

McLean Casts its Vote

NEWS, PAGE 3

Gubernatorial candidate Terry McAuliffe prepares to vote at Spring Hill Elementary School Tuesday, Nov. 5.

McLean Hits Meals Milestone

NEWS, PAGE 10

McLean Theatre Company Wins Nine Awards

NEWS, PAGE 12

WELLBEING

PAGE 17

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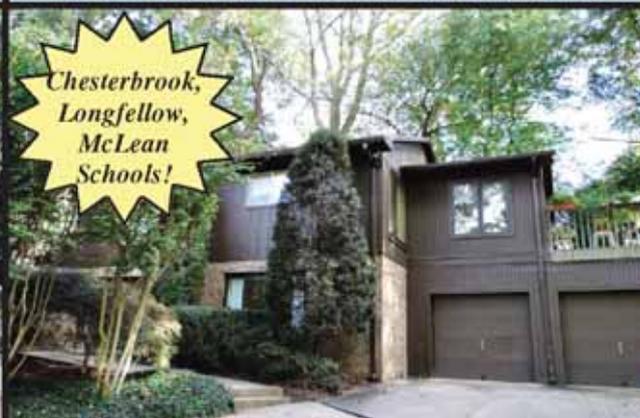


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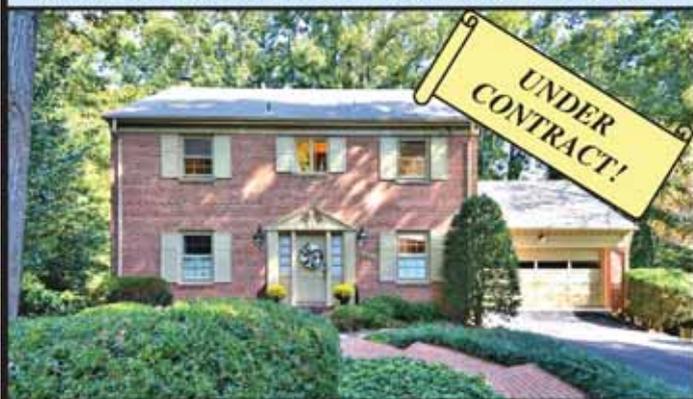


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Election officers man the polling station at Churchill Road Elementary School Tuesday, Nov. 5.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

McLean Casts its Vote

Residents will choose new governor, lieutenant governor, attorney general, delegate, sheriff.

BY ALEX McVEIGH
THE CONNECTION

On the first Tuesday of November last year, the halls of Langley High School were filled with lines of people waiting to cast their vote for president. On Tuesday, Nov. 5, the lines weren't quite as long, but voters throughout McLean went to their respective precincts throughout the day.

The gubernatorial race, between Republican Ken Cuccinelli and Democrat Terry McAuliffe, garnered plenty of interest for voters.

"By not being able to re-elect an incumbent, we've got a shot every four years to tell our leaders what we want this state to be," said Francis Grant of McLean. "I think we've had a great run over Governor McDonnell these past four years, and the next four are just as important, which is why I'd like to see his legacy continue with the election of Ken Cuccinelli."

McAuliffe, a McLean resident, cast his vote early at Spring Hill Elementary School, at about 6:30 a.m., surrounded by chanting supporters.

"I'm optimistic about today, I know we have huge challenges to face as a state, but with huge challenges come huge opportunities," he said. "If I'm fortunate enough to be elected, I think we'll see that people in this state are ready to come together in a bipartisan way and get things done."

At Cooper Middle School, where voters in the Cooper precinct voted, Democratic precinct captain Nancy Fatemi noticed what could be a change in the typically Republican-voting precinct when it comes to the 34th delegate district race.

"We've been getting a good turnout this morning from women, who have mixed opinions, but I think they're concerned with women's rights in this race,"



Voters prepare to cast their ballots at Langley High School Tuesday, Nov. 5.

she said. "I think a lot of women who might normally vote for [Republican incumbent] Barbara Comstock are voting for [Democratic challenger] Kathleen Murphy because women's rights come first for them."

While some said they were not in favor of Comstock's stance on personal rights issues, others said they have deeper concerns with Murphy's platform.

"I don't want to see a lot of new taxes in Fairfax County, which I believe the Republicans stand for," said Marcia Close of McLean. "And given Kathleen Murphy's past when it comes to not paying taxes, I can't believe she has the audacity to even run for office."

VIEWPOINTS

Who did you vote for, and what is the most important issue to you in this election?

— ALEX McVEIGH

"Ken Cuccinelli and Barbara Comstock are at the top of my ballot. I want lower taxes and limited government and for us to take a U-turn away from Obamacare. Those are the big issues for me. Also, I think Barbara Comstock is a real advocate when it comes to transportation for this community."

— KEN QUINN



"I don't want to drum up the Roe v. Wade debate, I want background checks for gun purchases and I care about women's rights and the environment. I believe that gay rights will be the defining civil rights issue of our day, and I support anyone that works hard against that discrimination. So I'm voting for Terry McAuliffe and Kathleen Murphy."

— CHERIE MULDER



"I'm interested in education, transportation and democracy. I believe Terry McAuliffe is serious about investing in education from pre-school to high school, and he'll work to make our public universities great."

— MIRIAM ROLLIN



"Just like the Democrats, I'm concerned about education and transportation. But Democrats want to spend more, and I think we've got to have restraint. I'd rather have lower taxes than more spending, and that's something Barbara Comstock has done two terms already."

— WILLIAM DENNIS



"I'm voting the Democratic ticket all the way. I want sensible gun control and Del. Comstock has followed the NRA-led extreme too much. Having more background checks, not letting crazy people buy weapons at gun shows, these are all sensible things that are in the common good. But the NRA doesn't represent gun owners, they represent the gun industry."

— GAIL NIELDS



NEWS

Bicyclers Take Aim At Tysons

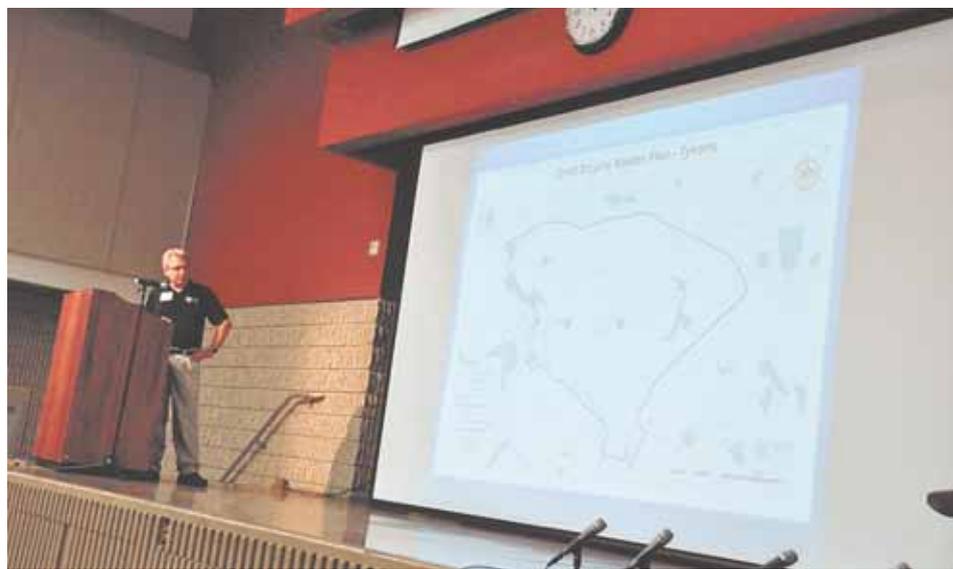
Cycling summit examines Tysons Corner accessibility.

