

Linda Xiong, a member of the Oakton High School band color guard, warms-up with the rest of the band during the annual Virginia Band and Orchestra Director's Association State Marching Band Assessment on Saturday at West Springfield High School.

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PHOTO BY ROBBIE HAMMER / THE CONNECTION

Marching For Honors

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Fright Night
At Meadowlark

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Of Headaches

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- **Hunter Mill:** Pat Hynes
- **At-Large:** Lolita Mancheno-Smoak, Steve Stuban

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VOTE ON NOVEMBER 8TH ~ SCHOOL BOARD ELECTIONS MATTER!

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

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 19

Key Local Races



Chap Petersen: Promises experience, advocacy and results.

"I always speak my mind, and I always take a stand."

—Sen. Chap Petersen
(D-34)



Gerarda Culipher: Promises 'cutting your commute and your taxes.'

"My struggles as a commuter have inspired me to run."

—Challenger Gerarda
Culipher

34th District State Senate

Candidates: Democratic Incumbent Chap Petersen; Republican Gerarda Culipher.

First-term Senator Chap Petersen (D-34) faces Republican newcomer Gerarda Culipher for the 34th district Senate seat on Nov. 8.

PETERSEN, a trial attorney whose family has deep roots in the Vienna-Fairfax area, is one of the County's nine Democratic Senators. He served in the Virginia House of Delegates from 2002 to 2006, and was elected to Senate in 2007.

Petersen, who calls himself "the people's Senator," said voters can count on him for three things: experience, advocacy and results. "Virginia is one of the very few states that kept a balanced budget without raising taxes," he said. "I always speak my mind, and I always take a stand. As an attorney, you learn that you have to think for yourself."

During his first term, he said he cracked down on polluters by sponsoring the Pickett Road Tank Farm bill (SB 843), requiring tank farm owners to upgrade storage tanks to current Environmental Protection Agency (EPA) standards. He said passing legislation to keep college affordable, while fighting attempts to divert state funding from Fairfax County Public Schools, also topped his list of successes.

While Petersen has been a popular incumbent, the redistricting of the 34th put traditionally conservative parts of Centreville and Chantilly into play, along with Vienna, Oakton, Fairfax City and segments of Burke and Annandale.

CULIPHER, a first-time candidate from Oakton, defines herself as the "family" candidate dedicated to "cutting your commute and your taxes."

"As a military wife, a mother of three, a law professor and lawyer, I spend every day enjoying the benefits, and facing the challenges, of living in Northern Virginia," Culipher has said. "My struggles as a commuter have inspired me to run. I want to cut your commute and cut your taxes. Our region's many rich opportunities also present us with unique problems; problems that call for smart solutions."

Petersen has a commanding lead over his opponent in fundraising. According to the latest report from the Virginia Public Access Project (VPAP), Petersen raised \$335,690 to Culipher's \$53,241, and has \$295,342 cash on hand compared to Culipher's \$9,921.

—VICTORIA ROSS

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NEWS

Searching for God's Feminine Face

BY AMIEE FREEMAN
THE CONNECTION

Church members at Unitarian Universalist Congregation of Fairfax in Oakton sought to raise consciousness for a good cause Friday, Oct. 21 and Saturday, Oct. 22, with the production of "Mother Wove the Morning," a play by Carol Lynn Pearson, which searches for the feminine face of God.

The play, with its cast of seven women playing multiple roles, is "a walk through history starting in Paleolithic times and traces the history, or perhaps her-story, of the transition from mother-like god to a male god," said Oakton resident and director Sarah Jesbian.

According to Jesbian, Pearson had a dream in 1989 about opening a box and finding her deceased mother's head in it. Upon waking Pearson decided that this dream was a message to take her mother "out of the box so to speak and explore the feminine aspects of spiritually," said Jesbian.

Elaine Keener, a UUCF member and Reston resident, played the role of Pearson; Keener narrated the play.

"This play is one of those things that I hope people will think about the next day," said Keener. "The play definitely has a lot of depth to it. I think the next day, after seeing the play, the audience will still be thinking about it. Perhaps a light bulb will go off and they will begin to understand more."

