

Great Falls CONNECTION

Great Falls residents prepare to cast their vote Tuesday, Nov. 6 at the Great Falls Library.

Great Falls Goes to Polls

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Photo by Alex McVeigh/The Connection

Voters line up in front of the Great Falls Library Tuesday, Nov. 6 to cast their votes.

Great Falls Goes to Polls

Early voter turnout high in most locations.

By Alex McVeigh
The Connection

Every election day, Julius Zannetti of Great Falls gets his voting out of the way first thing in the morning. Zannetti, who works in the city, says doing it first thing, when he's working on his morning cup of coffee, is the only way to go.

"I usually am one of the first people in the parking lot, at least, on the off years," he said. "If I somehow didn't know that this was a presidential election year, I would have known when I saw the line leading into the parking lot of the library."

Cars filled the Great Falls Library parking lot for most of the morning, and the line stretched along the sidewalk during most of peak times, 6 to 9 a.m. and 4 to 7 p.m.

"There have been people lined up here since we

opened, and for the whole morning," said election volunteer Henry Chadwick. "Four years ago, it was real busy in the morning, but tapered off during the rest of the day."

While volunteers from both parties spent the day handing out sample ballots, not every voter chose straight along party lines.

"I collect a sample ballot from both parties, which always earns me a strange look," said Beth Tewksbury of Great Falls. "I'm more interested in what each party says about the issues like the eminent domain and the veto session. I've asked around to some of my fellow voters, and that doesn't seem to be in the thoughts of anyone, so I'm not sure how that's going to turn out."

Also present at several locations were members of Victory Counsel, a voter advocacy group. Volunteers were on hand throughout the day to answer any questions about identifications requirements and more.

"We're here just to make people vote, no matter who it's for," said volunteer Stacey Jackson. "This is a cause that transcends Democrats and Republicans."

Viewpoints

Who did you vote for, and what was the most important issue to you?

— Alex McVeigh



Emily Giordano, Great Falls
"I voted for Mitt Romney and I think fixing the economy is our most important issue. He's confident, and carries himself like a businessman, and I feel confident in his plans. I hope in the next four years he'll get a chance to bring the debt down and put a plan in motion."



Ralph Kahler, Great Falls
"I think Mitt Romney's experience and his plan for the economy are all related to commerce, the budget, the deficit and the debt, which is what we need, because the financial situation we're facing is a huge obstacle."

Don Lowry, Great Falls

"I voted for President Obama. Four years ago, we were in free fall, and it's unfair to categorize his performance against that as anything other than a great success. I hope if he wins a second term we can see more cooperation in the House, rather than the obstructionist performance they've put on in the past."



Nikhil Verma, Great Falls

"I voted for Mitt Romney. I'm concerned about several aspects of Barack Obama's healthcare plan, my dad is a doctor, and there is a lot of negative things that are going to come with it. Specifically, I'd like to get rid of the Independent Payment Advisory Board. But regardless of who wins, I'd like to see a serious effort to bring down the deficit."



Election volunteer Mari McColl kept lines moving and answered voter's questions.



Jim Eggeman of Vienna

Photos by Victoria Ross/The Connection

Absentee Voting Down Slightly

More confusion about redistricting reported at polls, not Voter ID.

By Victoria Ross
The Connection

The line of 100-plus voters casting absentee ballots at the Reston Government Center Friday evening moved quickly. Poll workers Mari McColl and Joe Gofus frequently walked up and down the lines, checking to make sure forms were filled out correctly, and voters got answers to their questions.

"Do you have your forms? Any questions about your ID? Need anything else, a beer maybe?" joked Gofus.

"We haven't had any real problems," McColl said. "We only had to turn away one voter so far, and that was because the only form of ID this man had was an out-of-state driver's license." McColl said election volunteers provided the man with the list of acceptable forms of identification. McColl said most absentee voters have been using their new Voter Registration Cards, sent out by the State Board of Elections in early October.

McColl said the line Friday night was relatively short compared to earlier in the week.

"On Thursday we had over 750 people come through," she said. "Things have been hopping, but it's worth it to be part of the process as long as people vote."

Jim Eggeman of Vienna, standing in line at the Reston Government Center Friday night, was one of the 82,145 voters in Fairfax County who cast an "in-person" absentee ballot by Nov. 3, according to Cameron Quinn, the County's

chief elections official. "This is more convenient than trying to get here on Election Day, and I will be working all day," he said.

Quinn said absentee voting was down slightly this presidential year—a total of 93,014 absentee ballots mailed—compared to 107,145 in 2008.

"We typically have high voter turnout in Fairfax County," Quinn said. In 2008, Quinn said 79 percent of the County's registered voters cast their ballots, compared to 38 percent nationally. And nearly 90 percent of eligible voters, about 721,000 out of 800,000, have already registered to vote in Fairfax County.

Fairfax County's Office of Election employees have been working overtime the past few months to make sure voters are "election ready" on Tuesday, Nov. 6.

While Virginia's new Voter ID laws was the hot topic in the run-up to the Nov. 6 elections—Quinn said many of her office's 600-plus calls each day concerned the Voter ID measures—it wasn't the big question in many polling stations. Redistricting was.

"Now I'm confused," said Oakton voter Barb Cranston. "I thought I was in the 11th district, but someone just told me I'm in the 10th Congressional district."

"I'm not sure if I'm still in the 11th district," Eggeman said, as election volunteers walked through the line, looking up addresses to help guide voters to the right ballot box.

"I didn't even know there was redistricting," Eggeman said.

The Art of Ravioli-Making

By Kathleen Murphy
Market Manager

Guiseppe Di Begnino, master chef and owner of Dante Ristorante, located in the historic Victorian Leigh House (c. 1880) at the corner of Walker Road and Colvin Run Road, shared the secrets of the Italian culinary art of ravioli-making at the Great Falls Farmers Market on Saturday, Oct. 27.

As everyone scurried around town in intense storm-preparation mode, Di Begnino and his team showed that ravioli filled with pumpkin, ricotta and mozzarella cheese could be prepared under a tent with minimal equipment—no power outage would interfere with their plan. With just a few simple tools—a small pasta machine, a mold to shape the ravioli and a pasta cutter—sheets of ravioli were perfectly shaped, filled and sealed before the spectators' eyes. Di Begnino boiled the just-made ravioli for about five minutes in a pot on one propane burner, then used a frying pan on a second burner to sauté the ravioli in sweet butter with a little boiling water with black poppy seeds. The finished product was served on a spacious plate to the delight and amazement of all.