BY ALEX MCVEIGH
THE CONNECTION

Fairfax Advocates for Better Bicycling hosted their annual Bike Summit Saturday, Nov. 2. Cycling and accessibility advocates examined the ways that people will be able to access the four Metrorail stations in Tysons Corner, stations that currently do not have onsite parking.

“Building these Tysons stations without parking garages makes it one of the biggest behavior modification projects when it comes to transportation that I’ve ever seen,” said Robert Thomson, a.k.a. “Dr. Gridlock,” who covers transportation for the Washington Post. “In order for the Silver Line to justify the \$6 billion investment that has been made, a lot of people are going to have to change the way they go about things.”

Supervisor John Foust (D-Dranesville) said that exact problem is one the county has been grappling with as they have started



Charlie Strunk, bicycle coordinator for the Fairfax County Department of Transportation, discusses the Fairfax County Bicycle Master Plan for Tysons Corner at the Fairfax Advocates for Better Bicycling Summit Saturday, Nov. 3.

planning the future of Tysons Corner.

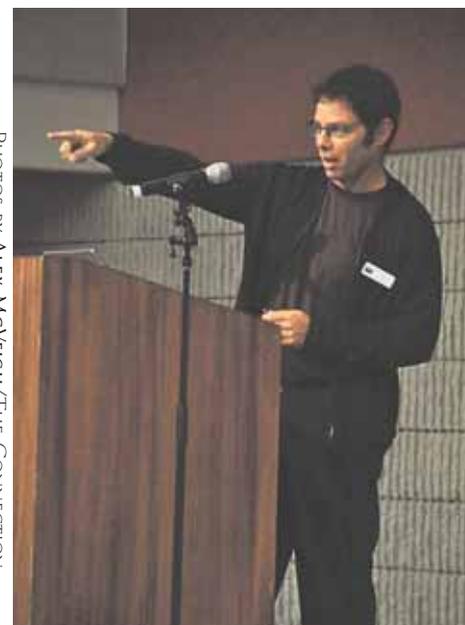
He called increased accessibility to the station a “critical need” and pointed to several initiatives that have taken place elsewhere in McLean, which include way finding signs directing cyclists through downtown McLean, road improvements that include wider shoulders and filling in gaps in bicycle trails.

“Route 123 is a tough nut to crack when it comes to bicycling into Tysons Corner. One of the first major transportation projects that will be completed is the Jones Branch Extension, which will give you access from Route 123 to Jones Branch via the ramps, and you’ll no longer have to go

under the Beltway. I think that’s going to be a game changer,” he said. “We’re also working on filling the missing links from Beulah Road to Tysons Corner, which means that riders on the W and OD trail can come across Towlston Road to Route 7 and go directly into Tysons. I think that’s going to open up Tysons to the entire county.”

EACH SILVER LINE STATION in Tysons Corner does have bicycle parking facilities. The McLean Station has parking capacity for 72 bicycles, the Tysons Corner has 76, Greensboro has 60 and Spring Hill has 70.

According to a 2012 survey conducted by WMATA, there are three Orange Line sta-



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Author and alternative transportation advocate Jeff Olson speaks at the annual Fairfax Advocates for Better Bicycling Summit Saturday, Nov. 3.

tions in the top 10 in number of bicyclists using the station, East Falls Church (second place), Vienna-Fairfax (fifth place) and Ballston-MU (sixth place).

Kristin Haldeman, a senior transportation planner with the Washington Area Metropolitan Transit Authority, says that stations with high usage by bicyclists tend to have nearby access to trails.

She said that some people will bike to Metro station no matter what, others will

SEE FASTER, PAGE 5

**Route 7 Widening
Fairfax County
Public Information Meeting**

Wednesday, November 6, 2013, 6 – 8:30 p.m.
Colvin Run Elementary School
1400 Trap Road, Vienna, VA 22182

Find out about an ongoing study to widen Leesburg Pike (Route 7) from four to six lanes between Reston Avenue and the west end of the bridge over the Dulles Toll Road, to increase capacity, decrease congestion, and improve safety, in conformity with the Fairfax County Comprehensive Plan.

The project would also include intersection improvements, as well as a 10-foot shared-use path on both sides of the road to increase mobility for cyclists and pedestrians.

Stop by between 6 p.m. and 8:30 p.m. to view displays and learn more about the project. VDOT and Fairfax County staff will be available to answer your questions.

Review project information at www.virginiadot.org, at the information meeting, or during business hours at VDOT’s Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2118, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **November 16, 2013** to Mr. Leonard “Bud” Siegel, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meeting_comments@VDOT.virginia.gov. Please reference “Route 7 Widening – Reston Avenue to Dulles Toll Road” in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact the project manager at the above phone numbers.

State Project: 0007-029-128,P102,R202,C502,B610 UPC: 52328
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NEWS

Faster, Better, Smarter

FROM PAGE 4

never bicycle to a Metro station, but providing better accessibility features are essential to attracting people who may be on the fence about the concept.

“While we may not be able to create a W and OD Trail in Tysons Corner right now, the concepts behind trail access, that they’re protected, dedicated and easy to use, are what we need to appeal to the people in the middle, who need a little bit more in terms of comfort and encouragement,” she said. “In terms of Tysons Access, while it’s not a trail, we’re looking at what we construct, not necessarily a trail, but on street that can have the same type of attributes that make people comfortable.”

It is to that end that the county has been drafting a Bicycle Master Plan, the first phase of which deals with Tysons Corner. Charlie Strunk, bicycle coordinator for the Fairfax County Department of Transportation said that three projects are already funded and will be active shortly.

The first two, the Ashgrove Plantation Trail and the Vesper Trail, will allow Tysons Corner access from the northern Vienna neighborhoods to the Spring Hill Station.

The Vesper Trail is a straight shot to Spring Hill, it’s going to be incredible, with 10 feet of asphalt and two foot shoulders,” Strunk said.

The third trail will allow residents of the Magarity Road and Pimmit Hills areas to go over Scotts Run and access Tysons from the west.

THE SUMMIT’S KEYNOTE SPEAKER was Jeff Olson, an environmental architect and author who advocates for non-automobile transportation solutions. Having spent three decades working toward less reliance on the car, he says mindsets are beginning to shift.

“In my 30 years of doing this, 29 of them have been spent trying to explain to people why it should be one. Now I’m answering the question ‘How fast can it be done?’ I think that’s the real question for Fairfax,” he said. “Now you know what to do, the question is does it get done by this generation? We’ve got to do things faster, better and smarter than they’ve ever been done before.”

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THE COUNTY LINE



Alan Young of Burke, a member of FABB (Fairfax Advocates for Better Bicycling), talked with Jason Wu of Great Falls about the importance of bike and pedestrian-friendly transportation projects to ease congestion and make Fairfax County more “livable” at Hayfield High School Wednesday, Oct. 30.



Tom Biesiadny, director of Fairfax County's Department of Transportation, led the first of four “Countywide Dialogue on Transportation” meetings, held Oct. 30 at Hayfield High School in Alexandria.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

Fairfax County Wants You

County launches “Transportation Dialogues” to get feedback on public’s priorities.

BY VICTORIA ROSS
THE CONNECTION

Upcoming Meetings

Not since 1987 — when today’s 40-something motorists were newly-minted drivers — has Fairfax County seen any new revenue stream for its traffic-choked roadways or relief for the region’s chronic gridlock.

But on the last day of the Virginia General Assembly session last year, state lawmakers narrowly passed a landmark \$3.5 billion transportation bill.

Hailed as the most ambitious, sweeping transportation funding initiative in a generation, House Bill 2313 is projected to generate about \$880 million a year to reverse the decades-long erosion of road revenue.

And while Northern Virginia motorists will pay for much of it in the form of additional taxes, the area also stands to gain nearly \$2 billion in the next six years for transportation projects.

