



Bonnie Hobbs/Centre View

Election page Sabrina Ahmed-Iqbal points out the long line inside Colin Powell Elementary School.

Community Turns Out to Vote

Economy, jobs, health care important issues.

By Bonnie Hobbs
Centre View

Tuesday's weather was cold, but sunny, and people in the local community turned out in droves to vote in the presidential election. At Colin Powell Elementary, the line to vote was steady.

Outside the school, Diana Rhodes of Centreville's Walney Glen community, represented the Sully District Democratic Committee. She and Kolleen Martin and Robinson Secondary senior Haley Roberson handed out sample ballots, as did Sully Republican representatives.

"We had a good turnout, especially in the morning," said Rhodes. Added Martin: "At 6 a.m., there was a one- to two-hour wait."

Around 2:15 p.m., voters just had a 20-minute wait there, but business had been brisk. "We opened at 6 a.m. and, by 10 a.m., 891 people had voted," said Centreville High senior Sabrina Ahmed-Iqbal, working there as an election page.

"I've been greeting people inside the school, directing them to the polling place and answering questions about the bond issue and constitutional amendment," she said. "I've also assisted elderly and disabled voters. I always volunteer on elections. My mom did it since I was 8 years old, and I'd tag along with her. Now, I do it, too, and she still does."

Although the voters didn't want to divulge for whom they were voting, they were willing to share what issues they believed were the most important in this election. They ranged from health care to the

economy to energy to employment.

Carl Parker of Centreville's Sully Station community said the "regulation of banking and lending practices is really important because they have a direct impact on many people. And playing Yahtzee with people's 401K accounts isn't nice. They've worked hard for that money."

"You need leaders to care about the people who saved all that money — and, fundamentally, about the people. Everybody contributes to the work of the economy, whether they do physical or mental work, and certain basic things should be protected. There should be more sagacious ways of protecting the common interest."

Debbie Dailey of the Centreville Farms community said she's in favor of more employment and cheaper health care, adding, "I'm just ready for a big change."

Brian and Olya Morgan, who live in Centreville's Englewood Mews community, also shared their views. "I want more green and clean energy and less dependence on oil," said Brian. Wife Olya said, "We definitely need health-care reform." She said the reforms President Obama put in place "may not be perfect, but we've got to start somewhere."

Meanwhile, Deepak Surana of Centreville's Sully Manor community, said employment is one of his priorities. "I think everybody should be able to get a job," he said. Surana also believes in strong national security and international peace. Pleased with the current state of affairs, he said, "We need to keep going in that direction."

Kristina Jung of Centreville's Faircrest community said it's important that everyone eligible to vote do so. "It's a civic responsibility," she said. Regarding the issues, she said, "I'm a nurse, so health care is important to me. And I want the economy to turn around."

Night for Obama, Kaine and Incumbents

Obama wins second term, Kaine wins Senate seat, Moran, Wolf, Connolly re-elected.

By Victoria Ross
Centre View

In a bitter and historically expensive battle, President Barack Obama defeated Gov. Mitt Romney, winning a second term Tuesday after grabbing the key swing state of Virginia after midnight.

With the addition of the Commonwealth's 13 electoral votes — as well as those of Colorado, Iowa, New Hampshire and Wisconsin — Obama sailed over the electoral cliff with the critical 270 electoral votes he needed for victory.

More than 200 Democrats gathered at the Tysons Sheraton Tuesday evening — some cautiously optimistic, some nervous — about the Democrats' chances of another four years for Obama in The White House.

Mondana Nicksolat, an Obama volunteer from McLean, said she was so nervous about Obama's chances for victory, "I feel like I'm getting ready to take a final exam. ... I'm nervous. I'm not sure he will win," Nicksolat said. But as the evening wore on, Nicksolat became more optimistic.

"Obama shouldn't be called a politician," she said. "He is a human being. He has a lot in common with the American people. We are not all rich; we all did not go to elite schools; some of us are immigrants and we're Americans. Obama is with us."

Close to midnight, the Sheraton crowd erupted in cheers, hugs and



Photo by Victoria Ross/Centre View

Ron Wiersma of Springfield and Caroline Smith of Reston celebrated with other Democrats at the Sheraton on Tuesday. "Look around you. This is America," Smith said. "Black, white, Asian, Latinos, men and women, young and old. . . This is our America."

tears when news networks projected the win for Obama.

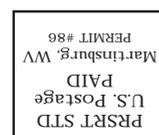
"The country and women are safe for four more years," one guest shouted.

According to the Fairfax County Board of Elections, Obama won the county with nearly 60 percent of the vote.

Kaine Wins Senate Seat

It was one of the most competi

See Voters Pick, Page 9



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From left are Eryn Meyer, Mavis Manaloto, Jason Hadley and Connor Cragg.

Bonnie Hobbs/Centre View

'This Play Is Satirical and Hilarious'

Rocky Run to perform "The Election."

By Bonnie Hobbs
Centre View

Anyone accusing this election's candidates of acting like schoolchildren would be right. That's because the characters in Rocky Run Middle School's play, "The Election," are high-school students.

Performances are Thursday-Saturday, Nov. 15, 16, 17, at 7 p.m. Tickets are \$7 at the door and at school lunches during show week.

"The kids don't even know how funny the show is, but the parents are going to be rolling in their seats," said Director Robyn Cuppett. "There's a lot of politi-

cal and really witty humor, and the lying is just so funny. And it's great for these students because they're so smart."

Featuring a cast and crew of 56, the scenes take place inside a school, in a locker area and in an auditorium. Cuppett said the character of the school newspaper reporter holds the show together. "She reports on everything that's happening, sets up the debates and hosts talk shows and news shows for the candidates," said Cuppett. "And the campaign commercials are so out there; this play is satirical and hilarious."

A Hayfield Secondary School grad and theater alum, Cuppett is Rocky Run's new theater teacher. She previously taught at Hayfield Middle and also teaches four acting classes at the Metropolitan Fine Arts Center in Alexandria.

See The Election, Page 7

Help Provide Holiday Food Baskets

By Bonnie Hobbs
Centre View

It'll soon be time for the holidays, and many local residents will receive a Thanksgiving or Christmas meal courtesy of Western Fairfax Christian Ministries (WFCM). But this nonprofit organization can't do it alone; with so many people to feed, it's counting on help from the community to complete this huge undertaking.

WFCM serves those in need in Centreville, Chantilly, Clifton, Fair Oaks and Fairfax Station. And with so many people struggling financially in these tough, economic times, more and more families are coming to WFCM for help.

"Thanks to support from the community, we were able to provide food for over 1,236 families in 2011," said Jennie Bush, WFCM's community outreach manager. "But we expect the need to be far greater this year and really need some help in meeting it."

If someone can sponsor a family with a food basket, she'll match them up with a recipient. If donors want to shop for the items for a holiday meal and put together the basket(s) or food boxes themselves, she'll give them a list of suggested items to include.

Even those unable to provide a whole basket full of

food – or who just don't have the time to go shopping – can still help out by contributing supermarket gift cards in \$25 or \$50 amounts so families who aren't sponsored may purchase their own holiday meals.

"All families who'll be receiving baskets or gift cards have been pre-screened for eligibility," said Bush. "If there are children in the family, all of them already qualify to receive free or reduced-cost lunches at school. If a family doesn't have children, they've had to provide sufficient proof of income to document that their need is real."

To sponsor a family or families for holiday food, contact Bush at jbush@wfcma.org. See WFCM'S Web site, www.wfcma.org, to obtain a list of suggested food to include in the basket – which may also be bags or boxes.

Gift cards may be dropped off at the WFCM food pantry at 13981 Metrotech Drive in Chantilly (near Backyard Grill and Bar), Monday through Friday, between 9 a.m.-2 p.m. (No cash donations). Mail supermarket gift cards with a note saying "food basket program" to: WFCM, P.O. Box 220802, Chantilly, VA 20153.

"We'd like to receive grocery store gift cards by Saturday, Nov. 17," said Bush. "We'll be distributing cards and food to clients on Monday, Nov 19."

www.ConnectionNewsletters.com

Roundups

Police Seek Bank Robber

Fairfax County police are looking for the person who robbed the Capital One Bank last week in Franklin Farm. They say a man entered the bank at 13344-A Franklin Farm Road, last Thursday, Nov. 1, around 1:37 p.m., implied he had a weapon and demanded money from a teller.

After the teller complied, he fled; no one was insured. The suspect was described as white, in his 40s, 5 feet 4 inches to 5 feet 7 inches tall and with a medium build. He wore a black, zippered jacket, black pants and a black hunting hat.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

Come to the 'Cabaret'

Last week's school closures forced Centreville High to cancel the Nov. 9, 10 and 11 performances of its boisterous, fall musical, "Cabaret," and add extra performances next weekend. The new show times are Friday, Nov 16, at 7:30 p.m.; Saturday, Nov. 17, at 3 and 7:30 p.m.; and Sunday, Nov 18, at 3 p.m., in the school theater. Tickets are \$10, students; and \$12, adults, and are available online at www.brownpapertickets.com and at the door. For more information, see www.theatrecentreville.com.

Boy Scout Food Drive

The annual, Boy Scout "Scouting for Food" Drive is this Saturday, Nov. 10. Residents are urged to fill the bags Scouts distributed last week with nonperishable items. The Scouts will pick up the filled bags, the morning of Nov. 10, and bring them to a sorting area. They'll then be delivered to WFCM (Western Fairfax Christian Ministries) for its food pantry which helps people in need in Centreville, Chantilly, Clifton, Fair Oaks and Fair Lakes.