THE FIRST CHARACTER to join Keener on stage is LaVerne Gill, also a UUCF member and Reston resident. Gill plays the parts of Bruen, a Paleolithic



PHOTO BY AMIEE FREEMAN

The cast of "Mother Wove the Morning," a play about the search for the feminine face of God, sponsored by the Unitarian Universalist Congregation of Fairfax. From left, cast members are: Elizabeth Stripe, Maeve Nash, Georgia King, Elaine Keener, Laverne Gill, Susan Bennett, Marlo Nash.

woman; Amemepshut, an Egyptian priestess; and Phoebe, a Shaker woman.

"I had an opportunity to do some research about the play. I feel it is very powerful and will certainly raise consciousness. It may also trample on some sacred cows," said Gill.

Director Jesbian feels that this play is necessary to perform as the feminine is often removed from religious discussions. "I found this play when I was a teenager. I was looking for something spiritual I could connect with. This play was the first time I heard there

SEE PLAY, PAGE 5

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FAITH

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

Antioch Christian Church, 1860 Beulah Road in Vienna, invites the community to hear Sandra Rico on Sunday, Nov. 6 at 11 a.m. Rico is a graduate of Universidad Evangelica Boliviana, and will be teaching on "Honoring your Father and Mother." She teaches many courses in Spanish and Hebrew. www.antiochdoc.org or 703-938-6753.

Epiphany United Methodist Church, 1014 Country Club Dr., N.E. in Vienna, will hold its Thanksgiving Service on Sunday, Nov. 20 at 11 a.m. The sermon topic is "Why Me, Lord." office@epiphanyumc.com or 703-938-3494.

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.

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.

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.

Play

FROM PAGE 4

was a female deity I could connect to. I have two little girls. I don't want my girls feeling anything less than awesome," said Jesbian.

Producer and actor Susan Bennett agreed. "I have done a lot work with women in spirit circles. I have asked women what do they think God looks like. Almost everyone of them said that God is man with a long, white beard who lives up in the sky. We are trying to bring the feminine back into spirituality. This play is not about men versus women. In fact, I think men will find this play very touching," said Bennett.

ALL PROCEEDS from the production went to the Fistula Foundation, which is working to prevent through surgery the ostracization of women who have become incontinent following a difficult or obstructed labor. The foundation supports fistula treatment in 12 low-income countries. This is the fourth fundraiser the Unitarian Universalist Congregation of Oakton has had for this foundation.

Over the past several years, members of UUCF have produced productions of "The Vagina Monologues" and "A Memory, a Monologue, a Rant and a Prayer" to raise funds in support of V-Day, a global activist movement to stop violence against women and girls.

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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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The Green Hedges School jazz band returned this year to carry on its tradition.



F.B. Meekins Pre-school marches in the Vienna Halloween Parade every year.

PHOTOS BY DONNA MANZ/THE CONNECTION

Vienna Halloween Parade Draws Thousands

Floats, bands, dancers and costumed kids highlight Vienna's prominent event.

BY DONNA MANZ
THE CONNECTION

As if on cue, the rain disappeared from Vienna late afternoon on Oct. 26, clearing — literally — the way for 30,000-plus spectators to enjoy the 65th annual Vienna Halloween parade on a dry and balmy evening.

The theme for this year's parade focused on the parade's history. Grand Marshals

were longtime Vienna businesses Money and King Funeral Home, who rode in their own prop, a hearse, Cuppett Performing Arts Center, Vienna Rexall Drug Center, and the Vienna Inn.

Active and retired military led off the parade with their presentation of the colors.

A swarm of costumed children marched with their families, independently and in affiliated groups, from Vienna Moms to Meekins Pre-School to Vienna Youth Sports

teams. Law enforcement and rescue vehicles and teams were well-represented, including bagpipe corps. Sirens and flashing lights awed the kids, as did the Shriners in their mini-cars. There was no dearth of politicians, either. Dancers danced, bands played and spooky floats floated on wheels. Once again, the Redskins Marching Band played their spirited ode to Washington's professional football team.

It wasn't just the kids marching in the

parade who dressed in costume. Many of the thousands of kids lining Maple Avenue wore Halloween costumes, as well.

A 3-year-old Minnie Mouse summed up her take on the parade. "I liked watching the people in the little cars. They were driving crazy." Her favorite part? Marching with friend Tova in the parade.

