

Langley High Teacher Receives National Award

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Leah Puhlick, Langley High School AP teacher, is one of this year's recipients of the Yale Educator of the Year award after being nominated by a former student.

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Langley High Girls Shine in State Golf Qualifier

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LO8274054 - \$855,000 - Sterling
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Down to the Wire

As 10th District race heads into homestretch, Foust, Comstock continue to battle for voters.

BY VICTORIA ROSS
THE CONNECTION

The race to replace U.S. Rep. Frank Wolf (R) in Virginia's sprawling 10th district has been exactly what political prognosticators said it would be: one of the most watched, most expensive and most contested races in the 2014 midterm elections.

For years, local Democrats liked to joke that the seat was not so much an "R" seat as a "W" seat, and if they could field a candidate named Wolf, they would have the seat regardless of party affiliation.

But they didn't expect a shot at the seat anytime soon.

Until last December, when Wolf delivered a game-changer by announcing that he would not seek re-election to an 18th term in Congress.

His retirement announcement came as a surprise to both Republicans and Democrats, and set off a feeding frenzy among political hopefuls throughout the district.

By the end of January 2014, 15 candidates stood in line for a chance at the coveted seat.

The news also sparked a flurry of speculation about the district's possible political shift. Democrats became bullish on the seat

that had not been competitive for 30 years.

In February, The Rothenberg Political Report rated the race as "leans Republican," noting that in recent elections, the district supported both Republicans and Democrats in presidential and gubernatorial races. The Washington Post ranked the seat as "the sixth most likely seat to flip control" in the 2014 election.

"The 10th district had become increasingly liberal and diverse," said Toni-Michelle C. Travis, an associate professor of government and politics at George Mason University. She noted that while Democrats held just three congressional districts, voters swept Democrats into all three statewide offices last year, and went for President Obama twice.

"These districts are shifting and they are not set in stone anymore," Travis said. "The 10th now includes a chunk of Loudoun County, and voters are going to see the world differently from voters in Fairfax County. It's possible that's where the race will be won or lost."

IN REACTION to the news of an open seat, both parties were frantically maneuvering to select a candidate. Many Democrats were already coalescing around Fairfax County Supervisor John Foust, who had announced



PHOTO CONTRIBUTED

Del. Barbara Comstock (R-34) greets supporters during a campaign stop in Clifton last month.

his candidacy in September to run against the incumbent Wolf.

"I remember being in the Government Center when Wolf announced his retirement ... my BlackBerry started buzzing like crazy. I was surprised, but I knew my chances to win just shot up," Foust said.

On Jan. 24, Northern Virginia Republicans announced the party would run a firehouse primary on April 26 to choose a nominee. The firehouse primary had never been tested in the state's congressional history, and it was a process that caused significant intra-party strife. But it would give their nominee an early start. If the party opted for a state-run primary or convention, it would not have been held until June 10.

In reaction, Fairfax County Democrats

SEE BATTLE, PAGE 12



PHOTO BY VICTORIA ROSS

Fairfax County Supervisor John Foust (D-Dranesville), stands by his shipment of new signs that he received in September - "This is Foust Country."

Money

Both Foust and Comstock have received and spent millions of dollars in the race to replace retiring Congressman Frank Wolf (R). Congressional candidates are required to file up to seven main reports with the Federal Election Commission during the 2014 midterms. Below are Foust and Comstock's most recent quarterly reports, filed Oct. 15.

COMSTOCK:

Beginning Balance: \$575,890.52
Total Contributions for Reporting Period: \$1,300,412.84
Expenditures: \$1,075,722.43
Cash on Hand: \$800,580.93

FOUST:

Beginning Balance: \$1,125,718.40
Total Contributions for Reporting Period: \$1,008,833.03
Expenditures: \$1,492,681.95
Cash on Hand: \$641,869.48

Source: Ballotpedia.org

Mutiny at the Debate

BY VICTORIA ROSS
THE CONNECTION

The final debate Sunday between Republican Barbara Comstock and Democrat John Foust was arguably the most fiery and combative debate in the race to replace retiring U.S. Rep. Frank R. Wolf (R) in Virginia's 10th Congressional District.

The candidates took their seats next to each other on the stark stage of the McLean Community Center's Alden Theater, and battled for 90 minutes over who would really bring a bipartisan approach to Congress.

Comstock cited her work on several bills that received bipartisan support in the Virginia House of Delegates, including legislation to combat human trafficking and Lyme disease. Foust said that as a Fairfax County supervisor, he has worked in cooperation with Republicans to balance seven county budgets.

Co-hosted by The McLean Citizens Association and the Great Falls Citizens Association on Sunday afternoon, Oct. 26, the debate drew a crowd of nearly 400

Final Comstock-Foust debate gets emotional as both candidates debate social issues for first time.



PHOTO BY VICTORIA ROSS/THE CONNECTION

The stark stage at McLean Community Center's Alden Theater served as the backdrop for the final debate between Republican Barbara Comstock and Democrat John Foust co-hosted by The McLean Citizens Association and the Great Falls Citizens Association on Sunday afternoon, Oct. 26.

Northern Virginia residents, many sporting Comstock t-shirts or wearing Foust buttons.

In response to a question about how the

candidates would help the region's many federal workers impacted by sequester cuts and last year's government shutdown,

Comstock argued that she could be more effective than a Democrat.

"It's important to have a Republican voice fighting for our federal employees, and I will be that voice," she said. "We don't need to have the budget balanced on their backs."

She said the government shutdown of 2013, was "unconservative, irresponsible and it should never happen again," drawing applause.

THE GLOVES WERE OFF for Foust, the Dranesville District supervisor who, political pollsters say, has lost some electoral ground to Comstock in the past few weeks. Foust repeatedly accused Comstock of being a "hyper-partisan" operative and confronted Comstock on her record regarding social issues, a topic that was off-limits in previous debates.

Foust called Comstock's position on gun control "scary," and blasted her vote to repeal Virginia's law limiting handgun purchases to once a month. "She gets an

SEE FINAL DEBATE, PAGE 12



2014 FCFT President's Award



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- Karen Garza** Superintendent, FCPS
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Patty Reed (Providence District)
Sandy Evans (Mason District)
Dan Storck (Mount Vernon District)
Tammy Derenak Kaufax (Lee District)
Ryan McElveen (At Large)
Janie Strauss (Dranesville District)
Ilyong Moon (At Large)
Ted Velkoff (At Large)

The Fairfax County Federation of Teachers would like to thank all of the 2014 award winners listed above for their consistent advocacy, proactive communications, and support of our workforce over the past year. We publicly acknowledge their efforts to make a difference in the lives of FCPS employees. Thank you for caring about us; it matters and is appreciated.



NEWS

Members of SLEEP, or Start Later for Excellence in Education Proposal, celebrate after later high school start times were approved by Fairfax County Public Schools' School Board.



PHOTOS BY BETH TUDAN

High Schools to Start Later Next Year

School Board approves later start times.

BY REENA SINGH
THE CONNECTION

Phyllis Payne has been fighting for more sleep for a decade. On Oct. 23, it all paid off.

The co-founder of Start Later for Excellence in Education Proposal - or SLEEP - saw the Fairfax County Public School Board approve to move high school start times ahead by 30 minutes, 11-1.