“At this time last year, we were in dire straits. We faced an epic transportation crisis,” said Fairfax County Supervisor Jeff McKay (D-Lee). “Because of the transportation bill, we’re at important point in our history, where we have money and we want the input of our citizens.”

McKay, who chairs the Northern Virginia Transportation Commission, was speaking to a group of residents at Hayfield High School Wednesday night, Oct. 30. It was the first of four public forums — “Countywide Dialogue on Transportation Projects” — designed to educate and solicit input from residents on their priorities for county transportation projects.

TOM BIESIADNY, director of the county’s Department of Transportation (FCDOT), led the presentation: “We believe in the next six years there will be about \$1.2 billion for county transportation projects,” Biesiadny said. “We want to make use of those revenues, and ultimately make a recommendation back to the Board of Supervisors on Dec. 10 about your priorities for

the next six years.”

❖ **Tuesday, Nov. 12 at 7 p.m.**
Fairfax County Government Center
Conference rooms 2/3
12000 Government Center Parkway, Fairfax
Transit accessible via: Fairfax Connector routes 605, 621, 623

❖ **Wednesday, Nov. 13 at 7 p.m.**
Forest Edge Elementary School
1501 Becontree Lane, Reston
Transit accessible via: Fairfax Connector routes 552, RIBS 1, RIBS 3

Biesiadny told residents the Board of Supervisors tasked his department with evaluating unfunded projects based on several criteria, including public input. Other criteria include congestion reduction, travel-time savings, school and park access and air quality.

Biesiadny said HB2313 provided new funding for both regional and local transportation projects, such as roadway, transit, bike and pedestrian projects. “These are ‘new capacity’ projects,” Biesiadny said, “You won’t see paving, fixing potholes or mowing the grass with this money.” He noted that money already committed to projects in the board’s four-year plans (FY 2013-FY2016) have been excluded from the discussion.

Biesiadny said FCDOT was starting its public outreach campaign this week, emphasizing that the public will have the opportunity to provide feedback in various ways — in person, online, via online chats, social voting or email through Nov. 18. All of the public meetings include an overview presentation, a question-and-answer session, educational materials and a series of coded maps to view the list of potential projects.

“Some of your ideas actually made it into the final General Assembly bill. The purpose of tonight is to look at the 214 unfunded projects, and get your input,” he said.

Supervisor Gerry Hyland (D-Mount. Vernon) joined McKay and Biesiadny at the meeting. “Mount Vernon’s priorities are, in this order, Route 1, Route 1 and Route 1,”

Hyland said, joking that the meeting was so important that he was missing Game Six of the World Series between his beloved Boston Red Sox and the St. Louis Cardinals. “This is my first time as a supervisor I’ve been able to come to a meeting and say ‘we can do something for you on transportation. Thanks General Assembly. And go Boston Red Sox!’”

Perhaps because of the Word Series, there were only about 20 residents at the meeting and six who gave brief comments, but they came from all parts of Fairfax County to talk transportation.

Jason Wu drove from his home in Great Falls to encourage the county to build a sidewalk on the one-mile section that leads into the town of Great Falls.

“I’m an ordinary citizen,” Wu said. “We have a petition with more than 100 signatures to get a sidewalk on that Westmoreland Street. It’s very dangerous to ride a bike there, and we have been spending a lot of time organizing to get this project on the list.”

Greg Budnick, a local engineer from Springfield, said he was there to caution supervisors “not to overreach financially” when evaluating projects. “Being a bicyclist, I can enjoy bike lanes and bike trails ... But I’m not sure anyone wants 10 feet of trees taken out of their development for more bike lanes.”

Jim Preston and David Mikkelson of Alexandria, who represented their HOA, said improvements along Richmond Highway, were critical to the easing congestion throughout the county.

Robert Michie, a representative of the Lee District Transit and Sidewalk Committee, lobbied for Project #182, which includes street pedestrian and bicycle access improvements along Van Dorn Street. The project, estimated at \$500,000 has been “on the books for years,” Michie said. “We’re pushing very strongly to get this particular one down because it provided metro access to Van Dorn Street. We consider Route 1 a lab. If we can fix Route 1, we can fix anything.”

EDITH KELLEHER OF VIENNA said she was there as the executive director of the Southeast Fairfax Development Corporation. “We endorse Project #60,” Kelleher said. The project includes the widening Richmond Highway from four to six lanes from Mount Vernon Memorial Highway (Route 235) to Napper Road. The cost has yet to be determined.

Many of the unfunded projects on the county’s list were road widening projects that included pedestrian and bicycle facilities.

Alan Young, a Burke resident and member of Fairfax Advocates for Better Biking (FABB), said the group was “furiously” reviewing the county’s bicycle master plan to see if there are components for bike and pedestrian access.

“It would be helpful when you look at projects to see that there are components for bike and pedestrian access,” he said. “One of our main goals is to make Tysons and other transit-oriented, mixed-use developments more bicycle-friendly.”

“We really appreciate Fairfax County for undertaking a major transformation of Tysons to create a livable, walkable community. Four new Silver Line Metro stations due to open in Tysons in 2014 are part of the foundation of that transformation. We want to see that throughout the county,” Young said after the meeting.

McKay said the supervisors were in the process of developing a master list of projects, and needed the public’s input.

“We want to be conscious of being fair throughout the county, because that’s the only way this thing will work. There are a lot of moving parts to this. So, your input is critical to this process.”

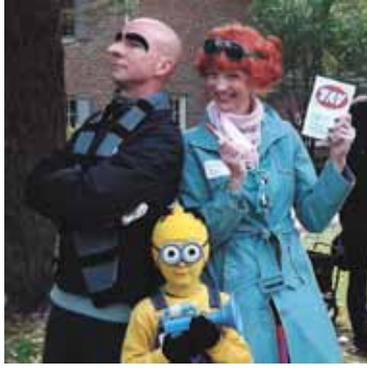
FOR MORE INFORMATION about the Countywide Dialogue on Transportation meetings, or to take the online survey, got to www.fairfaxcounty.gov/fcdot/cdot/.

Residents can also visit the web site to sign up for email updates or find out if new meetings have been announced.

NEWS



Matthew, Declan and Amelia watch magic show.



PHOTOS BY NEIL ENDE

The Cumberland Family wow neighbors with their Gru, Agent Lucy Wilde and minion costumes.



Jennie Ende, Elizabeth Ende and Ilze Black



Madeline Feldner wins a prize for her leopard costume.

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Chesterbrook Woods Celebrates Oktoberfest

Approximately 300 neighbors attended Chesterbrook Woods Citizen's Association's (CWCA) Oktoberfest Block party on Oct. 27. The party was designed to appeal to residents of all ages by including live music by Laissez Foure, moon bounces, face painting, games and a Halloween costume contest. The Cumberland family were costume contest winners wowing neighbors as a minion, Gru and AVL Agent Lucy Wilde from Despicable Me 2. Wendy Cumberland said, "This is our 5th CWCA Oktoberfest party. Halloween brings out the kid in all of us and we love having fun with our neighbors."

Some of the other contest winners included Madeline Feldner as a leopard and Amelia Heil as a princess. Neighbors enjoyed chatting with each other, playing games and eating yummy snacks, salads, pasta dishes, bratwurst, hot dogs and Halloween themed desserts. Washington-area favorite, Louis the Magician, charmed kids and parents as he performed an entertaining magic show with a live rabbit.

CWCA Party Organizer Extraordinaire, Julie Schwan, was thrilled with the perfect weather after Hurricane Sandy caused a week's delay in last year's party. She thanked the many neighbors who brought food, helped with set up and clean up, and manned events throughout the day. Leftover food and drinks were donated to Share of McLean.