The ravioli-making demonstration was truly a gift, as the ravioli can be used to enwrap just about any combination of healthy fresh market ingredients that you can imagine—vegetables, fruits, beef, pork, chicken, sausages, and all variety of cheeses. For those who have gluten allergies, gluten-free flour can be substituted. For those visiting Dante's with special diet requirements, just ask for Guiseppe, as he explained to one visitor who likes to eat out but has



Photo Contributed

Guiseppe Di Begnino, master chef and owner of Dante Ristorante, rolls ravioli during the presentation at the Great Falls Farmers Market.

a lot of allergies.

Cooking is an art—an indisputable fact as seen in the preparation of the dessert: picture a butternut squash cupcake with a wave of whipped cream on top, a swirl of chocolate syrup and walnut chips on the side.

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Week in Great Falls

Veterans Day Ceremony At Freedom Memorial

On Monday, Nov. 12, at 11 a.m., the Great Falls Freedom Memorial Committee will hold its annual Veterans Day Ceremony at the site of the Freedom Memorial (behind the Great Falls Library at 9830 Georgetown Pike). The speaker will be James Roberts, who served as an anti-submarine warfare and nuclear weapons officer in Vietnam. In 1995, he founded The American Veterans Center, "honoring the sacrifice and guarding the legacy of America's veterans."

A Marine Corps Reserve Color Guard will present the colors. The 6th Grade classes at Great Falls Elementary School will join the ceremony and members of the Great Falls Village Green Day School kindergarten class will lead the Pledge of Allegiance. The Madrigal Choir of Langley High School will provide music for this event.

The ceremony is open to all and ample parking is available in the library parking lot. In case of rain, the ceremony will move into the Library's meeting room.

Great Falls Marines to Celebrate on Saturday

The Marines of Great Falls invite you to honor the birthday of the Marine Corps next Saturday, Nov. 10 from 5:30 to 6:30 p.m. on the back patio of The Old Brogue restaurant in Great Falls. The invitation is open to any other Marine warrior/friend you know who would like to join in lifting a glass to toast comrades-in-arms. This is a casual event. Cake will be provided, but liquor and lies are on your own. Significant others and better halves are also welcome.

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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 traverse Northern Virginia on last days, mark 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

First-time Voters Viewpoints: "Who are you voting for and why?"



Ellie Darcy, 18, Oakton, Freshman at University of Mississippi

"I am voting for President Obama. I want someone who cares about the people and based on what he wants to do in the future and being consistent in what he says, I think he's the best candidate."



Thomas Vaughn, 18, Great Falls

"I am voting for Mitt Romney. While I have serious issues with both candidates, certain policies of President Obama, such as his drone wars and his support for abortion, are simply too much for me to stomach voting for him. I also believe that Romney will be a little bit better for the economy."

Isabel Hefner (left), 18, Great Falls, Freshman at Virginia Tech University

"I'm not completely decided on either candidate yet, but I am leaning towards Romney. The issues I am really concerned about right now are the ones that are the most important to me and affect me the most, such as abortion, healthcare and the economy. Romney comes off as a stronger leader and that is important to me."



Sarah Hefner (right), 21, Great Falls, Senior at Penn State University

"I am undecided, because I don't know who to believe. They attack each other and say the same things about each other and I'm turned off by it. I watched the first two presidential debates and the vice presidential debate, and that's exactly what they did. I would trust someone who is stronger in his convictions. The candidates change their minds and opinions a lot, and I have no respect for that. As leaders, they should have a strong set of beliefs and convictions."



Tory Zehnder, 18, McLean, Freshman at James Madison University

"I will vote for Romney, because of his pro-life views. I also don't believe there should be more taxing on the wealthy. I think we should have even and fair taxing. Once I get a job, I will definitely want a tax plan that I like. I'm excited that I can vote now. It will be good that my voice will be heard."



Stephen Garone, 18, McLean

"I am voting for Mitt Romney. I did my research and agree with what he is saying. He is more pro-life than other presidents. In regards to economic plans, Paul Ryan's tax plan is better. I don't trust Obama anymore."



Andrew Shaw, 18, McLean

"I'm voting for Mitt Romney. Obama hasn't done much for America and I think someone else deserves a chance."

—Jennifer Benitz

Great Falls
CONNECTION

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Bulletin Board

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

THURSDAY/NOV. 8

Northern Virginia Leadership

Awards. 11:30 a.m.-2 p.m., at Westwood Country Club, 800 Maple Ave. E., Vienna. Honoring leaders who are making a difference in the community. \$60, members; \$75, non-member alumni and general public; \$1000, table of ten. 703-752-7553 or www.leadershipfairfax.org/nvlatickets.

TUESDAY/NOV. 13

NARFE Meeting. 1:30 p.m., at Vienna Community Center, 120 Cherry Street, Vienna. The Vienna-Oakton Chapter 1116 meeting hosts Jessica Klement, a NARFE communications and legislative representative. 703-281-5123.

Bully-Free NOVA Launch

Reception. 5-6:30 p.m., at the James Lee Community Center, 2855 Annandale Road, Suite 101, Falls Church. Racial/ethnic minorities, LGBT youth and racial/ethnic minorities are at-risk for bullying even more than other children; learn the basics of the Fairfax Partnership for Youth's outreach program to combat bullying, how to get community-based organizations of businesses involved and how to be involved. Register. 703-324-5535, www.fairfaxyouth.org or Courtney.Burke@FairfaxCounty.gov.

NAACP Officer Elections. 5:30-8 p.m., First Baptist Church of Vienna, 450 Orchard St. NW, Vienna. The election at the General Membership meeting will decide the new officers

and NAACP committee members. www.fairfaxnaacp.org.

AAUW Branch Program. 7 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. A talk on the challenges and successes of bringing life saving preventive and curative health care to rural, under-served families in Ethiopia through the Rural Health Extension Worker Program. 703-790-5550.

WEDNESDAY/NOV. 14

Holy Hill Garden Club Meeting.

9:45 a.m., at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Botanical illustrator and artist Caroline Hottenstein speaks on the history of botanical illustrations and presents an art work show. 703-790-0682.

THURSDAY/NOV. 15

Christmas Craft Show: Crafters

Wanted. 10 a.m.-7 p.m., Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. The 19th Annual Christmas Craft Show's consignment shop-style market has space open for more wares. 703-281-4411 or www.oaktonbrethren.org.

FRIDAY/NOV. 16

Christmas Craft Show: Crafters

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SATURDAY/NOV. 17

Christmas Craft Show: Crafters

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ONGOING

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provides a free GED test preparation and credential completion program open to the public called GED Advantage. Call 1-888-201-6547 for more information.

Ongoing Coffee/Tea Poetry Group.

Poets and poetry lovers in the McLean, Tyson's Corner, Falls Church and Vienna areas seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations.

If interested contact Lily at 703 819-1690.

Women's Center Fall Workshops.