In years past, more than 900 Scouts and adults from the Sully District – which includes Centreville, Clifton and portions of Chantilly and Fairfax – helped collect 56,968 pounds of food. With the current economic situation, the need is much greater now than in years past, so this year's local goal is more than 60,000 pounds of food.

The food drive is orchestrated by Scouts of the National Capital Area Council. While nourishing hungry families in the local area, it also provides a community-service opportunity for youth and teaches them the value of helping others.

Family Food Drive Set

Chesterbrook will hold its annual Family Food Drive in conjunction with its November Open House, this Saturday, Nov. 10, from 10 a.m.-1 p.m., at 3753 Centerview Drive in Chantilly. Families are invited to visit the school and take part in a basketball free-throw shooting contest.

Entry to the contest is a nonperishable food (can or box). A prize will be given for the most shots made in select age categories. Food will be distributed to the Food for Others food pantry.

Sully District CSI

Anyone wondering what really goes on at a police crime scene will get a chance to find out at the next meeting of the Sully District Police Station's Citizens Advisory Committee (CAC). It's set for Wednesday, Nov. 14, at 7:30 p.m., in the station's roll-call room. It's open to the public, and concerns and questions are welcome.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Nov. 15 and 29, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles
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News



Bonnie Hobbs/Centre View

"Laughing Stock" cast members include (from left) Allie Koenigsberg, Julian Sanchez, Alex Mann, Mitchell Buckley, Zoe Hawryluk, Madeleine Bloxam, T.J. Vinsavich, Samantha Dempsey and Brandon Sanchez (holding teacup).

'Things ... Work Out in the End'

Westfield High presents
"Laughing Stock."

By Bonnie Hobbs
Centre View

When The Moose River Playhouse in New Hampshire schedules "Dracula," "Hamlet" and "Charley's Aunt" for its summer-stock season, something's bound to go wrong — and it does, hilariously. That's the premise of Westfield High's new play, "Laughing Stock," a comic farce and affectionate glimpse into the world of theater.

The curtain rises Friday-Saturday, Nov. 16-17, at 7:30 p.m.; and Sunday, Nov. 18, at 2 p.m. Seating is reserved, and tickets are \$10 at www.westfieldtheatreboosters.com. They're \$12, adults; and \$10, students, at the door.

"The play's about all the challenges, mayhem and fun of putting on shows — with crazy directors, lack of money and actors who forget lines," said Director Susie Pike. "Yet at the heart of the show, we learn about life, our love for theater and why people have the desire to put themselves onstage and go through all the trials and tribulations of performing theater."

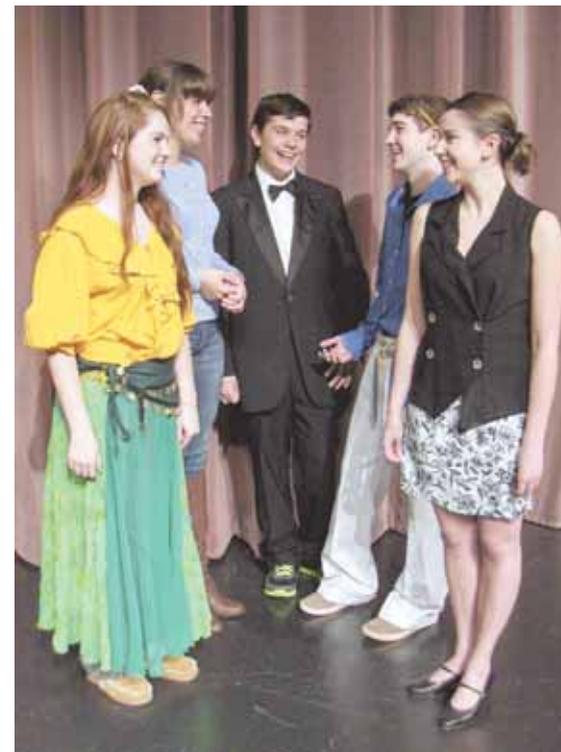
She said they return to this craft because "they realize it brings friendship, love and a warmth that no other career can bring," continued Pike. "For me, personally — after being a professional actress for over 20 years — it brings back so many fond memories of summer-stock companies and the friendships I still hold dear."

Westfield's play has a cast and crew of about 25 and, said Pike, "Everyone is fantastic in their roles and it's been a joy to see them grow in this style of acting. We have a big set; it's the interior of a barn with a stage in the center, just like in real summer stock. And we commissioned a huge moose head to be built in honor of the playhouse's name. This is a

lovely story, and the audience will enjoy seeing people working together. Things go wrong, but they work out in the end."

Senior Mitchell Buckley portrays the theater company's artistic director. "He's an intelligent, well-meaning guy, but has trouble communicating his ideas to the actors," said Buckley. "He also gets to play Hamlet and that's fun because I love Shakespeare. The audience will like our play because it's funny and has a lot of goofy characters."

Playing the stage manager, Sarah, is senior
See 'Laughing Stock' Page 13



Rehearsing a scene are (from left) Samantha Dempsey, Zoe Hawryluk, David Koenigsberg, Stephen Cox and Olivia Witt.

Schools



Supporting "Stand by Me" at Greenbriar West Elementary are (from left) counselors Jeanne McKinley and Kristin Allington, Principal Lori Cleveland and Assistant Principal Lauryn Campbell.

From left: GBW peer mediators Erica Wu, Faith Foster and Shawin Vitsupikorn add pledges to the Bullying Awareness Banner.



Photos Contributed

Teacher Kelly Mitchell's first-graders show off their "Stand By Me" wrist bands.

Stopping Bullying

Students at Greenbriar West participated in teacher-led discussions about how they can work together to help stop bullying. Several upper-grade classes watched a video called "Hero in the Hallway," sparking lively discussions about showing compassion to children being bullied.

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Election 2012

Eminent Domain Enshrined

Some lawmakers predict amendment will cost taxpayers millions down the road.

By Victoria Ross
Centre View

Local lawmakers said they were not surprised that nearly two and a half million voters (74.6 percent) approved a state constitutional amendment last night further restricting Virginia's power of eminent domain.

But they do predict the unintended consequences of enshrining those restrictions in the state constitution — which some call an act of “corporate welfare” — will cost state and local governments and taxpayers tens of millions of dollars in added compensation to businesses and private landowners.

“The same people who voted for it will express outrage at how much more expensive it is to make road improvements or extend sewer to properties with failing septic systems a year from now,” said Fairfax County Board of Supervisors Chairman Sharon Bulova (D-At-large).

At issue was not if the government could use the power of eminent domain, but how much corporations, business owners and landowners could be compensated when — in the course of building roads, power lines and many other public projects — the government takes their property through eminent domain.

Many local lawmakers argued the amendment goes too far, requiring taxpayers to compensate landowners not only for the value of condemned property, but for lost access to their property and lost benefits.

In 2007, responding to a populist backlash against a Supreme Court decision allowing the government to use the power of eminent domain to aid private development, Virginia legislators passed a law restricting that power.

“The language in this amendment is completely unnecessary — it bans actions currently illegal in Virginia,” said Del. Scott Surovell (D-44).

“I don't think anyone's arguing that private property owner's rights are not important,” said City of Fairfax Councilman Dan Drummond. “But this is a solution in search of a problem.”

He said the fear is that the amendment will have a “chilling effect” on economic progress and projects that benefit the public.

“Nobody really knows from a local government perspective how this will be used, but the fear is that it could open up a Pandora's Box of litigation that would leave taxpayers footing the bill.”

“Basically, we don't want the government taking private property for something that is not a bona fide government use.”

— Del. Dave Albo

Bulova said business-owners could construe the amendment as “taking away or diminishing” their profits when streets are closed and their shops are shut down during popular parades and festivals, such as Viva Vienna or the City of Fairfax Fall Festival, events that attract up to 40,000 people during one weekend.

“These are community-building events, and we're concerned the language in the amendment can be read by individuals as way to seek compensation for lost profits,” Bulova said.

“A shop owner could complain they lost revenue, that festival vendors are taking their business away,” Bulova added. “What if someone decided to make that an issue and seek compensation for lost profits under [the amendment]? The Town of Vienna can't afford to reimburse every shop owner ...”

Del. Dave Albo (R-41), who co-sponsored one of the versions of the law, acknowledged that “lost profits and lost access” could end up making roads more expensive to build.

“But it's fair,” Albo said. “If they run a road and cut off your driveway to the point that no one can get into your restaurant and ruin your business, you should be compensated.”

“Basically, we don't want the government taking private property for something that is not a bona fide government use, for example taking old houses in the name of economic development and then transferring the land to a private hotel,” Albo added.

At the crux of the debate is the Supreme Court's landmark 2005 decision known as the “Kelo decision,” widely considered by scholars, land-use attorneys and local government to be one of the most controversial rulings in recent U.S. history. “Kelo v. City of New London” came before the Supreme Court in 2005. In a 5-4 decision, the court held that the general benefits a community enjoyed from economic growth qualified private redevelopment plans as a permissible “public use” under the Takings Clause of the Fifth Amendment.

“I think all of this is an overreaction to Kelo,” said Toni-Michelle Travis, a GMU associate professor of government and politics and editor of “The Almanac of Virginia Politics.” “Historically, property owners have always been favored under Virginia law.”

