith BRIDGES award recipients. \$15 adult, \$10 child, \$40 family of four or more. Under age 6 free. www.loudouninterfaithbridges.org/priscillamtz@gmail.com or 703-622-8984.

MONDAY/NOV. 14

What to Feed a Living Trust. 10 a.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. Funding a trust, what bankers don't know, trusts and mortgages, trusts and the IRS, record keeping, making amendments and more. Free. 703-255-6360 or www.viennava.gov.

TUESDAY/NOV. 15

Five Hills Garden Club. 10 a.m. Vienna Presbyterian Church, 124 Park St., Vienna. Meets third Tuesday of every month. 703-988-9324 or mariansanders@cox.net.

The McLean Branch of the American Association of University Women Monthly Meeting. 7 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. With Andrea Powell, Co-Founder and Executive Director of FAIR Fund, working to prevent human trafficking and sexual violence. 703-536-6498 or www.mcleanaauw.org

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 Connection stories about 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

Supporting Strauss

To the Editor:

We are writing on behalf of the many FCPS educators listed below who support Janie Strauss for the Dranesville School Board position. Her work the past 18 years has given teachers, as well as parents and students, an intelligent and thoughtful voice in school affairs. Specifically we want to acknowledge her work to end the pay freeze for teachers with a 3.5 percent increase, her focus on resources to support high student achievement for all children, her success in achieving all day kindergarten for all schools, her defense of a liberal arts and STEM curriculum for all children in all schools, and her work to ensure that FCPS remains a world-class, nationally-ranked school district.

We trust Janie Strauss as an educator who listens, who get results, and who can lead FCPS into the 21st century.

❖ **Catherine Colglazier**, former English Chair, TJHSST and McLean HS

❖ **Elizabeth Lodal**, former Principal, TJHSST, McLean HS, Hughes MS, Kilmer MS

❖ **Frank Benzinger**, former Principal, Forest Edge Elementary School

❖ **Phil Bigler**, National, Virginia, & Fairfax Teacher of the Year, former History Teacher, TJHSST & McLean HS

❖ **Linda Bigler**, former Spanish Teacher, TJHSST

❖ **Bill Blackwell**, former English Teacher & Chair, McLean HS, TJHSST

❖ **Shirley Bloomquist**, former Director of Student Services, TJHSST & West Springfield HS

❖ **Judy Bowns**, Theater Arts and Dance Specialist, former English Teacher, Langston Hughes MS & Herndon HS

❖ **Ottalia Calhoun**, former Spanish & German Teacher, Longfellow MS

❖ **James Catlette**, former Social Studies Teacher, Langley HS

❖ **Sara L. Coleman**, former School Psychologist, TJHSST & Bren Mar Park ES

❖ **Sandra Connelly**, Guidance Counselor, Herndon HS and TJHSST

❖ **Vicki Doff**, former Guidance Counselor, TJHSST

❖ **Mary Dolson**, former English Teacher & Journalism Advisor, Langley HS

❖ **Sandy Furick**, former Principal of Spring Hill ES and Colvin Run ES

❖ **Sara Geer**, Elementary Teacher, Haycock ES

❖ **Libby Hankins**, former 7th grade Science Teacher, Longfellow MS

❖ **Margaret Lunter Harris**, former Guidance Counselor, TJHSST

❖ **Jeremy Hays**, Marketing Teacher, Langley High School

❖ **Judy Howard**, former Admissions Director, TJHSST

❖ **Dean Howarth**, Physics & Living History Teacher, McLean HS

❖ **Barrett Kashdan**, Counselor & FEA Building Rep., McLean HS

❖ **Brigitte Lavey**, FCPS Teacher of the Year(2010), English Teacher, Langley HS

❖ **Lara Maupin**, former Social Studies Teacher & Student Government Advisor, TJHSST

❖ **Greg Miller**, Assistant Director of Student Activities, Herndon HS

❖ **Joan Packer**, former Health & PE Teacher, Peer Mediation Coordinator, 8th grade School Counselor, Longfellow MS & Conflict Resolution Specialist

❖ **Patty Pearson**, former Social Studies Chair, McLean HS

❖ **Michael Piotrowski**, Marketing Teacher, Langley High School

❖ **Nina Pitkin**, former Director of Student Services, TJHSST & Robinson SS

❖ **Tricia Poythress**, Marketing Teacher, Langley HS

❖ **Dr. Gail Ritchie**, FCPS Teacher of the Year (2000), NBCT, Instructional Coach

❖ **Elaine Rudd**, former English Teacher, Langley HS & Langston Hughes MS

❖ **Eleanor Saslow**, former Director of Student Services, West Springfield HS, President of Virginia State Board of Education

❖ **Melissa Schoepfle**, Social Studies Teacher, Diversity Chair & former Student Government Advisor, TJHSST

❖ **Sylvia Shenk**, former French Teacher, Longfellow MS & Headmistress, Village Green Day School at Lowes Island

❖ **Rebecca Sipos**, former English Teacher & Journalism Advisor, McLean HS & Lee HS

❖ **Karen Singer**, Modern Languages Teacher & Chair, Langley Teacher of the Year, Langley HS

❖ **Rich Slivosky**, former Math Teacher & 8th period Coordinator, TJHSST

❖ **Nancy Stansberry**, former Kindergarten Teacher, Spring Hill ES

❖ **Janice Stoodley**, former Asst. Principal, McLean HS, Director of Stu-

dent Services, Marshall HS & Key MS

❖ **Audra Sydnor**, former Dranesville Cluster Superintendent & FCPS Principal of the Year

❖ **Milde Waterfall**, English Teacher, TJHSST, McLean HS, Dunn Loring Alternative School, & Kilmer MS

Real Leadership

To the Editor:

I believe Dennis Husch is the candidate for Dranesville District Supervisor who can lead us out of the mess Sharon Bulova and John Foust have made of our county's government. For example, under the leadership of both Bulova and Foust the County was building a firehouse in Great Falls without an adequate septic field and planned to plant the wrong trees at the firehouse. This is especially disconcerting when we are told of Foust's interest in trees. Husch will listen to all his constituents including those who live in the Colvin Run community. He will not change the law, as Foust and Bulova did by way of a special exception, to benefit Brightview, an out-of-state corporation, at the expense of Great Falls taxpayers, who relied on the county's zoning laws when they purchased their homes.

Foust's efforts to redesign the intersection at Route 7 and Georgetown Pike to allow only one lane to turn left on to Georgetown Pike was a terrible thing for local traffic and pollution in Great Falls. First, the same number of cars enters Great Falls; it just takes them longer since they do not have two lanes. Secondly, due to Foust's changes, drivers going west on Route 7 are being needlessly delayed since only one lane is turning left and the traffic light on Route 7 for west bound traffic is now longer. I suspect during rush hours many drivers, like me, are taking Route 193 west to avoid the delays on Route 7; therefore, Foust's actions have actually increased traffic and pollution on Route 193. Foust's traffic light at Route 193 and River Bend Road

has certainly increased delays on Route 193. Was this light really necessary?

Foust's actions at both of these intersections are classic political ploys. First you cause a problem, and then you allegedly solve the problem and become a hero. The question to ask is this: why are so many drivers using Route 193? Certainly it is because there is no reasonable alternate route. Route 7 is essentially the same road it was in 1975. We have a traffic problem in Great Falls since Route 7 is completely inadequate with respect to today's traffic. This problem will not be solved by blocking access to Great Falls. Route 7 must be rebuilt to meet today's traffic needs, but Foust has put this project on the back burner. Rebuilding Route 7 is now scheduled in 2018.