Various times at The Women's Center, 127 Park Street NE, Vienna. For a full list of classes and registration go to www.thewomenscenter.org or call 703 281 2657, ext. 276.

Weekly TIPS Lunch.

12:15-1:30 p.m., at Shula's, 8028 Leesburg Pike, Vienna. Tyson's Regional Chamber of Commerce does lunch. 703-862-4895.

New Neighbors League Club

(NNLC) of Northern Virginia is looking for women who are interested in meeting new people for fun and friendship. Bridge, mah jong, gardening, quilting and stitching, bible study, bowling, bunco, Southern living dining, movie outings, cards or board games, couples mixers, book club, nursing

home sing-a-longs, and more. www.newneighborsvirginia.com.

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The Advisory Board of the

Northwest Center for Mental Health Services needs volunteers.

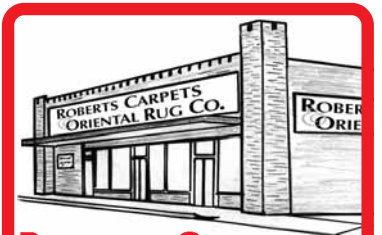
We serve and act as advocates for women's shelters, homeless shelters, etc. The Board meets the 3rd Wednesday of every month from 7 to 9 p.m. Looking for volunteers who are dedicated to improving mental health services. 703-435-0868.

Brinker Toastmasters.

9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. brinker.wordpress.com.

Tyson's Corner Kiwanis Club

Meeting. 7:30 p.m. at George C. Marshall High School, Room 124, 7731 Leesburg Pike, Falls Church. Meeting is public and Individuals looking to volunteer in their community welcome. Meetings the second and fourth Tuesday of the month. www.tysonscornerkiwanis.org.



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Entertainment

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

WEDNESDAY/NOV. 7

Wayne Wolfersberger, 7:30-9:30 p.m., at Thoreau Middle School, 2025 Cedar Lane, Vienna. The Vienna Photographic Society hosts the wildlife photographer; he'll talk on the in-the-field techniques needed to make stunning wildlife images. www.waynewolfersberger.com/index.html. 703-451-7298 or www.vps-va.org.

THURSDAY/NOV. 8

Flag Placing, 10 a.m., at Flint Hill Cemetery, on Chain Bridge Road between Courthouse Road and Hibbard Street. The Vienna American Legion Auxiliary places flags on veterans' graves; meet at the maintenance shed. 703-938-1379.

Romeo and Juliet Together (and Alive!) at Last, 7:30 p.m., in the Sherman Arts Center at the Langley School, 1411 Balls Hill Road, McLean. The middle school's fall production of Romeo and Juliet ditches the tragedy and gets comedic and modern. \$8. www.langleyhighschool.org.

Artist Demonstration: Painting in Pastels, 7:30-9:30 p.m., at the Vienna Arts Society Art Center, 115 Pleasant St., NE, Vienna. Internationally known artist and author Maggie Price gives a two hour demonstration of her technique. 703-319-3971 or www.MaggiePriceArt.com.

A Night of Contemporary Folk Tunes: Tim O'Brien and Old Man Luedecke, 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. O'Brien, first a folk music man in the 80s then a solo GRAMMY-winning bluegrass artist returns after three years with Old Man Luedecke and his narrative-driven folk songs. www.wolftrap.org.

FRIDAY/NOV. 9

Romeo and Juliet Together (and Alive!) at Last, 7:30 p.m., in the Sherman Arts Center at the Langley School, 1411 Balls Hill Road, McLean. The middle school's fall production of Romeo and Juliet ditches the tragedy and gets comedic and modern. \$8. www.langleyhighschool.org.

Chaise Lounge, 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. The D.C.-based jazz ensemble bring the 60s swing-jazz scene with them. www.wolftrap.org.

SATURDAY/NOV. 10

Annual Fall Bazaar, 10 a.m.-4 p.m., in the Flame Room at the fire department, 400 Center St. S., Vienna. The bazaar features crafts and home-based businesses offering up holiday decorations, and home and gift items; baked goods and lunch available. 703-309-3468 or Dancers1023@aol.com.

36th Annual McLean Antiques Show & Sale, 10 a.m.-6 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. American, English and European antiques; accessories, furniture, folk art, porcelain, paintings, prints, linens, Oriental carpets, rugs, on-site glass repair and more. \$7. www.pappabello.com.

Romeo and Juliet Together (and Alive!) at Last, 7:30 p.m., in the Sherman Arts Center at the Langley School, 1411 Balls Hill Road, McLean. The middle school's fall production of Romeo and Juliet ditches the tragedy and gets comedic and modern. \$8.

www.langleyhighschool.org. **Charlie Hunter & Scott Amendola**, 7 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. Guitarist/composer Charlie Hunter has a new duo with drummer Scott Amendola; the two play songs from their new album, *Now Getting Behind Is The New Getting Ahead*. \$15. In advance: \$20. 703-255-1566 or www.jamminjava.com.

Eddie From Ohio's and Julie Murphy Wells, 7:30 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Recognized as the "Best Contemporary Folk Group" by the Washington Area Music Association, Wells found national recognition with Eddie From Ohio and they play on. www.wolftrap.org.

SUNDAY/NOV. 11

Veterans Day Ceremony, 11 a.m., 330 Center St. N., Vienna. USAF General Bob Ranck speaks; the public is invited (all are requested to park at the back of the building). 703-938-9535.

36th Annual McLean Antiques Show & Sale, 11 a.m.-5 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. American, English and European antiques; accessories, furniture, folk art, porcelain, paintings, prints, linens, Oriental carpets, rugs, on-site glass repair and more. \$7. www.pappabello.com.

QL+ BBQ, 2-6 p.m., at the Pavilions of Turkey Run, 6310 Georgetown Pike, McLean. Themed "Empowering Heroes Through Technology," Quality of Life Plus holds a BBQ event with silent and live auctions, rides, games, face painting, arts and crafts, drinks and dinner to benefit the nation's heroes. \$50, adults; \$20, ages 6-18; 5-and-under, free. www.qlplus.org.

Fall Concerts of Traditional Celtic Music, 5 p.m. and 7 p.m. The Old Brogue Irish Pub, 760 C Walker Road, Great Falls, VA and Barnaby Productions, Inc. present the 10th season of family friendly, fall traditional Celtic concerts; Maggie Sansone, Andrea Hoag and Sharon Knowles present an evening of pan-Celtic music. Tickets for all 5 concerts, \$65; \$15 each for individual concerts. All ages. Reservations must be made in advance at the Old Brogue. 703-759-3309.

