

McLean CONNECTION

From left, Alex Obolensky and Nate Wilkinson, members of the band Grand Revival, perform during the "McLean Teens Got Talent" show at the Old Firehouse Teen Center Saturday, Oct. 22. The center celebrated 21 years of service during the annual block party.

PHOTO BY ALEX McVEIGH/THE CONNECTION
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Teen Center Hosts Block Party

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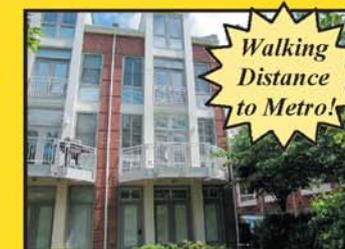
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ELECTION 2011



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

Principal Benefactor

Elizabeth Skidmore, a 50-year resident of McLean, recently became the McLean Community Center's 42nd principal benefactor. The Center is located at 1234 Ingleside Avenue.

Skidmore and her husband James H. Skidmore, who died in 2004, were active members of the

WEEK IN McLEAN

McLean Center Theatre (MCT), which was organized in March 1970. In October 1975, MCT was welcomed into the

Alden Theatre as a resident theatre group, with the opening of "You Can't Take It With You." The Skidmores were intimately involved in all areas of production of the shows, including playing a wide variety of roles in the various plays the group produced. Elizabeth Skidmore also served on the MCT board.

The couple attended hundreds of events at the Center over the years, and Skidmore still actively volunteers as an usher for the Alden Theatre. Skidmore is a resident of Small District One A-Dranesville, the tax district that



MCC Executive Director George Sachs with Elizabeth Skidmore (center) and Performing Arts Director Sarah Schallern.

pays a special real estate surcharge that supports Center programs. The Skidmores' names have been added to the list of benefactors engraved on the wall just inside the Center's main entrance.

MCC Executive Director George Sachs says the gift came as a pleasant surprise.

Bank Robbery in McLean

McLean Police District – Police are investigating a bank robbery that occurred Tuesday, Oct. 25 around 10:10 a.m. A man entered the Main Street Bank at 6832 Old

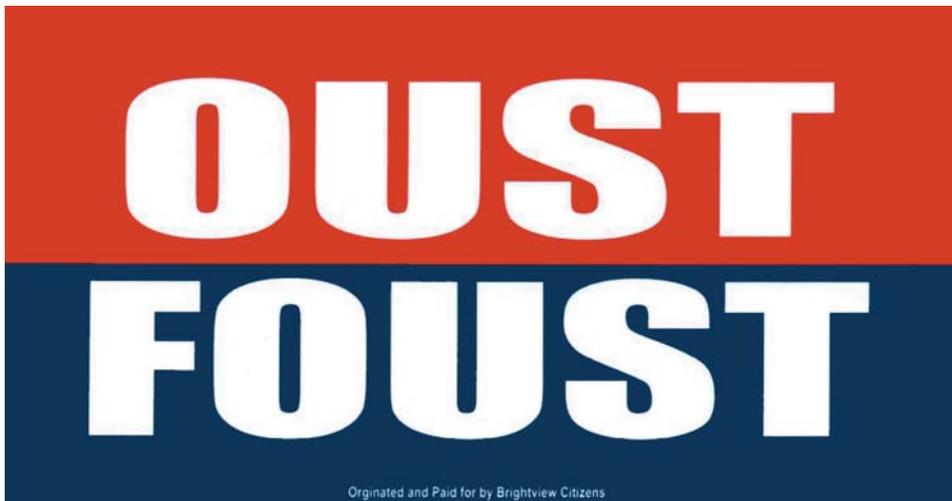
Dominion Drive. The suspect implied a gun and demanded money. The teller complied and the suspect fled with an undisclosed amount of cash. There were no injuries.

The suspect wore a Halloween mask, blue jeans and a black, leather trench coat. He is described as black, between 6 feet 1 and 6 feet 3 inches tall, and 185 pounds.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

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Did you know?

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- *It's time for a change that will bring the necessary resources to our neediest students, and provide differentiated support for all FCPS kids,*
- *It's time for a change that will bring greater sensitivity and a restorative, educational, and therapeutic discipline process to our children,*
- *It's time for a change that will bring greater professional autonomy for our teachers to start teaching with creativity, and not 'to the test'.*



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- **Mason:** Sandy Evans • **Mt. Vernon:** Dan Storck
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- **At-Large:** Lolita Mancheno-Smoak, Steve Stuban

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VOTE FOR THE FCPS BOND REFERENDUM ON NOVEMBER 8TH TO IMPROVE OUR SCHOOLS!