— ELIZABETH ENDE

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OPINION

Be Part of Children's Connection

Call for student artwork and writing; deadline Dec. 6.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families, and an edition read and praised by readers with and without children.

The annual Children's Connection is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as each school year begins.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name

of teacher and town of school location. Please provide the submissions by Friday, Dec. 6.

Some suggestions:

❖ Drawings or paintings or photographs of family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is one of the best or worst things that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, etc.

❖ Poetry or other creative writing.

❖ Opinion pieces about family, friends, movies, traffic, sports, food, video games, toys, trends, etc.

❖ News stories from school newspapers.

We welcome contributions from families, public and private schools, individuals and homeschoolers.

Email submissions for the Vienna/Oakton, McLean, Great Falls, Reston and Oak Hill/

Herndon Children's Connections to ChildrensNorth@connectionnewspapers.com.

Email submissions for Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton Connections to ChildrensSouth@Connectionnewspapers.com.

Email submissions for the Potomac Almanac to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Arlington Children's Connection to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children's Centre View to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children's Gazette in the Alexandria Gazette Packet or Mount Vernon Gazette to editor Steven Mauren at smauren@connectionnewspapers.com.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 6. The Children's Connection will publish the week of Dec. 26, 2013.

EDITORIAL

Helping Most Vulnerable Neighbors

Individuals with mental illness represent a disproportionately high percentage of the homeless population.

BY RUSSELL SNYDER

Once in a while you read or hear about mental health illness, probably in this very paper. However, more often than not, mental illness is discussed only when a tragedy occurs that brings it to the forefront of the national dialogue. We should strive, as a community, to change that.

More than 260,000 adults in Virginia live with serious mental illness. In the Fairfax-Falls Church community approximately 1,350 people are homeless; more than half of those individuals suffer from serious mental illness.



PHOTO CONTRIBUTED

Individuals with mental illness represent a disproportionately high percentage of the homeless population. With statistics like those above, this is an issue that needs our attention all year round.

For readers that do not know, Volunteers of America operates Bailey's Crossroads Community Shelter, a 50-bed emergency homeless shelter in Fairfax County for men and women. In our shelter, clients receive case management based on individualized service plans. They attend various life skills groups to empower them to make positive changes. Bailey's also has an outreach partnership

with the Fairfax-Falls Church Community Services Board. A Community Case Manager works directly with our clients who have been identified by staff as having a mental health diagnosis. These individuals receive services and support to build their self-sufficiency, the end goal for all of our clients in every single program we run.

It takes many resources to help homeless individuals with a mental health diagnosis find their way to recovery, but it is possible to accomplish this goal with programs like Bailey's and collaborations among community partners.

If you would like a behind-the-scenes look at the work Volunteers

of America Chesapeake is doing to assist those that are homeless and challenged with mental illness, call Tonya Fulwood, Vice President of Homeless Services, at 240-764-2661. Be an advocate and help us create awareness so we can continue to help our neighbors travel the road to self-sufficiency.

Thank you to the Fairfax community and our partners throughout Northern Virginia for your support as we continue to serve our most vulnerable neighbors in the fight to prevent and end homelessness in our communities.

The writer is President/CEO of Volunteers of America Chesapeake, a faith-based health and human services nonprofit assisting more than 8,000 people each year at 31 programs, many serving the homeless and mentally ill. Bailey's Crossroads Community Shelter has been the community's primary emergency homeless shelter since 1994.

LETTERS TO THE EDITOR

A Deceptive Look at Background Checks

To the Editor:

The technology in my DVR insulates me from most advertisements. That insulation is especially

appreciated during what seems to be the never-ending political season during which ad after ad simply attacks one candidate or another.

Sometimes my finger is not fast enough to save me, and that is how I viewed what may be the

most deceptive and hypocritical advertisement that I ever recall seeing. Now that I recognize the graphics, I see it often as I speed

SEE LETTERS, PAGE 13

McLean
CONNECTION

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To have community events listed in the Connection, send to mclean@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

THURSDAY/NOV. 7

The Vienna American Legion Auxiliary. 10 a.m., at Vienna American Legion, 330 Center St. N., Vienna. Place flags on the graves of veterans at Flint Hill Cemetery (on Route 123 between Courthouse Road and Hibbard Street); meet beside the tool shed inside the cemetery. 703-938-1379.

Northern Virginia Leadership Awards. 11:30 a.m.-2 p.m. Westwood Country Club, 800 Maple Ave. E., Vienna. The annual NVLA awards celebrate the actions and attitudes of community leaders. 703-938-2593.

FRIDAY/NOV. 8

Fall 2013/14 Registration Open House. 9:30-11:30 a.m., at McLean Children's Academy, 6900 Elm St., McLean. Bring your child and come tour the school; registration is available for the morning, afternoon and full day preschool classes. 703-734-2353 or www.childrensacademy.com.

SUNDAY/NOV. 10

9th annual Vienna CROP Hunger Walk. 2 p.m., at the Vienna Town Green, 144 Maple Ave. E., Vienna. Walk to help stop hunger during the (Communities Responding to Overcome Poverty) Hunger Walk. The walk is 3 miles and starts and ends at the Vienna Town Green. <http://www.viennacropwalk.org> or <https://www.facebook.com/events/241743379312873>.

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We are looking for committed U13 players born 08/01/00 or younger who want to take their game to the next level!

Training sessions are normally held on three (3x) a week in the Great Falls/Reston area.



If you are interested, have questions or would like to register for tryouts, please email the Team Manager at GFSCRYOUTS@LIVE.COM

REMODELING & DESIGN SEMINARS IN MCLEAN!

Celebrating 25th Anniversary

Sat., Nov. 16th — 10am-2pm

Where: 6862 Elm Street, Suite 330
McLean, VA 22101

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- Kitchen and Bath Trends
- 10 Tips For A Stress-Free Remodel
- From Concept to Completion

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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COMMUNITY



The Lutheran Redeemer church is filled with hundreds of volunteers packing nonperishable meals for Stop Hunger Now Saturday, Nov. 3.



Volunteers at the Stop Hunger Now event in McLean measure out ingredients for nutritious, nonperishable meals Saturday, Nov. 3 at the Lutheran Redeemer Church.



PHOTOS BY ALEX McVEIGH/THE CONNECTION

From left, Scott Andrew, Maria Polly and Karen Rodas sort ingredients for Stop Hunger Now Meals Saturday, Nov. 3 at the Lutheran Redeemer.

McLean Hits Meals Milestone

One millionth meal packed at Stop Hunger Now event Nov. 3.

BY ALEX McVEIGH
THE CONNECTION

Several years ago, Bob Hahne was at tending a Rotary Club district conference when he learned about an organization called Stop Hunger Now. The nonprofit hosts community meal-packing events that provide nonperishable, nutritious meals to hungry people around the world.

On the way home from the conference, Hahne and his wife Barbara decided that they should not only bring Stop Hunger Now events to McLean, but they should do it in a big way.

On Saturday, Nov. 3, Hahne watched as hundreds of volunteers helped hit a major milestone.

"This event, where we just saw the one millionth meal packaged here in this room at the Lutheran Redeemer, has been years in the making," Hahne said. "It's a great feeling, and it could not have been done without the help of thousands of volunteers who came to the events and helped us make a huge difference for a lot of people."

HAHNE'S WIFE BARBARA passed away in September 2011, and Hahne said he vowed to her on her very last day that he would complete the promise they made to each other.

Volunteers from the Boy Scouts, Girl

Scouts, Langley High School Girls Volleyball Team, McLean High School Cheerleading team, Westfield High School Baseball Team, Church of Latter Day Saints, Lewinsville Presbyterian Church, Deloitte and more were part of Saturday's packaging event.