MONDAY/NOV. 12

Freedom Memorial Veterans Day Ceremony, 11 a.m., at the Freedom Memorial, behind Great Falls Library, 9830 Georgetown Pike, Great Falls. Members of the Marine Corps



Roberta Pruet Beasley Exhibits at Katie's

Local artist Roberta Pruet Beasley will present a Mixed Media/Collage Show during the month of November 2012, at Katie's at The Old Brogue, Great Falls.

Reserve. Great Falls Elementary School, the Great Falls Village Green Day School, Langley High's Madrigal Choir and founder of The American Veterans Center join together to remember.

703-790-5550.

AAUW Military Roles, 7 p.m., at Patrick Henry Library, 101 Maple Ave. E., Vienna. A retired naval commander shares her experiences and talks on changes in technology, the role of women in the military and the armed forces' evolving missions. 703-321-7499.

WEDNESDAY/NOV. 14

The Vienna Photographic Society's Photography Competition, 7:30-9:30 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. Any VPS member, even those who join the night of the competition, may compete. The theme for the competition is "Animal Portraits," and all prints and digital images must fit into that category. The competition will be judged by Don Johnson. For further information, contact Jane Elfring, 703-451-7298 or visit www.vps-va.org.



Families in costume trick or treat at the Great Falls Village Centre during the annual Spooktacular Wednesday, Oct. 31.

Trick or Treat at Village Centre

Celebrate Great Falls hosts annual Halloween Spooktacular.

By Alex McVeigh
The Connection

Hundreds of families made their way onto a soggy Great Falls Village Green Wednesday, Oct. 31, to trick or treat at local businesses and explore the Great Falls Salon's annual haunted forest.

The remnants of Hurricane Sandy had some residents feeling a little isolated over the past few days, so they were glad to come together as a community.

"I think we all have been suffering from a little bit of cabin fever, so we were all looking forward to getting out of the house," said Corinne Martin, who lives on River Bend Road, north of Arnon Chapel Road, where a tree and downed power lines were still blocking the road. "In the few years we've lived in Great Falls, we've all learned to adapt to flooding when there are heavy rains, but with no school right after the weekend, it felt especially long." After the annual pet parade finished up at 4:45 p.m., business owners and other community organizations set up stations to distribute candy.

"I took as many laps as I needed to fill my candy pail," said Mason Firth, 6, of Great Falls, who dressed as Captain America. "It took about three laps, then I stopped to eat some



Children in costume trick or treat at the Great Falls Village Centre Wednesday, Oct. 31.



Children trick or treat at the Langley High School Community Service Club table at the annual Great Falls Spooktacular Wednesday, Oct. 31.



Nicole Mesino, 10, screams while walking through the Great Falls Salon Haunted Forest Wednesday, Oct. 31.

candy, so I had to make a few more stops to fill it up before we left." From the start of the event, parents and children lined up outside of

the rear entrance of the Great Falls Salon. The regular porch was replaced with the haunted forest, which was a maze featuring several nooks

and crannies for ghosts and ghouls to hide and scare passers-by.

"They set it up really well, you really lost all sense of how big the porch was, and where the end was, all the walls looked the same, and it was very foggy," said Monika Evans of Great Falls. "I couldn't get out of there a moment too soon."

Some visitors to the haunted forest went back over and over again, despite screaming the entire walk through. Charlotte Bell, 11, said she was so scared that she couldn't help but scream at the end when a volunteer handed her some candy.

"I didn't stop screaming the whole time, it was really scary," she said. "When the person at the end tried to hand me candy, I screamed even louder, grabbed the candy, slapped her hand away and just ran."

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- Kitchen and Bath Trends
- Paint Colors Made Easy
- 10 Tips for a Stress Free Remodel

Seminars run from 10am-Noon. Lunch to follow. Please arrive at 9:45am for check-in.

Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!

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News

Lost and Found in Great Falls

A 26-hour ordeal with a very happy ending.

By Philip Martin

My wife Donna and I set out for the annual Great Falls Art Studio tour on Saturday, Oct. 20, and we took little Sashi, our 11-month-old Tibetan Terrier. Throughout the day we had such an enjoyable time. Sashi was so wonderful, everyone “ooing and ahing” over her. She loved being out on a beautiful autumn day meeting people and other dogs and seeing new sights. At 4:30 p.m., we stopped at Deli Italiano to eat. We were to sit outside and I got Sashi and her food from the car. I tied her to the arm of my chair and went inside to get a plate to put her food on it. When I came back and was preparing her lunch, something startled her, maybe a motorcycle, and she jumped up with the chair and ran into the parking lot dragging the chair. The chair got hung on a car and she broke the arm off, dragging her leash and running lightning fast toward the busy intersection at Georgetown Pike and Walker Road with me in pursuit along with six other strangers. We even picked up three boys on skateboards.

Sashi traversed the busy traffic and darted into a Safeway parking lot still dragging her six-foot leash. At that time Officer Edward Orellana in his patrol car arrived to help and he followed along Columbine Street with Sashi running at full speed. On the cul de sac at Follin Farm Lane, Officer Orellana lost her as she ran up the hill toward Nedra. The officer then returned and told Donna and me where she was last seen.

We had about two hours of sunlight left. Donna and I kept driving the streets and calling out for her. We went to the Great Falls Fire Station and they were very helpful. In particular, Robert Schoenberger allowed us to use his computer to design a flier with her picture. We put 50 up until 10 p.m. and drove home in shock. I was unable to eat, fatigued and felt like I was having a heart attack.

Donna and I were stunned and distraught. I alerted our Home Again website as Sashi has a microchip inserted in her, and ID tags from Loudoun County, AKC and Home Again. Five of our neighbors and Donna's sister and niece volunteered to head back Sunday morning. Late Saturday night I used Google Maps to zoom into the area and printed out packets of maps and terrain for the searchers. I printed 250 more fliers. At 8 a.m. we headed back going door to door and through the adjoining woods. I was most worried about Sashi becoming entangled on brush with her leash. Mollie Vardell, a local artist and realtor, offered to get the news out on the neighborhood network.

We stopped by the local Methodist church and Mitch, the music minister, prayed with Donna and me. I just broke down now crying like a baby, both Donna and me now crying, placing it all in God's hands.

For our little Sashi we found ourselves questioning, “Why God?” and it was so hard to keep positive and only our faith got us through it. Our neighbors left in the early afternoon—all pretty resigned to the fact that Sashi was gone or entangled somewhere



Donna Martin, Sashi, Philip Martin and Sherri Helms (the woman who spotted the dog and called Martins.)

with foxes. Donna and I stayed with more prayers. I went back to the exact place where she was last seen and thought, “Now, where am I going to go if I were Sashi?” We focused on a smaller area, but with no luck.

We drove home, so depressed, so sad, we were just out of it. At 7 p.m. I sat down at my computer to begin to send out the sad news and was beginning to write to say I was just not up to doing my weekly review, and planned to take a couple days off because I was so despondent and emotionally drained, and also worried about Donna's condition.