Cheers to all the little ones who make each year's Halloween parade a tradition in Vienna.

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



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

- Governor Bob McDonnell
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BULLETIN BOARD

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

THURSDAY/NOV. 3

Fairfax County School Board Candidate Forum. 7 p.m. American Legion Post 180, 303 Center St., N., Vienna. The Hunter Mill candidates will be featured. 703-242-7651.

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

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.



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Barbara Comstock



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NEWS

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



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.

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.



Vienna resident Jim Bradford was 'monkeying around' as he crossed the finish line of the 36th Marine Corps Marathon Oct. 30 with a time of 4:24:48.

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 experi-

ence," 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

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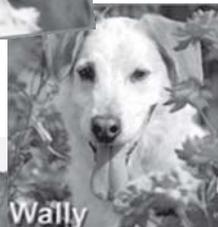
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Pumpkin Time

On Oct. 18, 2011 the executive chef from Wildfire restaurant in McLean visited the two kindergarten classes at Louise Archer Elementary School in Vienna. While "Chef Eddie" carved pumpkins into jack o'lanterns for the children, they were taught how pumpkins grow, that pumpkins are considered fruits, and how art

can be seen in a variety of objects. After he finished carving the pumpkins, Chef Eddie shared his freshly made pumpkin pies with the children, most of whom wanted seconds. From left: Sydney Guthrie, Caroline Dunne, and Eddie Ishaq. Sydney and Caroline are in Miss. Kulakowski's kindergarten class.

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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/

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❖ City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>

❖ Virginia Board of Elections <http://www.sbe.virginia.gov>

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 Fairfax County Public Schools, I know firsthand the preparedness a world-class education provides for our next generation of

GUEST EDITORIAL

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.

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.

LETTERS TO THE EDITOR

Family Values

To the Editor:

Why I support Cathy Hudgins for Supervisor and why I urge others to support her as well. Cathy works with community leaders to offer proposals we believe are required to address human and fiscal needs that affect our County. Her goal, in a word, is to advance

the common good.

Cathy understands that investing in Fairfax County is the best way to create jobs. Let's improve our schools, roads, social services, and public safety by putting Fairfax residents to work.

In these difficult economic times, Cathy has been a leader for the Fairfax County initiative to end homelessness. This highly success-

ful effort resulted in allowing localities and non-profits to draw down emergency assistance funds not used by the State in order to serve 2,500 Fairfax County families — keeping these families out of shelters and off the streets.

We are fortunate to have a Supervisor who understands two things: first, when we allow families to fall through the cracks, we

contribute to the breakdown of the family in Fairfax County. Second, that we need a balanced approach to our budget, one that includes new revenues that will allow us the flexibility to invest in our future.

That's why I support Cathy Hudgins.

John E. Horejsi
Vienna

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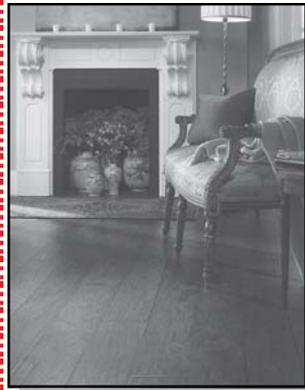


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VIENNA/OAKTON CONNECTION ❖ NOVEMBER 2-8, 2011 ❖ 11

CAMPS & SCHOOLS

Giving Children 'Real Food'

Grassroots group of parents and food suppliers promote healthier cafeteria offerings.

BY DONNA MANZ
THE CONNECTION

Do you know what ingredients go into Fairfax County Public Schools cafeteria menu items? If you do, you might be as horrified as the parents who have spawned a movement to get "real food" back on the menu. Some of the nutritional composition of FCPS lunches read like a college chemistry manual.

"Real Food for Kids," a grassroots advocacy platform, is trying to change that.

On Oct. 24, on the grounds of Wolftrap Elementary School, "Real Food for Kids" hosted a public Food Day for students, families, school board members and the public. Local food purveyors — Bazin's on Church, Maple Avenue Market, Maple Avenue Restaurant, Whole

Foods Vienna and Bayou Bakery — donated food and time to provide healthy alternatives at Food Day.