The first event was held in November 2010, where volunteers packed 100,000 meals. Since then, the number has gone up each time, with an event that packaged 150,000, then 200,000, then 250,000 and now 300,000 on Saturday, Nov. 3.

"This event, where we just saw the one millionth meal packaged here in this room at the Lutheran Redeemer, has been years in the making."

— Bob Hahne

"These meals have, and will continue, to go to school feeding programs, orphanages, hospitals and senior homes in places like Romania, Haiti, Malaysia and Vietnam," said Dominic Alexander, program manager with Stop Hunger Now. "The meals packed here today will go into a shipping container, which will be picked up Monday and sent to the Baltimore port, where it will be put on a ship going straight to Haiti."

The meals are designed to feed malnourished individuals, particularly children, and consist of several ingredients. White rice and

textured soy protein are combined with a dried vegetable blend, consisting of carrot, onion, tomato, celery, bell pepper and cabbage.

To top it all off is a seasoning packet that contains 21 different vitamins and minerals.

"Most of the people getting these meals are highly malnourished, especially protein deficient," Alexander said. "The people that get them localize them as well, for example, in Haiti they add black beans to make it more of a traditional dish."

AFTER SO MANY EVENTS at the Lutheran Redeemer, the process is now as efficient as an assembly line. Volunteers manned five different parallel rows of tables stretching across the whole room, each with its own function.

One group of volunteers brought 50 pound bags of protein and rice, as well as 40 pound boxes of vegetables to the outside tables. Another group measured and packed the bags, each of which contains six one-cup servings, and then passed it to the next row, where bags were weighed and sealed.

They're then packed 36 to a box, which is put on a pallet, and loaded into a shipping container. Each meal costs approximately 25 cents and is good for up to four years.

"As I was walking down the aisle during one of the shifts today, a man came up to me and just gave me a hug," Hahne said. "He said he had lived in a refugee camp at one point, and he knew firsthand what a hot nutritious meal can do for people in need, and that's exactly who we do it for."

More information on Stop Hunger Now can be found at www.stophungernow.org.



Volunteers package nonperishable meals at the Lutheran Redeemer Saturday, Nov. 3, part of a Stop Hunger Now event that packaged the one millionth meal in McLean.



From left, Dominic Alexander of Stop Hunger Now, and Bob Hahne, a McLean resident, celebrate one million meals packed in McLean. Hahne first brought the events to McLean more than three years ago.

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NEWS



PHOTOS CONTRIBUTED

McLean High School's "The Last Five Years," recipient of VTA Judges Award for Best Musical Presentation.

McLean Theatre Company Wins Nine Awards

The McLean High School Theatre Company (MTC) earned nine awards and recognitions at the Virginia Theatre Association's (VTA) 2013 Conference awards ceremony Oct. 27, in Reston. MTC's production of Jason Robert Brown's "The Last Five Years," performed as a special 45-minute format, garnered five awards led by a special Judges Award for Best Musical Presentation and overall Honorable Mention for the production. Four company members also received individual recognition in the Design Competition in Costume and Scenic Design categories. MTC was recognized from among 44 productions put up by high schools from throughout the commonwealth.

McLean High School, with 94 registrants, brought more attendees to this annual event than any school has ever brought to the conference. Along with the two overall production awards, MTC's performance of "The Last Five Years" also earned three additional awards. Alex Stone (Junior), appearing as Jamie, received VTA's Best Actor

Award. VTA also bestowed two special merit awards for the production – to Marielle Burt (Junior) for Student Choreographer and the production's entire supporting cast for Dance Ensemble. In the individually entered Design Competition, four MTC members earned awards. In the Costume Award category, Gillian Wright (Sophomore) received 2nd place, Miranda Creason (Junior) placed 3rd while

Isabel Zapata (Junior) received Honorable Mention. In the Scenic Design category, Emily Robinson (Sophomore) received 3rd place.

MTC next presents Annie opening the Friday after Thanksgiving and continuing for a two-weekend



Alex Stone, recipient of the Virginia Theatre Association's Lead Actor award.

run, Nov. 29 – Dec. 7. In this fun-filled adventure, Annie and her lovable mutt Sandy foil Miss Hannigan's evil machinations and find a new home and family with billionaire, Oliver Warbucks.

For ticket information, visit www.mcleandrama.com.

"The Last Five Years" cast and creative team, recipient of VTA Judges Award for Best Musical Presentation, and Marielle Burt, recipient of VTA Special Merit award for Student Choreographer.



WEEK IN MCLEAN

Police Investigate Bank Robbery in Tyson's Corner

On Oct. 30, at approximately 3:15 p.m., two men entered the Bank of Georgetown located at 1850 Towers Crescent Plaza in McLean. One of the men jumped over the counter and demanded money from a bank employee. Upon receiving the money the two subjects fled the bank on foot. There were no injuries. Subject one was described as a black male wearing a black mask and carrying a black plastic bag. Subject two was described as a black male wearing a black mask and a dark colored jacket and carrying a handgun. One subject was described as wearing a hooded sweatshirt and the other was described as wearing a black baseball cap. Both subjects are described as being in their forties. The FBI is offering a reward of up to \$5,000 for information that leads to the identification, arrest and conviction of these bank robbers. The FBI and the Fairfax County Police Department are investigating this bank robbery and request that anyone with information call the FBI at 202-278-2000 or the Fairfax County Police at 703-691-2131.

Claude Moore Colonial Farm Reopens to Public

The Claude Moore Colonial Farm at Turkey Run reopened to the public on Oct. 9 after the closure by the National Park Service in conjunction with the Federal Government shutdown. The living history museum and privately operated National Park portrays family life on a pre-Revolutionary War era working farm in Northern Virginia.

The Claude Moore Colonial Farm sits on 70 acres in McLean and offers self guided tours of a Colonial era farmhouse with loft and working hearth, heritage breed turkey and other animal pens, crop fields,

orchards and more. The Farm is open Wednesdays through Sundays through Dec. 15 from 10 a.m. to 4:30 p.m. The Farm will conduct a Threshing Day on Nov. 16 and Colonial Wassail on Dec. 15.

Annual memberships, which provide discounted or complimentary attendance to events and programs, are available at www.1771.org.

Arabic for Children Offered in McLean

Language Stars will begin offering new Arabic programs for children in the area this fall. The U.S. Government designated Arabic a "critical language," creating a large demand for Arabic-trained professionals with little supply available. Parents who want to give their children a head start can register for Parents & Tots (Arabic programs for 1- to 3-year-olds) and Kids Only (Arabic programs for 3- to 5-year-olds) in the Alexandria, McLean and north Arlington Virginia Language Stars centers.

"It can be a challenging language for an adult to learn, making the need for Arabic programs for children crucial. By tapping into the window of opportunity between birth and 10 years of age when a child's brain is hard-wired to learn any language naturally and easily, they can achieve Arabic proficiency the same way they learn their first language, in a play-based setting with other children," said Leslie Lancry, the CEO and founder of Language Stars.

Interested families are invited to participate in a free trial class and can reserve a spot by visiting <http://www.languagestars.com/arabic>. For more information on Language Stars, visit www.languagestars.com or call 866-557-8277.

LETTERS

FROM PAGE 8

through ads, and it seems ubiquitous.

The ad, sponsored by Independence USA PAC, (whoever they are) attacks candidate for governor Ken Cuccinelli for his opposing "comprehensive background checks at gun shows" which the ad claims would "close the gun show loophole." I am writing not to address the merits of the argument for background checks, but to point out the deception practiced in this TV ad.

The ad criticizes Attorney General Cuccinelli for opposing "comprehensive background checks" at gun shows which the ad says would deny guns to criminals and the "dangerous mentally ill." The ad then flashes on the screen photos of four killers. I think killers receive much too much publicity, so I will not mention their names. Here they are, and how they got their guns:

VA Tech murderer — purchased two pistols from a FFL (Federal Firearms Licensee) not at a gun show, so he passed two NICS (National Instant Criminal Background Check System) checks.