Prior to Kelo, only seven states specifically restricted the use of eminent domain for private development.

As of June 2012, 44 states had enacted some type of reform legislation in response to the Kelo decision, according to the National Conference of State Legislatures. Of those states, 22 passed laws that severely inhibited the takings allowed by the Kelo decision, while the rest enacted laws that place some limits on the power of municipalities to invoke eminent domain for economic development.

Bulova said local officials take the power of eminent domain seriously:

“Eminent domain is a very heavy power and absolutely needed only for the greater good. We haven't used it to force people off their property. That just doesn't happen in Fairfax County and it never has,” Bulova said.

Proposed Constitutional Amendment Question 1

Precincts reporting: 2588/2588

Votes:

Yes—2,408,032 (74.64 percent)

No—818,314 (25.36 percent)

Total Votes—3,226,346

*Information provided by The Virginia State Board of Elections

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Opinion



Barack Obama came to Northern Virginia on Saturday, Nov. 3 with Bill Clinton and Dave Matthews.



Mitt Romney packed the Patriot Center at George Mason University on Monday, Nov. 5. Anne Romney asked: "Will we be neighbors soon?"

Photos by Deb Cobb/The Connection

Feeling Important

Presidential campaigns traversed Northern Virginia on last days, marking the importance of every vote.

The images from the last weeks of the presidential election of 2012 make it clear that it would be hard to overstate the importance of voting, especially in Virginia, especially in Northern Virginia.

Every vote will be important. What I wish for today from Northern Virginia is record turnout and smooth sailing for voters casting their votes.

Writing this the morning of Election Day, it's still fair to say that the race for president and for the U.S. Senate in Virginia is too close to call. It's hard to overstate the difference it will

make when the election results are final.

Mitt Romney came to the George Mason University Patriot Center on Monday, also bestowing attention on Republican Senate candidate George Allen. It was one of several trips to the area.

President Barack Obama came to Prince William County on Saturday, along with Bill Clinton. On Monday, Vice President Joe Biden came to Claude Moore Park. Both visits gave a boost to Democratic Senate candidate Tim Kaine.

The money that has been spent—and raised—here in Virginia is daunting. At the end of Octo-

ber, in 2012, Romney had raised \$10.1 million and Obama \$8.2 million in checks of \$200 or more from Virginians, according to the Virginia Public Access Project. Inside the Beltway donors (different from Northern Virginia in VPAP's categories) gave \$3,193,148 to Obama and \$3,104,160 to Romney. Northern Virginia outside the Beltway gave \$2,694,030 to Obama and \$3,525,796 to Romney.

While either way, about half of voters will be disappointed by the outcomes here, no one will be sorry that this campaign season is over. It's been fun to be a favorite child in some ways, but it will be OK to go back to addressing local issues without the magnification of such an important election.

— Mary Kimm,

mkimm@connectionnewspapers.com

Letters to the Editor

Growing Cost Of Government

To the Editor:

I want to commend the Centre View for covering the candidate's forum at Chantilly High School. The questions from the students and teachers were excellent and well informed, and it was my privilege to represent the Romney campaign.

I would like to correct a statement in which I was misquoted about the U.S. economy in response to a question about unemployment being 7.8 percent. It was reported that I said "If we continue on this path, eventually 40-50 percent of federal revenue will be from taxes and borrowing. I don't think that's the direction we ought to go." I believe I said that if we continue on this path (of increasing the size of government), eventually government will consume 40-50 percent of the U.S. economy through taxes and borrowing. I made the additional point that by comparison, taxes and government borrowing in France consume more than half of the French economy. The consequence? In France, with the exception of just a few short periods, unemployment has always been above 8 percent during the last 30 years. The size of government matters.

Jim LeMunyon

Member, Virginia House of Delegates
67th District



It's a Hoedown

Kindergartners from Union Mill Elementary participated in a hoedown last week. Students wore colorful hoedown vests and performed songs for their families.

CENTREVIEW

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
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Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

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

ADVERTISING:
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Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Photography:

Deb Cobb, Louise Krafft,

Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly

Production Manager:

Jean Card

Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

A Connection Newspaper

Rocky Run To Perform 'The Election.'

From Page 2

She's also delighted to be at Rocky Run. "This is the best job ever," she said. "These kids care about their roles; they're always asking questions and offering new ideas. I've always loved satire and lighthearted things, and it was so much fun for me to pick and cast my own play. But the show's only as strong as the people involved in it — and they're incredibly talented. And the audience will love the comedy and political humor during an election year."

Eighth-grader Jason Hadley portrays Mark, one of the candidates for student-body president of his high-school. "He's a jock, but is only popular with his jock friends, not with everyone at school," said Jason. "The former president resigned because of disorderly conduct. And throughout the play, Mark changes from confident to angry, nervous and happy, so he has lots of mood shifts."

Jason says he can represent Mark well because "I really like how he approaches different situations and gets upset. At one point, I even get to throw a chair." And since there's a real-life election going on, Jason said the audience will be able to relate to the story.

"People will have a strong connection between what's going on outside and what's happening onstage," he said. "And they'll get to see the funny side of politics, as well as the corruption with big business and shady ads."

Playing Kyli, the school newspaper reporter, is seventh-grader Mavis Manaloto. "She's always where the action is," said Mavis. "She's a very motivated person and can be intense and aggressive. She can also be a little bit sneaky. She's fun to play because she gets to interact with many characters, asking them questions. And during the candidates' debate, she'll even scream at them to answer the questions."



Clockwise, from bottom left, are the leads of Rocky Run's play, "The Election," Mavis Manaloto, Eryn Meyer, Jason Hadley and Connor Cragg.

Photos by Bonnie Hobbs/Centre View

Mavis said the audience will love the show's comedy and "the places here and there that are completely unexpected and random." And, she added, "The ending will be a surprise."

Eighth-grader Eryn Meyer portrays Christy Martin, Mark's opponent in the election. "She starts off as quiet and geeky and doesn't really have any friends," said Eryn. "But when she decides to run for president, she transforms into this confident, self-assured person. I love playing her because we have presidential debates and she's very quick to respond and make a comeback. She's strong and opinionated and gets her point across."

After the real presidential election, said Eryn, "This play provides some comic relief by showing the humorous side of politics and campaigning. The story has lots of twists and turns and is exciting and funny."

Playing Karl, the stereotypical, high-school jock, is eighth-grader Connor Cragg. "He's a senior, plays football and is girl-crazy," said Connor. "He's Mark's best friend and campaign manager; but at the same time, he falls for Christy, Mark's opponent. He's not very smart and comes up with out-of-nowhere campaign issues."

Connor, too, enjoys his role. "I can interpret Karl so many, different ways," he said. "And in real life, Jason and I are really good friends, so we're having a good time being onstage together. And Karl has a lot of funny lines."

At the show's end, said Connor, "The audience will be talking about all the funny things that happened. The show starts off normal, but then snowballs — it's a great storyline."



Opposing candidates Eryn Meyer and Jason Hadley face off during the play.

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TUESDAYS AND/OR THURSDAYS

Senior Fall Prevention Classes.

1:30-2:30 p.m. Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. At The Woodlands Retirement Community, 4320 Forest Hill Dr. Registrations are required. Call 703-667-9800 to register as space is limited. Cost is \$10 per class.

THROUGH NOV. 9

Online Survey. Fairfax County residents 18 and older are being asked to complete a brief survey on behaviors and attitudes about underage drinking, binge drinking, and alcohol-related motor vehicle crashes in the county. Data collected in the survey by George Mason University will be used by the non-profit Unified Prevention Coalition of Fairfax County (UPC) to develop and implement strategies to reduce the number of alcohol-related crashes for those 18-24. To take the anonymous survey, visit www.unifiedpreventioncoalition.org.

SATURDAY/NOV. 10

Unlocking the Riches of the Catholic Faith. 9 a.m. Join for a morning of inspirational talk and fellowship. At St. Timothy Catholic Church, 13807 Poplar Tree Road. Visit www.sttimothy-parish.org.

Free Gospel Concert. 6 p.m. By True Spirit Gospel Band. At Oakton Baptist Church located at 14001 Sullyfield Circle, Chantilly. Call 703-631-1799.

Family Food Drive. 10 a.m. to 1 p.m. Chesterbrook Academy in Chantilly will hold its annual Family Food Drive in conjunction with its November Open House. Families are invited to drop by the school and take part in a basketball foul-shooting contest. Entry to the contest is a non-perishable food (can or box). A prize will be given for the most shots made in select age categories. Food will be distributed to a local food pantry. The Academy is located at 3753 Centerview Drive, Chantilly. Call 703-397-0555 to confirm date and time.

SUNDAY/NOV. 11

Annual College Bound. noon-3 p.m. Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc., is hosting its annual luncheon program for high school junior and senior African American males and females, "College Bound: Road to Success." This free event focuses on preparing students for the academic, social and financial transition from high school to college. The program will be held at the Country Club of Fairfax, 5110 Ox Road, Fairfax. RSVP at www.fcacd.org/collegebound or visit www.fcacd.org.

THURSDAY/NOV. 15

Lung Cancer Screening. 6-8:30 p.m. The Inova Lung Cancer Screening Program offers low dose CT scans, with a cost of \$310, for individuals matching the following criteria: Age 55 - 74 and with more than 30 packs per year history of smoking; smoking cessation less than 15 years; or age 50 years and older and with more than 20 packs per year history of smoking, and one additional risk factor (other than second-hand smoke). In addition to the screening, the Inova Thoracic Oncology Program, Life with Cancer and the Lung Cancer Alliance are hosting an awareness event featuring a multidisciplinary discussion on

current treatments in lung cancer. At Dewberry Life with Cancer™ Family Center, 8411 Pennell St. Call 703-776-3777 to schedule or to RSVP for the event.