"This means the school system is getting a policy on what is best for the kids," she said after the vote. "It's been a labor of love."

She said she was proud of Superintendent Karen Garza and the board members for approving the motion. The change means that high school start times will be between 8 and 8:10 a.m. next school year, about a 30 minute push forward. Middle School start times will be 7:30 and elementary start times will remain unchanged.

The only board member to not vote yes on the proposal was Sully District board member Kathy Smith.

"I was really hoping when this process started that I could be in a place where I could vote yes," Smith said.

She said many of her constituents did not want school start times to change, and she wanted to be the one voice for them.

"I have once been a lone no vote on the board, and it's not easy," said Hunter Mill District board member Pat Hynes. "I want to mention it, because we are models for our students always."

SEVERAL BOARD MEMBERS became emotional as they talked about the reasons they supported it - whether they supported it along with Payne for the past decade or decided more recently to approve the proposal.

Mason District board member Sandra Evans, who is also a co-founder of SLEEP and made the motion for the proposal, said some students are picked up as early as 5:45 a.m.

"Sleep deprivation is a public health crisis," she said.

With more sleep, she said, students would be at less of a risk for depression, attendance loss, low test score and car accidents.

During the public comment period, mother of three Karen Keys-Gamarra spoke about pulling her three boys out of bed to wake them up every day of their school years.



Later school start times advocates Phyllis Payne, former Executive Director of SLEEP Terry Tuley and Oakton Elementary sixth grade student Thomas Tudan, who will be able to benefit from later high school start times in the future.

"As I jostled my sons repeatedly during those pre-dawn hours, pulling off their covers while rushing to prepare breakfast, I instinctively knew something was wrong," she said. "I knew that these brutally early start times could not be healthy."

Two of her sons have already graduated, but the third one is a sophomore at Madison High School and will benefit from the later start times next year.

"It's not about taking away teens' electronics, forbidding caffeinated drinks or forcing them to go to bed early," she said. "It's about hormones, body clocks and circadian rhythms. Trust me, my husband and I could and would make our boys go to bed early. But we could not make them sleep."

The impact will be even bigger for disadvantaged and students with disabilities, according to Sheree Brown Kaplan with Fairfax Alliance for Appropriate School Education.

"This has been a long time coming," she said after the motion was approved. "This isn't about saving money. It's about the kids."

During her speech in the public comment portion of the meeting, she said disadvantaged students feel the effects of sleep deprivation more than other students do.

"An insufficient sleep can exacerbate certain mental illnesses like bipolar disorders and anxiety disorder."

SEE SCHOOL BOARD, PAGE 17

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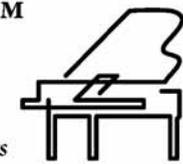
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Change for the Better in Fairfax County Schools

Later start times, full-day Mondays; who knows, next maybe gifted-and-talented programs for poor students?

Who says big bureaucracies can't make big changes? One year into the tenure of Karen Garza, we have two huge changes that between them impact almost every single student, every family with children in Fairfax County Public Schools.

Last week, the Fairfax County School Board voted to move high school start times all after 8 a.m. beginning next September. Garza, superintendent of Fairfax County Public Schools, announced this summer the implementation of full-day Mondays, another previously insurmountable task.

A plan emerged that made this possible for under \$5 million (original estimates were wildly and prohibitively higher) while keeping elementary school times the same (or within 5-10 minutes). The goal is to move middle school start times later in the future.

Change comes in mysterious ways. Part of the support for this change comes from the science.

The American Academy of Pediatrics this fall: "A substantial body of research has now demonstrated that delaying school start times is

an effective countermeasure to chronic sleep loss and has a wide range of potential benefits to students with regard to physical and mental health, safety, and academic achievement.

"The American Academy of Pediatrics strongly supports the efforts of school districts to optimize sleep in students and urges high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep (8.5-9.5 hours) and to improve physi-

EDITORIAL

Voting

Every year is Election Year in Virginia, and this year, the ballot is short but important. Turn out to vote for U.S. Senate, member of the House of Representatives, and a few questions.

You can vote absentee in person between now and Saturday, Nov. 1; after that, vote on Election Day, Nov. 1, at your assigned polling place. Bring photo identification with you, the rules have changed.

cal (eg, reduced obesity risk) and mental (eg, lower rates of depression) health, safety (eg, drowsy driving crashes), academic performance, and quality of life."

We commend the leadership of the advocacy group SLEEP in Fairfax, which never gave up, even in years when this change appeared impossible.

We suspect the key ingredient is new leadership at the top at FCPS, Karen Garza.

A superintendent across the river, Joshua Starr, will have to ask himself what's holding up such changes in Montgomery County Public Schools.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

For information, contact State Board of Elections, 804 864-8901, Toll Free: 800 552-9745 FAX: 804 371-0194, email: info@sbe.virginia.gov; or visit <http://www.sbe.virginia.gov>

You can read previous Connection coverage at <http://www.connectionnewspapers.com/news/Elections/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

The Never Never Bond

To the Editor:

The British call credit card charges the "Never Never." That is the attitude of the Fairfax Board of Supervisors (the BOS) with the current \$100 million bond issue on the ballot. Buy anything you want that sounds good and put it on the Never Never. Let future BOS figure how to pay for it.

Certainly don't even disclose to voters what is to be financed. Instead call it a "Transportation Bond Referendum."

In one sentence the BOS could have disclosed on the ballot the purpose of the bond issue. The proposed expenditures are: Various sidewalks and signs, \$77.5 million; six spot road improvements, \$16 million; 14 bike trail improvements, \$6.5 million.

This referendum will not affect traffic jams one iota. There are no measures of congestion relief, U.S. Transportation Department cost-benefit analysis or even studies showing the obvious lack of existing bicycle trail use.

The Fairfax County Taxpayers' Alliance urges voters to oppose the bond issue as unjustified, obligating taxes for wasteful projects in the future. The BOS has been rais-

ing taxes at a rate twice the rate of inflation. As a result, the BOS has driven over six billion dollars of income out of Fairfax to nearby counties as shown in www.howmoneywalks.com.

Thomas L. Cranmer,
Great Falls
First VP, Fairfax County
Taxpayers' Alliance

An Honorable District Leader

To the Editor:

In George Washington's Farewell Address, he implored our young nation to avoid political parties, which would fracture our unity, and instead advised us to choose leaders by exercising the virtue of neutrality - what is the candidate's merit and reputation.

John Foust, as Dranesville District Supervisor, has been an honorable and loyal leader of the District, and has made a tangible difference in our community based on what he heard was important to us...

* Using his mastery of budgeting, John found sufficient end-of-year spare funds to undertake the handicap accessible renovation of The Grange - which had been agreed by the Fairfax County Park

Authority back in 1978 when they purchased the property from the Grangers, but never chose to deliver on...

* Our community fought mightily over the prospect of a tire-crumbs synthetic turf field behind the library. After meeting with community groups and listening to the issues, John had the turf field moved to the Nike Field location and did not use tire crumb but another safer material - which I am sure everyone is very happy about today, now that we know that tire crumb is cancer-causing.