The Wolftrap Elementary School PTA orchestrated the educational, healthy-food focused event.

"We hope Fairfax County will work with us to take out additives, preservatives, artificial ingredients, all the harmful ingredients, that are in school lunches now," said JoAnne Hammermaster, PTA President at Wolftrap Elementary School.

While McDonald's uses just beef, salt and pepper in its burgers, Fairfax County Public Schools hamburgers have added fillers, binders and chemical additives. You won't believe what's in the taco the cafeterias serve.

Chris Guerre, owner of Maple Avenue Market and Great Falls farmer, donated more than 50 pounds of grass-fed beef to build



Participants at Food Day at Wolftrap Elementary School.

the giant cheeseburger set up for guests. From his own farm, Guerre brought in the vegetables and lettuce for the salad prepared by Guerre, Bayou Bakery owner/chef David Guas, Tim Ma, owner/chef at Maple Avenue Restaurant and Patrick Bazin of his namesake restaurant. Inside the mobile kitchen owned by Ma, the chefs grilled the

cheeseburger that served the crowd of approximately 200 children and adults. Whole Foods provided cups of fall squash soup and donated cheese.

"Healthy food is my goal every day of my life," said Guerre. "Good healthy food should not be for just people with money. "We own a grocery store and I'm a farmer," said Guerre. "I cut out the middle man. I know how my produce is grown, and that it's of the highest quality. I can grow it and have the confidence it's the healthiest it can be."

As for making school lunches at a reasonable cost, Guerre is adamant that it can be done in a cost-effective manner. People have to demand that and make it happen, he said.

Tim Ma of Maple Avenue Restaurant and his wife have a one-year-old daughter who will, someday, enter the Fairfax County Public Schools system. "When our daughter enters the system, we want her to eat well," said Ma. "Food's important to us, cooking well, eating well."

"Good healthy food can be bought and cooked locally. You have the resources here and people in the community willing to help. The resources are there. They're just not being utilized."

Children talked about their favorite foods. Marie Seagrave, a Wolftrap third-grader, likes spaghetti and meatballs. She said she does not care about the nutritional content, but her mother said she does. Hayden Nash, 3, said his favorite food is a banana. His brother Quinn, 7, is a bacon and chocolate man, while Jordan, 5, prefers an apple.

Hayden Chon-Baker, 5, likes hot dogs, while his brother Harrison, 3, said his favorite food is maca-



Hayden, Jordan and Quinn Nash sample some of the healthy snacks offered at Food Day.

roni and cheese. Sixth-grade sister Julia has a more eclectic palate. She loves rice, sushi, ice cream and pizza. Mom Elaine adds broccoli to the kids' mac-and-cheese.

Eric Schlier, a Wolftrap ES fifth-grader, has several favorites, from hamburgers and spaghetti to shabu shabu. "I like to try new things once in a while," said Eric.

PARENTS AT FOOD DAY talked about buying and preparing healthful, nutritious food at home. "From the beginning, I kept only healthy foods in the house," said Reshma Eggleston, mother of two. "Green leafy vegetables, lean protein, whole grains and fruit."

"People on restricted budgets probably would not be eating as much fresh food," Eggleston conceded. Patricia Lagendyk, a mother of three, said she makes everything at home from scratch. The family eats organic because, Lagendyk believes, "we are what we eat."

"People need to learn how to cook and make healthy meals," Lagendyk said. Wolftrap Elementary recently finished its fall food drive. This year, the PTA encouraged children to read labels on cans before picking out items for the food bank. "Bring in healthier food for the food bank," we told them," said Hammermaster. "We realize that people on [strict] budgets can't always afford the most healthy foods."

As Wolftrap students, clad in colorful t-shirts, formed themselves in a rainbow arc, parents and volunteers sounded optimistic about what united parents and organizations can do to improve Fairfax County cafeteria offerings.

"I know what my daughter eats in school and I would like her to eat healthier items," said Julie Bazin, co-owner of Bazin's on Church, helping out at Food Day.



Julie Bazin, co-owner of Bazin's on Church, and Katie Wolfe, event coordinator at Whole Foods Vienna, watch over the gigantic grass-fed beef cheeseburger.

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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. 1ststage Tyson's.org or 703-854-1856.