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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SCHOOLS



The Langley School Presents "The Adventures of Robin Hood"

Langley School Presents 'Robin Hood'

The Langley School will present its Middle School fall production of "The Adventures of Robin Hood" Thursday, Nov. 10 – Saturday, Nov. 12 at 7:30 p.m. in the school's Sherman Arts Center, with an additional matinee performance at 1 p.m. on Saturday, Nov. 12. Tickets must be purchased in advance at www.langleyschool.org for \$7 each.

Sixty Middle Schoolers will take part in the show, serving as actors on stage, assisting with sound and

lighting, overseeing the action as student directors, working on props, makeup, hair, and costume design, helping create sets, and assisting with scene changes and backstage operations.

Founded in 1942, The Langley School is an independent coed day school for students in preschool through eighth grade. Located on a 9.2-acre campus in McLean, VA, the school reaches across multiple disciplines to discover, amplify, and embrace the talents of every child, every day.



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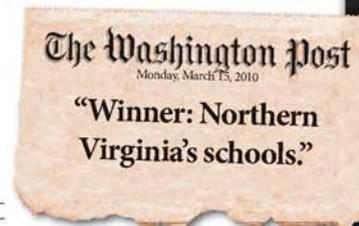
"During my campaign, I promised to focus on job creation and over the past two years, I have worked in a bi-partisan way to get positive, common sense results for our families. Together we've worked for good jobs, better roads, and quality education. With your vote, I will keep working to make Northern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

Barbara Comstock



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- Northern Virginia Association of Realtors
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FAITH

Faith Notes are for announcements and events in the faith community. Send to mclean@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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VOTE NORTHERN VIRGINIA FIRST NOVEMBER 8TH!

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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 fullday 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 jkivlin@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 Bha'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

Editor's Note

These letters have been shortened to allow printing as many perspectives as possible before the Nov. 8 election. The full text of the letters, as well as letters received beyond our production deadline, are available online.

Ideologue or Pragmatist?

To the Editor:

That is the choice we have between the two candidates for the 34th District of the Virginia House of Delegates. Barbara Comstock's ... vote to prohibit state funding for stem cell research not only affects our progress in harnessing this technology to save lives, but reflects ... anti-science philosophy. This is an anti-science message that high tech businesses considering moving into Fairfax could view negatively as they seek to hire a highly educated workforce.

On the issue of attracting business, Pamela Danner offers the pragmatist alternative to the ideologue Comstock. ...

If you look at the record of Barbara Comstock, you see a consistent pattern of alignment with positions of downstate Tea Party activists. Pamela Danner's record of community service and small business successes prepares her to better serve the interests of Northern Virginia.

Lois Wilson, D.D.S.
McLean

Re-elect John Foust as Supervisor

To the Editor:

As an independent voter, I am in favor of re-electing John Foust as County Supervisor for the Dranesville district. Over the past several years I have experienced first hand his dedication and determination to help the people he

represents. ...

Supervisor Foust came to the aid of our local swim club when we really needed it. As President of the Hamlet Swim Club, I needed John's help in getting through the maze of County building regulations during the renovation of our clubhouse. The summer would have been lost without the direct intervention of Supervisor Foust on behalf. ...

From my point of view as an independent voter, John Foust has displayed the right temperament to get the job done for the good of the individuals he represents. He sees the big picture, but works with the local neighborhoods to get results. I ask for your support to re-elect John Foust.

Bill Parks
McLean

The Taxpayers Should Be Outraged

To the Editor:

In 2005, Fairfax County entered into an agreement with the Duvall family to acquire property known as "Salona" for \$16.01 million with the expressed intent of developing a mixed-use park consisting of two athletic fields along with various passive uses. ...

However, a small group opposed the plan, most of whom are financial supporters for Supervisor John Foust. ...

Supervisor Foust has taken control of the planning process of the Salona property away from the Park Authority. ...

Since John Foust became the Dranesville Supervisor, McLean and the surrounding area has experienced a loss of SEVEN fields due to County construction projects. As a result of the loss of the fields, McLean youth organizations are currently sending players to Herndon to practice from 9-

10:30 p.m.

In addition to the existing field shortage, Supervisor Foust is proposing to spend \$20.1 million for the renovation and expansion of his Dranesville office.

Youth representatives have met with Supervisor Foust and have presented numerous proposals to upgrade existing fields with synthetic turf or lights. He has opposed these proposals because of the opposition of a small group of his financial supporters.

It is time that the taxpayers vote to OUST JOHN FOUST!