At 7:10 p.m., we got a call from Sherri Helms, the manager at the CVS in the Safeway shopping center. She said she had seen the commotion Saturday in the parking lot and had seen the flier. She was on her way home and spotted Sashi crossing Georgetown Pike at Applewood Lane. It was our “ray of hope.” I called Officer Orellana, and luckily he was available and said, “Mr. Martin, I am on it.” In ten minutes, he called and said, “I've got her in the back seat of my patrol car!” They had her at the fire station and we immediately drove to get her. What a relief! What a blessing.

For our Catholic friends lighting votive candles and praying to St. Anthony, to lots of prayers from our Protestant believers and good wishes throughout, the 26-hour ordeal had a very happy ending.

Sunday, the day she was found, was Sashi's first birthday, and thanks to God and so many people, our dear sweet Sashi is once again with our family.

So many people to thank—here are some of them:

- ❖ Officer Edward Orellana—he went way beyond the call of duty, clearly a caring professional;
- ❖ Fireman Robert Schoenberger—he volunteered to help with fliers and recharged cell phone batteries;
- ❖ Sherri Helms, manager at CVS—Sashi's “angel,” she called in the location of Sashi;
- ❖ Bridgette Romantica, Deli & Pizzeria—she chased Sashi with a slice of pizza;
- ❖ Robert Mitchell, music minister from the Methodist church—he prayed for us and Sashi;
- ❖ Mollie Vardell—she initiated the notice on the neighborhood network;
- ❖ Sharon Rainey—she got the notice out on the neighbors network;
- ❖ Lorenzo Luciano—he works at the Shell Station, showed kindness and offered aid;
- ❖ Our search party—Doreen Allen, Morgan Allen, Lisa Clements, Shirley Harr, Robyn Hess, Sue and Jim Mayne.

A Letter to the People of Great Falls

On Saturday, Oct. 20, while attending the Great Falls Artist Studio Tour, we lost our dog, Sashi, a Tibetan Terrier. For the next 26 hours, our ordeal was excruciating. Through the kindness of many in your locale, Sashi is reunited with us, and we want to say Thank You.

I have heard it said, that if you ever happen to have the misfortune to lose a dog, the best place is in Great Falls. We can certainly attest to that. The concern and kindness shown to us by so many is uncommon and so appreciated.

With heartfelt gratitude,

Philip and Donna Martin
Ashburn

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Tysons Tax District Questioned

Residents, Taxpayers Alliance oppose new taxes.

By Nicholas Horrock
The Connection

The Fairfax County Board of Supervisors is expected shortly to create a tax "service" district in Tysons Corner that will fund 11 percent of the estimated \$3 billion in transportation projects over the next 40 years as the giant redevelopment plan moves forward.

Walter Alcorn, who headed the planning commission's Tysons Task Force, told the supervisors at the Oct. 16 meeting that though the tax district will provide a small percentage of the overall costs it was vital because the tax district will mean a "cash flow" that will allow transportation projects to move forward immediately.

The tax district was the most controversial aspect of the Tysons infrastructure funding proposal. The other controversial issue was a requirement that developers create a portion of subsidized housing even though Tysons is expected to have residents earning over \$100,000 a year.

The plan that would grow Tysons over the next 40 years from a village of 17,000 permanent residents and 105,000 day workers to an employment Mecca of 200,000 and a residential population of 100,000 has the supervisors sup-

port and a public transportation survey in the County found a majority of residents backed transportation plans as well.

But for the 17,000 people now living in Tysons, the tax district is a painful decision because it means increased taxes in a County where taxes are already heavy and they will face the disruption of the construction projects.

THE TYSONS CORNER FUNDING plan was created by the Fairfax County Planning Commission after nearly 18 months of study. It envisions developers building the street grid system, but leaves to County taxpayers ramps to the expanded roadway system. County taxpayers are already on the hook for building four Metro Stations in Tysons Corner to service the Silver Line that is under construction.

The ambitious plan grew during one of the hottest housing booms of Fairfax's history. Housing prices soared and equities grew. The boom in turn was fed by millions of dollars of federal and defense expenditures in Northern Virginia. Typical family real estate taxes grew as well from \$2,400 a year to \$4,800.

But in 2012, the hopes of that glorious vision have run into the reality of a post recession Northern Virginia and the tightening of

federal expenditures that could spell limitations in the future.

The Metrorail has arrived and is slated to be completed some time in 2013; four stations in Tysons and one at Wiehle Avenue in Reston. In July, Loudoun County supervisors voted to buy into the Silver Line, which means its phase two project to Dulles airport will continue.

This phase two project is backed primarily by a special taxing district in Loudoun County and the drivers along the Dulles Toll Road.

As Thomas L. Cranmer, a director of the Fairfax County Taxpayers Alliance wryly puts it, "the taxpayers have generously provided subway stops for developers." He is one of a growing clique who thinks that Tysons redevelopment will be an economic disaster, based on faulty estimations of revenue.

IN AN INTERVIEW, Cranmer restated his objections to the plan:

❖ Housing values have fallen due to recession, but the high taxes of the mid-2000s have re-

mained high.

❖ Federal government spending is growing tighter and the Department of Defense anticipates sharp cuts.

❖ The office market, the very center of the notion of historic expansion for Tysons Corner, is down 17 percent and the federal workforce is contracting.

❖ Large projects in nearby jurisdictions mean competitors for Tysons Corner. In Alexandria construction is under way on a 20-year, 300 acre project which will include high rise office buildings, perhaps an additional Metro stop and could attract a work force of 60,000. In Arlington, the County is working hard to repopulate the Crystal City development which until recently had a work force of some 60,000.

❖ When the military's Base Realignment and Closure program (BRAC) moved 20,000 employees from Arlington to Alexandria, South Fairfax and Prince William County in 2010, it created a mini office building boom around Ft. Belvoir and increased development in Prince William County.

BBQ Fest Honors Vets

Wounded warriors, military dignitaries, civic and business leaders join together.

The 4th Annual Quality of Life Plus (QL+) Veterans Day BBQ brings the attorney general of Virginia, state delegates and County supervisors, other elected officials, active duty and Veteran service members, local sports celebrities, and media personalities together to eat BBQ, bid on auction items, participate in family activities and "Empower Heroes Through Technology"—the event theme—through seeing QL+ assistive devices, made on a case-by-case basis to help veterans live with fewer physical limitations. Event goers also get to meet the injured veterans who have benefited from them.

On Sunday, Nov. 11 from 2 to 6

p.m. at the Pavilions of Turkey Run in McLean, attendees will support that cause, helping veterans accomplish their goals in sports and their everyday lives.