* An additional five acres of The Turner Farm on Georgetown Pike came up for sale. John saw to it that the property was requisitioned for our community to add to the existing Turner Farm Park - a stroke of genius.

* The new fire station faced criticism as it did not plan to conform to the septic field practices in Great Falls. John found the savings in the fire station construction project to purchase the Purple House, providing a septic field for the fire station.

* Bright View was a highly controversial project that John required be reviewed through GFCA. He assumed that they would effectively build consensus and was broadsided when citizens claimed they were not informed of the

project. Nevertheless, he could have bailed on GFCA and gone with the opposing view. He remained loyal to the group he counted on for process but added requirements that respected the opponents point of view - more screening, review by the Architectural Review Board, etc. Some may or may not like the end result - it is much larger than the scale in the original concept documents, others find the building attractive and are glad to hope for additional traffic and more customers in the neighborhood. John worked the issue from the perspective of our community being responsible for achieving our own community consensus. He was willing to listen, and to be changed by what he heard.

In the final analysis, we are the ones who are responsible for the soundness of our union. Harassed as we all have been by frantic fundraising emails and calls, it is time to quiet down and ask the "statesman" question: Who has the humility to listen for the authentic wishes of our community? And who has the courage to implement our goals, making the tradeoffs to keep the trajectory as best aligned to our combined yearnings as possible? I believe that John Foust

SEE LETTERS, PAGE 14



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This is our 12th season of Fall Sunday Night Concerts, with some of the best Celtic music from around the world. We offer two seatings on Sunday nights, 5 p.m. and 7 p.m. with a ticket price of \$17 per concert, or you may purchase a season ticket for all five concerts for \$75. Children's tickets (under 12) are \$12 per child per show. There will be a full menu and full bar available during the concerts. For more information call 703-759-3309 To buy tickets go to www.instantseats.com/events/oldbrogue



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NEWS

Leah Puhlick, one of this year's recipients for the Yale Educator of the Year award, has been a teacher for 22 years, 19 of which have been at Langley High School.



PHOTOS BY REENA SINGH/THE CONNECTION

Langley High Teacher Receives National Award

Leah Puhlick receives the Yale Educator of the Year Award.

BY REENA SINGH
THE CONNECTION

Katherine Tan may have graduated from Langley High School last year, but one teacher has made an impact on her to this day.

The Yale University freshman nominated her former Advance Placement [AP] chemistry teacher, Leah Puhlick, for this year's Yale Educator of the Year award - and she was one of this year's recipients.

"She loves chemistry and wants her students to enjoy it too, so in addition to explaining concepts in the clearest, most concise way, she creates scavenger hunts with chemical compounds or proposes interesting experiments like turning pennies into 'gold' to make chemistry more 'real' than just some lifeless equations on paper," said Tan.

PUHLICK said she found out she won the award days before the school year began. According to Yale University's website, 54 teachers and 30 counselors from all over the world were chosen out of the 306 nominations written.

"When I read more about the award, I found out that she had to write an application and they selected it out of so many others," she said. "One thing like that makes such a difference. It's knowing you touched a student's life like that."

Puhlick has been teaching for a total of 22 years, 19 of which have been at Langley High School. She said she found out how much she enjoyed teaching Chemistry while tutoring her classmates her freshman year at the University of Virginia.

"During my second semester that first year, I had other students who asked me for help in chemistry," she said. "They told me I was really good at it and I should be a teacher. I've been doing that ever since."

In the classroom, she likes to make learning chem-

istry a hands-on experience.

"I'm always looking for new ways to catch a student's attention and make things more interesting," she said.

She focuses on creating team activities so students can learn from one another in the rigorous, college level class.

"I think [my students] would describe my classes as interesting and hands on," she said. "I hope they would feel it was a comfortable enough environment where they could ask questions."

Those outside of the classroom take notice of Puhlick's creativity in the classroom.

"Leah has always been one of the most dedicated and hard working teachers," said Dranesville District School Board member Jane Strauss. "She does so much for students. Her passion for science makes all her students feel like genuine scientists who contribute to the knowledge of the world around them."

Puhlick coached Tan for the Science Olympiad and Science Bowl. The AP chemistry teacher also dedicates time coaching the academic team, who she said won a state championship last year.

"When I first started taking AP Chemistry with her, she encouraged me to join the Science Olympiad Team, where students

compete in events of various science and engineering fields," said Tan. "She volunteers hours of her time after school to organizing the team or helping team members come up with ideas—mainly encouraging students to be creative and have fun. By competition day, her room resembles a science war zone with wood scraps or earth science textbooks strewn around the counters, and the faint smell of burnt nylon fibers in the air."

Tan said that she is not the only student to appreciate Puhlick's effort in the classroom and beyond.

"At a certain point in the year, many of us students had taken to calling her 'mom' because she put so much time and effort into helping us succeed."

FOR MORE INFORMATION about this award, including other award winners, can be found at <http://admissions.yale.edu/educator-award>.



Leah Puhlick, Langley High School AP Chemistry Teacher, is one of this year's recipients of the Yale Educator of the Year award after being nominated by a former student.

"Her passion for science makes all her students feel like genuine scientists who contribute to the knowledge of the world around them."

— Dranesville District School Board member Jane Strauss

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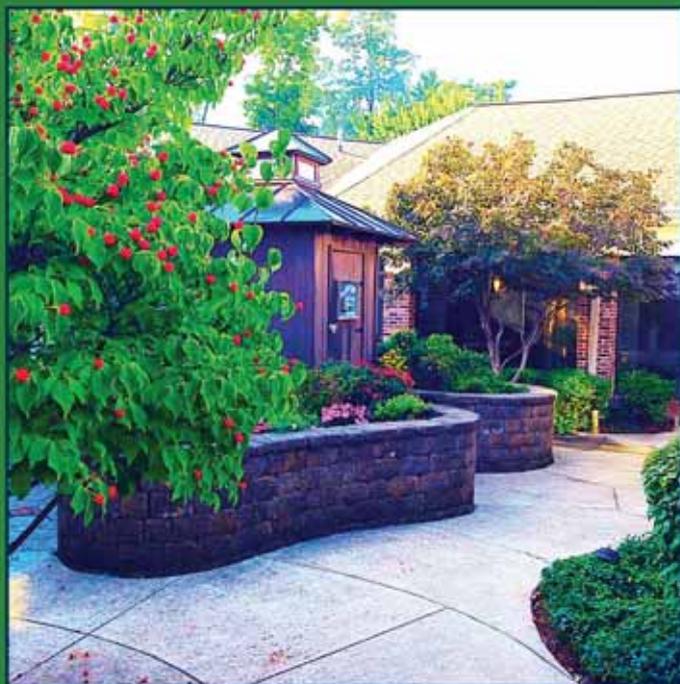
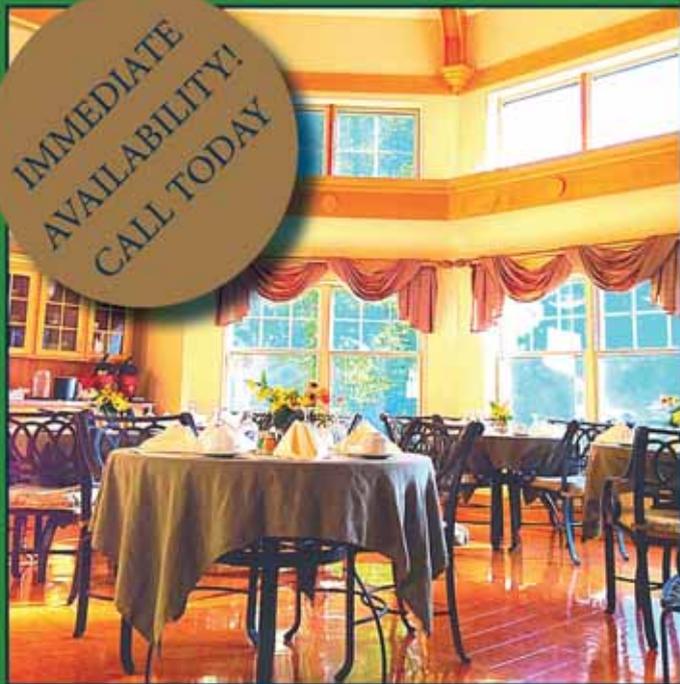
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Langley High Celebrates Homecoming