Sandy Hook murderer — after murdering his mother, he stole

four of her guns that she had purchased from FFL dealers; not at a gun show; passing NICS checks in the process, and which she had failed to secure properly.

Navy Yard murderer — purchased a shotgun from a Virginia FFL dealer, which meant that he passed the background check conducted by the Virginia State Police that includes a NICS check.

Aurora, Colorado, murderer — purchased four guns in separate transactions at FFL stores and passed four separate NICS checks.

Four murderers; 11 weapons; at least eight (probably 11) background checks; no gun show purchase.

So, this ad uses the photos of mass murderers for emotional effect, implying that "closing the gun show loophole" would have prevented these tragedies.

The ad is deceptive; dishonest, hypocritical; and unethical, to say nothing of illogical. But then I already said it was political advertising.

I will let the reader draw a conclusion as to those who approved it.

H. M. Padon
Great Falls



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Photo by Kenneth M. Wyner

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NEWS

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HONK!

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HONK! JR. is a Broadway style contemporary retelling of Hans Christian Andersen's The Ugly Duckling. HONK! JR. is the story of Ugly, whose odd, gawky looks instantly incite prejudice from his family and neighbors. Separated from the farm and pursued by a hungry Cat, Ugly must find his way home. Along his rollicking and harrowing journey he not only discovers his true beauty and glorious destiny, but also finds love and acceptance in all its forms.

TICKETS
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Family Max \$35 (Parents & Children Only)

Friday, November 8, 2013 – 7:30 PM
Saturday, November 9, 2013 – 11 AM and 7:30 PM

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HONK! Jr. is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. 421 West 54th Street, New York, NY 10019 Phone: 212-541-4684 Fax: 212-397-4684 www.MTIshows.com

Visitors can shop for beautiful pieces of pottery at the Antique Show.



PHOTO CONTRIBUTED

A World of Antiques All Under One Roof

The 37th Annual McLean Antique Show will be held at the McLean Community Center on Nov. 9-10. The show is for advanced and beginning collectors and includes both antiques and vintage items. Managed by Pappabello Shows, the sale offers American, English, Asian and European antiques, decorative accessories, furniture, folk art, fine porcelains, silver, linens, paintings, Oriental rugs, jewelry and more. In addition to the more than 50 quality dealers, there will be free verbal appraisals available from Peenstra Antiques Appraisals, glass and carpet repair services onsite. Lunch and dinner fare will be

provided by Sweet Stuff of McLean.

The Antique Show will be from 10 a.m. to 6 p.m. on Saturday, Nov. 9 and from 11 a.m. to 5 p.m. on Sunday, Nov. 10. Admission is \$7 for adults and can be used on both days of the show. Proceeds of the show will benefit The Alden's James C. Macdonald Arts Scholarship Fund. The Center is located at 1234 Ingleside Ave.

For more information or to download a \$1 discount admission coupon for the show, visit the Center's Website: www.mcleancenter.org/special-events/upcoming or call the Center at 703-790-0123, TTY: 711.

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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Send announcements to mclean@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

WEDNESDAY/NOV. 6

Dan Rosenberger on Light Painting. 7:30-9:30 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. The photographer will speak to the Vienna Photographic Society on light painting, a special type of night photography. 703-255-2452, www.vpsva.org or bjw.1989@verizon.net.

WEDNESDAY-SATURDAY/NOV. 6-16

Jolanta Noska's Abstracts at the Vienna Arts Society Gallery in the Village Green, 513 Maple Ave. W., Vienna. See the work of Jolanta Noska, who took a master's program in elementary education in her native Poland before moving to Virginia. Her abstract works are created in acrylics, pastels and leather. 703-319-3220 or www.ViennaArtsSociety.org.

THURSDAY/NOV. 7

The GFWG Meeting. 11:15 a.m.-1:15 p.m., at the Great Falls Library in the large conference room, 9830 Georgetown Pike, Great Falls. The guest speaker will be the best-selling, award-winning children's book author and illustrator **Henry Cole**, who'll discuss his work and engage in audience Q&A. 703-757-8560.

FRIDAY/NOV. 8

Heroines in Technology. 6 p.m., at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. A black-tie gala that recognizes and honors women in the technology industry for their dedication to community service. The evening includes a cocktail reception, dinner, awards presentation, and a silent and live auction. Proceeds from the event will support local March of Dimes programs. 571-257-2303 or mmurphyhedrick@marchofdimes.com.

16th annual Rotary Monte Carlo Night. 6:30-11 p.m., at the Fairview Park Marriott in the ballroom, 3111 Fairview Park Drive, Falls Church. A black tie optional night of dancing to The Loudoun

Jazz Ensemble, an unlimited dinner buffet, silent and live auctions and gaming tables including Blackjack, Roulette, Craps & Texas Hold-em Poker, each with prize drawings. A portion of the proceeds benefits funds for the eradication of polio worldwide as well as charities that Rotary supports. \$75; sponsorships available. 703-929-1451 or www.dunnloring-merrifieldrotary.org.

Natalie York & Steve Forbet. 7:30 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. Vienna native Natalie York, now a Brooklyn-based singer-songwriter, will open for Steve Forbet. www.natalieyork.com or www.jamminjava.com.

SATURDAY/NOV. 9

Holiday Bazaar. 9:30 a.m.-4 p.m., at Vienna Community Center (corner of Cherry and Park streets), Vienna. Browse among 70 plus local and regional artisans and vendors. There will be an old fashioned bake sale, white elephant items at Aunt Alice's Attic and a gently used book sale. Proceeds support several scholarships to deserving high school students and elementary schools that are awarded by the Vienna Woman's Club. \$2.

37th Annual McLean Antiques Show and Sale. 10 a.m.-6 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. An

Maggie Sansone, who plays the hammered dulcimer as well as Scottish small pipes, guitar and bodhrán, plays with Scottish Celtic harpist Sharon Knowles and Irish singer and guitarist Pat Egan at The Old Brogue Sunday Nov. 10 at 5 and 7 p.m.



exceptional group of dealers representing antiques, decorative accessories, furniture, folk art, porcelains, silver and much more. \$7. <http://www.mcleancenter.org/> or 703-790-0123.

Discover Graphics Atelier 30th Anniversary. 4-6 p.m., at the Frame Factory 212 Dominion Road N.E., Vienna. An exhibit of original, hand-pulled prints from current and former artists associated with Discover Graphics, which was founded in 1983 by accomplished printmakers Penelope Barringer and Allan Kaneshiro to promote traditional printmaking techniques. The exhibit runs from Nov. 6-Dec. 15. www.discovergraphics.org.

Community Tysons Harvest Dinner. 4-7 p.m., at St. Luke's United Methodist Church, 7628 Leesburg Pike (Route 7), Falls Church. Enjoy a turkey dinner at the closest church to Tysons Corner, with sides, drink and dessert. \$10 for adults, \$5 for children 10 and under (takeout available).

SATURDAY-SUNDAY/NOV. 9-10

The 37th annual McLean Antique Show. 10 a.m.-6 p.m. Saturday, 11 a.m.-5 p.m. Sunday, at The Alden Theatre, 1234 Ingleside Ave., McLean. Over 50 dealers of American, English, Asian and European antiques, decorative accessories, furniture, folk art, fine porcelains, silver, linens, paintings, Oriental rugs, jewelry and the like; lunch and dinner fare available from Sweet Stuff of McLean. \$7. www.mcleancenter.org/special-events/upcoming or 703-790-0123, TTY: 711.