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



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

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"The How and the Why." 2 p.m. and

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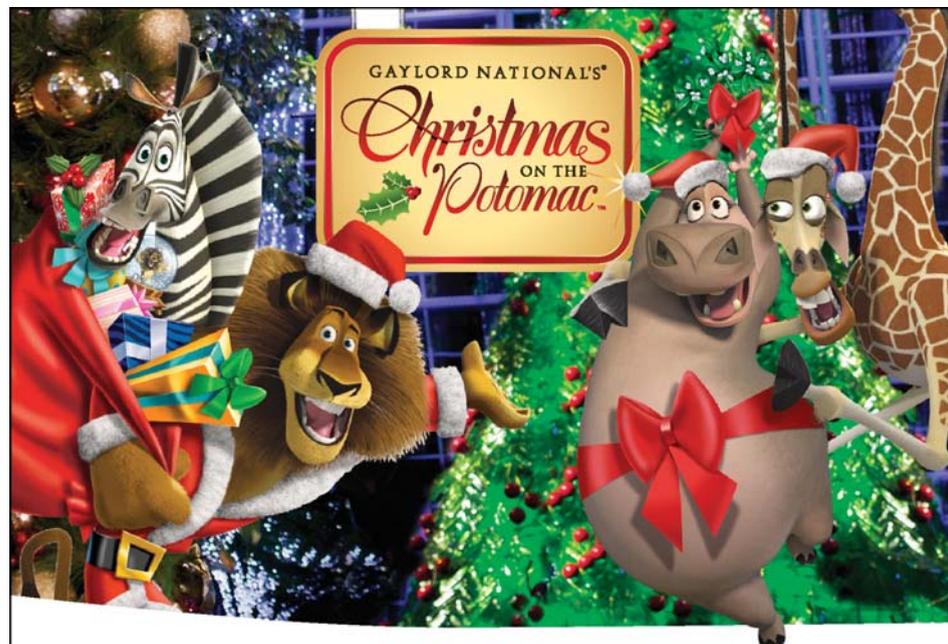
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ON STAGE

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 Pierotti bring ice in the 1st Stage production of “The How and Why.”

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

Nora Achrati is the grad-student in her late 20s who has developed what she thinks is a major breakthrough in women's evolutionary biology. Elizabeth Pierotti is the professor of evolutionary biology in her late 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.1ststageysons.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.

Music by The Family band. 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., McLean. Toys, electronics, games, jewelry, books, clothing, decorative items and more. 703-790-0123, TTY: 711 or www.mcleancenter.org.
Flicker of Hope Foundation 5K Walk. 9 a.m. Vienna Fire Department, Engine 402, at 400 Center St., Vienna. Refreshments, a raffle and more. The Foundation provides scholarships to burn survivors, peer support to burn survivors and their families, and community fire safety education to the Washington metropolitan area. Register at www.flickerofhope.org.

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.

Kids Shows: Recess Monkey. 11 a.m. and 2 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

“The How and the Why.” 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill Road, Tysons' 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.1ststageysons.org or 703-854-1856.

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.

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HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

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:

vienna@connectionnewspapers.com

or mail to:

Calendar, Connection Newspapers
1606 King Street
Alexandria, VA 22314.

For more information, call 703-778-9410.

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ENTERTAINMENT

FROM PAGE 14

“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.

SCHOOLS

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.”

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

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



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



The tailgate showcased local artist, Lyricks.