While refusing to move ahead with the long overdue rebuilding of Route 7, Bulova and Foust appear to be moving recklessly towards leaving the County with a huge unfunded Metro liability pertinent to ill-conceived Metro plans. What do we do?

First, I urge you to consider electing Dennis Husch. He seems to be the person the County needs now. I have talked with him, I have listened to his speeches, and I believe he is the best person for the job. Secondly, start to vote for candidates who will be the best for the County and you will find that our problems in Great Falls will go away. Voting "Great Falls first and only" simply allows us to be compromised by crafty politicians.

James Lynch
Great Falls

Representing All

To the Editor:

Because of the redistricting of Senate District 31, the majority of voters now reside in Arlington

SEE LETTERS, PAGE 11

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LETTERS

FROM PAGE 10

where Barbara Favola has enjoyed one-party rule for her entire career. She does not need to be concerned about the local issues in McLean, Great Falls, Vienna, Herndon and Loudoun where the rest of the District 31 voters reside. If she carries Arlington, she is in — and the rest of us are out.

As a member of the GFCA Transportation Committee, I attended the Georgetown Pike Recognition Ceremony on Saturday, Oct. 29 where leaders of the Great Falls and McLean Citizens Associations thanked and honored eight past and current elected officials (four Democrats and four Republicans) and two state agencies for their support of a bipartisan solution to this very important local issue.

Caren Merrick, while preparing to serve the whole district, attended the joint MCA/GFCA Transportation Committee meeting that discussed plans to work with VDOT and with citizens from Loudoun, Reston and Vienna on the details of the further widening of Route 7.

Caren has diligently familiarized herself with all the local issues in Fairfax, Arlington and Loudoun counties. Caren Merrick will represent our entire widespread dis-

trict, not just one segment.

Karl Pierson
Great Falls

Supporting Merrick

To the Editor:

As a Great Falls citizen and an avid reader of your publication, I was disappointed to see a recent letter from Ms. O'Neal regarding 31st District State Senate candidate, Caren Merrick.

Without digressing on the author's obvious bias and silly accusations, I would like to suggest that it takes one click on Merrick's website (www.carenmerrick.com) for any interested voter to find out where Merrick stands on issues. Further, in today's technology-driven political environment where every detail is relegated to blogs, YouTube, tweets, etc., to say that political candidates can keep secrets (whatever this means) is ludicrous.

Among other appearances prior to this week's election, Merrick and her opponent appeared on News Channel 8 in a productive and issue-oriented debate. In that debate, Ms. Favola recommends

an increased gas tax to offset a robust agenda of government spending. Republican candidate, Caren Merrick, talks about a variety of innovations to grow jobs and economic staying power in our area without tax increases.

Regardless of the election outcome, I am hoping our chosen representative in Richmond focuses less on divisive social issues and more on job growth, education excellence, transportation solutions and bettering Northern Virginia.

Suzanne S. Youngkin
Great Falls

A Listening Leader

To the Editor:

This letter is an endorsement of Jane Strauss for Dranesville School Board Member for the Fairfax County Public School System (FCPS). Throughout my 43 years as an educator, I have been quite fortunate to have met and worked worldwide with many highly intelligent and ethical, educational leaders; however, one person stands out as a model of sincerity, intelligence, fairness, and

collaboration — Janie Strauss. As the former cluster assistant superintendent representing the McLean, Langley, and Dranesville pyramids, I worked closely with Janie for four years. Hence, I can distinctly remember from prior, one-on-one conversations with her that from the inception of the "changing-the-grading-scale movement," Janie felt the scale should be changed, and she advocated to FCPS decision makers that they should listen to the parents and support the change. Janie has an unwavering desire to "do the right thing" for all students, on all levels, at all times.

How fortunate the Fairfax County Public School System is to have Jane Strauss as a dedicated school board member, who is adept at lending a listening ear to everyone. An amazing woman and leader!

Audra Sydnor
Retired Cluster I Assistant Superintendent

No to Go Ape

To the Editor:

There is alarm in Great Falls over Fairfax County Park Authority plans to desecrate a natural area

and historic site in Riverbend Park. Some well-meaning citizens believe mistakenly they can help Riverbend Park by selling its soul. Surrounding neighbors and friends of Riverbend Park disagree and say no to the Go Ape adventure course. Here is why:

1. This contract was executed out of the public eye — no prior public meetings or announcements. Even Dranesville Supervisor Foust was not made aware of it until August. No surprise, the surrounding communities (where I live) and many other Great Falls residents were shocked at the backroom deal and very much opposed to this project when they finally learned of it.

2. Riverbend is a nature park, and a noisy, developed adventure course plus parking lot (40+ cars), new building, and a septic/composting system is completely antithetical to the current use of the park, where wildlife roams unencumbered, nature is conserved to the extent possible, trails have been rerouted to preserve rare biota, and no off-trail uses are allowed. There may be other parks in Fairfax where this commercial enterprise would work (Lake

SEE LETTERS, PAGE 26

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Sun. Nov. 13 Charlie Zahm & Tad Marks - beautifully sung ballads with old timey fiddling www.charliezahm.com

Sun. Nov. 20 IONA - 25th anniversary CD Release for Silver! Great pan-Celtic music and dance www.ionamusic.com

Sun. Nov. 27 Lilt - Trad Irish w/sean nos dancing www.liltirishmusic.com

Sun. Dec. 4 Jody Marshall's Annual Holiday Concert - Familiar seasonal tunes and happy sing alongs! www.jodymarshall.net

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NEWS

Celebrating Diwali in Great Falls

Hindus around the globe and in Great Falls celebrate Diwali.

BY JEAN JIANOS
THE CONNECTION

Hindus the world over, including Great Falls, celebrated Diwali, the five day Festival of Lights, during the week of Oct. 24. The main day of Diwali is a bank holiday in India, everything is closed for business, because the Diwali festival is celebrated throughout the country, unlike many other festivals that are regional celebrations.

Great Falls resident Reena Tewari, originally from northern India, explained that during the Diwali festival, prayers are directed toward the Hindu god Ganesh, asking that obstacles such as mistaken choices, negative energies like anger, or other drawbacks be removed from ourselves



PHOTO BY JEAN JIANOS/THE CONNECTION

Nithin Bala, a 10th grader at Thomas Jefferson H.S., his father Bala Sundar, his mother Lakshmi Bala, his grandparents Saraswathi S. and Sachidanadan T.N., who are visiting from Chennai, formerly known as Madras, in southern India, and his brother Vikram Bala are ready to welcome guests to their Great Falls home decorated for Diwali with lights and a Rangoli design they hand-painted on the doorstep.

and our families and homes. Prayers are also made to Lakshmi, the Hindu goddess of prosperity and wealth, both material and spiritual. Lakshmi will bring peace and prosperity, including physical

health, in to your home and to your family, but your house must be welcoming by being clean and brightly lit during Diwali.

LIGHTING CLAY LAMPS, or

diyas, during the Diwali festival symbolizes the victory of goodness and knowledge (light) over evil and ignorance (darkness). Lighting lamps is also a way to show

SEE FESTIVAL, PAGE 13

Keeping Fairfax Families Safe

Cooper for Sheriff



Strong Leadership With a Tough on Crime Agenda

“ I have dedicated my life, first as a sergeant in the U.S. Army and later as a Fairfax County Deputy Sheriff Lieutenant, to making our Country, County and neighborhoods safe. As your Sheriff, I will not sit behind a desk. I will be out in the community, as I have been for over 23 years, standing side by side with fellow law enforcement officers. Together we will arrest the 4000 fugitives living in our neighborhoods, fight the gangs that are infecting our schools, and run a tough and secure jail.”