SUNDAY/NOV. 10

People Who Need People. 2-4 p.m., at Vienna Art Center, 115 Pleasant St., N.W., Vienna. An exhibition of paintings and sculptures featuring portraits and a variety of colorful scenes of people. Meet artists from around the region, and enjoy light refreshments at a reception. The exhibit is open through Nov. 30 Tuesdays through Saturdays. 703-319-3971 or www.ViennaArtsSociety.org.

Live Irish & Scottish Musicians Perform. 5, 7 p.m., at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Enjoy music from Maggie Sansone, who plays the hammered dulcimer as well as Scottish small pipes, guitar and bodhrán; Scottish Celtic harpist Sharon Knowles; and Irish singer and guitarist Pat Egan, in addition to ales and Irish cuisine. \$17; \$12 for children. 703-759-3309 or www.instantseats.com/events/oldbrogue.

MONDAY/NOV. 11

Veterans Day Ceremony. 11 a.m., at the Freedom Memorial, behind the Great Falls Library, 9830 Georgetown Pike, Great Falls. The speaker at this year's ceremony will be LCDR John A. "Sandy" Pidgeon, a retired Navy SEAL Officer who served in Somalia,

Haiti and Iraq. A Marine Corps Reserve Color Guard will present the colors. The sixth grade at Great Falls Elementary School will join for the event and the Madrigal Choir of Langley High School will provide music.

Griffin House and Caroline Rose. 7:30 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Singer-songwriter Griffin House and Americana-rock and multi-instrumentalists Rose and partner Jer Coons play. <https://jamminjava.com/events/griffin-house>.

TUESDAY/NOV. 12

Steak and Cabernet Dinner. 6:30 p.m. reception, 7 p.m. dinner, at Wildfire, Tysons Galleria, 3rd floor, McLean. Enjoy a four course menu featuring an array of steak preparations plus a decadent dessert, each paired with a Cabernet Sauvignon from a different winemaking region. Wildfire Executive Chef Eddie Ishaq will create the custom menu and Todd Lieberman of Stock Yards Packing will speak on the selections. \$90 per person. 703-442-9110.

TUESDAY-WEDNESDAY/NOV. 12-13

The Creative Arts Programs & Performances. 10 a.m. to 12:30 p.m., James Lee Community Center Theater, 2855 Annandale Road, Falls Church. This year's showcases will highlight 22 professional artists and arts groups showcasing a variety of educational programs; such as dance performances, science presentations, theatre, music, storytelling, puppetry, multi-media presentations, and much more. RSVP. caps@artsfairfax.org, www.artsfairfax.org/caps/program/news or <http://artsfairfax.org/caps>.

THURSDAY/NOV. 14

Jacqueline Saunders Portrait Demonstration. 10:30 a.m.-noon, at The Vienna Arts Society, 115 Pleasant St., N.W., Vienna. Presents award-winning watercolor artist as she captures a person on a piece of paper in a series of brief impressions. 703-319-3971 or www.ViennaArtsSociety.org.

FRIDAY/NOV. 15

Andrew Belle. 7:30 p.m., at Jammin' Java, 227 Maple Ave. E., McLean. The alternative artist plays songs from his new album, "Black Bear," which debuted at top spots on the billboard. www.jamminjava.com.

SATURDAY/NOV. 16

Landscape Painting Demonstration. 1-4 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. Gallery 65 hosts Jill Basham at a landscape painting demonstration. She discusses the process of blocking and color, and her signature style of visible brushstrokes and the transference of emotion into her paintings. Light refreshments will be served. RSVP. 703-356-6345 or <http://cwgallery65.com/>.

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37th Annual McLean Antiques Show

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Sunday Soirée Dance "Autumn Splendor"

Sunday, Nov. 17, 3-5 p.m.
Admission: \$5 per person

Concerts @ The Alden

Sunday, Nov. 17, 3 p.m.
Free admission

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



1234 Ingleside Ave.,
McLean, VA 22101
703-790-0123, TTY: 711



SPORTS



PHOTOS CONTRIBUTED

Nine Langley HS girls made it to the state qualifier. From left: Kendall Deese, Veronica Smith, Kaitlin Bonacci, Maddy Nguyen, Cathy Park, Lauren Smith, Rachel Zmuda, Maria McQuade, Anna Sampson.

Langley Girls Shine in Golf State Qualifier

The Langley HS girls golf team had an excellent performance at the State Qualifier on Oct. 22, where nine of the 13 girls on the team performed.

Sophomore Maria McQuade and senior Rachel Zmuda advanced to the state tournament. Bob Hayne coaches the team.



From left: Langley girls golf coach Bob Hayne, sophomore Maria McQuade and senior Rachel Zmuda.

Great Falls Azzurri Blue U-10 Wins Columbus Day Tournament

The Great Falls U-10 Azzurri soccer club won their division at the Richmond Strikers annual Columbus Day Tournament in Richmond Monday, Oct. 14. The Great Falls Azzurri Blue won the top "Nina" division and finals by amassing 27 goals over a four game stretch and beating a tough St. Marys Maryland-based team 5-1 in the tournament finals. Members of the Azzurri Blue are: Ethan Addington, Kian Ambrose, Dorian Cushing, Ryan Duenkel, Jack Ellinger, Annabeth Holsinger, Spencer Paulsen, Evan Preta, Jeffrey Stark and Jake Sachtleben.

The Great Falls Azzurri White had an excellent tournament as well, winning their division but losing in a close match in the semi-finals Sunday morning. Members



From left, back, Dorian Cushing, Jake Sachtleben, Kian Ambrose, Evan Preta, Spencer Paulsen, Ethan Addington; front: Jeffrey Stark, Annabeth Holsinger, Jack Ellinger and Ryan Duenkel.

of the Azzurri White are: Max Alexander, Andy Chen, Dillon Clark, Aidan Connelly, Quincey Daniel, Alexander Mavris, Inaki Palacios, Alejandro Rojas, Alex Scanlon and Collin Togher.



PHOTO BY CHRIS CLEMENTE

Langley quarterback Nick Casso goes airborne in route to a first down against Madison.

Langley Football Wins Six in a Row

Final regular season game coming at archrival McLean on Friday, Nov. 8.

November started out the same way October ended, with the Langley Saxons rolling over another conference opponent, this time it was rival Madison who found themselves on the short end of a lopsided 49-14 mauling.

The potent Langley offense took advantage of two early miscues and a highly effective passing game to build a 35-point lead before the Warhawks could even get on the board. The streaking Saxons have now won six in a row to improve their record to 7-2 overall, 5-1 in the conference with the final regular season game coming on the road at arch-rival McLean on Friday, Nov. 8.

Two crucial Madison mistakes to open the game, a fumble on their first possession and a blocked punt by Brian Pitts recovered deep in their territory was all Langley needed to jump out to an early 14-0 lead on short runs by Nick Casso (2 yards) and Tyler West (7 yards). West carried the ball 22 times, gaining 137 yards with one touchdown. Erik Swayne supplied the PATs as he did on all seven scores.

With a comfortable lead in

hand, the Saxons went to work through the air, adding a touchdown toss to Philip Antypas (7 yards) and two to Austin Denham (38, 30), who had four catches for 138 yards. In between, Garrett Collier provided an electrifying 78-yard punt return for a score. For the game senior quarterback Nick Casso was 7 for 15 for 205 yards and three touchdowns. He also rushed for 40 yards and two scores behind the blocking of a massive O-Line anchored by seniors Brooks Norris, Alex Kolencik and Bennett Molster.

The Warhawks struggled to sustain any offense against a stubborn Saxons defense that yielded only 138 yards on the ground. The biggest play for Madison was a 69-yard touchdown pass from Trey Ramsey to Nate Williams for the Warhawks' first score midway through the third quarter. Madison's only other score came in the waning seconds of the game when Kyle Karp plunged in from 1 yard out. Unlike the previous two years, when Langley lost in overtime and after a potential tying field goal went wide, this time the Saxons made sure the outcome was never in doubt.