SATURDAY/NOV. 17

Disaster Shelter Workshop. 9 a.m.-5 p.m. American Red Cross Disaster Shelter Workshop in conjunction with the American Red Cross and the Lott Carey Foreign Baptist Convention, MOBC is sponsoring a disaster shelter workshop. Free, registration is required. Lunch will be provided for a free-will donation. Visit <https://classes.redcross.org> to register. Contact beverly.williams@mountolive-church.org Mount Olive Baptist Church is located at 6660 Old Centreville Road.

MONDAY/NOV. 19

"Personality Profile: Identifying Your Strengths." 7 p.m. The GFWC-Western Fairfax County Woman's Club will host a presentation on the D.I.S.C. Behavioral/Personality Profile. Pattigene Long, a sales director with Mary Kay Cosmetics, will discuss the personality program and give attendees a quick personality test to help them determine their personality and strengths. She will also explain how to recognize the personality type of others to enhance communication and understanding. At Greenbriar Community Center, 4615 Stringfellow Road. Free and open to the public. Call 703-631-7093 or e-mail westernfairfaxcountywc@gmail.com.

Centreville Garden Club Thanksgiving Event. 7 p.m. Thanksgiving centerpieces, handcrafted gifts for senior centers. Bring fresh flowers to arrange at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Open to the public and members. Meetings generally 3rd Monday each month. Visit www.centrevillegardenclub.blogspot.com or email centrevillegardenclub@gmail.com.

ONGOING

Volunteers Needed. Our Neighbor's Child (ONC) is the local volunteer organization coordinating holiday assistance (gifts of new toys and new clothing) for children of families in financial crisis in Centreville, Chantilly and Western Fairfax. Assistance is made possible each year through the generous support of local churches, schools, businesses, and individuals. We are preparing for our 21ST holiday season and in the face of a difficult economy, ONC needs help more than ever from groups or individuals willing to "adopt" the special needs of local children. The number of requests for winter coats/jackets and other warm clothing is high again this year. Specific information (sizes, etc.) will be available before Thanksgiving. Contact Stephanie Somers at somerss@cox.net. For volunteer opportunities or to make a monetary donation, visit www.ourneighborschild.org.

White House Ornament Sale. The Western Fairfax County Woman's Club is selling 2012 White House Christmas ornaments. This year's ornament honors William Howard Taft. This ornament features President and Mrs. Taft delivering Christmas present in a White Steamer automobile. The ornaments cost \$19. Proceeds benefit charity. Order by calling 703-378-6841 or 703-378-6216. It is possible to order previous years' ornaments.

Holiday Greenery. Order holiday greenery from the Westfield H.S.



Photos by Deb Cobb/Centreville View

After an eight-day deployment to New Jersey and New York, Virginia Task Force-1 returns to Fairfax County on Nov. 6. Eighty members of the team, including four canines and handlers deployed to assist the storm-ravaged northeast.



Rocco Alvaro, of Virginia Task Force One is welcomed home by his daughters Emily and Marissa and son Joseph.



Fairfax County Board of Supervisors Chairman Sharon Bulova welcomes home members of Virginia Task Force One.

Search and Rescue Team Returns Home

Virginia Task Force One (VATF-1), Fairfax County's Urban Search and Rescue Team, returned home Tuesday afternoon, Nov. 6, after deploying to New Jersey and New York. The 80-person team left its Chantilly headquarters last Monday, Oct. 29, to help victims of Hurricane Sandy.

The team initially deployed to the Fort Dix, N.J., and Moonachie areas. There, the members

partnered with New Jersey Army National Guard units and the North Carolina Air National Guard to conduct search-and-rescue operations. VATF-1 also worked in Hoboken, N.J., and Staten Island, N.Y. Fairfax County's team conducted water-rescue operations using inflatable boats and going door-to-door evacuating residents during the first several days after the storm.

crew team. Select from two sizes and colors of florist quality poinsettias and mixed wreaths. Order online now, visit <http://poinsettiasale.westfieldcrew.org/>. Orders due by Nov. 16 with pickup on Nov 28. Contact Candis Anhalt, anhalt.dc@cox.net.

ReStore Anniversary Event. The main goal of the ReStore (4262 Entre Court, Chantilly) is to fund Habitat for Humanity in the mission of building simple, decent, and affordable housing for low-income, hard-working partner families. Donations are accepted and can be made by individuals as well as companies. In many cases, if the items were not donated, they would go straight to landfills. To donate, call 703-360-6700 or visit www.restorenova.org. Regular store hours are 10 a.m. to 4 p.m. from Monday to Friday; 9 a.m. to 5 p.m. on Saturday.

Pleasant Valley Preschool, a non-profit cooperative preschool located in the Greenbriar Community Center, currently has limited openings in its program for 4 and 5 year olds that meets on Monday, Wednesday and Friday. 4615 Stringfellow Road. Visit www.pleasantvalleypreschool.com or call 703-378-6911.

Congregation Yad Shalom in Centreville provides a variety of activities in a traditional format with a modern flair. We welcome interfaith couples who wish to participate, and openly invite inquiries about a range of programs offered for the entire family. Contact the Congregation at 703-579-6079, or visit www.yadshalom.com.

The Chantilly Academy Auto Technology and Auto Collision Repair classes are looking for used cars as donations to the program. Contact Ann Booker at 703-227-3041 or Kenny Brown at 703-222-7466.

Northern Virginia Neighbors Club. A non-profit organization offering an opportunity to meet new friends. Activities include book clubs, card games, crafts, fitness, gardening, mah jong, needleworks, rummoli, theater and more. Meet members at one of the monthly luncheons, coffees or mixers. Email nvn156@yahoo.com.

Community Choir. A community choir is coming to Clifton and is looking for people of all ages to join. This choir will be about making music fun again. The music selection will range from folk to modern to pop, and all styles in between. Email helentsantoro@gmail.com.

The Stuart-Mosby Civil War Cavalry Museum at 13938 Braddock Road, is now open, Saturdays and Mondays, 10 a.m.-4 p.m. Docents and additional volunteers needed, plus people willing to donate or loan artifacts. Call Don Hakenson at 703-971-4984.

Photos by Deb Cobb/Centre View



Reaction to the announcement that President Barack Obama has been reelected at the Fairfax County Democrats

Voters Pick Obama and Kaine

From Page 1

ive and closely-watched Senate races in the nation, but after 17 months of brutal campaigning, former Virginian Governor and DNC Chair Timothy M. Kaine grabbed the seat of retiring U.S. Sen. Jim Webb from former Governor George Allen. Kaine won 51.85 percent of the vote over Allen's 47.97 percent with 100 percent of the state's 2588 precincts reporting, according to the Virginia State Board of Elections.

The 11th District: Connolly

U.S. Rep Gerry Connolly (D-11) knows how close a race can be on election night, beating challenger Keith Fimian in 2010 by a razor-thin margin, but Connolly handily defeated Republican challenger Chris Perkins Tuesday night along with four other candidates: Chris DeCarlo (Independent), Mark Gibson (Independent), Joe Galdo (Green Party) and Peter Marchetti (Independent Green Party). Connolly received 60.05 percent of the vote, or 163,212 votes, compared to Perkins's 36.22 percent of the vote with 98,456 votes.



State Del. Mark Keam (D-35) tweets election results from the Democrats victory party.

"Tonight our voters also sent a message about our politics. They want more functional government," Connolly said, standing with his daughter and wife at the Sheraton. "They don't want more rabid, partisan rhetoric as a substitute for real solutions to real problems."

Connolly said he was honored

"to have been reelected, by my widest margin ever, and to have received the thrust of our voters to represent them for the next two years. On their behalf I will fight for the values we share while seeking common ground to move our country forward."

Connolly also displayed his trademark wit when he told the crowd he had another announcement: "CBS News just called it for Tim Kaine. ... Not so fast, Tea Party!"

The 10th District: Wolf

U.S. Rep. Frank Wolf (R-10), the most senior of the 11 members of the House of Representatives from Virginia, won his 17th consecutive term on Tuesday. This year, Wolf faced a challenge on two fronts: Democrat Kristin Cabral and Independent Kevin Chisholm fought hard to take his seat.

Wolf won 58.71 percent of the vote (194,817 votes) compared to Cabral's 38.38 percent of the vote (127,355 votes) with 192 of 195 precincts reporting at 1 a.m.

Wolf sits on the powerful House Appropriations Committee, where he is the chairman on the Commerce-Justice-Science subcommittee. In addition, he is the co-chairman of the Tom Lantos Human Rights Commission, a bipartisan organization made up of more than 200 members of Congress who work together to raise awareness about international human rights issues.

The 8th District: Moran

U.S. Rep. James P. Moran won a 12th term in Congress, easily beating his Republican opponent J. Patrick Murray with 63.42 percent (174,974 votes) of the vote over Murray's 31.5 percent of the vote (86,910 votes). A senior member of the Appropriations Committee, Moran serves as the ranking member on the Subcommittee on the Interior and Environment and also serves on the Defense and Military Construction Subcommittees. Throughout his two decades of service in the House of Representatives, Moran has championed regional transportation solutions, the environment, women's issues, technology, fair and open trade, and fiscal discipline. He is also well known for his efforts to protect federal employees and military retirees.