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



“ Bill Cooper is a true public servant and will do an outstanding job as the next Sheriff of Fairfax County. Bill’s exemplary service to the County in the Sheriff’s Department is commendable and his commitment to taking leadership positions shows he is ready to lead the department. Bill Cooper will do exactly as he says: Keep Fairfax Families Safe. Please join me in supporting Bill Cooper for Fairfax County Sheriff on November 8.”

- Governor Bob McDonnell
71st Governor of the Commonwealth of Virginia

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Festival of Lights Celebrated in Great Falls

FROM PAGE 12
thanks for the good things in life, particularly since the festival occurs in October or November when farmers in India harvest crops.

Bala Sundar and his wife Lakshmi Bala, who live in Great Falls with their two sons Nithin and Vikram, invite a large group of friends to their annual Diwali celebration. Lakshmi Bala grew up in a large extended family in

southern India, so in the United States, friends fill the void. "In India, we celebrate all festivals with extended family," she said, "so here we celebrate with as many friends as possible."

This year, she and her family are also pleased that her parents are with them on a rare visit from Chennai, India (the city formerly known as Madras). Vikram Bala, a student at the Nysmith School

in Herndon, who was born in the United States, shares his understanding of the origins of Diwali, while his grandmother from India shares her tradition by hand painting a Rangoli design on the front doorstep.

THE FIFTH AND FINAL DAY of Diwali is a special day for building the relationship and strengthening the bond between brothers

and sisters. Sisters pray for the well-being of their brothers, and brothers commit to being there for their sisters throughout their lives.

Tewari's daughter, Divya, a junior at Langley High School, says that as an American, she will continue the traditions that her parents brought with them from India and that they have shared with her as she has grown-up.

"I plan to celebrate Diwali with

my family and carry on the traditions that my mom has shown me every year," said Divya. She continues, "my family and I will adapt to changing times, but keep our traditions and remember where we came from."

That pleases her mom because Reena Tewari believes that, "traditions that bring the family together with happy memories keep us grounded."

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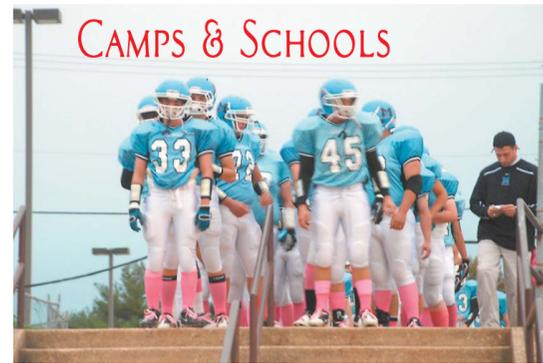
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Football players wore pink socks for the game on Friday Oct. 28 to support breast cancer.



The tailgate showcased local artist, Lyricks.



Marshall student tries on a 'Rock the Pink' shirt.

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Marshall High Students Raise Breast Cancer Awareness

Marshall High School featured a week of events on the topic.

By MONIKA BAPNA
THE CONNECTION

“Did you know that today approximately 1 out of 8 women will develop breast cancer?” said Claire Fogarty through Marshall High School’s intercom system. Since Monday, Oct. 24, the start of the breast cancer awareness week at Marshall High School, the DECA (Distributive Education Clubs of America) chapter at Marshall, which consists

of more than 200 students, has worked actively to raise awareness for breast cancer.

Events took place all week from Monday Oct. 24 to Friday Oct. 28 with bake sales, handprint banners, rock the pink shirts and a culmination tailgate on Friday before the football game between Marshall and South Lakes High School. The tailgate included food, “rock the pink” shirts, pink hand bands and showcased a local artist, Lyricks.

In addition, Marshall invited a breast cancer survivor, Kim Roth, who is also the mother of a Marshall student to talk to the students about her experiences.

Sophomore Bailey Jerriell, a DECA member, called Roth a “personal role model” because of her loving and friendly personality. “I couldn’t think of anyone who I’d rather hear talking about their experiences, nor anyone who could do as amazing of a job as she did.”

Sophomore Fogarty, Jarriel and Becky Felter were the student organizers for the entire event along with teacher sponsors Pat Edwards, Jen Hendrickson and Stephen Moody.

The idea for this project “generated out of a student project last year through the Sports and Entertainment Marketing program taught by Stephen Moody,” Hendrickson said. “The students selected breast cancer as an issue to support due to personal con-

nections with the disease.” In addition, since October is the national breast cancer awareness month, the idea seemed even more significant.

Though breast cancer is such a major problem in the US and in the world, it has not attracted the attention it deserves. Jarriel, whose close family friend was recently diagnosed with breast cancer, said that until this project she never realized the full extent of the disease. “We realize that a lot of kids are in different situations with it,” she said. “This event can inform

them or make them aware that they have support around them and people to talk to.”

The DECA students and sponsors hope to make this annual event because of how successful the event was and the great turnout they had at the tailgate on Friday.

Fogarty said that having so many students help out together even in just small ways proved to be very rewarding because of how successful the event was. “Not only does it support an amazing cause,” she said, “but it also brings the community together.”

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Butting Out

'Great American Smokeout' gets smokers on the road to quitting for good.

BY MARILYN CAMPBELL
THE CONNECTION

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. Dr. Glynn resides in Great Falls, and is the Director of Cancer and Science Trends for the American Cancer Society. "Deciding 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 almost 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



PHOTO COURTESY OF THOMAS J. GLYNN

Thomas J. Glynn, Ph.D., of Great Falls, the Director of Cancer and Science Trends for the American Cancer Society, says most smokers attempt to quit three to five times before they are successful.

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, Psy.D., of the Gaston and Porter Health Improvement Center in Potomac, has counseled those who have stopped smoking successfully.

"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.

"These findings add urgency to the continued need for strong tobacco control laws ...including tobacco tax increases, strong smoke-free laws...and policies that are proven to reduce adult smoking rates and discourage kids from ever starting to use tobacco..." said John R. Seffrin, Ph.D., Chief Executive Officer of the American Cancer Society Cancer Action network.

Maryland's current cigarette tax is \$2.00 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.



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Dean Adams (right) and Jonathan Bisagni have tried unsuccessfully to stop smoking. Researchers say it often takes several attempts for smokers to quit.

Steps to Quit Smoking

Source: The American Cancer Society (ACS) and Thomas J. Glynn, Ph.D., the ACS Director of Cancer and Science Trends.

- 1) Think of your resolution to stop smoking as a project, a process that will take some time, and not one that is a snap decision or that will take only a few days. Remember, you are starting on a journey to health and greater prosperity, but also undoing a psychological and physiological habit that took many years to develop.
- 2) Make a list of all the reasons you want to stop smoking — health, cost, family/friends, longer life, etc. — and keep that list in your pocket at all times and take it out and review it whenever you are tempted to smoke.
- 3) Enlist the help of your family, friends and co-workers. Share your list of reasons for quitting with them — it will help them support you.
- 4) Decide on a quit date — maybe three or four weeks from the time you decide to become a nonsmoker (so you have time to prepare).
- 5) Speak with your physician or your pharmacist about your plan. Ask them for their advice and support, and discuss with them whether one of the seven FDA-approved medications for quitting smoking might be useful for you. Science shows that the most successful quitters use a combination of advice and medications.
- 6) In the days just before your quit date, remove all smoking paraphernalia from your home and workplace.
- 7) Quit on the big day, and be sure to let your support group know.
- 8) Be prepared for some of the immediate, and often unpleasant, side effects of quitting, and understand that these are good signs that your body is repairing itself and making adjustments as the toxins from your years of smoking begin to go away.
- 9) If you slip, as most smokers do, just analyze the situation in which your slip took place (e.g., a cigarette after dinner), and adjust your routine for a couple of months to avoid the situations in which you are in danger of slipping.
- 10) Start thinking of yourself as a nonsmoker who is on the journey of a lifetime, one that certainly has its unexpected twists and turns, but with great rewards at the end.
- 11) 1-800-Quit-Now is a toll-free tobacco cessation program for adults who want to quit smoking.