Shawn O Rourke,
Spokesperson
The McLean Family Coalition
www.mcleanfamilycoalition.com

Strauss Contributing to the Community

To the Editor:

As a lifelong Republican activist, I am proud to say that I wholeheartedly endorse Janie Strauss for Fairfax County School Board. I ... am horrified by the tactics employed by Louise Epstein's campaign. In a recent Washington Post article, Epstein's campaign manager, Catherine Lorenze, attacked Janie Strauss because she is a grandmother and should retire from the Board and do her duties as a grandmother.

I'm also a grandmother and am deeply offended by the notion that a grandmother should not be serving on the School Board! I'm proud of my grandchildren but I am also proud of my job and my contributions to the community. ...

Janie Strauss is a dedicated and effective School Board Member. She has brought high achievement to Fairfax County Public Schools. I believe that Janie Strauss' experience is critical to continuity and future success with FCPS.

Mary Ann Paturis
McLean

Strauss: A Role Model

To the Editor:

As a public school teacher who's been in the classroom for more than 30 years my thoughts on Janie Strauss are, to a one, positive. As a parent to two young women in my classroom Janie was supportive of her daughters. Janie radiated good will, intellectual curiosity, and a willingness to learn.

Then I encountered Janie as a member of the School Board. Janie listened to the words we, as teachers, shared our concerns. She researched those concerns, deliberated, and delivered a balanced response. ...

Janie Strauss has, in classic form, integrity. ... She will help establish a School Board that does not espouse ageism, that will treat all parents, all children, and all teachers with dignity and that will seek to solve Fairfax County's problems with an enlightened, decent vigor.

Mildred M. Waterfall
Oakton

Comstock v. Danner

To the Editor:

On Tuesday, Nov. 8, voters will go to the polls and have very different candidates to choose from in the 34th House of Delegates race.

For 30 years Pamela Danner has served our community. Many people have noted that there can

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SEE LETTERS, PAGE 13

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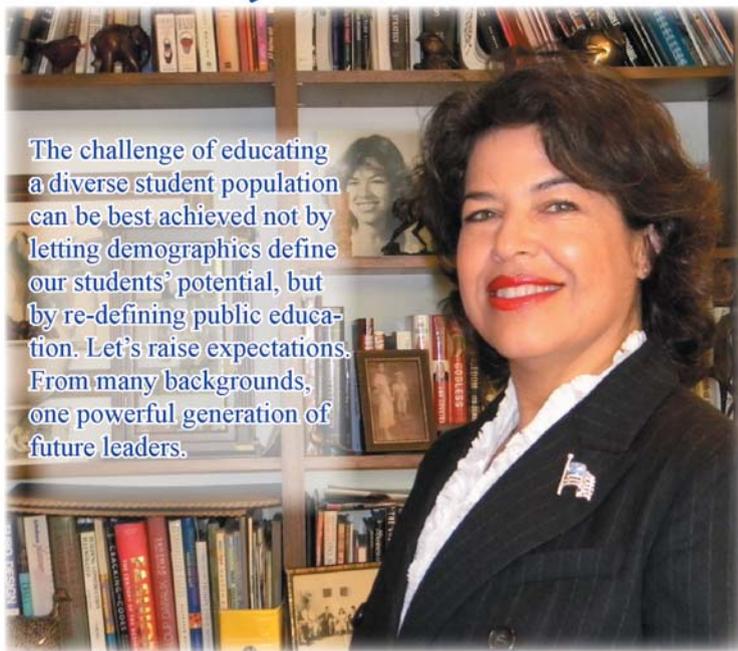
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For more information about Kathy and issues, please visit:
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KathyMallard48VAHD@hotmail.com

Thank you!

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More than 22,250 runners participated in the 36th Marine Corps Marathon Oct. 30. More than 98 percent of participants completed the 26.2 mile race. Here, runners complete the first .2 miles of the race, running under Memorial Drive.

Taking It To The Streets

Jill's House team tackles Marine Corps Marathon.

BY JEANNE THEISMANN
THE CONNECTION

For the fourth year, a team of runners took to the streets of Washington and Northern Virginia Oct. 30 for the 36th Marine Corps Marathon to raise money for Jill's House, a respite care facility for children with intellectual disabilities.

"My niece Nicole has been using Jill's House for about a year now," said Allison Possa, who tackled the grueling 26.2-mile course in 4 hours, 45 minutes and 32 seconds. "She has made so many wonderful friends there."

A team of 40 runners raised more than \$31,000 to

support the facility, which celebrated its first anniversary Oct. 15.

"We are very happy with the support and dedication of our runners," said Kat Vinson, the development and events manager for Jill's House. "The money raised will allow us to serve more families and children with special needs."