Langley High celebrated Homecoming on Saturday, Oct. 18. Pictured, from left: Tyler West, Blake Jebson, Nick Ehat (homecoming king), Christian Gaibler and Gage Beckwith.



Langley High School senior girls celebrating Homecoming on Saturday, Oct. 18. From left, back: Carly Yosaitis, Gabby VanVolkenburg, Ilene Goudarazi, Katherine Davis, Piper Hantho, Michelle Ehrensaal, Nicole Weaver and Isabelle Lavin. Front: Chloe Lorenze, Grace McGarry, Nia Casso.

Lyme Disease, 'The Great Imitator'

Lyme disease association holds forum on impact of disease on Fairfax County students.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Kate Sheridan was a star athlete and an A-student up until the fifth grade when she suddenly developed flu-like symptoms and one day woke up with a rash on her face in the shape of a bullseye. Her parents took her to the doctor and she was diagnosed with Lyme disease. Soon, she was in a wheelchair and was transferred to a special needs class. "Losing control over your body and feeling yourself sliding backwards and there's nothing you can do to stop it," have been her experience since she was diagnosed.

With the support of family, friends, teachers, counselors and a team of doctors, Sheridan was able to graduate from Oakton High School after five years. Now, the 19-year-old is a student at George Mason University and has even started an intense exercise program. She calls herself a "survivor of Lyme disease."

Sheridan represented the patient perspective in a forum on the impact of Lyme disease in Fairfax County students held on Tuesday, Oct. 21 at Fairfax High School. "Why are we talking about a tiny bug?" said Executive Director of the National Capital Lyme and Tick-Borne Disease Association Monte Skall.

LYME may not be grabbing the headlines,



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Panelists, from left, Steve Thomas, Eboni Cornish, Alessandra Luchini, Lance Liotta, Joseph Annibali, Tara Fox, Heather Applegate, Kate Sheridan, Joshua Smith, and Nancy Fox, present their experiences treating and living with Lyme disease on Tuesday, Oct. 21 at Fairfax High School during a public forum on Lyme disease.

like Ebola, but the Centers for Disease Control estimates Lyme cases to be 300,000 per year and Fairfax County has an average of 212 new cases per year for the past five years, said Skall.

Steve Thomas, a teacher at Kilmer Middle School in Vienna, would consider Sheridan lucky—her diagnosis was immediate and accurate. Thomas' symptoms occurred in 2005, while he and his family were living in Nicaragua. Two years later, his mysterious affliction forced his family to move back to the United States.

Doctors told Thomas that he had ALS. He and his family started planning for his death. It was while watching the documentary *Under Our Skin* that something clicked for him. "I immediately knew I had Lyme disease," he said. "I have never been so excited to have had Lyme disease" compared to ALS.

Prior to Thomas' epiphany, he had had three negative tests for Lyme disease in a three year period.

The disease is hard to diagnose for a variety of reasons. Psychiatrist Joseph Annibali described Lyme disease as the "Great Imitator" because it and its co-infections can mimic other diseases.

As chief psychiatrist at Reston Amen Clinics, he has seen cognitive and psychiatric issues resulting from the disease, such as brain fog or clouding of consciousness, ADHD, anxiety, mood disorders, OCD, and anger. Annibali's daughter also has Lyme disease.

Because the disease's symptoms often appear as symptoms of other illnesses, treatment can be hard to pinpoint. Heather Applegate, a psychologist for Loudoun County Public Schools who was undiagnosed for many years, said that the prescription of medication for diseases that are not Lyme disease are common occurrence.

"Tick-borne illness has confounded the brightest of parents and the best of doctors," said Skall.

"The saddest thing is an undiagnosed

More Information

Lyme Disease Signs and Symptoms

http://www.cdc.gov/lyme/signs_symptoms/
National Capital Lyme Disease Association
<http://www.natcaplyme.org/>
Fairfax County Fight the Bite
<http://www.fairfaxcounty.gov/hd/westnile/lyme-disease.htm>
Under Our Skin
<http://www.underourskin.com/#home-emergence>

patient," said Applegate. Children who go undiagnosed cause the family fear for the child's survival and mistrust of health care and school officials. "I'm confident that Fairfax County Schools are dealing with undiagnosed" cases, she said. "It's a good idea for the school system to be educated about these kids," said Applegate.

The test for Lyme disease is also unreliable. Nancy Fox has written books and curricula about Lyme disease education. On the day she was tested in 2003, her first result in the morning was negative but she tested positive for Lyme disease later that afternoon.

RESEARCHERS at George Mason University have made some progress in creating a more accurate and timely test for diagnosis called Nanotrap Urinary Antigen Test for Lyme. Lance Liotta and Alessandra Luchini of the George Mason Center for Applied Proteomics and Molecular Medicine said that the test has the potential to increase the specificity and level of sensitivity for Lyme antigens. It is also non-invasive and can test the efficacy of treatment.

How does one prevent Lyme disease? Avoid ticks and tick places, dress properly—long sleeves, long pants—apply repellents and insecticides, and check for ticks, suggested Joshua Smith of the Fairfax County Health Department. But with all these precautions, he said "it is still possible for ticks to escape these defenses."

Helping Lift the Burden of Student Debt

William Mullen, 15, of Great Falls interviews Sen. Mark Warner.

On Sept. 21 Senator Mark Warner (D-Virginia), who is running for re-election on Nov. 4, was interviewed by William Mullen, 15, a sophomore at St. Albans School in Washington D.C. who lives in Great Falls. Here is a short excerpt from the interview:

Q: Members of my generation are faced with the prospect of starting life with a sizeable burden of debt

from funding their education. How would you solve the student debt crisis?

A: This is a really good question. I've met with students at nearly a dozen Virginia college and university campuses in recent weeks to talk about college affordability issues facing your generation. At each school and at nearly every other stop on the campaign trail, I hear about the burden of student debt. As the first in my family to graduate from college, I graduated with about \$15,000 in student loan debt, but today's graduates commonly face \$30,000 or more in student loan debt. Had I incurred that much debt, I am not sure I would have taken the chance to start my own business.