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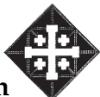
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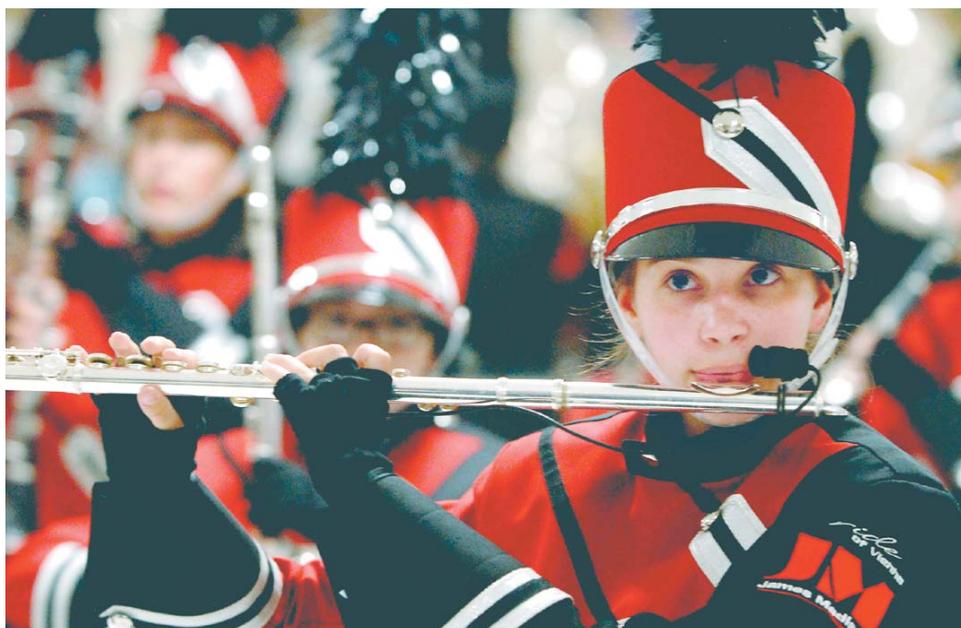
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SCHOOLS



Olivia Staton was the featured flutist for the Madison High School Marching band for the Virginia Band and Orchestra Director's Association State Marching Band Assessment on Saturday.



PHOTOS BY ROBBIE HAMMER/THE CONNECTION

Oakton drum majors Alex Tyskowski, Bobby Fuchs and Tom Braudaway accept a superior rating for the Oakton Marching Band for their performance in the annual Virginia Band and Orchestra Director's Association State Marching Band Assessment on Saturday.

Marching for Honors

Oakton, Madison bands participate in state meet at West Springfield High.



Maggie Johnson is a member of the Madison High School Marching Band color guard.



Oakton High School tuba player Bronson Hall performs during the annual Virginia Band and Orchestra Director's Association State Marching Band Assessment on Saturday at West Springfield High School. More than 25 bands from throughout the region participated in the annual event, which is the first step in being named a Virginia Honor Band.

The Madison High School marching Warhawks compete in the annual Virginia State Marching Band Assessment on Saturday at West Springfield High School.

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.

ELECTION 2011

Voter Preparedness Critical

FROM PAGE 3

county's Geographic Information Systems (GIS) department street files and matching them to the voter database to search for errors.

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

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

"I can't say this enough. Please review those cards. Go to one of our websites. We'd rather people call us with questions now than get frustrated when they go to the polls," Quinn said.

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

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

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

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

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

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

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



PHOTO BY VICTORIA ROSS/THE CONNECTION

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

Voter Information

On Tuesday, Nov. 8, polls will be open from 6 a.m. to 7 p.m.

Following are links to sites election officials suggest voters check out before Election Day:

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

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

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

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

For more, call 703-222-0776.

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

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

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

OPEN HOUSES SATURDAY/SUNDAY, NOVEMBER 5 & 6



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Lorton

8810 Hampton Station Ct....\$734,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

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1519 Pathfinder Ln.....\$1,249,900.....Sun 1-4.....Monica Gibson.....Keller Williams..703-944-3434

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3210 Miller Heights Rd.....\$739,900.....Sun 12-3.....Veena Runyan.....Coldwell Banker..703-447-3500
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Potomac Falls

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1109 Water Pointe Ln.....\$874,000.....Sun 1-4.....Michelle Chauvin.....Long & Foster..571-216-0371
11914 Crosswind Ct.....\$309,000.....Sun 1-4.....Lu Taylor.....Weichert..703-402-1945

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9194 Forest Breeze Ct.....\$319,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808
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SPORTS

Oakton Girls, Boys Garner Cross Country Crowns

Cougars carry the day at Concorde District Championships meet.

BY RICH SANDERS
THE CONNECTION

The day belonged to the Oakton High cross country program last Thursday, Oct. 27 as both the Cougars' girls' and boys' varsity teams captured first place finishes at the Concorde District Championships meet, held on the 2.98 mile course at Burke Lake Park.