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Wellbeing

Smart Phone Approach to Healthcare

New apps and websites designed to make medical visits more efficient.



Image Courtesy of Inova

By Marilyn Campbell
Centre View

When Susan Gallagher's 5-year-old son had an allergic reaction to something he ate at a birthday party, the Reston mother knew she had to get him to an emergency room immediately.

"My first thought was which ER would have the shortest wait time and the best pediatric care," said Gallagher.

When Sander Hager called his internist's office to schedule an annual physical examination, he says he was kept on hold for 30-minutes only to learn that the doctor no longer accepted his insurance.

"I was bounced around from receptionist to receptionist," said Hager who lives in Chantilly. "I talked to at least three people and they all put me on hold. Even if I could have afforded to pay out of pocket, the next appointment they had available was two months away."

Fortunately, new websites and mobile telephone applications can provide patients with information to make some aspects of the health care process more efficient.

Inova Health Systems, for example, recently unveiled an application for smart phones that allows patients to check emergency room wait times, download patient information forms and even check hospital food and beverage options.

"What we're noticing is that more and more people are accessing information from their mobile devices," said Chris Boyer, director of digital marketing communications for Inova, which is based in Falls Church.

There's also ZocDoc.com, an online service recently launched in the Washington, D.C., region designed to help patients like Hager cut through the red tape of making medical appointments. The free service allows patients to search a database of participating doctors to find one who accepts their insurance. The website also allows patients to check the doctor's

A crop of website and mobile telephone applications, like the "Visit Inova" mobile application, offer patients information that can make some aspects of the health care process more efficient.

appointment availability and schedule appointments online.

"The average wait time to see a primary care doctor in Washington, D.C., is 30 days," ZocDoc's chief medical officer and co-founder, Dr. Oliver Kharraz, in a statement. "We ... help patients find and see doctors within a matter of hours."

Still, there are skeptics. Donald Lavanty, chair of the Department of Healthcare Management and Legal Studies at Marymount University in Arlington, says doctors' offices have to become more tech savvy before such services can be effective: "I think that what they are doing is a step in the right direction, but I think those systems are far from perfected. The physicians' offices have to know what they want out of the systems. My dream is to see the health care system be like an ATM card where everything you need is on one card and in one place, but we are not there yet."

Thank You, Thank You, Thank You

Mental Health professionals highlight potential health benefits of gratitude.

By Marilyn Campbell
Centre View

For many, November ushers in a season of giving thanks, an opportunity to express gratitude, but it can mean even more: some researchers say that Thanksgiving might actually be good for your health.

"When people view what they have as what they need, they are happier," said Linda Gulyn, a professor of psychology at Marymount University in Arlington. "Logically, if you don't view what you have as adequate, then it is going to lead to unhappiness.

The value system of the community can distract you from seeing what you have."

Robert Emmons, Ph.D., editor of The Journal of Positive Psychology and a pioneer in gratitude research, conducted a study of adults with neuromuscular disease. After a 21-day gratitude intervention, he found that the gratitude group was more optimistic, had higher levels of energy, more positive moods and slept better than the control group.

In another study, Emmons found that those who kept weekly gratitude journals exercised regularly and reported fewer physical ailments and a better sense of well-being than those who wrote about negative or neutral events. Dr. Michael Siegel of Fairfax County Health Network and Molina Health Care, points to a 2010 study published in Circulation, a journal of the American Heart Association, that looked at more 90,000 women and found that the more cynical study participants had higher rates of both coronary heart disease and cancer. "Those with a positive outlook fared better," he said.

See Potential Health, Page 11

Wellbeing

Photo courtesy of Acumen Solutions



Acumen Solutions Race for a Cause attracted more than **3,000** participants from around the region, some in strollers and some in costumes. The event raised money for local charitable organizations.

Racing for Superheroes

Event benefits local nonprofits.

By Marilyn Campbell
Centre View

From children wearing superhero capes to costume-clad adults to tots in strollers, participants took to the streets of Arlington last month to raise money for charity as part of the fourth annual Acumen Solutions Race for a Cause 8K and 1-Mile Fun Run.

"This year's Race for a Cause was a shining example of the power of community. Our goal is to not only raise awareness and much needed funds for our 10 nonprofit partners, but to engage the community in a way that enables us all to feel the impact," David Joubran, Acumen's president and CEO, said in a statement.

Acumen Solutions identifies 10 local nonprofit organizations that they dub "superheroes." Through race registration, more than 3,000 people selected and secured funds for one of the 10 organizations. The nonprofit organizations also help raise money. The Fairfax County Boys & Girls Clubs of Greater Washington came in first.

"Our teamwork made it possible. We recruited runners and donors and sponsors," said Wonhee Kang, the regional director of

Fairfax County Boys & Girls Clubs of Greater Washington.

The Women's Center in Vienna placed second, followed by Greenbrier Learning Center in Arlington. "We are thrilled and delighted to have won second place thanks to the efforts of our board, our staff, our therapists and all of our community supporters. We had a wonderful showing of support," said Carol Loftur-Thun, executive director of the Women's Center in Vienna. "The race and the funds that will be awarded will go to help support our services."

Even those who were not among the top winners saw the race as an opportunity to increase their visibility in the community. "What I love about this event is that all kinds of people sign up to race. They learn about the nonprofits in their community who are doing good work and they can sign up to volunteer," said Patti Donnelly, Executive Director of the Literacy Council of Northern Virginia in Falls Church.

Other participating nonprofits that will also receive monetary funding include Our Daily Bread in Fairfax, The Reading Connection in Arlington, and Washington, D.C.-based Education Pioneers, Young Playwright's Theater, United for D.C., and For Love of Children. Funding will be announced and distributed at a Nov. 28 race celebration event.

Potential Health Benefits of Gratitude

From Page 10

"If all you write down is that your boss yelled at you or you couldn't get all your work done, you're probably not going to feel better," said Karen Prince, a licensed clinical social worker and a Kensington, Md., based psychotherapist. Linda Berg-Cross of Potomac, Md., a researcher and professor of psychology at Howard University in Washington, D.C., said, "Being optimistic improves your immune system and improves your cognitive functioning."

Prince says that gratitude may not come easily to some. "It is harder for adults to establish gratitude because most of those characteristics are started as children. Parents can model gratitude for your children."

SO HOW DOES ONE cultivate a sense of gratitude? "It is like a self-fulfilling prophecy: if you look for things to be wrong you're

going to find things wrong," said Arlington resident Dr. Lisa Calusic, a psychiatrist at Inova Behavioral Health Service and Inova Mount Vernon Hospital in Alexandria. "When you're a hammer, everything is going to look like a nail. Remind yourself that just because a couple of things are negative or one thing is negative, doesn't mean that everything is negative."

"One way to develop gratitude is to engage in community service and help people who are less fortunate," said Prince. "For example, go into a soup kitchen and serve meals once a week."

Prince also encourages others to notice their surroundings. "Stop and smell the proverbial roses," she said. "A lot of people in the Washington area are really stressed out and engulfed by whatever their dilemma is and they forget that there is a bigger picture and so much more to the world."

Congressman Gerry Connolly's

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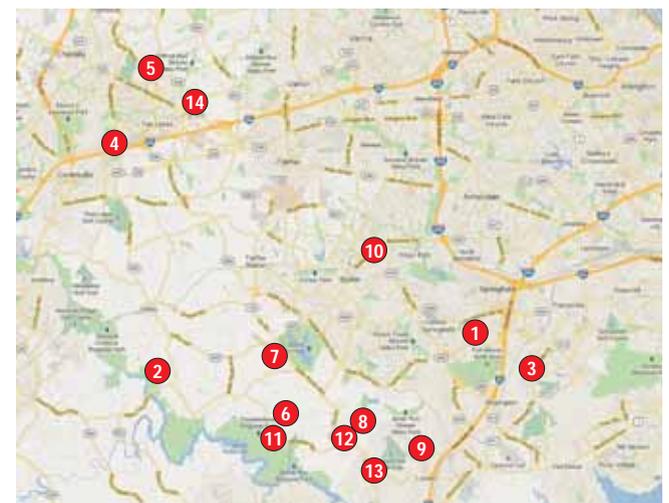


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7 10609 CANTERBERRY RD	4	2	1	FAIRFAX STATION	\$720,000	Detached	2.00	22039	CANTERBERRY ESTATES	09/05/12
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9 8812 WESTERN HEMLOCK WAY	5	3	1	LORTON	\$710,000	Detached	0.21	22079	LAUREL HILL LANDBAY	09/27/12
10 9012 ADVANTAGE CT	4	3	1	BURKE	\$710,000	Detached	0.24	22015	SIGNAL HILL ESTATES	09/24/12
11 8715 RUNNING FOX CT	4	2	1	FAIRFAX STATION	\$700,000	Detached	2.00	22039	FOXFIRE	09/13/12
12 9411 EAGLE TRCE	4	2	1	FAIRFAX STATION	\$700,000	Detached	0.28	22039	CROSSPOINTE	09/14/12
13 9180 MAROVELLI FOREST DR	6	4	1	LORTON	\$700,000	Detached	0.83	22079	MAROVELLI FOREST	09/26/12
14 3832 PARKLAND DR	4	4	1	FAIRFAX	\$700,000	Detached	0.14	22033	PENDERBROOK	09/28/12



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Westfield Presents 'Laughing Stock'

From Page 3

Madeleine Bloxam. "She's sarcastic because she's trying to draw attention away from her fragile side," said Bloxam. "She's working with Gordon, her ex-husband, and doesn't want people to see how much that hurts. I like my role because it's different from others I've played. Sarah's spunky and teases the rest of the cast; she also picks on Gordon with her good-natured humor."