That's why I have introduced specific pro-



PHOTO CONTRIBUTED

Great Falls student William Mullen, 15, interviews Sen. Mark Warner (D-Virginia).

posals that would help borrowers pay down their loans. These ideas include capping loan repayment obligations at 10 percent of your income, providing employers with the option to offer \$5,000 pre-tax to help employees pay off their student debts, and making the costs and benefits of college

much more transparent as students and their parents consider their higher education options. I believe these ideas will go a long way towards helping younger Virginians manage their student loan debt.

In America, nobody should go broke just because they go to college.

The Tastes of Autumn

John Conway, master chef, The Old Brogue visits the Farmers Market.

BY KATHLEEN MURPHY
FARMERS MARKET MANAGER

There are ways we eat and tastes we know that have been with us since birth. Many of our ingrained ways of eating are not as tied to the seasons as they could be. Eating more healthy involves making changes that connect us with more seasonal specialties in tasteful ways.

John Conway showed how to make ingredients that you don't usually think of together really dance: peppers and onions, butternut squash, and hearty kale. Flipping and tossing a wonderful medley of red and green peppers and strips of white onions, bright yellow cubed squash, with a bit of garlic and chopped red onion, finally mixed with kale until it softened, combined with poached salmon. Just delightful! The lesson: Think of vegetables as an orchestra of flavors that can be mixed and matched to achieve a remarkable combination that is a pleasure to enjoy. At the same time our more traditional recipes can be adjusted: he brought a lamb stew with a broth of all the simmered vegetables we think of fondly - carrots, onions, potatoes, celery - as backdrop to a gently stewed, pastured lamb that was exquisite in flavor and texture. It was clear - this was a lamb that grazed freely - no excessive fat to be had. The desserts that followed - yum - you had to be there.

Our farmer's market kids enjoyed decorating pumpkins, and worked hard on turning their pumpkin into a real Halloween personality, which they took home to enjoy this week.

Coming up: Great Falls Farmers Market Healthy Snack Contest. After the big day of indulging in 'Trick-or-Treat' candies on Friday night, we invite children between 8



PHOTO CONTRIBUTED

John Conway and Mike Kearney bring the taste of The Old Brogue to the Great Falls Farmers Market.

and 12 years to enter our Healthy Snack Contest on Saturday. Sign up from 9-10 a.m. Judging is at 11 a.m. All ingredients must be unprocessed. All snacks must be made from scratch by the contestant. Bonus points if you use only ingredients from the farmers market. Each contestant must bring a copy of their recipe and enough snacks for the judges to sample. Prizes are "Market Bucks." First prize is \$25 Market Bucks. Some vendors will be offering mini-market baskets, so lots of prizes. See you Saturday.

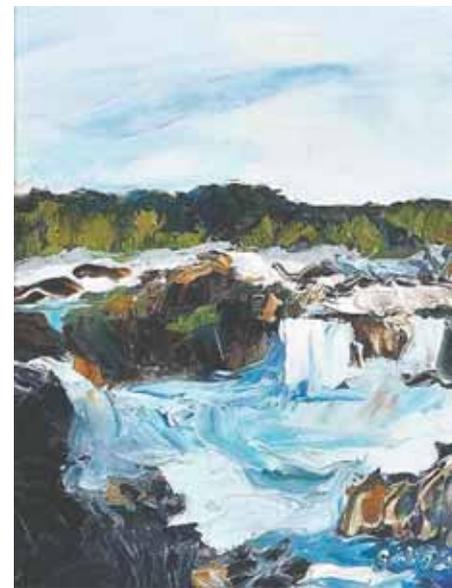
Gail Péan Wins 'Viewers Choice' Award

Oil painter Gail Péan is the winner of the "Viewers Choice" Award in "A Sea of Sticks and Stones" a juried exhibit in the Art Hall of U.S. Geological Survey headquarters in Reston. The visitors and employees had the month of September to vote on their favorite. Over 85 works of art were on display and eligible. Walt Bartman, founder and director of the Yellow Barn Studio, was the juror of the exhibit.

A hand calligraphied certificate by Great Falls Studios member Jill Norvell and monetary award were presented to Péan at Artists on The Green by Dorry Emmer on behalf of Great Falls Studios.

You can now view "Springtime at Great Falls" and "Winter at Great Falls" at Artists on the Green, Studio and Gallery at 776 B Walker Road, Great Falls.

Visit www.gailpean.com to see more original oil paintings.



Gail Péan, "Springtime At Great Falls," oil painting.

Art and Thanksgiving at Katie's Coffee

Oil painter Begoña Morton returns to Katie's Coffee in Great Falls during the month of November with her new collection of "Daily Paintings." The exhibit, titled "Thanksgiving," showcases paintings of some of the most traditional Thanksgiving foods.

To see Begoña Morton's Daily Paintings go to www.begonamorton.com where you can subscribe to her Daily Painting Newsletter.



"Thanksgiving Carving," by Begoña Morton, an oil on linen panel, 16" x 24."

Battle for 10th Goes Down to the Wire

FROM PAGE 3

announced in March they would cancel a convention, and select Foust as their nominee.

Avoiding a costly primary would give Democrats an edge in building widespread district support for Foust before Republicans named their nominee in a firehouse primary in April.

State Del. Barbara Comstock handily won the GOP “firehouse” primary in April. The former Wolf aide and establishment favorite beat out five other contenders for the nomination.

Her win ensured a heated general election contest for the battleground district, and signaled the official start of the high-stakes race.