"It was an awesome feeling to celebrate both sides winning," said Oakton head coach Alisa Byers, who said the last time Oakton accomplished a first place sweep at the district championships was back in 2007. "Most of the team had personal-bests [on Thursday], which is always a good thing."

The Oakton girls (45 points) finished first ahead of second place Chantilly (54) and third place Centreville (82). Westfield (101) finished fourth. Finishing fifth and sixth places were Robinson and Herndon, respectively. The top four team finishers automatically qualified for this week's 16-team Northern Region Championships meet, also to take place at Burke Lake Park.

The individual overall girls' champion was Oakton freshman Allie Klimkiewicz, who timed at 17 minutes, 44 seconds. She finished ahead of Robinson's Macey Schweikert (17:47), who placed second.

Oakton's Hailey Dougherty (18:10) finished third overall, while Centreville's Rebecca Vinter (18:28) was fourth. Oakton's Brianna Stewart (18:30) finished fifth, giving the Cougars three of the race's top five finishers. Oakton's line-up also included solid outings from Morgan Bayer (16th place overall), Kristi Carrigan (20th), Megan Cahill (21st), and

Micaela Sturm (28th). It was a great team showing by the Oakton girls.

Top 15 finishers earned individual medals and All-Concorde District honors.

THE OAKTON BOYS saw six runners finish among the top 15. As a team, the Cougars won with 42 points, besting second place finisher Chantilly (49), third place Robinson (60), and fourth place Westfield (103), all of whom qualified for regionals by placing in the top four. Centreville and Herndon finished fifth and sixth.

As expected, Chantilly's Sean McGorty, perhaps the top runner in the state, finished first overall with a time of 14:57. Robinson's Patrick Spahn (15:28) was second, ahead of third place Logan Miller (15:41) of Chantilly and Nathan Schulte (15:54) of Robinson.

Oakton's top finisher was Michael McNamee, who was sixth place at 15:58. McNamee had not competed in a race since back on Aug. 29.

Oakton's other top 15 finishers were: seventh place Christopher Jewell (15:59), ninth place Gregory

Petruncio (16:04), 10th place Pratik Singh (16:04), 11th place Patrick Eberhart (16:05), and 13th place David Atkinson (16:10). Michael Raiti (16:24) was 17th place overall, giving Oakton seven runners among the top 17.

"Our boys' side had a 26-second spread to push us to the win," said Byers. "We have worked on [team running] all season, so it's good that it came together when it counted the most."

Regionals for both the boys' and girls' are set for this Thursday at Burke Lake Park.

"Most of the team had personal-bests [on Thursday], which is always a good thing."

— Oakton head coach
Alisa Byers



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Gregory Petruncio of Oakton earned a top 15 medal at last week's Concorde District boys' cross country championships at Burke Lake Park.

Langley High School Wins State Golf Championship

DiSalvo leads Saxons.

BY MICHAEL K. BOHN
SPECIAL TO THE CONNECTION

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

Senior Matt DiSalvo led the Saxons with a 74-70 — 144 for the two-day tournament at Laurel Hill