Bloxam said the audience will like getting an insight into putting on a production, "which they don't normally get to see. And each character is kind of an exaggeration of someone people have worked with in theater or just know, so everyone will be able to relate to someone."

Senior Alex Mann plays 70-something Ridgefield Hawksley, who's participated in this summer-stock theater company since before any of the other actors were born. "He's kind of forgetful and doesn't remember his lines well," said Mann. "But he gets a lot of respect because he basically built the company from the ground up."

Mann says it's a stretch playing someone that old. "I have to walk slowly and with a cane and speak in a deeper, more mature voice," he said. "He's not the best actor, and I know what it feels like to forget lines, so I can identify with that part of him. The audience will like the show because it's funny, relatable and sweet and even has a love story."

Roundups

From Page 3

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

Recycle During Electric Sunday

Residents may recycle old TVs, computers, peripheral electronic devices – such as keyboards, speakers, printers and scanners, as well as household hazardous wastes – including fluorescent light bulbs and tubes, for free, during Fairfax County's "Electric Sunday" events. The next one is slated for Sunday, Nov. 18, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road in Fairfax. For more information, call 703-324-5052.

Toy and Food Drive

To brighten the holiday season for area families in need, the Democratic Women of Clifton (DWC) will once again be taking donations for the Fairfax County Fire and Rescue Toy Drive, plus grocery-store gift cards for Our Daily Bread.

Anyone who wants to help may drop off these items during the DWC's Sunday, Nov. 18, meeting from 3-5 p.m., in the Clifton Town Meeting Hall, 12641 Chapel Road in Clifton. For more information, e-mail cliftonwomens@aol.com or visit www.democraticwomenofclifton.org.

ONC Needs Community's Help

Our Neighbor's Child (ONC) is preparing for its 21st holiday season providing new toys and clothing for children of families in financial crisis in Centreville, Chantilly and Western Fairfax. But it's a volunteer organization and it can only carry out its

www.ConnectionNewspapers.com

Portraying Daisy Coates, another elder returning actress, is senior Allie Koenigsberg. "She and Ridgefield have been with the company since they were teenagers," said Koenigsberg. "She really enjoys the theater, the company of others and the whole creative process. I see her as the mother figure of the company. I enjoy this part because it requires more acting; I have to lower my voice, be more maternal and walk and carry myself differently."

Koenigsberg said "Laughing Stock" shows how actors often juggle several plays at the same time, in real life. "Everyone's really well-cast, tapping into their character's whole persona and making it their own, which makes it more believable. And it's so comedic, people will be laughing."

Junior Olivia Witt plays Connie Conlin, in charge of the playhouse's finances. "She's organized, but worried, and is particular about details," said Witt. "She likes her job, but gets upset when people don't do things just the way she likes them. She also goes from sweet and calm to angry and stressed, so it's fun showing those emotions. It's a lighthearted show and the audience will really enjoy it."

Witt also designed the play's poster and cast T-shirt showing the barn with the moose at the top, drama masks and a skull from "Hamlet." She's taken art classes, so was happy to put them to use this way. "That's what's nice about theater," said Witt. "There are different ways to show your talents."

mission with the generous support of local churches, schools, businesses and individuals.

And this year, in the face of a difficult economy, ONC needs help more than ever from groups or individuals willing to furnish clothing for local children in need. The number of requests for winter coats, jackets and other warm clothing is high again this year. Specific information (sizes, etc.) will be available before Thanksgiving.

Anyone who'd like to help is urged to contact Stephanie Somers, ONC clothing coordinator, at somerss@cox.net. For other ONC volunteer opportunities or to make a monetary donation, visit www.ourneighborschild.org.

WFCM Seeks Food, Volunteers

Western Fairfax Christian Ministries' (WFCM) food pantry urgently needs donations of oil (48 oz. or smaller); flour (2-5 lb. bag); sugar (2-5 lb. bag); rice; canned meats; salad dressing, jelly; jam; peanut butter, spaghetti sauce, Ramen Noodles, canned fruit; canned beets and collard greens; canned soup and beans; dry pasta and beans; ketchup, mustard, pancake mix and syrup; hot and cold cereal and coffee. In addition, the Food Pantry would appreciate fresh produce, such as tomatoes, from local gardens.

Also needed are laundry detergent, toothpaste, shampoo, toilet paper and diapers (sizes 4, 5 & 6). WFCM clients are also in great need of gasoline cards.

Bring all items to WFCM'S food pantry at 13981 Metrotech Drive (near Backyard Grill and Bar) in Chantilly. Volunteers are also needed:

Thrift store: Volunteers are needed Tuesdays, Thursdays, Fridays and Saturdays, from 10 a.m.-4 p.m., to receive donations. Contact Volunteer Manager Annette Bosley at 703-988-9656.

Food pantry: Regular volunteers are needed needed to pick up donated food from Costco on Thursday mornings and from Harris Teeter on Fridays between 9-10 a.m.

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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

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6100 Eagle Landing Rd.....\$649,900.....Sun 1-4.....	Carol Hermandorfer.....Long & Foster.. 703-503-1812
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Centreville	
6487 Trillium House Ln.....\$999,900.....Sun 1-5.....	Jean Marotta.....Birch Haven.. 703 402-9471
Clifton	
8209 Cub Den Ct.....\$1,125,000.....Sun 1-4.....	John Cooney.....Fairfax.. 703-989-9969
Fairfax	
4103 Halsted St.....\$598,000.....Sat 1-4.....	Herb & Adeline Medeiros.....Long & Foster.. 703-980-9769
10111 Blue Coat Dr.....\$513,000.....Sun 1-4.....	Herb & Adeline Medeiros.....Long & Foster.. 703-980-9769
3953 Kathryn Jean Ct.....\$479,000.....Sat 1-3.....	Kathleen Miller.....Samson Props.. 703-409-7637
Fairfax Station	
6901 Wolf Run Shoals Rd..\$899,900.....Sun 1-4.....	Carol Hermandorfer.....Long & Foster.. 703-503-1812
7507 South Reach Dr.....\$869,950.....Sun 1-4.....	Kathleen Quintarelli.....Weichert.. 703-862-8808
8451 Lake Mist Way.....\$719,999.....Sun 1-4.....	Jim Agnew.....Avery-Hess.. 888-420-4554
11215 September Ln.....\$642,500.....Sun 2-4.....	Pat Falles.....RE/MAX.. 703-503-4365
Falls Church	
3804 Munson Rd.....\$849,000.....Sat/Sun 1-4.....	Patrick Kessler.....Keller Williams.. 703-405-6540
Kingstowne/Alexandria	
7100 Judith Ave.....\$814,900.....Sun 1-4.....	John Queaney.....Century 21.. 703-868-0061
5495 Clonmel Ct.....\$759,950.....Sun 1-4.....	Tom & Cindy & Assoc.....Long & Foster.. 703-822-0207
6060 Piney Woods Ct.....\$719,950.....Sun 1-4.....	Tom & Cindy & Assoc.....Long & Foster.. 703-822-0207
6600 Berkshire Dr.....\$439,500.....Sun 1-4.....	Mary Edwards.....Coldwell Banker.. 703-907-9800
6635 Rockleigh Way.....\$359,950.....Sun 1-4.....	Tom & Cindy & Assoc.....Long & Foster.. 703-822-0207
Lorton	
5941 Kentia Trl.....\$599,900.....Sun 1-4.....	Patrick Coen.....Keller Williams.. 703-564-4000
8704 Susquehanna St.....\$250,000.....Sun 12-3.....	Bill Deibes.....Fairfax.. 703-752-3700
Springfield	
7762 Camp David Dr.....\$800,000.....Sun 1-4.....	Dennis Mahafkey.....Keller Williams.. 703-562-1800
7316 Backlick Rd.....\$429,900.....Sun 1-3.....	Janine Ali.....Golden Key.. 703-910-7073
6832 Ridgeway Dr.....\$369,900.....Sun 1-4.....	Shanna Miller.....Weichert.. 703-615-3178
Woodbridge	
727 Harbor Side St.....\$424,500.....Sun 1-4.....	Diane Lenahan.....Wolf Run.. 703-283-7328

To add your Realtor-represented Open House to these weekly listings, please call Karen Washburn at 703-778-9422 or E-mail the info to: kwashburn@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

Costumes Galore at Goblin Gallop



From left are Dayvin Clime, 8; Caysen Chadha, 6; and Camryn Chadha, 4.

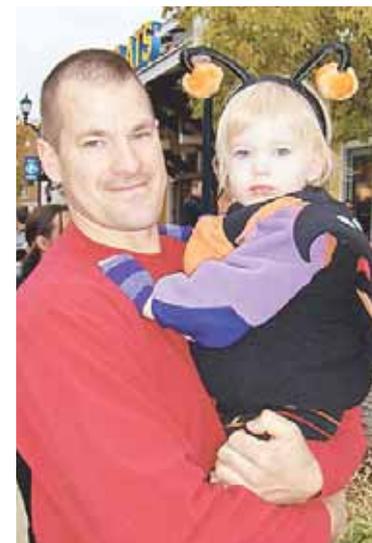


From left are Finn Sharp, 4; Tyler Pettibone-Clark, 6; and Mackenzie Sharp, 6.