Sunday's race was won by U.S. Army lieutenant Chad Ware with a time of 2:19:16, followed by Michael Wardian of Arlington (2:23:46) and Patrick Fernandez of Alexandria (2:26:00). Comedian and host of "The Price Is Right" Drew Carey completed his first marathon in 4:37:10.

"This was an incredible experience," Possa said after the race. "For my niece who has epilepsy and so many others like her, it was rewarding to put my legs to work for a good cause."

For more information on Jill's House, call 703-639-5660 or visit www.jillshouse.org.



PHOTOS BY DEB COBB/THE CONNECTION

Allison Possa and Jerry Johnson joined tens of thousands of runners to participate in the 36th Marine Corps Marathon Oct. 30. Possa ran the 26.2 mile marathon in 4:45.32 and Johnson ran the Marine Corps 10 K (6.2 miles) in 0:59.34 as part of the Jill's House team from McLean Bible Church.

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



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- Governor Bob McDonnell
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LETTERS

FROM PAGE 10

be few people in McLean who have not been positively affected in some way through Pamela's service.

Who is the real Barbara Comstock? As Delegate, Comstock supported the recent egregious assault on women's health. She voted to cut \$620 million in funding for education, while claiming credit for all day kindergarten. She supported the Governor's "smoke and mirrors" budget that will burden future generations with debt so he can claim a current surplus.

People in the 34th District need to ask themselves: Do I want a Delegate who will advocate for our community in Richmond, or will I accept Comstock who has proven to be a rubber stamp for downstate interests.

Kathleen Murphy
McLean

Howell Deserves Our Support

To the Editor:

On Nov. 8, voters in Virginia's 32nd Senate District have a clear choice, and they should choose Janet Howell.

She listens to people regardless of their position and influence. She has heard the stories of families who need help with mental health problems and services, and she has been a key sponsor of mental health legislation that earned broad bi-partisan support. She is also nationally recognized for reforming Virginia's domestic violence laws and establishing the state's sex offender registry.

She is a creative thinker and problem solver. As a member of Virginia's Small Business Commission, Janet has promoted legislation to create jobs at the level where so many of our new businesses get their start. She is a key

SEE LETTERS, PAGE 20

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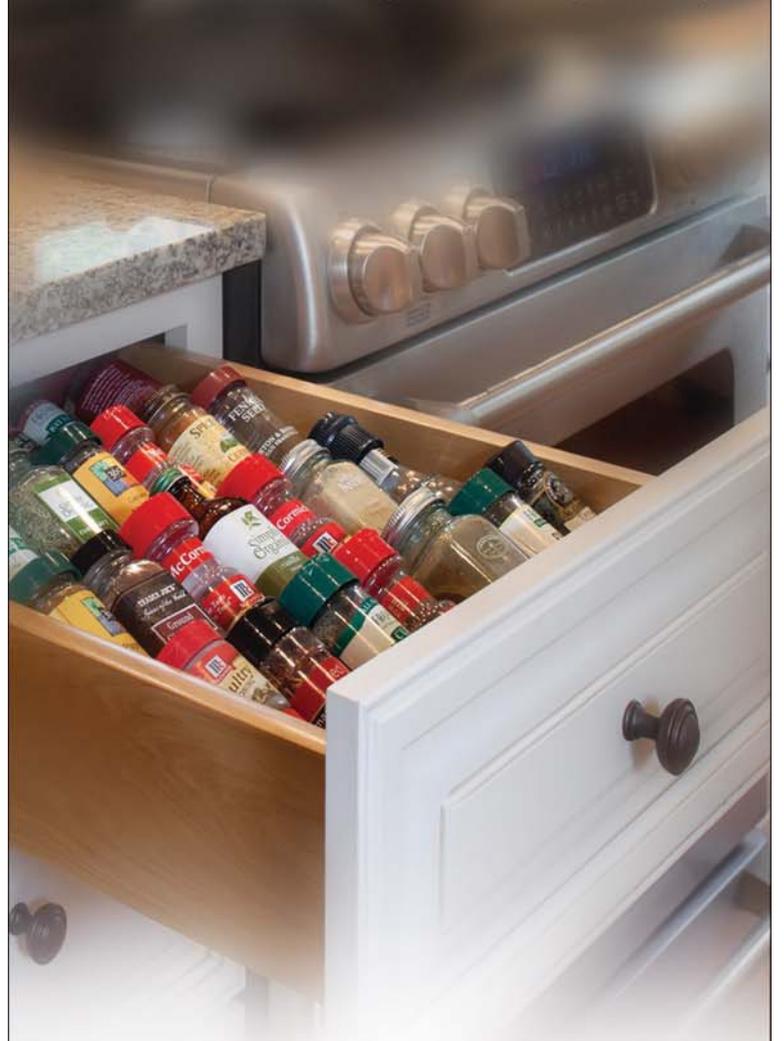
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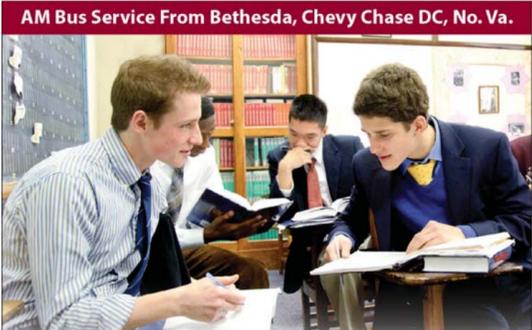
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Football players wore pink socks for the game on Friday Oct. 28 to support breast cancer.