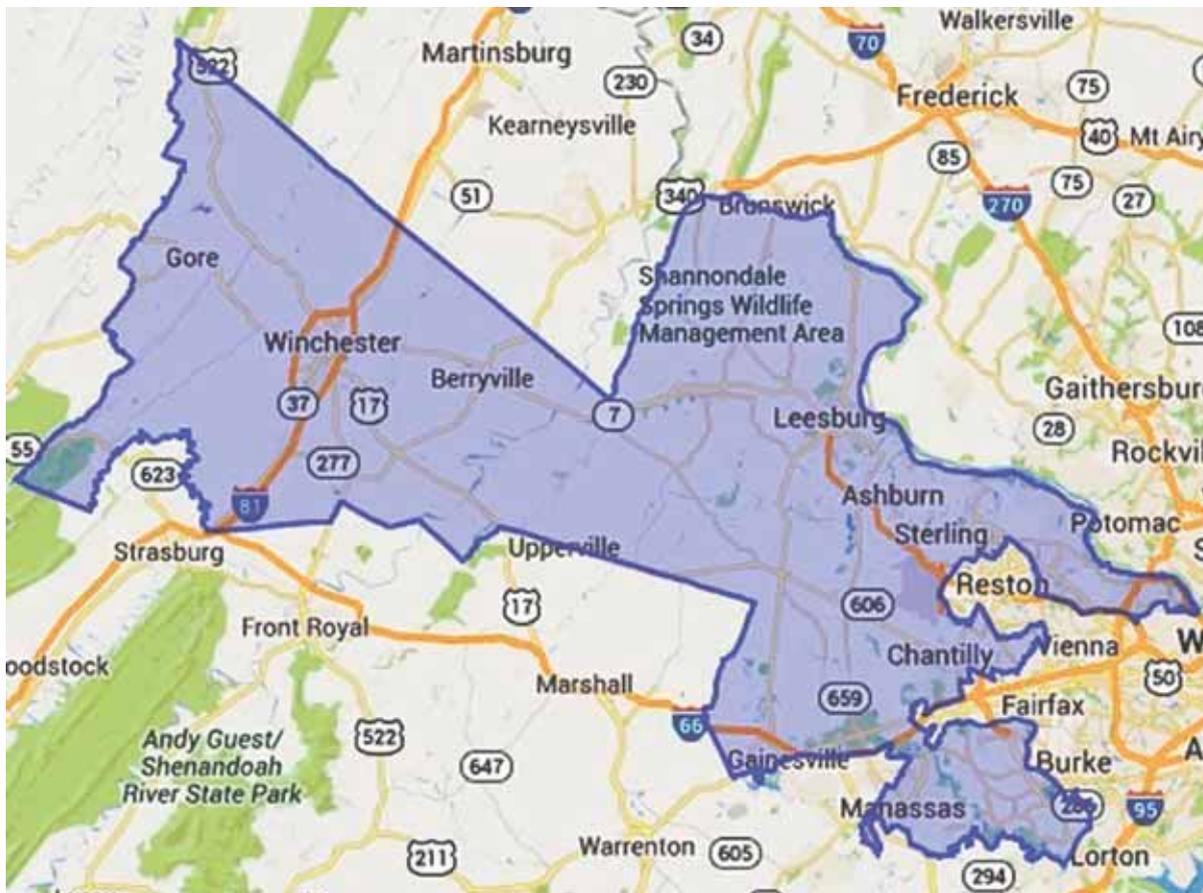
For the past six months, both candidates have been campaigning hard.

Foust’s campaign likes to look at the race in terms of numbers. They boast that the campaign has made 960,000 phone calls, knocked on 120,000 doors and registered 1,500 new voters in the quest for the seat.

But the midterm cycle is a steep climb for Democrats, and a win often comes down to a vigorous get-out-the-vote effort.

Republicans, outflanked by a superior Democratic turnout operation in the past two presidential elections, have been spending tens of millions of dollars to improve data collection to achieve a rough parity.

President Obama’s approval ratings are



SOURCE: VPAP

Virginia’s sprawling 10th district, originally created in 1952, stretches from inside the Capital Beltway in Northern Virginia west to the Shenandoah Valley.

hovering near all-time lows, and Republicans have successfully persuaded their core supporters that the election is a referendum on him.

IN EARLY OCTOBER, National Democrats delivered a blow to Foust by canceling a multimillion-dollar television ad buy in the race, shifting money from the 10th

to shore up vulnerable incumbents, such as freshman Rep. Ami Bera, a California Democrat.

“Ad reservations are changing every week, and John Foust is running an aggressive campaign in a tough climate,” David Bergstein, spokesman for the Democratic Congressional Campaign Committee, said in response to the move.

Foust said he still sees a path to victory. Campaigning Saturday in Prince William County, Foust told supporters that the campaign is at a “critical point.”

“I like to say both Barbara Comstock and I will have more than enough supporters to win this election, there’s no question about that. But because it’s a low turnout election, the one who is going to win is the one who has the ground game, and I know we have the ground game.”

Comstock’s campaign said they have been working their field operation too.

“As we enter the final week, our campaign has the momentum,” Comstock said Friday. “We have ongoing Get Out The Vote efforts and will continue to reach voters through Election Day. I am pleased with all of the positive responses we get every day throughout this diverse district.”

Johanna Persing, a spokesperson for Comstock’s campaign, said Comstock and her volunteers have been knocking on doors every day. “We are reaching voters in all corners of the

district... our strong ground game and Get-Out-the-Vote effort will be instrumental to victory on Nov. 4.”

“The point is not everything is moving in one direction. Different groups are responding in different ways to the candidates and the message,” said longtime campaign activist Frank Blechman of Fairfax. “Bottom line: It’s too close to call so get out and vote.”

Final Comstock-Foust Debate Gets Emotional

FROM PAGE 3

A from the National Rifle Association,” Foust said dryly.

Comstock said she worked on Virginia’s recent mental-health reforms that she said would make Virginians safer while preserving their Second Amendment rights.

She also said she supports adding school resource officers to schools. “We need to help prevent violence and keep students safe,” she said, “not just against guns, but for bullying and human trafficking. Virginia has been a model for other states. It’s another example of bipartisanship coming together to protect our second amendment rights while making us secure.”

Foust was scathing in his reply.

“There have been 87 school shootings since Sandy Hook ... that’s unconscio-

nable. Frankly, Delegate Comstock’s position is scary,” Foust said. “She voted to let people have guns in bars. Virginia was the gun-running capital of the south, and Democrats said let’s limit the purchase of guns to one a month for 12 months. Last session, Delegate Comstock voted to eliminate that law. Virginia is now open for business, and it’s a huge step backwards.”

Foust also slammed Comstock for her opposition to the Supreme Court’s 1973 *Roe v. Wade* decision legalizing abortion, and her vote in favor of the controversial “transvaginal ultrasound” bill in the Virginia legislature.

“First of all, there are good people on both sides of these difficult issues,” Comstock said, “What we do in Congress is about federal funding of abortion, and I’ve always supported funding in cases of rape, incest or when the health of the mother is in danger.” Comstock said she also supports mak-

ing birth control available to women over the counter.

“I don’t demonize people,” Comstock added. “I want to work together, to find ways we can bring people together and not fight ...”

“Of course you don’t want to fight about it,” Foust shot back, calling Comstock’s position on abortion “beyond the pale.”

“What you really want to do is get people off your back for not standing up for a woman’s right to make her own health care choices,” Foust said, drawing loud applause from his supporters.

Foust continued blasting Comstock for serving as co-chair of the Susan B. Anthony List, a political action group dedicated to electing pro-life candidates, and claiming that Comstock called herself “a warrior” in the pro-life movement.”

WHEN MODERATOR Sally Horn, MCA’s

president, said there was no time left in the 90-minute debate for Comstock to give her rebuttal, and suggested the candidates move on to their three-minute closing statements, the audience became mutinous, booing and hissing at each other, the moderator and the candidates.

After Comstock’s closing statement, supporters erupted with loud, sustained applause and whistles, delaying the start of Foust’s closing remarks.

When Foust launched a call-and-response in his closing statement – asking several times if “Barbara Comstock can be trusted” – audience members competed with shouts of “yes,” “no” and “shut up.” The shouts interrupted his remarks so many times that Horn offered him an opportunity to start over. That action sparked a brief scuffle in the balcony section of the theater.

NEWS

Ten Langley High School girls made it to the state qualifier. Back, from left: Coach Bob Hayne, Kendall Deese, Kaitlin Bonacci, Susie Kim, Cathy Park. Front: Mallory Langpaul, Manager Miso Kim, Maria McQuade. Not pictured: Lizzy Forward, Emily McGranahan, Anna Sampson and Lauren Smith.