The 19th annual Goblin Gallop was Sunday, Oct. 28, at Fairfax Corner, benefiting the John Quadrino Foundation for children with cancer.



From left are Haley Prosser and mom Kellie Prosser.



Ryan Walls holds daughter Arabella, 2.

Photos by Bonnie Hobbs
Centre View



Cute as a bumblebee is Hudson Langan-Stark, 2 and a half.



The starting line of the Goblin Gallop 5K race.



From left are Sebastian Di Pietro, 7, and Samik Bhinge, 7.



From left are Chantilly High grads Edree Espiritu and Eunice Baskin.



Angry Birds (from left) are Savni Puri, Christine Conner, Lyn Howard and Michelle Mai.



Candy bars variety pack (from left) Anita Gossett, Michael King and Elaine Houska.

Calendar

Locals Join All-Star Line-up at Metro Cooking Show

Area specialty food entrepreneurs among attractions at 2012 Metropolitan Cooking Show.

By Marilyn Campbell
The Connection

When celebrity chefs and Food Network stars were in Washington last weekend for what has become a Super Bowl for foodies (Giada De Laurentiis, Jacques Pepin, Tom Colicchio and Gail Simmons and The Chew's Michael Symon and Carla Hall were just some of the famous faces), some area culinary enthusiasts joined them as well.

The 2012 Metropolitan Cooking and Entertaining Show included food tastings, workshops, celebrity book signings and cooking demonstrations, and also featured an exhibit hall where vendors showcased the culinary world's latest offerings.

Arlington-based culinary instructor Andie Nelson attended the show to scope out the

"Most of the products you won't find at large grocery stores."

—Jill Collins, spokeswoman for Washington's Metro Cooking Show

latest in kitchen gadgets and gourmet food. "I spent some time talking to suppliers of organic foods and grocery delivery businesses and a lot of farm-to-family type places," she said. "I am always looking for new sources for organic food, especially meats. It is hard to find humanely raised, antibiotic-free meats. It was good for me to connect with people to get original sources."

Some of those original sources included a handful of Northern Virginia entrepreneurs, who were among nearly 400

exhibitors offering specialty goods ranging from bran oil to cake on a stick to food lovers like Nelson during the two-day event.

Mitra Krishnamoorthy of Surin Bran Oil in McLean saw the show as a chance to educate the public about rice bran oil which they say can help lower cholesterol. "People get to sample and try our oil right here," she said. Then hungry foodies followed the scent of savory meat wafting through the air, which led them to brothers Kevin and Cliff Logan of Logan Sausage in Alexandria. The duo doled out free sausage samples in an array of varieties from sweet Italian to spicy chorizo. "My dad started the company because he couldn't find a good sausage in the area so he decided to create one," said Kevin Logan.

Next it was time for dessert. Lynn Dysart, of A Bit More Sweets and Specialties in Springfield, makes all of her goodies in her

home kitchen, and enjoyed sharing the story of her company's origins along with her mini cakes. She always had a knack for baking and decided to follow her passion: "I made a couple of things that I would always give to people and they would say 'you should sell these.'"

For many vendors, both the show and their businesses are family affairs. Barbara Taylor, who manned a booth with her granddaughter Rochelle Taylor, runs Watkins Home Products out of her Alexandria home. "We come to the show for the pleasure of sharing our organic flavorings, personal care and home care products with the public," she said.

"Most of these products you won't find at large grocery stores," summed up show spokeswoman Jill Collins of Oak Hill. "We really try to bring in exhibitors that represent small businesses and specialty foods."

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



Weight For It



By **KENNETH B. LOURIE**

This reference is not about pounds, per se. It is about the two largest tumors in my lungs, inoperable in that they are located between the two halves which make up the whole lung. "Inoperable" defines stage IV lung cancer, along with the cancer having moved from its primary location (still unknown at this time) to a secondary location (my lungs) where we certainly have become familiar with it, but oddly enough, not symptomatic because of it.

One of the first questions my oncologist asked me way back when, at our initial Team Lourie meeting, was if I felt anything heavy in my chest. I said I did feel a weight/heaviness in the middle of my chest; in the exact spot he said, after I pointed it out, where the tumors were located, sort of confirming what all the test results and biopsy had indicated: a growth (determined to be malignant) where it wasn't supposed to be. To this day, 44 months later, the most recurring question my oncologist asks me when we meet is whether I feel that "heaviness" in my chest. More often than not, my answer has been "No," a clear indication, along with the results from my regular CT Scan, that the tumors that have been weighing on my mind were, for that particular two-month interval of treatment, not growing (appreciably, anyway; I try to be realistic). "News with which," as I so often say, "I can live."

I remember three and a half years ago when the significance of this heaviness issue became more obvious to me. It was at the first appointment I had with my oncologist after I had been infused with two or three rounds (six hours+ per round) of heavy-duty chemotherapy. Once the standard pleasantries and how-are-you-feelings were out of the way, we got into more detailed doctor-patient talk: "Kenny," my oncologist asked, "do you not feel anything?" Repeating the question out loud and sort of scoffing at its ambiguity, I found myself, saying/snicker: "Do I not feel anything? Well, I sort of don't feel that weight in my chest." To which my doctor enthusiastically replied: "That's great! That's where the tumors are located. The chemotherapy seems to be working." (To say we were all a bit encouraged at the time would be the understatement of the universe. Little did we know, the roller coaster had only just begun.)

And so, this same "weight/heaviness" question has continued to be asked at every appointment (now bi-monthly). And every minute of every day, I am self-assessing any weight that I may feel in my chest and/or any other sensations originating from where I know the tumors are situated. What little I know now is, if I feel weight in my chest, perhaps the tumors are growing – or maybe not (ergo my ongoing Memorex-type problem: "Is it real or is it...?") Maybe it's fluid in my lungs or scar tissue scabbing over a shrinking tumor or nothing-in-particular-just-something-I'm-super-sensitive-to because of my age or circumstances? Either way, I'm always waiting and wondering if the weight of the world need be on my shoulders, if occasionally it's not in my chest.

What this all means is, confusion. As much as you want a straight answer and a clear understanding of what was happening to you – and why, and what might happen still, the day you were diagnosed with the cancer was the day all of that ended. And to complicate matters further, under such stressful circumstances as a terminal diagnosis, I can readily admit: One's mind has a mind of its own, and control of it, as with your television – made famous during the beginning of "The Outer Limits" (a mid-60s classic), doesn't belong to you. (Unfortunately, unlike the television show, control does not return in an hour.)

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

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Photos by Craig Sterbutzel / Centre View

Westfield's Katie Winesett scored three goals and had two assists in a 6-0 victory against West Springfield in the regional semifinals on Nov. 1 at Washington-Lee High School.

Westfield Field Hockey Ends Season in State Quarterfinals

Winesett cousins led Bulldogs past West Springfield for state berth.

By Jon Roetman
Centre View

The Westfield field hockey team's season of dominance came to an end on Nov. 6, when the Bulldogs lost to Mountain View, 2-1, at home in the quarterfinal round of the state tournament.

Westfield entered the game with a 20-2 record, including a 19-0 mark against Northern Region foes. The Bulldogs outscored area opponents, 101-4. Westfield had lost to First Colonial, 5-0, and Tabb, 6-2, before falling to Mountain View, the Northwest Region runner-up.

Prior to states, Westfield won a Concorde District championship and a Northern Region title. The Bulldogs punched their ticket to states by defeating West Springfield, 6-0, in the region semifinals on Nov. 1 at Washington-Lee High School in Arlington. Against West Springfield, Westfield junior forward Katie Winesett had three goals and two assists and senior midfielder Meghan Winesett had one goal and an assist. The two are cousins and no strangers to putting up numbers.

According to stats on the Washington Post's website, Katie Winesett finished the season leading the area in goals with 29. Meghan Winesett finished in third with 27 goals. Meghan tied for third in assists with 18, and Katie tied for 16th with 12.

"I love playing with [Meghan] on the field," Katie said after Westfield beat West Springfield. "We're always communicating, even sometimes without words. We just



Westfield's Meghan Winesett had a goal and an assist against West Springfield on Nov. 1.

know where each other are at all times. We just make those good give-and-go passes. I love playing with her."

Meghan, who is committed to the University of Delaware, assisted one of Katie's goals against West Springfield and Katie assisted Meghan's goal.

"We're like best friends off the field, so I think that helps a lot on the field," Meghan said. "We always kind of know where we are. We don't even talk that much on the field, we just always know where each other are and we have a lot of trust in each other. ..."

"If I have a shot, I'd rather her score, almost, than me score. We're always setting each other up and we're not selfish at all. I think that helps."

Westfield head coach Starr Karl praised her leading goal-scorers.

"They just feed off of each other," Karl said. "Both of them are great young ladies. They're both very selfless."

TWO DAYS AFTER beating West Springfield, Westfield defeated South County, 4-1, in the region championship game at W-L, avenging last season's loss to South County in the region final.

Chantilly Boys' XC Team Qualifies for State Meet

McGorty sets personal best, Cowne leads Chantilly girls' team to state berth.

By Jon Roetman
Centre View

The Chantilly boys' cross country team secured another banner and senior Sean McGorty improved his spot in the Burke Lake Park record book on Nov. 2. Now, the Chargers and their standout senior face the final task of the VHSL season — the state meet on Nov. 10 at Great Meadow.