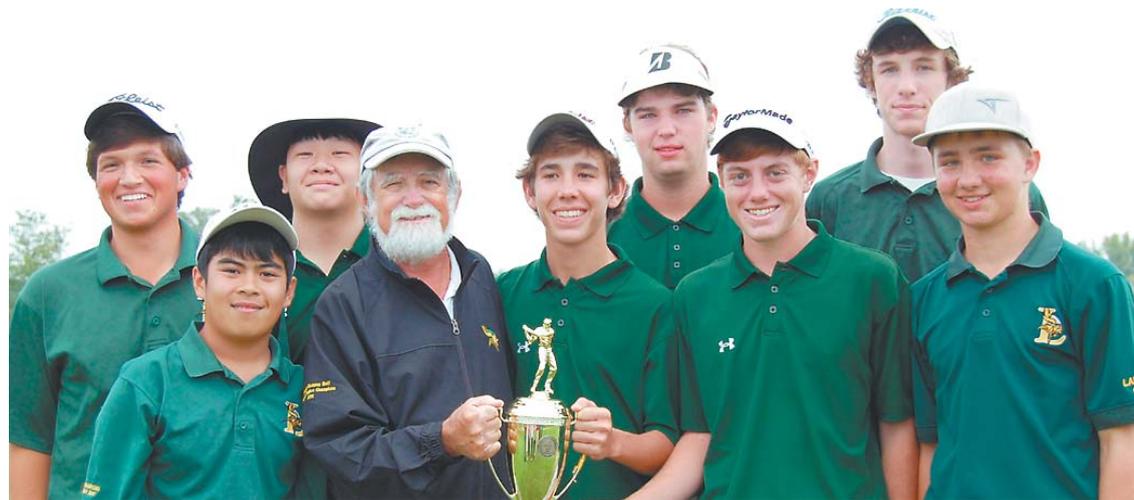


PHOTO BY MICHAEL K. BOHN

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.

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.

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21 Announcements

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21 Announcements

21 Announcements

LEGAL NOTICE

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

21 Announcements

21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

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. Conveyance, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

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

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

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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.

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 become. 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.



One of horror's most iconic characters — Igor — welcomes guests to Dr. Frankenstein's laboratory.



Little Red Riding Hood (Lily Soules) — no stranger to scary woods — said she would like to do the haunted hike again.



The Oct. 28, 7:40 p.m. tour group gathered after the hike through the haunted woods at Meadowlark Botanical Gardens.

Meadowlark Fright Night Draws Big Crowds

Parents, children, hiked through haunted woods of monsters and horror icons

By DONNA MANZ
THE CONNECTION

The spooky sets were designed with great detail; the execution, eerie and in-character. The guests, from younger children to teens, were enthusiastic. Witches, monsters, pirates, ghouls and goblins, gravestones, skeletons, zombies and furry spiders took over Meadowlark Botanical Gardens on Oct. 28 and 29 for guided tours of the haunted woods. Children, and some parents, dressed in costume for the tour.

Little Red Riding Hood (Lily Soules, 5) of Reston was typical of the children participating. "I wasn't scared," said Lily. "I want to do it again."

In reality, it was spooky and eerie to be in

the thick of the leaf-strewn woods, walking along paths unlighted but for glowing hands or the flashlight of the volunteer guides. Even the cold and rain lent an atmosphere of gloom and doom. Once one started on the hike, there was no turning back. In the enchanted forest, trees approached visitors, extending branch-y arms. Igor, Dr. Frankenstein's assistant, was a big hit as he spoke to his "master" in his best mad scientist's assistant voice. Dr. Frankenstein needed the life force of one of the youngsters to re-animate her monster.

An undead arose from his coffin, and glowing carved pumpkins stared out as hikers made their way along the twisting paths. From the woods, you could hear crackling laughter from witches and moans from ghouls.

At each station, each child was invited to

take two pieces of candy. Each tour, led by two volunteers, ran about 50 minutes.

What was apparent was the result of too much exposure to technology at a young age. For some of the children, there was little magic in the haunted woods. As smoke rose from a boiling cauldron, a young girl commented, "that's not smoke. It's dry ice." As a skeleton danced upon command — clapping hands — another youngster explained, "it's got a motion sensor."

Parents, on the other hand, suspended reality and expressed synthetic fear and awe.

Many of the guests were members of Meadowlark's friends association or return customers. One hundred and twenty six tickets were sold for Friday night, and 154 were sold for Saturday night.

"It was very well-done," said Susan Skaggs, of Vienna, who came last year, as well. "It's like Disney World without the lines."

Pumpkin Madness at Cox Farm

Vienna mom Judy Morrison decides to take the plunge down the slide at Cox Farm's annual Fall Festival on Friday, Oct. 28. Since 1972, the 90-acre, family-owned farm in Centreville has been a tradition for residents. "Many of our visitors are third-generation Cox Farms customers," said Eric Cox, founder and owner. "They first came here as kids years ago, then they brought their own kids, and now some of them are bringing their grandchildren." In addition to five giant slides, the festival offers an interactive hayride that goes through outer space and ends in the Enchanted Barn, the Cornundrum cornfield adventure, rope swings, hay tunnels, food, entertainment and more. The season wraps up with Pumpkin Madness fun this weekend, Nov. 5-6. For more information, go to www.coxfarms.com.



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