All proceeds from the BBQ will fund projects at the QL+ Laboratory where multidisciplinary teams of students and faculty work together to research and develop innovative technologies designed to assist those injured in the line of duty. BBQ admission is 100 percent tax deductible, and costs \$50 for adults, \$20 for children ages six to 18, and is free for children under five for those who register by Oct. 30. For more information and to purchase tickets, please visit, <http://www.qlplus.org>.

Faith Notes

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

Thanksgiving Season Labyrinth Walk. On Nov. 17, anytime from 4 p.m.-7 p.m. Charles Wesley United Methodist Church Fellowship Hall, 6817 Dean Drive, McLean, will host Thanksgiving Season Labyrinth Walk. A labyrinth is a safe calm space to think and reflect. It's easy to navigate and it's impossible to get lost within a labyrinth. You can walk the labyrinth at your own pace and for your own reasons. You can walk in contemplation, in search of guidance, in remembrance, in grief, in thanksgiving, to work on your balance, or simply to try something new. www.charleswesleyumc.org

Reverend Raushenbush, senior religion editor for the Huffington Post, speaks on "The Power of the Internet in Our Spiritual Lives," on Sunday, Nov. 18 at 11:30 a.m., at Immanuel Presbyterian Church, 1125 Savile Lane, McLean. 703-356-3042.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, at the intersection with Westmoreland Street has Sunday worship with Holy Communion at 8:30 a.m., traditional style worship; 9:45 a.m., contemporary style worship; and 11 a.m., traditional style worship. Sunday School and Adult Forum is at 9:45 a.m.

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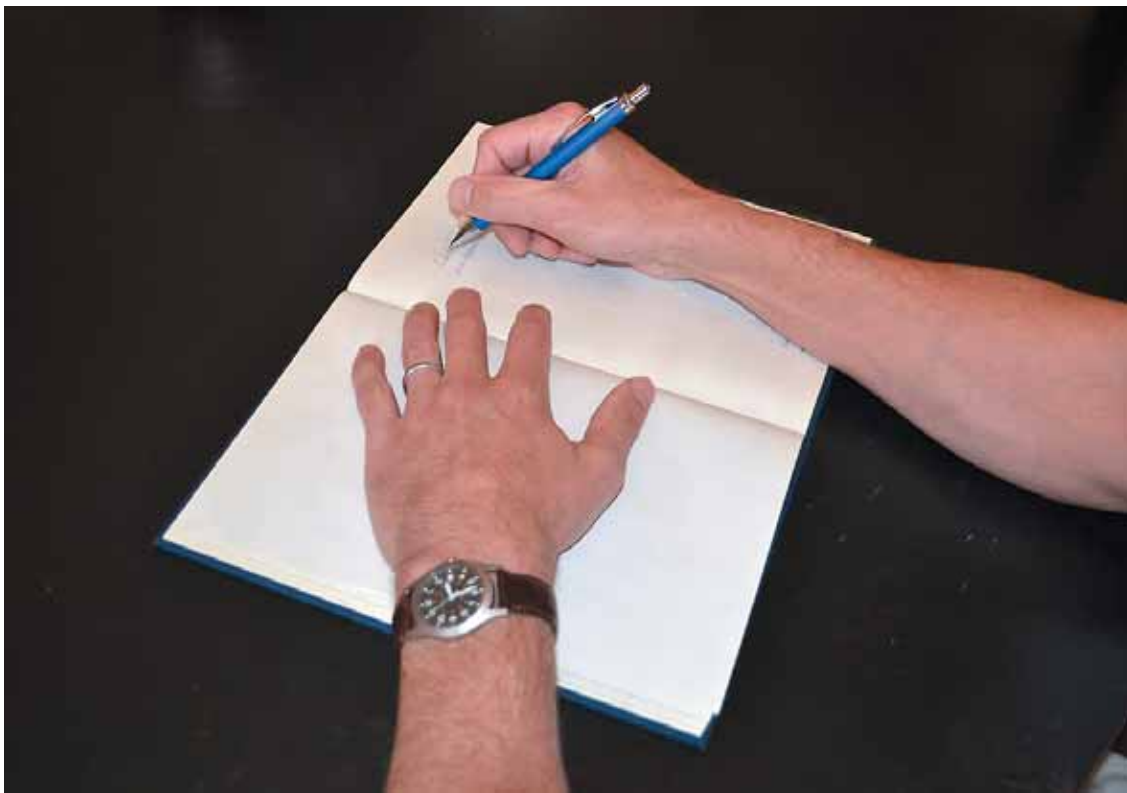


Photo by Marilyn Campbell/The Connection

Mental health experts say keeping a gratitude journal can improve one's mental and physical wellbeing.

Thank You, Thank You, Thank You

Mental Health professionals highlight potential health benefits of gratitude.

By Marilyn Campbell
The Connection

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 than 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.

"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."

"Being optimistic improves your immune system and improves your cognitive functioning and your cardiac functioning."

— Linda Berg-Cross, Ph.D.

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. When you slow down, you can see the forest for the trees more easily."



Photo courtesy of Acumen Solutions

The fourth annual Acumen Solutions Race for a Cause 8K and 1-Mile Fun Run raised money for local nonprofit "superheroes." The McLean-based Acumen team is pictured here.

Racing for Superheroes

Event benefits local nonprofit organizations.

By Marilyn Campbell
The Connection

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 Joubnan, 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 place.

"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 sec-

ond 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.

"We offer counseling services to more than 2,500 people from D.C., Maryland and also right next door in McLean and Great Falls," she continued. "About 60 percent received counseling services at a reduced fee or less. 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. "We tutor adults who are learning to read, write and speak English all throughout the Northern Virginia region, from Alexandria to Herndon to downtown Fairfax to Arlington County. We need to reach a lot of people in Northern Virginia."

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.

Wellbeing



Photo Contributed

Springfield resident Fred Griffin has been square dancing since high school. Researchers say dancing can improve mental and physical well-being.

Cutting a Rug

Researchers say dancing can improve balance and mental ability in seniors.

By Marilyn Campbell
The Connection

Springfield resident Fred Griffin enjoys a good hoe down and takes pleasure in doing a do-si-do. In fact, he has been square dancing since high school.

"At this time in my life, square dancing is the most enjoyable exercise activity, as well as the most consuming mind and body activity, that I participate in," said Griffin, a 76-year-old resident of Greenspring retirement community.

Researchers say dancing can improve mental and physical well-being in the elderly. According to studies published in *Frontiers in Aging Neuroscience*, dancing can improve cognitive ability and balance, and decrease the risk of falling that often increases with age.