Chantilly took home the Northern Region team championship and McGorty won the individual title during the regional cross country championships on Nov. 2 at Burke Lake Park. McGorty's time of 14:19 was a personal record and tied the second-fastest time in the history of the course. West Springfield's Sharif Karie ran 14:19 at the 1996 Northern Region championships. South Lakes grad Alan Webb, who holds the American record in the mile, ran a 13:57 at the 1999 Concorde District championships. McGorty's previous personal record at Burke Lake Park was 14:38 set on Oct. 24 during the Concorde District championships.

"I'm thrilled," McGorty said after regionals. "To get that big of a PR in my last time at Burke Lake — I just wanted it to be special ... Coming in, knowing it was my last time, knowing the weather was better than districts, I just wanted to attack it. I felt good and I thought about it during the race: this is your last time, so give it



Photo by Craig Sterbutzel / Centre View

Chantilly senior Sean McGorty.

your all. I definitely couldn't be happier with the race."

Chantilly won the team title with a score of 39. Oakton finished second with a total of 85, followed by Robinson (87) and Lake Braddock (124).

The top four teams and top 15 individuals qualify for the state meet, which is scheduled for Saturday, Nov. 10 at Great Meadow.

Logan Miller placed third for Chantilly with a time of 15:23.

"I did very well," Miller said of his third-place finish. "I thought I made moves when I needed to and I got a decent time I'm happy with."

Chantilly's Faris Sakallah (15:30) was seventh, Ryan McGorty (15:34) was 10th and Adam Huff (16:00) was 25th.

"Regular season matters, but postseason

See Chantilly, Page 18



Photo by Craig Sterbutzel / Centre View

Westfield running back Dalaun Richardson carries the ball against Centreville on Oct. 26.

Football Playoffs Begin Friday

The Westfield, Centreville and Chantilly football teams open the postseason on Friday, Nov. 9.

Westfield, the No. 1 seed in Division 6, will host No. 8 West Springfield at 7:30. The two teams did not meet during the regular season.

Centreville, the No. 3 seed in Division 6, will host

No. 6 West Potomac at 7:30. West Potomac defeated Centreville, 27-20, on Sept. 7.

Chantilly, the No. 4 seed in Division 6, will host No. 5 Robinson at 7:30 p.m. Both teams are in the Concorde District. Chantilly defeated Robinson, 41-21, on Nov. 2 to close the regular season.

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Photo by Craig Serbutzel/Centre View

Chantilly's Alexa Cowne.

Chantilly XC Goes to States

From Page 17

is when it all counts," Sean McGorty said, "and just to be able to continue our success, especially as these meets get more and more important, it's great. It's definitely a big confidence booster going into states."

Ryan McGorty, sophomore brother of Sean McGorty, bested his previous PR of 15:48. Ryan McGorty said as a freshman last season he worried about competing in the shadow of Sean, who is one of the top high school harriers in the nation. Now, Ryan said, it doesn't cross his mind.

"Coming in freshman year [of] cross country, I was like, what is it going to be like, I'm Sean McGorty's brother?" Ryan McGorty said. "Sean was already pretty famous by then. Coming in, the coaches told me before the races even started, be your own person. You're Ryan McGorty and you're doing what Ryan McGorty can do. Freshman year, I had a good season. That's when I was like, I'm Ryan McGorty and then after that I didn't really think about it anymore."

IN THE GIRLS' RACE, Chantilly qualified for states as a team with a third-place finish. Lake Braddock won the team title with a score of 38. Oakton finished second with a total of 92, followed by Chantilly (109) and West Springfield (116).

Alexa Cowne led the way for the Chargers, placing seventh with a time of 17:33. Nora Rahe finished 20th with a time of 18:33, Samantha Lull (18:35) was 21st, Xaveria Hawvermale (18:38) was 23rd and Megan Toole (19:16) was 48th.

"Our goal was to go to states and it was really important to us," Cowne said, "and I felt like I, as well as every other girl, did their job and we did exactly what we had to do."

Calendar

Email announcements to centreview@connectionnewspapers.com. Photos welcome.

FRIDAY-SATURDAY/NOV. 9-11

Christmas Market. 250 artisans will be offering quality hand-made crafts, Christmas collectibles, handcrafted edibles, gifts and decorating ideas for holidays. 10 a.m. to 6 p.m. on Friday and Saturday, 10 a.m. to 5 p.m. on Sunday. At Dulles Expo Center, 4368 Chantilly Shopping Center. Free parking and second day return. Admission is \$8 for adult, free for children under 12. Get \$1 off with canned food donation to benefit The Capital Area Food Bank. Visit www.emgshows.com/press.



Fair Oaks Enchanted Ice Palace

Thursday, Nov. 8 through Monday, Dec. 24 open during all Fair Oaks regular and holiday hours Fair Oaks Grand Court, 11750 Fair Oaks Mall, Fairfax. Fair Oaks' Ice Palace holiday tradition features a 30-foot ice dome with falling snow, interactive multi-sensory elements, larger-than-life snow globes, Ice Throne and light show beneath twinkling icicles descending from Fair Oaks' 65-foot Grand Court atrium. New this year will be showcases of the prehistoric herd from the family film Ice Age: Continental Drift. The 1,200 square foot Ice Palace will culminate with a visit to Santa and a complimentary Ice Age gift. Fair Oaks will also celebrate the eight days of Hanukkah with a display adjacent to the Ice Palace featuring the history and significance of the dreidel (sevivonim). Free and open to the public. Fair Oaks will host ASL Signing Santa Day on Thursday, Dec. 6 from 10-11 a.m. Signing Santa and Mrs. Claus will remain in the Ice Palace throughout the day. Visit www.ShopFairOaksMall.com or call 703-279-2708.

refreshments served. Multidisciplinary discussion on current treatments in lung cancer will be presented. RSVP at 703-776-3777.

www.fairfaxsymphony.org or call 703-563-1990.

TUESDAY/NOV. 20

Shave Your Head. 5-8 p.m. Chantilly High School Academy's Cosmetology program is sponsoring a Shave Your Head event to benefit the Capital Caring Charity. Representatives from Capital Caring will be at this event to share information. Students can receive up to six community service hours by participating in this event. At Chantilly High School, Room 907. Call 703-222-7487 or email wwhite@fcps.edu.

SATURDAY/DEC. 1

Decorating with Holiday Greens. 10 a.m. Peg Bier will share her ideas and displays. At Merrifield Gardens at Fair Oaks, 12101 Lee Hwy. Visit www.merrifieldgardencenter.com.

Toys for Tots Event. The Ed Lang Team and Re/Max Premier will be hosting their Annual Toys for Tots Charity Movie Event at the Centreville Multiplex theatres. The event is free to local residents with the donation of at least one unwrapped new toy per guest.

FRIDAY/NOV. 16

Solo Performance and Coaching. 11 a.m.-noon at Frost Middle School, 4101 Pickett Road. The FSO and VASTA present a solo performance and coaching session with 2012 Avery Fischer Grant recipient Benjamin Beilman. Free admission with RSVP by Wednesday, Nov. 14. Call 703-563-1990 or email rsvp@fairfaxsymphony.org.

SATURDAY/NOV. 17

Christmas Floral Designs. 10 a.m. Learn to make holiday arrangements with artificial greens, flowers and berries. At Merrifield Gardens at Fair Oaks, 12101 Lee Hwy. 703-968-9600 or www.merrifieldgardencenter.com.

Celebrate a Night of Beethoven. 8 p.m. at GMU's Center for the Arts, Fairfax. Featuring Kenneth Woods, conductor and Benjamin Beilman, violin. There will be a free pre-concert discussion with Kenneth Woods at 7 p.m. Visit

SATURDAY/NOV. 10

A Holiday Bazaar & Craft Fair. 9 a.m.-3 p.m. at Centreville United Methodist Church, 6400 Old Centreville Rd. More than 50 craft vendors will be on hand selling their wares. United Methodist Women are hosting a Silent Auction, Grandma's Attic, White Elephant, Bake Sale, Book Nook, and luncheon at the event. Free Admission. All proceeds will go to charity. Contact 703-830-2684 or novemberbazaar@hotmail.com.

To the Moon and Beyond. 10 a.m.-3 p.m. Free. Don't miss Super Science Saturday at the National Air and Space Museum with demonstrations and hands-on activities for visitors of all ages in the subjects of science, technology, engineering and mathematics as they relate to aviation and space exploration. At National Air and Space Museum - Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Way, Chantilly. Call 202-633-1000 or visit www.airandspace.si.edu.

WEDNESDAY/NOV. 14

Author Discussion. 7:30 p.m. Author Don Hakenson will discuss his manuscript, "This Forgotten Land: A Tour of Civil War Sites & Other Historical Landmarks South of Alexandria" at a Civil War Forum at the Fairfax Station Railroad Museum. Free and open to the public. The Railroad Museum is located at 11200 Fairfax Station Rd. Call 703-425-9225 or visit www.fairfax-station.org.

THURSDAY/NOV. 15

Free Lung Cancer Event. 6-8:30 p.m. In honor of National Lung Cancer Awareness Month, the Inova Thoracic Oncology Program, Inova Life with Cancer™ and the Lung Cancer Alliance are hosting a free lung cancer awareness event. At Dewberry Life with Cancer Family Center, 8411 Pennell St. Free parking. Dinner and

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