The tailgate showcased local artist, Lyricks.



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

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 Jerriel, 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."

connections 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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CAMPS & SCHOOLS

Madeira Girls Go to the White House

Madeira students braved the rain on Thursday, Oct. 13, to attend the arrival ceremony of the Republic of Korea president on the White House Lawn.

Boarding Students from Korea, members of the Korean Student Association (KSA), and students in upper-level language courses were all issued a formal invitation to attend the ceremony. At 6 a.m. Thursday morning, a group of girls, along with several of their teachers, boarded buses and headed into the city.

After having waited in the rain for several hours, the group had a moment of disappointment when event coordinators announced that the ceremony had been cancelled due to inclement weather. However, a few minutes later, the weather improved and the coordinators changed their mind. "We were all so happy when they announced the ceremony was back on. The whole crowd cheered," said Makenzie Parent, a senior.

Despite the rain, students agreed it was a wonderful experience. "My friend Jamie's mom was watching the ceremony on TV in Korea, and she saw her daughter and me standing in the crowd," said So



Madeira Students pose in front of the White House. From left: Nadia Garcia, Julia Nelson, and June Schreiner.

Jung Lee, a junior boarder from Korea.

Seniors who interned on Capitol Hill last year especially enjoyed the ceremony. As Nicole O'Donnell, a senior Spanish student said, "Having worked on Capitol Hill last year, we got to see much of what goes on behind the scenes in terms of government; going to the White House, we were a part of the action." Some girls were even lucky enough to shake President Obama's hand, which was "incredible," said Jibby Ayo Ani, a Senior.

— MARY GRACE OAKES



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Bringing a SPARC to McLean

Specially Adapted Resource Club comes to Old Firehouse Teen Center.

BY ALEX MCVEIGH
THE CONNECTION

The Old Firehouse Teen Center in McLean is the site of Northern Virginia's newest Specially Adapted Resource Club (SPARC), which provides recreation and learning opportunities for adults with life-long disabilities.

"SPARC takes people with special needs and embraces them, gives them opportunities they couldn't get anywhere else," said David Sanders, treasurer of the McLean Community Center board.

The participants of SPARC have been coming to the Old Firehouse Teen Center for the past few weeks, but the organization officially cut the ribbon Wednesday, Oct. 26 at the teen center.

"They come here three days a week, Monday, Wednesday and Friday, and do activities here, or use the center as a jumping off point before going to another place," said



The ribbon is cut at the Specially Adapted Resource Club at the Old Firehouse Teen Center in McLean Wednesday Oct. 26. The club provides resources and opportunities for adults with life-long disabilities.

Ryan Brookes, Intergenerational Programs director at McLean Community Center.

The MCC was first approached about participating in SPARC by president and executive director Donna Goldbranson.

"We have challenges, but also great solutions, and having SPARC here in McLean is a solution," she said. "This launch in McLean is very exciting for us."

Sanders said that Goldbranson's presentation to the board had "everyone's rapt

attention" and that it was an easy decision to participate.

"Donna came to the MCC staff and governing board with the concept and the SPARC mission, and we thought right away that their mission is what this community is all about," Sanders said. "We feel we're now serving a part of this community that has been under-served."

The Old Firehouse Teen Center SPARC is the second in the area, the first one opened



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Donna Goldbranson, president and executive director of Specially Adapted Resource Clubs (SPARC), speaks at the ribbon cutting.

in December 2006 at the Southgate Community Center in Reston. The Southgate SPARC now serves 14 adults and has a waiting list.

Supervisor John Foust (D-Dranesville) said caring for disabled adults has become a county priority.

"The Board of Supervisors has long recognized the role nonprofits like SPARC play in times of need," he said. "As a county, we're starting to realize that many young adults with life-long disabilities graduate high school without opportunities, they essentially 'graduate to their couch.' SPARC has a solution to that, they ensure they these adults can keep busy."