ENTERTAINMENT



Nov. 6, Beggars' Circus presents a "high energy" performance of traditional Celtic dance tunes and songs from trio Michelle Lawrence-Walker and Tim Summers, both of whom play multiple instruments, and fiddler and vocalist Mary Beth Coffey.



Nov. 20, IONA encourages its audiences to laugh, sing and dance to traditional Celtic music with original acoustic arrangements, interpretations and harmonies performed by lead vocalist Barbara Tresidder Ryan on Celtic bouzouki and the bodhran Irish drum, Bernard Argent on Irish wooden flute and tin whistle, bass guitarist Chuck Lawhorn, Jim Queen on fiddle and banjo, and dancer Kathleen Larrick

Celtic Concerts Return To the Old Brogue

8th Annual Fall Celtic Concert Series to be held Sunday evenings, Nov. 6 through Dec. 4.

BY JEAN JIANOS
THE CONNECTION

The year after Barbara Tresidder Ryan and Bernard Argent formed the traditional Celtic music band IONA in 1986, Ryan became Director of the Great Falls Village Centre Music, Art and Craft Festival, and Director of the Summer Concerts on the Green. By 1989, she would be bringing IONA and other traditional Celtic music groups to the annual Winter Concert Series at the Old Brogue Irish Pub in the Great Falls Village Centre. Eight years ago, that annual Celtic Concert Series was expanded to include concerts in the fall. Today, as president of Barnaby Productions, Inc., also co-founded with Argent, Ryan continues to produce the Celtic Concert Series and IONA continues to bring traditional Celtic music to Great Falls.

Barnaby Productions, Inc. is IONA's management company and recording label. "A Celebration of Twenty," the CD that IONA released in 2006 for its 20th anniversary, was awarded a "WAMMIE" by the Washington Area Music Association (WAMA), for being the "Best Folk-Traditional Recording of 2006." "Silver," IONA's 25th anniversary CD, will be released at the concert IONA is giving at the Brogue on Sunday, Nov. 20 as part of the Fall Concert Series. IONA blended 32

songs and dances into 11 tracks, providing almost an hour of music, intertwining roots from such diverse places as Appalachia and Bolivia, and the ancient Celtic nations of Cornwall, Ireland, Scotland and Wales, as well as French traditions from Quebecois to Cajun. The artwork for "Silver" was designed by Steven Parke, former art director for the musical artist Prince. The sound engineer who recorded both CDs is Scott Shuman of Shuman Recording in Falls Church.

To raise funds for producing "Silver," IONA created a project on Kickstarter.com, an on-line funding platform for creative projects. Like all Kickstarter projects, IONA had to reach its funding goal by the deadline established for the project or the pledged funds would not be transferred to the project creators. IONA's statement on its Kickstarter web page gives some indication of what has kept Ryan, Argent, and IONA making music for 25 years: "The traditional music that comes down to us is the best work of thousands of musicians over hundreds of years . . . As Celtic artists we have a responsibility to preserve our heritage . . . Just as poems must be read aloud and plays must be performed, traditional music only lives if it is played."

The 8th Annual Fall Celtic Concert Series begins Sunday, Nov. 6 and continues each Sunday through Dec. 4 at the Old Brogue Irish Pub in Great Falls. The concerts are held in The Snuggery dining room, and a full dinner and beverage menu is available. There are two seatings for each concert — the first from 5 until 6:30 p.m. and the second from 7 until 8:30 p.m. Reservations are recommended and can be made by calling the Old Brogue at 703-759-3309. Admission is \$15 or a Series Ticket can be purchased for \$65.

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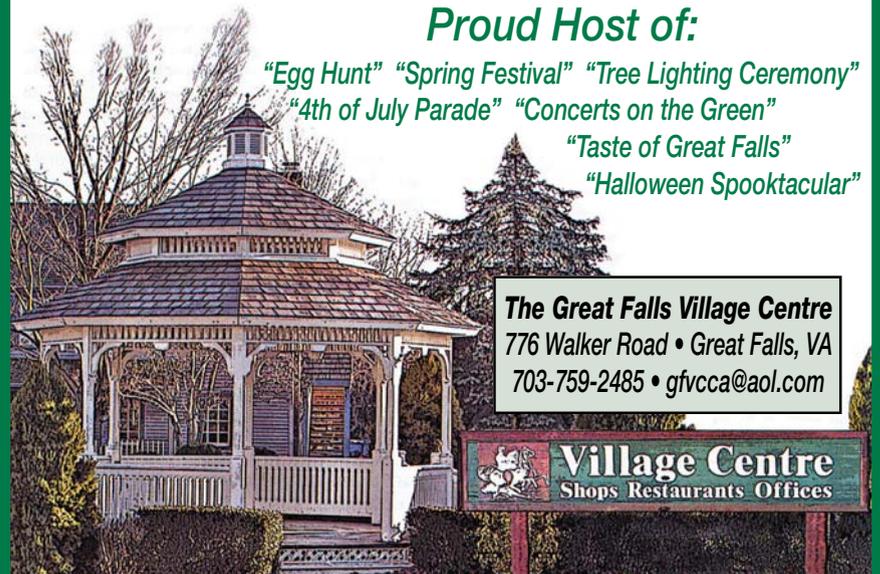
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ENTERTAINMENT

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

THURSDAY/NOV. 3

Voxhaul Broadcast, Ocean Grove and Robert Schwartzman. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

FRIDAY/NOV. 4

Guitar Masters featuring Andy McKee, Stephen Bennett, and Antoine Dufour. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Chris Tomlin and Louie Giglio with Christy Nockles. 7 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Christian music. Tickets are \$15-\$32, available through www.ticketmaster.com or 703-573-SEAT, 202-397-SEAT. www.christomlin.com or www.patriotcenter.com.

"The How and the Why." 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. On the eve of a prestigious conference, an up-and-coming evolutionary biologist wrestles for the truth with an established leader in the field. Tickets \$25. www.1ststagetysons.org or 703-854-1856.

Lost Dog & Cat Rescue Adoption Event. 6:30-8:30 p.m. PetSmart, 8204 Leesburg Pike, Tysons Corner. Adoption events every Sunday. <http://lostdogrescue.org/> and click on Adoptions.

SATURDAY/NOV. 5

Jeff Dunham: Controlled Chaos. 8 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Comedy. Tickets \$50.50, available at www.ticketmaster.com or 703-573-SEAT. www.patriotcenter.com or www.jeffdunham.com.

Portland Taiko. 8 p.m. Alden Theater, McLean Community Center, 1234 Ingleside Ave., McLean. Dynamic drumming in the ancient

Japanese tradition. \$20. sabrina.anwah@fairfaxcounty.gov.

Kids Show: Hope Harris & the Cousins Jamboree. 10:30 a.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Jackpierce. 7 p.m. and 9:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

"The How and the Why." 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. On the eve of a prestigious conference, an up-and-coming evolutionary biologist wrestles for the truth with an established leader in the field. Tickets \$25. www.1ststagetysons.org or 703-854-1856.

Opening Reception for FotoDC Gallery. 5-7 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Hors d'oeuvres, wine and the first view of "Capturing Nature in Photographs." Meet the artists and the jury. \$5. Reserve at 703-255-3631 x 0.