"The key to improving balance and coordination, regardless of age, is to challenge it," said Rita Wong, a professor of physical therapy at Marymount University in Arlington. "Dance can be a fun and effective way to challenge your balance and to improve the control and coordination of your muscles. [This gives you] better control of unanticipated challenges to your balance that occur in real life situations, which may result in a fall if the body is not able to

quickly respond to a balance challenge."

Wong said dancing is effective because it requires using arms, legs, and torso in coordinated patterns.

"Ongoing dance classes should gradually increase the speed and complexity of the dance steps as participants improve with practice," she said. "The amount of chal-

lenge should start out geared to the physical activity level of the person."

Juanita Kuntz, a Springfield-based wellness coordinator, agrees: "Dance classes, just by their very nature, help maintain balance, coordination and agility. These all help reduce the risk of falling," she said. "Aerobic activity provides extra energy and helps you relax and sleep better."

Dancing, like other forms of exercise, can improve mental clarity: "Research shows that physical activity can positively affect con-

nections between nerves in the brain, thereby improving attention and information-processing skills," Dominique Banville, director of George Mason University's Division of Health and Human Performance in Fairfax, said in an email.

Kuntz also said that dancing can be a pleasurable social opportunity for seniors: "Add the fun and friends to the mix of a dance class, and it is a near perfect activity for many...seniors."

"Dance classes, just by their very nature, help maintain balance, coordination and agility. These all help reduce the risk of falling."

—Juanita Kuntz, wellness coordinator



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Sports

Physical Langley Beats McLean

Novacki's all-around effort, Casso's career day lead Saxons.

By Jon Roetman
The Connection

Langley linebacker Philip Novacki recovered a McLean fumble in the second quarter and headed toward the end zone. The six-foot-three, 220-pound senior plowed through multiple would-be tacklers, who tried in vain to wrestle him to the turf. The Highlanders even grabbed Novacki's facemask, which resulted in a penalty, but they couldn't keep the sturdy Saxon from crossing the goal line.

However, Novacki's struggle for six went for naught as officials ruled he stepped out of bounds during the return—a call with which the Saxon sideline strongly disagreed.

"I scored on that," Novacki said after the game.

Three plays later, Novacki scored a touchdown that counted. With the ball at the one-yard line, Novacki, who moved from receiver to quarterback, took a shotgun snap and smashed his way into the end zone.

Novacki and the Saxons would continue their physical play as Langley closed the regular season by pounding its Liberty District rival.

Langley defeated McLean, 27-7, on Nov. 3 at Langley High School. The Saxons rushed for 226 yards and extended their winning streak to three games heading into the playoffs.

Novacki was a difference-maker on both sides of the ball. His fumble recovery helped the Langley defense hold its third opponent this season to fewer than 10 points. On offense, he carried four times for 11 yards and a touchdown, had two receptions for 63 yards and completed a pass for a two-point conversion.

"We just want to be the most physical team," Novacki said, "and just pound it down."

MCLEAN, which needed a victory to reach the

postseason, managed just 131 yards of offense and turned the ball over three times. The Highlanders finished the year with a 4-6 record.

"[Langley is] a good team," McLean Head Coach Dennis



Langley quarterback Nick Casso rushed for a career-high 125 yards against McLean.



Langley senior Philip Novacki (2) plows into the end zone while Philip Mun (4) and Alex Kolencik (52) lead the way on Nov. 3 against McLean.

Worek said. "We played as hard as we could."

On defense, the Highlanders focused their efforts on stopping Langley running back Philip Mun, who has been a force in the Saxons' read-option spread offense.

Casso carried 19 times for a career-high 125 yards and a touchdown. He also completed four of nine passes for 79 yards.

"He did a great job running the ball and that was the difference-maker," Langley Head Coach John

Howerton said. "[McLean] did do a nice job slowing Mun down and jamming the box up there and playing man. . . . Nick was the difference today. I think [the High-

landers] said we're going to make the quarterback beat us either throwing or running and he did."

Casso got off to a strong start, breaking off a 53-yard run on Langley's first play from scrimmage.

Mun carried 19 times for 82 yards and two touchdowns against McLean. While the Highlanders kept Mun in check from a yardage standpoint, Langley quarterback Nick Casso made McLean pay for its defensive strategy.

"We're on a good roll. We've ended the season well and I think we can do some good things in the playoffs."

— Langley quarterback Nick Casso

Sports Roundups



Photo by Craig Sterbutzel/The Connection

Langley junior Alex Andrejev was named first-team All-Northern Region for volleyball.

Langley Volleyball Wins Liberty District Title

The Langley volleyball team defeated Fairfax, 3-2, in the Liberty District Tournament final on Nov. 3 at Stone Bridge High School, giving the Saxons their first district title since 2007.

Two days later, Langley defeated T.C. Williams, 3-2, in the opening round of the Northern Region Tournament. The Saxons faced Washington-Lee in the regional quarterfinals on Nov. 6, after The Connection's deadline.

Langley junior Alex Andrejev was named first-team All-Northern Region and senior Jenna Dean earned honorable mention all-region. Andrejev and Dean were named first-team All-Liberty District, senior Hoai-Nam Bui was second team and senior Cathrine Baek garnered honorable mention.

McLean's Slotkoff Earns All-Region Honors

McLean senior Lexi Slotkoff was named second-team All-Northern Region for volleyball. She also garnered first-team All-Liberty District honors.

Senior Angela Pubal made second team all-district and junior Elena Karakozoff received honorable mention.

"Going in," Casso said, "we were just going to work with what the defense gave to us and see if they keyed on Mun."

The Highlanders did, and Casso made them pay. The junior signal caller scored on an 8-yard run with 2:40 remaining in the fourth quarter, putting the finishing touches on the Langley victory.

"I put it on my shoulders," Casso said, "to try and take some stress off [Mun] in the running game."

On defense, senior lineman Kyle West recovered a fumble for Langley and senior defensive back Aaron Yi intercepted a pass. McLean's seven points marked the second-lowest point total allowed by the Saxons this season.

"We played inspired," Novacki said of the Langley defense. "The whole year we've been told we've been a good defense, but I feel like today we finally stepped up and showed we're a great defense."

LANGLEY started 3-1 this season

before experiencing a three-game losing streak. The Saxons lost to Chantilly, a Division 6 playoff team, by one point, Madison, the No. 3 seed in D5, by three points and Yorktown, the No. 2 seed in D5, by 10 points. Langley's most lopsided loss was a 27-6 defeat against Stone Bridge, the No. 1 seed in D5. The Saxons closed the regular season with victories against South Lakes, Fairfax and McLean to finish 6-4.

"I really think this is the best team I've had as a whole [in the 10 years] I've been here," Howerton said. "... We could very easily have been 9-1."