More information on SPARC services can be found at www.sparcsolutions.org.



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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



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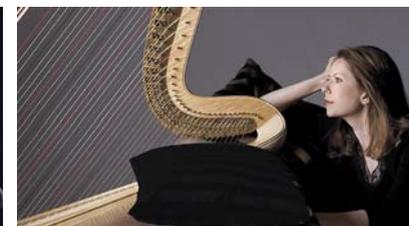
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ON STAGE

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 Perotti 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.

Elisabeth 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

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SUNDAY/NOV. 6

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

2-6 p.m. The Pavilions of Turkey Run, Colonial Farm Road, McLean. Full BBQ meal with beverages and dessert, inflatable rides and arts and crafts for children, an auction and raffle items. \$50 adults, \$15 ages 7-18, age 6 and under free. All proceeds benefit those injured in the line of duty. Register at <http://bit.ly/nMLq9T>. www.qlplus.org.

“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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Calendar Listings

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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LETTERS TO THE EDITOR

FROM PAGE 13

participant in the Joint Biotechnology Commission. ...

She is grounded in her community. As a member of the prestigious Senate Finance Committee and one of six Senate budget conferees, she is called upon to make decisions about how our tax dollars will be spent on all our core services including education, transportation, public health and safety programs. When thinking about spending priorities, Janet never forgets the people in the neighborhoods where she got her start in public service and what they expect from government for themselves and their children. ...

Margaret Vanderhyle
McLean

Danner v. Comstock: A Clear Choice

To the Editor:

Pamela Danner touts herself as a "fiscal conservative" yet endorses "Obamacare" that would increase the payroll tax and impose new taxes. ... She supports increased taxes for transportation and also

union mandates for the Dulles rail project that could drive up costs significantly, raise tolls to prohibitive levels, and result in Virginia jobs going to union workers in Maryland and D.C. ...

Del. Comstock seeks to do more with less and without raising taxes. This approach enabled the state to close a \$6 billion deficit, balance its budget, and run a surplus of some half a billion dollars for FY 2011, without raising taxes. Virginia public employees received a 3 percent bonus for the first time since 2007. Comstock co-patroned a \$4 billion Transportation Plan — the first major transportation plan passed in 20 years — and obtained \$25 million to widen Route 7 in Fairfax and Loudoun Counties, without raising taxes. ... Danner's tax and spend policies and costly mandates could send Virginia into a downward economic spiral like so many other states. The voters have a clear choice to make on Nov. 8.

Anne Gruner
McLean

Vote for Inclusion

To the Editor:

We are former members and Co-Chairs of the FCPS School Board's advisory Minority Student Achievement Oversight Committee (one of us a Strauss appointee) and former Co-Chairs of the Thomas Jefferson High School for Science and Technology (TJHSST) PTSA Diversity Committee. Over the past decade, we have had the opportunity to observe both Strauss and Louise Epstein responses to issues that impact minority student achievement. We are deeply troubled by the positions Ms. Epstein has taken on several of these issues and by her lack of understanding of, and support for, Black and Latino students in FCPS.

We, therefore, endorse and support the re-election of Janie Strauss.

Ms. Epstein has focused her efforts on exclusion of students of color and low-income students in gifted and talented programs and at TJHSST. Ms. Epstein's campaign resume, which focuses on her work in the grass roots Fairgrade effort and touts her one year of experience as PTSA president at TJHSST, conveniently fails to also highlight that Ms. Epstein has been the voice of the opposition to ef-

orts seeking to address the lack of diversity at TJHSST since as early as 2001, well before she had any children at the school. ...

We believe that Janie Strauss is a proven leader and advocate for all students in Fairfax County. ...

Janie Strauss is a consensus builder who considers all sides of an issue and seeks to find solutions that will benefit all students. The same cannot be said of her opponent.

Luis Fierro (FCPS Parent Class of 2003 & 2006)

Judith Hall Howard (FCPS Parent Class of 2004 & 2008)

Voting Outside the Party Line

To the Editor:

As a lifelong Democrat who has frequently voted the straight Democratic line, I was appalled to learn that the Fairfax Democrats are sending out a mailing to tout their candidates in what is supposed to be a nonpartisan election.

I have 13 years experience with my three children in the FCPS system. I am supporting Louise Epstein, Janie Strauss's challenger, in the Dranesville district and at-

large candidates like independent Steve Stuban because they will bring a skeptical perspective to a school board that has all too often ignored the opinions of parents and teachers.

Epstein has been endorsed by both school teacher's unions, an important fact that the Democrats appear prepared to ignore. Why? Because Strauss has been a rubber stamp for the school board on so many issues of importance to Fairfax parents, including grading standards, school discipline, timely school construction and dwindling honors classes.