Kiln Club Show and Sale. 10 a.m.-4 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Meet local potters and shop quality one-of-a-kind wares from over a dozen artists. www.kilnclubwdc.com.

Fall Mega Book Sale. 10 a.m.-4 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Books, CD's, and movies. All proceeds benefit the library. FPHL101@gmail.com.

Hope for Africa Children's Benefit Concert. 4 p.m. Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. With children from the HUMBLE United Methodist School in Lukojjo Village, Uganda. Free admission. All donations benefit HUMBLE School. www.CharlesWesleyUMC.org/AfricaChoir or 703-356-6336.

Social Ballroom Dance. 9 p.m. Colvin Run Community Center, 10201 Colvin Run Road, Great Falls. Music by The Family band. Cha cha lesson, \$5 at 8 p.m., dancing \$15 from 9-11:30pm. Refreshments included. Singles welcome. Dress is ballroom casual. 703-795-2003 or www.colvinrun.org.

MCC's Children's Flea Market. 11 a.m.-1 p.m. McLean Community Center, 1234 Ingleside Ave.,

SEE ENTERTAINMENT, PAGE 19



Wolfgang Amadeus Mozart



Emma Resmini, Flute



A. Scott Wood, Conductor

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ON STAGE

Fire and Ice at 1st Stage

“The How and Why:” Much to explore and enthrall.

BY DAVID SIEGEL
THE CONNECTION

Brace yourself: 1st Stage has a taut, stimulating, verbal duet between a duo challenging each other as they debate evolutionary biology and life-in-general. Don't be put off; what we get to view is white heat. This is a nimbly performed, articulate, rousing duel. You will find yourself engrossed.

“The How and the Why” written by Sarah Treem from HBO's “In Treatment” is a deftly joined production. It combines hot theories about women's inner workings with combative words thrown about like boxing punches. Add to that the two sharp women combatants connected by long-standing, but only recently discovered tendrils of actual biology.

“The How and the Why” is a bold selection and production by 1st Stage, the Helen Hayes award-winning acting troupe that performs in Tysons Corner. Under the direction of multiple Helen Hayes nominated director Lee Mikeska Gardner, what could have been an uninspired evening shifting about in a seat listening to impenetrable theories becomes a nimbly joined dramatic fray.

The storyline involves women of different generations circling each other wrapped into debate. They clash over evolutionary biology and what it means to be female. Their shared central connections become clearer and more prominent as the production unfolds. It is a secret that affects everything they hold dear; whether gender and sex, age and experience,



Nora Achrati (left) Nora brings fire, while Elizabeth Pierotti bring ice in the 1st Stage production of “The How and Why.”

nature and nurture, and even the value of love. All within a context of the utter coolness of intellect and science and the quick to rise heat of emotions and art.

Nora Achrati is the grad-student in her late 20s who has developed what she thinks is a major breakthrough in women's evolutionary biology. Elizabeth Pierotti is the professor of evolutionary biology in her later 50s who had her own breakthrough in the field decades before. With a quick flick, they each can represent sullenness and silences with frantically waving hands or held-up open palms as a gesture of submission. Their facial expressions can be as cutting as words. As their characters demand, Nora brings fire, while

Where and When

“The How and Why” at 1st Stage, 1524 Spring Hill Road, McLean. Performed through Nov. 20, 2011. Friday nights at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. and 7 p.m. Tickets are \$25. Call 703-854-1856 or visit www.1ststagetysons.org. Note: 1st Stage received the Steve A. Mandell Prize for Bringing Science to the Community Through Art to support the production.

Elizabeth the ice.

Richard Montgomery's set design is a major delight for such a small budget theater company. For Act I the turf favors Pierotti in her professor's substantial “masculine” office all done up in strong dark hues, leather chairs, books and light from a wonderfully constructed central window. Act II seems to favor Achrati with its dark, dingy, windowless dive of a bar including dimly lit stairs.

ENTERTAINMENT

FROM PAGE 18

McLean. Toys, electronics, games, jewelry, books, clothing, decorative items and more. 703-790-0123, TTY: 711 or www.mcleancenter.org.

SUNDAY/NOV. 6

The Quality of Life-Plus Veterans Day BBQ: Inspiring Innovation.

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“The How and the Why.” 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. On the eve of a prestigious conference, an up-and-coming evolutionary biologist wrestles for the truth with an established leader in the field. Tickets \$25. www.1ststagetysons.org or 703-854-1856.



Kiln Club Collage. The Kiln Club will be having a two-day show and sale on Nov. 5-6, from 10 a.m.-4 p.m. at Colvin Run Mill, 10017 Colvin Run Road in Great Falls. Meet local potters and shop quality one-of-a-kind wares from over a dozen artists. www.kilnclubwdc.com.

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The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

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Great Falls Celebrates Pike Preservation

Officials gather to recognize Georgetown Pike planning efforts.

BY ALEX McVEIGH
THE CONNECTION

Four years ago, things looked grim for Georgetown Pike as it currently exists. The Virginia Department of Transportation has unveiled a plan that called for big changes to Georgetown Pike, changes that were in danger of altering the historic nature of the road and creating more traffic problems than already exist.

"In December 2007, VDOT presented a proposal for Georgetown Pike that didn't address any of our concerns and added new ones," said Joan Barnes, co-chair of the Great Falls Citizens Association Transportation Committee.

The original plan called for a dual left-turn lane from Leesburg Pike to Georgetown Pike, as well as an intersection that would have been nine lanes wide in some points. That plan has been scrapped, and as Leesburg Pike is widened Georgetown Pike will remain in its current form.

On Saturday, Oct. 29, members of the



PHOTO BY ALEX McVEIGH/THE CONNECTION

Local officials are given certificates of appreciation by the Great Falls Citizens Association at Brix American Bistro Saturday, Oct. 29. The certificates were given for efforts in preserving Georgetown Pike.

GFCA joined with elected and local officials to celebrate years of successful efforts to preserve Georgetown Pike. Supervisor John Foust (D-Dranesville) remembers getting an early introduction to the Georgetown Pike proposals.

"I was three months into office when Joan

contacted me to try and come up with a way to save the pike. I quickly learned the feeling of being on the wrong side of a one to nine board of supervisors vote," he said.

Fairfax County Board of Supervisors Chair Sharon Bulova remembers her learning process when it came to Georgetown Pike.

"The staff had come up with what we thought was a wonderful solution, but it didn't take into account the historic aspects of the road," she said. "John came to the board asking for a better solution, and that's when I really started learning about the pike and its history. We were glad to support the community in coming up with a plan that preserved its historic nature."

MORE THAN 2,000 people signed a petition against the proposed design and Foust drafted a letter, signed by local officials and sent it to VDOT in Richmond. They were informed that unless the county board of supervisors voted to change the proposal, they were stuck.

Del. Barbara Comstock (R-34) remembers that, even though the community opposed VDOT's original plan, "we were basically told to pound sand" when it came to changing it.

"We looked at what we would be able to do at the state level, and we had to make plans on every front," she said. "It took a lot of people to work together, but when you consider that we could have something that looked like Wisconsin Avenue in D.C., we lucked out."

After approaching the Pike from a historical aspect, as well as hearing from the com

SEE COMMUNITY, PAGE 22

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ELECTION 2011

Voter Preparedness Critical

FROM PAGE 3

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 frustrated 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.

"Most changes in polling locations are not significant," Quinn said. "There are places in Virginia where people may drive 20-30 miles to a new polling place. That hasn't happened here."

Because of legislative redistricting, as well as the number of offices being contested, the elections office has created a record 76 different ballot combinations this year. Complicating matters is the fact that election officials can never predict how many voters will show up at the polls.