Yoga Community Lauds New Smithsonian Exhibit

Sackler exhibit is first of its kind.

BY MARILYN CAMPBELL
THE CONNECTION

Yoga instructor Luann Fulbright of McLean moved her practice from the mat to a gallery recently when she joined diplomats, philanthropists, artists and fellow yogis at a gala to celebrate the opening of "Yoga: The Art of Transformation" at the Arthur M. Sackler Gallery in Washington, D.C. It is the world's first exhibition on the art of yoga.

"I couldn't be more excited to have been able to attend this exhibit," said Fulbright, a director of Dream Yoga Studio & Wellness Center in McLean. "It's not only the first of its kind, but it was put together by a team of scholars led by Debra Diamond, an exquisitely studied and curious curator who brings her depth knowledge of Indian and Asian art and yoga together to shed light on the history and fascinating, many missing stories of yoga that are like yoga itself — mind expanding."

"It's great to have an exhibit that educates people about the roots and origins of yoga and what it can do for their lives and their health"

— Sara VanderGoot of Mind the Mat Pilates & Yoga

The exhibit, which opened Oct. 19, features temple sculptures, devotional icons, manuscripts and court paintings created in India over the past 2,000 years. With artifacts borrowed from 25 museums and private collections in India, Europe and the United States, the exhibit explores yoga's diverse history.

Museum officials said the exhibit reunites three monumental stone yogini goddesses from a 10th-century Chola temple for the first time, as well 10 folios from the first illustrated compilation of asanas, or yogic postures, made for a Mughal emperor in 1602, which have never before been exhibited together. The exhibit also includes Thomas Edison's "Hindoo Fakir" (1906), the first movie ever produced about India.

Maryam Ovissi, one of the exhibit's sponsors and the owner of BelovedYoga studio in Reston and Great Falls, said she appreciates such



PHOTO COURTESY OF MARYAM OVISSI

Maryam Ovissi, a sponsor of "Yoga: The Art of Transformation" and the owner of BelovedYoga studio with locations in Reston and Great Falls, attends the exhibit's opening gala with her student Jean Edelman, also an exhibit sponsor.

a comprehensive exploration of the evolution of yoga.

"Yoga has become a very loaded word in our society, and there are many facets to it. You can think of yoga as a gem," she said. "The exhibit shows that yoga has philosophical roots. It offers an understanding of [yoga] as a healing modality and gives a perspective of how it was introduced to the West and evolved into what has become today. The curator did an excellent job of showing that it's an entire journey. People will walk away knowing that yoga is rich and has layers to it."

YOGA INSTRUCTORS said the exhibit will educate people about the practice. "Having an exhibit like this confirms that yoga is so much more than most folks today think," said Fulbright. "It's not a fad. It's not a particular religion. It's not just exercise. It's a constantly developing practice that people from many cultures have embraced for thousands of years to transform and empower themselves and their nations. I'm encouraging all [of my] students to see this exhibit, which can't help but motivate and deepen their practice."

Great Falls resident Jean Edelman, an exhibit sponsor and one of Ovissi's students, hopes those who make the trek to the Sackler Gallery will walk away inspired. "I think it is a wonderful opportunity to bring to light yoga to people who never knew anything about it. It is a great for the mind, body and spirit."

Dawn Curtis, owner of East Meets West Yoga Center in Vienna, also attended the opening gala. She believes the exhibit will offer attendees "a great education about the vastness of yoga and its practices. It is an amazing exhibit. The most extraordinary room ... is what I would call the Goddess room: three beautiful yoginis brought to-



PHOTO COURTESY OF TERESA DUNCAN

Yoga students Teresa Duncan and Jean Edelman attend a gala to celebrate the opening of "Yoga: The Art of Transformation" at the Arthur M. Sackler Gallery.

gether in one room," she said, referring to the Chola goddesses.

Alexandria-resident Heather Sutliff, of East Meets West Yoga Center, said the exhibit will make yoga more accessible to a wider audience. "I think the fact that the

Details

"Yoga: The Art of Transformation" will remain at the Sackler Gallery until Jan. 26, 2014. Visit <http://asia.si.edu/exhibitions/current/yoga.asp>.

Smithsonian has dedicated an exhibit to yoga spotlights its growing influence in society," she said. "It kind of endorses yoga's legitimacy and makes people sit up and take notice, and think, 'Hey, maybe I should look into this yoga thing.'"

She also hopes people recognize the health benefits. "Yoga practice not only helps calm the mind, but has significant physical benefits that can be realized right after your first yoga class," said Sutliff. "There are many medical studies that show consistent yoga practice reduces the risk of heart disease and diabetes and can lower cholesterol levels. I look forward to the day when I can get a prescription for yoga practice as easily as a prescription for a statin or beta-blocker."

Yoga instructor Sara VanderGoot, of Mind the Mat Pilates & Yoga in Alexandria and Arlington, said the exhibit will raise awareness about the practice. "The exhibit really means a lot to the yoga community," said VanderGoot. "It's great to have an exhibit that educates people about the roots and origins of yoga and what it can do for their lives and their health"

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This Spud's For You



By KENNETH B. LOURIE

There's more talk now than ever before, about the possibility of the Washington, D.C. professional football team changing its name. The current name, which resonates to those of us who care about such things, has been front and center and generally accepted for over 80 years, since 1932 in fact. After so many years in the League and five NFL Championships to their credit, to say the current ownership and its rabid and loyal fan base are attached to the team's name is hardly newsworthy. However, cultural changes in our country and politically correct sensitivities have merged of late and the name we've mostly grown to respect and admire has come under some scrutiny and as a result, certain Indian Nations, most recently The Oneida Nation, have expressed their dismay at what they perceive to be the continuing use of a racial slur by this franchise; in effect, a name that demeans and is totally inappropriate and no longer tolerable in 21st century America.

I am certainly not one to pass judgment on such characterizations and hot-button issues of the day, so I won't (I'm mostly cancer-centric these days). But I would like propose a name-compromise of sorts. Why not change the name to The Washington Redskin Potatoes? This name would blend together the good (the familiar), minimize the bad (the insensitive) and enable the team, its ownership and fan base to sort of have its name and not suffer any separation anxiety because of it. Even better, "Let's Go Skins" still works, too. It would henceforth refer to a potato, however, rather than a People. Hopefully, there are no potato interests in Maine or Idaho that would object to introducing its starchiness into the National Football League.

Let's face it; who doesn't like potatoes at the ballpark? Or anywhere for that matter; even me, and I'm the fussiest eater this side of Mikey, the kid from the old Life Cereal commercials who was famously stubborn about his breakfast-food choices. I'm not exactly sure what the mascot would look like; probably not a Mr. Potato Head-type look-alike, but neither do I envision seeing an Indian headdress on a potato either. Of course, I doubt I'll be entrusted to lead up the marketing campaign for such an important and historic transformation. After all, I'm only a writer attempting to sow some seeds of humor – and perhaps a little discontent, while trying to find a middle ground that potentially keeps the home fires burning (or is that home fries cooking?) without offending a proud people fighting for their ancestral respect – both in the past and in the present/future.

Momentum to keep the name does not seem to be building. Nevertheless, the status quo may yet win the day. Still, The National Football League, despite its reach from coast to coast and possibly even from continent to continent (as there's continuing talk about franchises in London and Japan; note the in-season contests scheduled presently for this year and next) is still just a game, a game with a 12 billion dollar revenue stream, but a game nonetheless. The Oneida Nation is a people. People matter more than games. And feelings matter most of all, and failings, too. To not consider their feelings would be a failure. And failure is definitely not a trait any of us want to associate with the new Washington Redskin Potatoes.

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

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