PHOTOS CONTRIBUTED

Langley High Girls Shine in State Golf Qualifier



Junior Maria McQuade, who advanced to the Girls State Championship for the second year in a row, with Coach Bob Hayne.



Coach Bob Hayne says farewell to senior captains Lizzy Forward (left) and Lauren Smith.

WEEK IN GREAT FALLS

Halloween Spooktacular at Village Green

Celebrate Great Falls Foundation is announcing Annual Halloween Spooktacular in Great Falls, Friday, Oct. 31. 5 - 7 p.m. (Pet Parade from 4 - 4:40 p.m.) at Great Falls Village Green & Great Falls Center. Prizes will be awarded (All pets must clear the Green by 4:45 p.m.)

Children (recommended up to age 12) are encouraged to wear a costume, experience the Haunted House and enjoy trick or treating right in the heart of town at both the Village Green and the Great Falls Center (near Safeway).

The Spooktacular was launched more than 20 years ago to provide younger children with a central, convenient place in Great Falls to have fun trick or treating. This year, Boy Scout Troop 55 has taken over the Haunted House and is looking

forward to creating some spooky fun for everyone.

Veterans Day Ceremony at Freedom Memorial

On Tuesday, Nov. 11, at 11 a.m., the Friends of the Great Falls Freedom Memorial will hold the annual Veterans Day Remembrance Ceremony at the site of the Freedom Memorial (behind the Great Falls Library at 9830 Georgetown Pike). The ceremony will honor all who have served our country in the Armed Forces. The event will include a Marine Corps color guard, patriotic songs, and remarks by Captain David Kindley of the U.S. Navy.

The ceremony is open to all. Ample parking is available in the library parking lot. In case of rain, the ceremony will move to the library meeting room.

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LETTERS

FROM PAGE 6

has served with ear to the ground and he has accomplished important results for Great Falls. One thing is for sure - we all realize that we need to participate in community dialogue more wholeheartedly because we know that there is someone for whom the unity of our combined perspective actually matters.

Kathleen Murphy
Great Falls

'Gotcha' Campaigns

To the Editor:

Enough is enough! The race to succeed Rep. Frank Wolf in Virginia's 10th Congressional District is getting uglier by the day. If I hear one more time that Dranesville Supervisor John Foust has no respect for working woman, I'm going to be sick. While John's comments were poorly chosen and taken out of context by Delegate Barbara Comstock to her political advantage, there are other issues to be discussed before the elections on Nov. 2. Besides, anyone who knows John Foust knows he has tremendous respect for woman in the workplace and especially working moms, who must balance work with children, education and many times, the care of elderly parents. John's wife Marilyn is a great example. She is a highly respected medical doctor, who also juggled the raising of two boys while working in a very demanding job. No different than most of the moms who will go to the polls on Nov. 2. While I'm certain that John wishes he had not uttered that statement earlier in the campaign, everyone makes a mistake. I have great respect for those who have the courage to run for public office. I also know that one misstatement should not be used to smear the reputation of a

person who has dedicated his life to public service. If the roles were reversed and Mrs. Comstock stated that John Foust never had a real job because he is a working father, it would be a mistake but one that should be forgiven and forgotten. Running for public office is hard work, and candidates sometimes say stupid things but try it someday. It's not easy. As a Republican, I am increasingly disgusted by the attack dog tactics used by Mrs. Comstock. This is not the Republican Party I worked for in 1980 when we elected President Reagan. One could, and probably has, written a thesis on how our political system has devolved into "gotcha" political campaigns, completely devoid of civility and respect. The residents of Virginia's 10th Congressional deserve better. Frank Wolf spent 34 years honorably representing us in Congress. While I did not always agree with Mr. Wolf, he always represented his views in an honorable and respectful manner, no matter who opposed him for re-election. Maybe Mrs. Comstock should explain to the voters her position on woman's reproductive rights, funding for much-needed highway repairs, our out-of-balance tax system and our national defense. I know John's position on these issues, but I haven't heard Mrs. Comstock. All I hear is John Foust doesn't think Mrs. Comstock hasn't held a real job. We all know that's not true. Please, have some respect for the voters of the 10th District and begin talking about something that's worth their time and attention. We need a representative in Congress who will have the courage and wisdom to cross the political aisle and vote for the good of the people and not just the good of the party. John Foust has done this as Dranesville County Supervisor and will do so in Congress. I see no evidence that Mrs. Comstock will do the same.

Kevin Burke
Great Falls

Astonishing Charges

To the Editor:

I have been a member of the Great Falls Citizens Association Transportation Committee since 2010 when Delegate Barbara Comstock and Supervisor John Foust led a bipartisan effort, in conjunction with the GFCFA and the McLean Citizens Association, to change the VDOT plan for a two-lane turn from Route 7 and a nine-lane-wide intersection at the juncture of Route 7 and Georgetown Pike.

Therefore I was astonished at Foust's sexist charge in August that Comstock had never had a real job. But I've since become angry at Foust's desperate lies about Comstock.

Foust has tried to label Comstock as a partisan extremist when she has amassed a center/right coalition of supporters from Independents to moderate and conservative Republicans, and when her legislation garnered bipartisan support in the General Assembly. Foust has criticized Comstock's vote against former Governor McDonnell's Transportation Bill. While Comstock opposed the added taxation of Northern Virginians, Foust has voted to raise Fairfax County taxes every time he has had a chance — to the chagrin of retirees like me with fixed pensions. Furthermore the business community, which supported that same Transportation Bill, has endorsed Comstock because of her savings of hundreds of millions of transportation dollars on the extension of the Silver Line.

Comstock supports offshore drilling that would add funding for Virginia transportation and education projects. But Foust is against offshore drilling. Send Comstock to Congress.

Karl Pierson
Great Falls

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CALENDAR

Send announcements to north@connectionnewspapers.com.
Deadline is Friday for the following week's paper. Photos/artwork encouraged.

FRIDAY/OCT. 31

The Annual Spooktacular. 5-7 p.m. Great Falls Village Centre. <http://www.celebrategreatfalls.org/CalendarWide.html>

Fall Festival. 6:30 - 9 p.m. Antioch Christian Church, 1860 Beulah Road, Vienna. Games, prizes, candy, pumpkin decorating, popcorn, bonfire, moonbounce, smores and more. For more information, visit www.antiochdoc.org or call 703-938-6753. This event is free and for all ages.

SATURDAY-SUNDAY/NOV. 1 - 2

The Kiln Club Holiday Sale. 10 a.m. - 4 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Meet local potters and shop quality platters, bowls, cups and more from over a dozen artists. Stunning silhouettes, handpainted details appeal to the artistic eye and are ready to go from kitchen to table. kilnclubwdc.com

SATURDAY/NOV. 1

Eddie Money. 7 & 9:30 p.m. Wolf Trap, 1635 Trap Road, Vienna. Enjoy the best of classic rock with the star who performed the 80's hits "Take Me Home Tonight" and "Two Tickets to Paradise." Tickets: \$45-\$50. Visit wolftrap.org for more information, or call 877-WOLFTRAP.

Steve Wynn (Dream Syndicate). 7 p.m. 227 Maple Avenue E, Vienna. In 25 years, Wynn has released at least that many albums and has seen over 300 of his songs recorded. He has played over 2000 shows in more than 25 countries. Tickets: \$15. 703-255-1566.