"We're sort of like event planners, only we're planning 240 simultaneous parties with 700,000 potential guests and no RSVPs," Flaig said. "There's a point when you just have to keep your fingers crossed."

"Chances are that we will not have found all needles in the haystack. While we can mitigate the risk of problems, we can't completely eliminate them," Quinn said.

Election officials are still making corrections to the registration rolls, and voters may get a new card between the Oct. 7 mailing and now. Quinn said voters should make certain the card they rely on is the last one they received.

ON ELECTION DAY, staff will be coming through voter lines with a handheld device called Ask ED, which contains the entire County voter list to check once again if the voter is in the correct precinct. If there is a discrepancy between what's on the voter's card, and the most current information on the



PHOTO BY VICTORIA ROSS/THE CONNECTION

Election Countdown: On Friday, Oct. 28, election employees Luke Baranyk and Larry Kunkel charge and load the AskEd handheld devices that staff will use on Election Day to confirm a voter's correct polling place and voter registration information.

Voter Information

On Tuesday, Nov. 8, polls will be open from 6 a.m. to 7 p.m. Following are links to sites election officials suggest voters check out before Election Day:

◆Map Information: this site shows the 2011 adopted districts, precincts, boundary changes and polling place changes in Fairfax County. (Scroll down to find the maps) http://www.fairfaxcounty.gov/eb/1precinctchanges_adopted7262011.pdf.

◆Voting Precincts: this site gives information on an individual's voting precincts on Fairfax County's website My Neighborhood pages at <http://www.fairfaxcounty.gov/gisapps/myneighborhood/>

◆Sample Ballots: this site will show you sample ballots, listed by supervisor district, along with precinct maps. Before going to this site, you need to have the correct precinct name/number to find the correct ballot, which can be found on the My Neighborhood pages above. <http://www.fairfaxcounty.gov/eb/upcoming.htm>.

◆Voter Information, Directions to Polling Places: this State Board of Elections website has information useful now and for future elections. <https://www.voterinfo.sbe.virginia.gov/PublicSite/Public/FT2/PublicLookup.aspx?Link=Registration>.

For more, call 703-222-0776.

county's election rolls, the staff person will call the registrar's office.

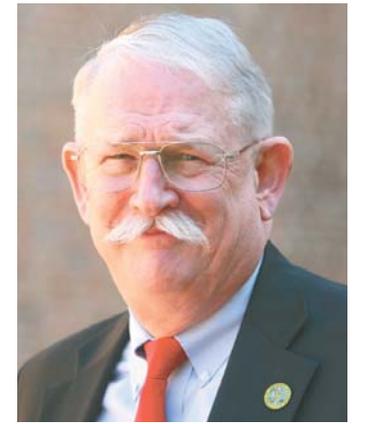
If the voter is, in fact, trying to vote in the wrong precinct? Best not to argue, or insist on a provisional ballot, Quinn said. According to the Virginia State Constitution, provisional ballots don't count if the voter casts a ballot in the wrong precinct.

"The only way your vote counts is if you are voting in the correct precinct. That's why we don't want people waiting until the last minute. When in doubt, call the elections office. We will pull the most current voter card and match it to our map," Quinn said.

Key Local Races



John Foust, Democratic incumbent Dranesville District Supervisor.



Dennis Husch, Republican challenger for Dranesville District Supervisor.

Dranesville District Supervisor

John Foust (D) is finishing up his first term as Dranesville District Supervisor. A 24-year McLean resident, Foust serves as chair of the Fairfax County Economic Advisory Committee and vice-chair of the Chairman's Budget Committee.

Foust supports Dulles Metro, Route 7 widening going west from Tysons Corner and says Tysons redevelopment must be done in a way that "minimizes public investment and maximizes public benefit."

As of Sept. 30, the Foust campaign has raised \$222,106.

Dennis Husch (R) served on the Herndon Town Council for 16 years, from 1996 to 2010. He served on the town's Finance Ad Hoc Committee and the Hispanic Task Force, among others.

He says he is concerned about the lack of information available about funding for Tysons redevelopment and Phase Two of the Dulles Metro.

Husch also pledged to "listen first, engage stakeholders and then make a decision."

The Husch campaign has raised \$32,399 as of Sept. 30.



Louise Epstein, Republican endorsed challenger.



Janie Strauss, Democratic endorsed incumbent.

Dranesville School Board.

Louise Epstein, Republican endorsed, is a trained tax attorney who has practiced for 15 years. She co-founded FAIRGRADE, an organization dedicated to reforming county grading scales. She has also served as PTSA president of Thomas Jefferson High School and budget chair for the McLean High School PTSA and the Fairfax Education Coalition.

She pledged, to "not vote year after year for budgets that shortchange our children here in Dranesville."

Janie Strauss, Democrat en-

dorsed, has served on the school board for the past 18 years, representing Dranesville since 1995. She is the current chair of the school board, and served 10 terms as the board's budget chair. She also taught at Country Day School in McLean and served as PTA president at Franklin Sherman Elementary.

She said she hopes to be able to reduce class sizes in Dranesville, saying "as money becomes available, I would like to put those resources back into schools with the largest class sizes first."

— ALEX McVEIGH

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NEWS

From left, Great Falls Citizens Association President Jackie Taylor and Transportation Committee co-chairs Eric Knudsen and Joan Barnes. The GFCA thanked local officials for their efforts in preserving Georgetown Pike Saturday, Oct. 28 at Brix American Bistro.



PHOTO BY ALEX McVEIGH/THE CONNECTION

Community Saves Pike

FROM PAGE 20

community about the adverse effects of additional traffic that would be caused by a dual left-turn lane, the findings were presented to the Board of Supervisors, who voted on July 27, 2010 to ask Connaughton to come up with a new plan.

"After a lot of work, finally we were on the right end of a vote," Foust said.

Soon VDOT appointed Garrett Moore its Northern Virginia District Administrator, and Moore began to get involved with the process.

"Within a few minutes of Sean telling me I'd be headed to Northern Virginia, he said he wanted a solution on Georgetown Pike," Moore said.

SOON A GROUP made up of GFCA and McLean Citizens Association members, as well as other locals, began looking at historical, environmental and traffic impacts.

"This is a textbook example of how good government works," said Rob Jackson, president of the McLean Citizens Association.

GFCA president Jackie Taylor called it an "outstanding partnership between elected and community officials."

Stu Mendelsohn, former Dranesville District Supervisor, said it was important for people to remain involved with the preservation of Georgetown Pike.

"For hundreds of years Georgetown Pike has been the lifeblood of this community, and it still is because people stay involved," he said.

Eric Knudsen, co-chair of the GFCA's transportation committee, said the credit belonged to a lot of members of the committee.

"It's been great working with everyone, and a great education, but there are a lot more people to thank," he said. "The transportation committee did everything we asked of them, whether it was getting up at 6 a.m. to count cars, or helping set up a meeting with Secretary Connaughton."

The Leesburg Pike Widening project is currently planned to start construction in the Summer of 2012. More information is available at www.virginiadot.org/projects/northernvirginia/route_7_widening.asp.

Ryan Smith of Great Falls Is 2011 Formula Continental RAACE Champion

Formula Race Car Club of America has announced that Ryan Smith of Great Falls, with his first place finish Oct. 16, continued to build upon a points lead going into the two-race weekend at Shenandoah Raceway and has captured the 2011 Formula Continental RAACE Championship.

This championship is named after the charity, the Race Against Abuse of Children Everywhere (RAACE) foundation, and is awarded to the driver earning the highest number of points during the race season. Smith and his Mygale F2000 were very fast all season with six first place finishes.

The formal award ceremony will take place in early 2012.