There are many odd myths about Epstein. The claim that Epstein has an emphasis on gifted students is completely inaccurate. She grew up in public housing in New York City and attended college on a full scholarship. She deeply cares about the needs of all students. After all, she was a co-founder of Fairgrade, which mostly has benefited the kids in the middle, not the top.

We need critical thinking and a new perspective in Fairfax County rather than to rest on our laurels.

Cindy Rich
McLean

SEE LETTERS, PAGE 27



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Our Lady Queen of Peace Catholic Church...703-979-5580
St. Ann Catholic Church...703-528-6276
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Church of God...703-671-6726

Churches - Episcopal
St. Andrew Episcopal Church...703-522-1600
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Lutheran Church of The Redeemer...703-356-3346

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Churches Lutheran (Missouri, Synod)
Our Savior Lutheran Church...703-892-4846

Churches - Nazarene
Arlington First Church of the Nazarene...703-525-2516

Church - Brethren
Church of The Brethren...703-524-4100

Churches - Baptist
Arlington Baptist Church...703-979-7344
Cherrydale Baptist Church...703-525-8210
First Baptist of Ballston...703-525-7824
Mt. Zion Baptist Church...703-979-7411

Churches - Baptist-Free Will
Bloss Memorial Free Will Baptist Church...703-527-7040

Churches - Christian Science
McLean-First Church of Christ, Scientist...703-356-1391

First Church of Christ, Scientist, Arlington...703-534-0020

Churches - Presbyterian
Arlington Presbyterian Church...703-920-5660
Church of Covenant...703-524-4115

Clarendon Presbyterian Church...703-527-9513

Little Falls Presbyterian Church...703-538-5230

Trinity Presbyterian Church...703-536-5600

Westminster Presbyterian...703-549-4766

Churches - Unitarian Universalist
Unitarian Universalist Church of Arlington 703-892-2565

Churches - United Methodist

Arlington United Methodist Church...703-979-7527

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Charles Wesley United Methodist...703-356-6336

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Clarendon United Methodist...703-527-8574

Community United Methodist...703-527-1085

Mt. Olivet United Methodist...703-527-3934

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Churches - United Church of Christ

Bethel United Church of Christ...703-528-0937

Rock Spring Congregational United Church of Christ...703-538-4886

Non-Denominational

New Life Christian Church - McLean Campus...571-294-8306

Metaphysical

Arlington Metaphysical Chapel...703-276-8738

Presbyterian Church in America Churches

Christ Church of Arlington...703-527-0420

Synagogues - Conservative

Congregation Etz Hayim...703-979-4466

Synagogues - Orthodox

Fort Myer Minyan...703-863-4520

Chabad Lavavitch of Alexandria-Arlington...703-370-2774

Synagogue - Reconstructionist

Kol Ami, the North Virginia Reconstructionist Community...571-271-8387

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:

Saturday Vigil: 5:30 PM
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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.

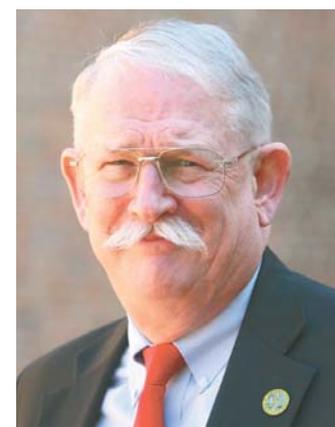
If the voter is, in fact, trying to vote in the wrong precinct? Best not to argue, or insist on a provisional ballot, Quinn said. According to the Virginia State Constitution, provisional ballots don't count if the voter casts a ballot in the wrong precinct.

"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



PHOTOS BY ALEX McVEIGH/THE CONNECTION

From left, members of Grand Revival Alex Obolensky, Gilbert Pitcher, John Fee and Nate Wilkinson perform at the Old Firehouse Teen Center block party, part of the “McLean Teens Got Talent” show Saturday, Oct. 22.

Teen Center Hosts Block Party

Event features
first ‘McLean
Teens Got Talent’
competition.

BY ALEX McVEIGH
THE CONNECTION

The Old Firehouse Teen Center in McLean celebrated 21 years of serving the community with their annual block party Saturday, Oct. 22. In addition to the usual games and activities that filled the parking lot, this year featured a “McLean Teens Got Talent” competition, featuring local youth showing off their talents.

“The talent we’ve seen here has been unbelievable,” said Keri Staley, who served as one of the competition’s three judges. “It far surpassed what I would have expected from a local talent show.”