Langley is the No. 5 seed in the Division 5 Northern Region playoffs and will travel to face No. 4 Hayfield at 7:30 p.m. on Friday, Nov. 9. Hayfield finished the season 7-3 and was runner-up to Yorktown in the National District.

"We're on a good roll," Casso said. "We've ended the season well and I think we can do some good things in the playoffs."



Denise Rodriguez, owner of Salud Healthy Pantry in Great Falls, along with her mother Soraida.



The "super foods" section at Salud Healthy Pantry in Great Falls.

Photo by Alex McVeigh/The Connection

Bringing Community Market to Great Falls

Open since July, Salud Healthy Pantry offers "best of the best" in health food.

By Alex McVeigh
The Connection

Growing up in the Bronx, Denise Rodriguez became enchanted with the idea of community markets after growing up around the bodegas her father ran. "When I was growing up, people knew their grocer, their butcher, their florist, they went to community markets," said Rodriguez, the owner and founder. "I've always had a passion for food, I love it, but am always interested in healthy alternatives. I started eating naturally about eight years ago, and realized how important the food you eat is to your quality of life."

Last year, she visited the grand opening of Havana Vintage, near the intersection of Walker Road and Colvin Run Road, and noticed a vacancy next door. After hearing the landlord was looking to find an organic market to put there, she jumped at the chance.

Salud opened in July and has already found a place in Great Falls. Rodriguez refers to Salud as a "healthy 7-11" or a "mini-Whole Foods," preferring a combination of grocery and convenience.

"I initially came here because I was interested in the health food aspect, but I've found a lot more. I love the Trickling Springs [a creamery in Chambersburg, Penn.] chocolate milk and ice cream especially," said Coletti Cosgrove of Great Falls. "And I love how they put out different samples every day. Whenever I come here, there's always something new to try."

Salud means "health" in Spanish, its healthy mindset was evident from the earliest days, it has zero volatile organic compound paint, low energy refrigerators, sustainable bamboo countertops and LED lighting.

JUST TO THE FRONT of the store is part of their grab and go section, featuring a variety of waters, teas, juices and specialty drinks like kombucha, a fermented tea drink from Marshall, Va.

They also have local produce, and further in the back, ready-made sandwiches that are delivered fresh by Sweetleaf.

"I love this place, I think it's great to be able to find so much at a neighborhood store, they have high quality choices, and they've really picked the best of

the best when it comes to healthy food," said Lina Domian Hadar of Great Falls. "Everyone here is very knowledgeable and with a cheerful disposition, and they remember you. It's a great atmosphere for a neighborhood market."

Despite a relatively small square footage for a grocery store, it contains almost all of the staples of a regular market. Everything from canned goods, baking supplies, snacks (including hummus chips, free trade chocolate bars and more) and locally roasted coffee, served fresh daily.

A feature the staff is particularly proud of is the olive oil bar. Featuring four varieties of Laconiko olive oil, regular, garlic, rosemary and blood orange, customers can select an empty bottle and fill it from the large dispenser with the flavor of their choice. Once the bottle is empty, customers can return and refill the bottle.

Many of the fixtures, such as the olive oil bar and the vintage wonder bread stand that holds a selection of handmade Spanish tortas, were selected by Rodriguez and her staff at various antique sales. The various tablecloths are made from bags of the coffee beans they purchase.

Their selection of beer and wines features organic wines, gluten-free beer, hard cider made with Virginia apples and even cocktail mixers that are corn syrup-free.

They're currently working on color coding the store to make shopping for gluten-free, nut-free, raw and other types of products easier.

A LARGE PORTION of the store is dedicated to nutrition as well, with all-natural supplements, minerals, and vitamins for women, men, children and seniors.

"We research every single item that we put on our shelves, and we try and keep the literature handy so people can do their own research if they'd like," Rodriguez said. "We're learning too, and we've stocked a few things that we later found out didn't match our philosophy, and we phased them out."

She said one of the more popular sections has been their sports nutrition items, which features plant-based proteins and organic nutritional shakes. Another section features their "super foods" such as goji berries, mulberries and golden berries.

More information on Salud Healthy Pantry can be found at www.saludhealthypantry.com.

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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/snickering: "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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OBITUARY

Anne E. Green, age 89, of Great Falls, VA died on October 14, 2012 at her home, surrounded by her family.

"Annelie" Kuhn was born on January 13, 1923 in Fritzlur, Germany. In addition to her native German, Anne spoke French, English, and Spanish. She met her beloved husband, the late COL. Frank R Green USAF retired, in the first months after World War II when Anne was assigned to work as a translator with the dashing young Army Air Corps pilot. They fell deeply in love and Frank became the first field grade officer to be granted permission to marry a German citizen after the war. Frank and Anne sailed off to a new life in the USA and Anne took to the life of a US military officer's wife immediately, becoming an active participant and even president, of the officers' wives clubs wherever Frank served. They enjoyed traveling the world with the USAF and also as private tourists. Anne even rented a car and took her young daughters on a month-long trip of a lifetime through Europe so she could share her European heritage with them. Her language skills, ebullience and extraordinary energy made life and travel with Anne a cherished adventure. After retirement, Frank and Anne lived initially in the Lake Barcroft area of Falls Church, moving to Great Falls in 1978. In Great Falls Anne was active in the Republican Women's Club and the Great Falls United Methodist Church. She also raised funds for the telecommunications for the deaf program.

Anne was the devoted mother of Anne Green Baughman of Vienna, VA and Barbara J. Green of Cohasset, MA. She also is survived by her two grandsons, Stephen R. Baughman of Arlington, and Philip W. Baughman of Great Falls, who cherished their extremely close relationship with their grandmother, and by her son-in-law, William W. Baughman, Jr.

A Memorial Service will be held on Sunday, November 11th at 3pm at the Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls, VA 22066. Funeral Services at Ft. Myer Old Post Chapel will be held on Monday, November 26th at 3pm, with graveside services immediately following at Arlington National Cemetery.

The family suggests that memorial contributions may be made to the Military Officers' Association of America (MOAA) Scholarship Fund (www.moaa.org, 201 N. Washington Street, Alexandria, VA 22314), or to the Mighty Eighth Air Force Museum (www.mightyeighth.org, P.O. Box 1992, Savannah, GA 31402), or the Air Force Memorial Foundation (www.airforcememorial.org, 1 Air Force Memorial Drive, Arlington, VA 22204). Please view and sign the family guest book at www.moneyandking.com. Arrangements by Money and King Funeral Home, Vienna, VA.

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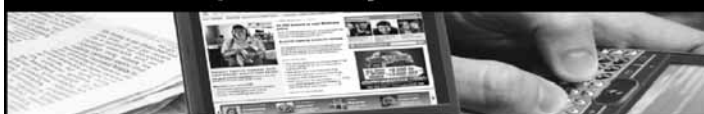
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