Ryan Smith
2011 Formula Continental RAACE Champion
Formula Race Car Club of America

Ryan Smith

SPORTS



PHOTO BY MICHAEL K. BOHN

The 2011 state champion Langley golf team. In the back, from left: Michael Sanders, Edric Wung, Will Byrne, and Chad Deese. In front: Justin Nguyen, Coach Al Berg, Chris Brugge, Matt DiSalvo, and Derrick Paxton.

Langley High School Wins State Golf Championship

DiSalvo leads Saxons at the postseason event.

BY MICHAEL K. BOHN
SPECIAL TO THE CONNECTION

Cast aside the usual dominance of high school golf teams from both the Richmond and Norfolk areas, Langley High won the recent Virginia State AAA Tournament, held Oct. 10-11. Chantilly High School finished second and completed the Northern Region sweep in the eight-team event.

Senior Matt DiSalvo led the Saxons with a 74-

70 — 144 for the two-day tournament at Laurel Hill Golf Club in Lorton, and he finished fourth in the individual scoring. “Winning the state championship is pretty cool,” said DiSalvo, afterward.

“It’s a great win,” said Langley coach Al Berg. “We had a solid team this season with five starters back from last year.”

Berg’s team finished fourth at states last year.

The other Langley players in the field included Chris Brugge, Will Byrne, Chad Deese, Derrick Paxton, and Edric Wung. The team score was 298-295 — 593, nine strokes better than runner-up Chantilly. Only the top four scores from a team of six count toward team totals.

Seahawk Boys Finish Third at Districts

Herndon’s Hunsaker, Burgess, and Bustamante all earn top 15 cross country finishes.

BY RICH SANDERS
THE CONNECTION

The South Lakes High boys’ cross country team earned a third place finish at last Thursday’s Liberty District Championships, held at Burke Lake Park. The Seahawks (74 points) finished behind first place Thomas Jefferson (34) and second place Stone Bridge (64). Finishing fourth behind South Lakes was McLean (107).

The top four teams automatically qualified for this week’s Northern Region Championships, set to take place on Thursday, Nov. 3 at Burke Lake.

South Lakes’ top runner was Ashkan Mohammadi, who earned a Top 15 medal by finishing fifth place

overall with a time of 16 minutes, 14 seconds. Two other Seahawks earned Top 15 medals — 11th place finisher Michael McHugh, and 13th place finisher Nicholas DeAtley. Rounding out South Lakes’ top six runners were: Luis Rivas (20th place), Nick Tucker (25th), and Joey Rugari (38th).

The South Lakes girls’ team finished sixth overall in their district championship race. The Seahawks’ top finishers were Virginia McGiboney (25th place), Valentina Golac (26th), Molly Clough (32nd), and Allison Carone (35th).

THE HERNDON BOYS’ top finisher at last Thursday’s Concorde District Championships was Troy Hunsaker, who earned a Top 15 medal (12th overall) and qualified for this week’s regionals. The Hornets finished sixth in the team standings. Also for Herndon, Zach Ward and Harrison Murn finished 29th and 30th, respectively.

The Herndon girls’ top finisher was Belle Burgess, who finished sixth overall to earn a trip to this week’s region championships. Also going to regionals is teammate Gabby Bustamante, who finished 15th overall.

Highlander Boys, Girls Qualify for Regionals

McLean teams both earn top four finishes at Liberty District cross country championships.

BY RICH SANDERS
THE CONNECTION

Last Thursday, Oct. 27 was a big day for the McLean High cross country program, which saw both its varsity girls’ and boys’ teams earn top four showings in their respective races at the Liberty District Championships postseason event, held on the hilly, 2.98-mile course at Burke Lake Park.

“I am very pleased with the results from the Liberty District Championship,” said McLean head coach Jason Simoni. “For the first time in many years both the McLean boys and girls team have advanced to the Northern Region cross country Championship race.”

The top four team finishers at districts, on both the boys’ and girls’ sides, automatically advanced to the 16-team region field. Regionals are set to take place this Thursday, Nov. 3 at Burke Lake Park.

At districts, the McLean girls earned a third place team finish with 57 points. Thomas Jefferson High (28) was the team champion while Madison High (48) took second. Langley (137) earned a region seeding by finishing fourth place behind McLean.

The Highlander girls had four runners place among the top 15 overall, earning those runners All-Liberty District medals.

McLean’s top seven runners each broke the 20-minute mark. Hannah Dimmick, a junior, paced McLean with a fourth place finish at 19 minutes, 3 seconds. The next three McLean finishers were junior Madalyn Harper (8th place), senior Alexa Tabackman (12th place), and sophomore Megan McCormack (15th place). Other good showings from McLean came from senior Samantha Downey (18th), Katie Montgomery (19th), and junior Nancy Eveleigh (21st).

Rainy conditions factored into the girls’ race. Three Highlander girls slipped early and were immediately at the back of the large running field. But the team weathered the early troubles and came on to run a strong race.

“The girls ran in a very com-

petitive race on a muddy Burke Lake course,” said Simoni. “After a slow start the ladies surged through the course and had great finishes.”

The individual district champion was Katherine Sheridan of Thomas Jefferson High, who timed at 18:26. She finished ahead of second place Amanda Swaak (18:37) of Madison and third place Taylor Refett (19:00) of Jefferson.

Other local runners who earned top 20 finishes were Jessica Miles (11th place) of Langley High and Victoria Robinson (16th place) of Marshall High.

Langley’s other top runners who helped the Saxons qualify for regionals were: Allison Brady (28th), Courtney West (29th), Blair Purdy (33rd), Mary Fouse (36th), Jacquelyn Hulett (43rd), and Rebecca Powell (49th).

THE MCLEAN BOYS finished in fourth place overall to earn a place at regionals. The Highlanders (107 points) finished behind champion Jefferson (34), second place Stone Bridge (64), and third place South Lakes (74). The fifth through eighth place team finishers were Madison, Fairfax, Marshall, and Langley.

McLean did not have any runners finish in the top 15. However, the Highlanders did well enough as a team to finish among the top four teams and had four runners break the 17-minute mark. McLean’s top four finishers were: senior captain Jason Richards (18th place, 16:48); junior David Galdo (19th, 16:49); junior Bikal Paudel (21st, 16:56); and Lewis Millholland (26th, 16:56). Rounding out the top seven for the Highlanders were senior Eric Leimkuhler (27th, 17:19), sophomore Matt Howard (32nd), and junior Wisher Paudel (36th).

“I am very proud of the hard work that both [the boys’ and girls’] teams have put into this season,” said coach Simoni. “They have showed a lot of growth and are really jelling as a team.”

Langley’s top boys’ finisher at districts was Steven Swayne (34th place).

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21 Announcements

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21 Announcements

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21 Announcements

21 Announcements 21 Announcements

LEGAL NOTICE
 The Virginia Department of Historic Resources will hold a Public Information Hearing to discuss the proposed Dominion Hills Historic District in Arlington County, VA. The Public Hearing is scheduled for Monday, November 14, 2011, beginning at 7:00 p.m. in the Arlington County Office Building, Arlington County Boardroom on the third floor at 2100 Clarendon Boulevard, Arlington, VA 22201. Public comment regarding the proposal will be taken at the time of the hearing or can be sent to: Director Kathleen Kilpatrick, VA Department of Historic Resources, 2801 Kensington Avenue, Richmond, VA 23221. This proposal has been recommended eligible for the Virginia Landmarks and National Register. Proposals will be presented to the State Review Board and the Historic Resources Board on December 15, 2011 in Richmond, VA. For a copy of the proposal and/or a boundary map, contact Marc Wagner, VA Department of Historic Resources, 804-482-6099 or marc.wagner@dhr.virginia.gov.