Staley and fellow judges Darrick Speller and Brandon Showell observed each act from their perch about 20 feet away from the stage, and as each act finished up, the three judges used a megaphone to give each act their advice.

“We’ve had some bands, some single acts and some others, but they’ve all been very entertaining,” Showell said.

One such act that earned positive reviews from the judges was Grand Revival, a four-piece rock band featuring students from Langley, Marshall, Thomas Jefferson and Oakton High Schools. The group played original songs with the high-energy of classic arena rock acts.

“It’s always different playing outdoor events, you don’t have the enclosed space to hear all the sounds,” said singer Alex Obolensky. “But we got some pretty solid response from the crowd for an outdoor event like this.”

Besides basking in the talent of local teens, visi-



Alex Mansfield, 14, enjoys some time upside down during the 21st annual block party hosted by the Old Firehouse Teen Center in McLean Oct. 22.



Luke Byrne, 10, gets his caricature drawn during the Old Firehouse Teen Center’s 21st annual block party Saturday, Oct. 22.

tors to the event could throw softballs at a dunk tank, do arts and crafts, or get a temporary tattoo or a caricature drawn.

“The party was a lot of fun, and my son will have a caricature to take home with him,” said Jen McDonald of McLean, who came with her son, Ben, 6. “It looks like they run a pretty good program here, and hopefully when Ben is of age this place will be a big part of his after-school activities.”

The Old Firehouse Teen Center opened in 1990, and is a place for young teens to go for after school programs, activities and trips. It is located at 144 Chain Bridge Road in McLean.

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

CASTING 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), Courteney 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 Wisner 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).

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.

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21 Announcements

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

12 Commercial Lease

Office Space for Lease in Oakton. Approx. 800sf Avail Immediately. 703-820-2500

21 Announcements

ABC LICENSE

Uptown at Ballston Gateway, Inc. trading as Uptown Cafe, 3865 Wilson Blvd. Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer off Premises license to sell or manufacture alcoholic beverages. Ahra Cho, Director

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21 Announcements

LEGAL NOTICE
 Commonly known as 4600 South Four Mile Run, #1242, Arlington, Virginia 22204.

TERMS OF SALE: A deposit of \$15,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 6.50 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

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.

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

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as 4600 South Four Mile Run, #1242, Arlington, Virginia

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.

the following property being the property contained in said Deed of Trust, described as follows:

Unit 1242, The Carlton, a Condominium
 RPC No. 28034987

Commonly known as 4600 South Four Mile Run, #1242, Arlington, Virginia 22204.

TERMS OF SALE: A deposit of \$15,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 6.50 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

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.

DAVID N. PRENSKY
 Substitute Trustee
 FOR INFORMATION CONTACT:
 David N. Prenskey
 Chasen & Chasen
 5225 Wisconsin Avenue, N.W. #500
 Washington, D.C. 20015
 (202) 244-4000

Cause An Affect

By KENNETH B. LOURIE



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

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

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

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

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

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

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

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

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.

- ❖ **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
- ❖ **Ottilia 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 Sijos**, 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 Student 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

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- Expires December 6, 2011

CN

ALEXANDRIA.....703-823-0800
456 S. Pickett St.
(Corner of Edsall & South Pickett)

BURKE.....703-425-4400
5663 Burke Centre Pkwy.
(Rt. 123 & Burke Center Pkwy., Behind McDonald's)

CHANTILLY703-631-3800
14154-C Willard Rd.

FAIRFAX CITY.....703-978-4500
(Economy Auto Parts) 3855 Pickett Rd.

FALLS CHURCH.....703-534-1200
431 S. Maple Ave.
(near intersection of Lee Hwy. & Rt. 7)

HERNDON.....703-707-0800
23070 Oak Grove Rd. #100
(Corner of Rt. 606 & Oak Grove Rd.)

FAIRFAX.....703-591-6500
10912 Lee Hwy.

MERRIFIELD.....703-560-1560
(Machine Shop) 703-560-0813
8701 Lee Hwy.

NEWINGTON.....703-339-8300
8196-A Terminal Rd.
(Fairfax County Pkwy. at Terminal Rd.)

STERLING703-450-6600
(LOUDOUN).....703-444-5096
47060 Harry F. Byrd Hwy.
(Rt. 7 at Dranesville Rd.)

VIENNA.....703-281-5700
121 Church St., N.E.
(Behind Vienna Inn)

2 MANASSAS AREA LOCATIONS

MANASSAS/EUCLID AVE.....703-368-7106
(Metro).....703-631-1125
(Champ Auto Parts) 9088 Euclid Ave.

MANASSAS/Rt. 234.....703-368-1002
(Metro).....703-631-1205
(Economy Auto Parts) 8106 Sudley Rd.

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