21 Announcements 21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

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In execution of a Deed of Trust from Linda Faye Johnson, also known of record as Linda Faye North and Linda F. Johnson, dated May 31, 2006, and recorded June 5, 2006, in Deed Book 3987 at page 2577 among the Land Records of Arlington County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Court House for Arlington County, at 1425 N. Courthouse Road, Arlington, Virginia, on

Monday, November 7, 2011 at 9:30 a.m.

LEGAL NOTICE

Notification is hereby given that HSBC Bank USA, National Association, 1800 Tysons Boulevard, Suite 50, McLean, VA 22102, will file an application with the Comptroller of the Currency on Thursday, October 27, 2011 as specified in 12 CFR 5 for permission to establish a limited service branch at 1600 Wilson Boulevard, Suite 807, Arlington, VA 22209. Any person wishing to comment on this application may file comments in writing with the Director for District Licensing at 340 Madison Avenue, 5th Floor, New York, NY 10017-2613 or NE.Licensing@occ.treas.gov within 30 days of the date of this publication.

21 Announcements 21 Announcements

LEGAL NOTICE
 Notice of Availability: Finding of No Significant Impact (FONSI) for the Environmental Assessment (EA), Pentagon Sentry Program

Agency: Department of Defense

Summary: Pursuant to the National Environmental Policy Act of 1969 (NEPA), as amended (42 USC 4321 et seq.), the Council on Environmental Quality (CEQ) Regulations for Implementing the Procedural Provisions of NEPA (40 CFR parts 1500-1508), and Department of Defense (DoD) Instruction 4715.9, Washington Headquarters Services (WHS) gives notice that an EA has been prepared and an Environmental Impact Statement (EIS) is not required for the construction of new security screening facilities at the Secure Access Lane (SAL), Metro Entrance Facility (MEF), and Corridor 8 (COR8) entrance on the Pentagon Reservation.

The overall purpose of the Proposed Action is to provide permanent, efficient, and appropriately sized facilities to support Pentagon Force Protection Agency (PFPA) security screening and vehicle inspection procedures at the Pentagon Reservation. Construction of these new facilities is necessary because the existing security screening and vehicle inspection procedures are performed in temporary, prefabricated facilities that are undersized and are not architecturally consistent with other buildings on the Pentagon Reservation. The Proposed Action would address this issue by constructing new screening facilities at the SAL, MEF, and COR8 pedestrian access point. A No-Action Alternative was also considered, whereby PFPA security screening operations would continue to be conducted in temporary, prefabricated facilities.

Based on the analysis presented in the EA and coordination with appropriate federal, state, and local regulatory agencies, the proposed project is not expected to result in any significant adverse effects or impacts on the natural or human environment.

Where the FONSI May Be Reviewed:
 Safety and Environmental Management Branch (SEMB)
 Washington Headquarters Services
 1155 Defense Pentagon
 Room 5D325
 Washington, DC 20301-1155

For Further Information Contact: Joe Eichenlaub, Environmental Manager; telephone: 703-614-9583; email: Joseph.Eichenlaub@whs.mil.

LEGAL NOTICE

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

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 The McLean Connection
 The Great Falls Connection

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 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 neuro-pathology, 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.

OPINION

Vote Yes for School Bond

Funding improvements today will save money and support schools for years to come.

BY LEN FORKAS

As the owner of a small business in Reston, I know how important it is to have highly educated employees from Fairfax County to help my business succeed. With great schools, we are able to supply our businesses with a pool of highly qualified employees who will continue to work, play, and pay taxes in Fairfax County. And as a parent of children who attended

GUEST EDITORIAL

Fairfax County Public Schools, I know firsthand the preparedness a world-class education provides for our next generation of leaders. By voting "Yes" on the School Bond on Nov. 8, you are doing your part as a citizen to provide the facilities necessary to ensure a top-notch education for our students, a well-educated workforce for our businesses, and ultimately the future vibrancy of our county.

The school bond will provide funding for renovation, capacity enhancements, construction and planning for more than twenty schools across Fairfax County. With an ever-growing population, Fairfax County Public Schools are approaching, and in many cases have far surpassed, their capacity. Renovations and capacity enhancements add 20 years to the functional life of a school building and will relieve crowded classrooms.

LETTERS TO THE EDITOR

FROM PAGE 20

Fairfax comes to mind) but Riverbend is the wrong park for this.

3. Traffic is already a hazard — with cars queuing up on Jeffery Road waiting to get in, and frustrated residents moving into oncoming traffic lanes to get around them. Go Ape will seriously exacerbate the traffic problem. The County estimates that on a nice day between April and October, 300-400 cars can come to the Park on a Sunday, and 200-250 on a Saturday. Go Ape could bring an extra 100 or more cars during the same times, thus increasing traffic from 25-50 percent. "Go Ape" also says on their website there are no refunds for people who miss their start time — that will create all kinds of havoc as people try to jump the queue so they don't miss their time and lose their \$60.

4. Riverbend Park is the site of the 18th/19th century Conn's Farm and Conn's Ferry — where President Madison stayed one night and was ferried across the Potomac while escaping from the British in August 1814. It is also a National Underground Railroad Network to Freedom Site, as designated by the National Park Service. The "Go Ape" site directly abuts the farmhouse site and sits on Conn's farm land, quite possibly right on top of or besides the site of the slave quarters and the family and slave

The value of FCPS facilities also extends beyond children and Fairfax County residents with children; the community at-large relies on public school buildings every day. More than 2,000 community organizations used FCPS facilities in 2010, from civic organization meetings to Sunday religious services. School buildings are used as polling places, for after-school and summer programs, adult education classes and recreation/sports leagues, as sites for Park Authority classes and camps, and as a location to serve meals to senior citizens. Improving our public school facilities will allow more people in the community to meet in a variety of ways, which will only improve the quality of our neighborhoods and the county as a whole.

From a financial standpoint, now is the time for this worthy investment in our children and our county's future. With a lack of commercial construction projects in the Washington, D.C. area as a result of the economic downturn, construction costs are lower than we have seen in decades. Also, Fairfax County is one of only 37 localities in the nation to hold a AAA bond rating, meaning we will be able to borrow at an extremely low interest rate. Most importantly, an ambitious renovation agenda will be a boon to the local economy and put people to work.

The 2011 School Bond is a fiscally responsible way to fund necessary school projects

without increasing tax bills or diverting dollars from classroom budgets. Bonds spread the financing of needed school construction over the improvement's usable life, distributing the contribution over all users throughout the years.

Our county's fiscal strength puts us in a position where it would be a financial mistake to push this necessary investment off to a time when both costs and interest rates will be higher.

As counties across the nation feel the pinch of a struggling economy and reduced revenues, Fairfax County continues to be the envy of local governments because of its economic stability that stems from its vibrant business community. Over the past years, despite the down economy, companies like Volkswagen Group of America and Northrop Grumman chose to create hubs in Fairfax County. One of the primary drivers in the decision of corporations like these — and the hundreds of others that locate in Fairfax County each year — is our top notch public school system, which ranks in the highest percentile of school districts across the country. To continue to retain this level of excellence, our community must work diligently to continue to attract the caliber of business that we do. That is why it is imperative to vote "Yes" on the Nov. 8 School Bond to provide our school system with the funding to maintain high-quality facilities that will aid and advance the education of our future workforce.

Len Forkas is chairman of Fairfax Citizens for Better Schools.

doing this, considering all costs? e) What are the environmental and traffic impacts? f) And how will they involve the community around each park BEFORE each local decision is made.

Jack Bowles
Great Falls

Neighbor and Friend of Riverbend Park

Write

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

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