Children's Flea Market. 11 a.m.-1 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Sellers are age 3-15. Free. www.mcleancenter.org.

SUNDAY/NOV. 2

"A Thurber Carnival." 2 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. "A Thurber Carnival" is a collection of humorous scenes from American life including some of Thurber's most celebrated and insightful satires based on his cartoons and humorous short pieces from The New Yorker magazine. Tickets: \$14. www.viennatheatrecompany.org

The Amazing Max. 4 p.m. The Alden, located inside the McLean Community Center, at 1234 Ingleside Avenue, McLean. "The Amazing Max," will perform his one-of-a-kind, interactive magic show. Tickets are \$20, \$15 for MCC district residents. For more information or to purchase tickets online, visit: www.aldentheatre.org

TUESDAY/NOV. 4

Trip to Dave & Buster's. 8:30 am.-5:30 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. McLean Community Center teacher work day trip departs from and returns to teen center. Lunch provided. \$60/\$50 MCC district residents. www.mcleancenter.org.

McLean Woman's Club Guest Speaker Event. 12:30 p.m. Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. McLean Woman's Club hosts speaker Tony Mendez, former CIA officer who oversaw the rescue of six Americans during the 1979 Iran hostage crisis,



Catch The Amazing Max, New York's only off-Broadway family magic show bursting with striking visual magic, comedy and loads of audience participation, playing this Sunday, Nov. 2 at the Alden in McLean.

inspiring the film "Argo." Free. For reservations and more information, call 703-356-3646 or visit www.mcleanwc.org.

CR Dance Lessons. 6:30-10:30 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. \$12 per person includes lesson and snacks. Contact Ed Cottrell at 703-435-5620 or EdCottrell@MACP.org for more information.

THURSDAY - FRIDAY/NOV. 6 - 7

Justin Hayward. 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Featuring the guitarist of The Moody Blues. Tickets: \$75. For more information call 877-WOLFTRAP.

SATURDAY/NOV. 8 - SUNDAY/NOV. 9

McLean Antiques Show & Sale. Saturday 10 a.m. - 6 p.m., Sunday 11 a.m. - 5 p.m. McLean Community Center, 1234 Ingleside Ave. \$10 good for both days. www.mcleancenter.org.

SATURDAY/NOV. 8

Annual Fall Bazaar. 10 a.m. - 4 p.m. Vienna Fire Department, 400 Center Street, South, Vienna. The Auxiliary to the Vienna Volunteer Fire Department will hold their bazaar sale that includes crafts, holiday decorations and more. For information, or to reserve a space, please call Carol at 703-309-3468 or email Dancers1023@aol.com.

FRIDAY/NOV. 14 - SUNDAY/JAN. 4

Meadowlark's Winter Walk of Lights. 5:30 p.m. Meadowlark Botanical Garden, 9750 Meadowlark Gardens Court, Vienna. A winter wonderland, including a flowing stream of softly glowing lights, a two story animated fountain and a Gingerbread Village. Admission: \$13 adults, \$8 children ages 3-12; children under 3 are free.

SEE CALENDAR, PAGE 19



McLean
Community
Center
The Center of It All



Here's What's Happening at MCC

Children's Flea Market

Saturday, Nov. 1, 11 a.m.-1 p.m.
Patron admission is free.

Be Fit McLean Saturday 55+ Lecture Series Exercise is Medicine - Part 1

Saturday, Nov. 1, Noon-2 p.m.
\$7/\$5 MCC district residents



Flamenco Vivo/Carlotta Santana's "The Soul of Flamenco"

Saturday, Nov. 1, 8 p.m.
\$30/\$20 MCC district residents

"The Amazing Max and the Box of Interesting Things"

Sunday, Nov. 2, 4 p.m.
\$20/\$15 MCC district residents

38th Annual McLean Antiques Show & Sale

Saturday, Nov. 8, 10 a.m.-6 p.m.
Sunday, Nov. 9, 11 a.m.-5 p.m.

Admission: \$10, (Take \$1 off with this ad)
Good both days!

Be Fit McLean Saturday 55+ Lecture Series

Exercise is Medicine - Part 2
Saturday, Nov. 8, Noon-2 p.m.
\$7/\$5 MCC district residents

Christopher K. Morgan & Artists: "Inconstancy"

Friday and Saturday, Nov. 14 and 15, 8 p.m.
\$30/\$20 MCC district residents

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



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Madison Continues Playoff Push with Shutout of McLean

QB Gastrock, WR Ebersole connect for three touchdown passes.

BY JON ROETMAN
THE CONNECTION

Madison quarterback Jason Gastrock scrambled to his left, jumped in the air and floated a pass toward receiver Jordan Ebersole, who was standing in the end zone.

Ebersole made the catch near the sideline and was promptly blasted by a McLean defender and knocked to the ground.

"I saw the guy coming out of the corner of my eye," Ebersole said. "I've been taught that you're going to get hit anyway, so you might as well catch it."

Ebersole took the hit, held on to the ball and scored a 4-yard touchdown. Likely needing a four-game winning streak to earn a playoff spot, Ebersole and the Warhawks played as if they weren't ready for their postseason dreams to end.

The Madison football team thumped McLean 40-0 on Oct. 24 at Madison High School. The Warhawks dominated from start to finish, building a 27-0 halftime lead. Madison outscored its last two opponents 93-0 and likely needs to win its last two games to reach the postseason despite a 2-4 start.

"We're in playoff mode," Madison head coach Lenny Schultz said. "That was our goal: to turn this program around in a hurry and make the playoffs. We know we have to win out to do that."

THE WARHAWKS took the next step toward the postseason with strong performances on both sides of the ball against the Highlanders. On offense, Madison scored six touchdowns and produced the team's second-highest point total of the season. Gastrock connected with Ebersole for three touchdown passes.

"It just seemed like," Gastrock said, "he was open the entire time."

Gastrock threw a 20-yard touchdown pass to Ebersole with 3:25 remaining in the first half, giving Madison a 20-0 lead. He also found No. 14 for a 27-yard score with 1:50 left in the third quarter, extending the Warhawks' advantage to 33-0.

Ebersole had eight catches for 75 yards.

"I feel like they played great together tonight," Schultz said about Gastrock and Ebersole. "They're connecting."

Nate Williams also had a big night catching passes, finishing with 12 receptions for 80 yards.

"Nate's been consistent all year making plays," Schultz said. "We knew Jordan could do it [too]. ... If they want to bracket Nate, then we'll go to Jordan."

Gastrock completed 26 of 31 passes for 210 yards.

"He's coming into his own," Schultz said. "He's leading the team in practice [and] he's developing into a good young quarterback."



Madison quarterback Jason Gastrock threw three touchdown passes and ran for one against McLean on Oct. 24.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



McLean quarterback Brian Maffei throws a pass against Madison on Oct. 24.

Gastrock also made things happen with his legs, keeping plays alive by scrambling or taking off down field. He rushed for 51 yards and a touchdown on seven carries.

"I definitely had a better running game than I have in the past," Gastrock said. "I don't really consider myself that much of a running quarterback, but I had some good plays today."

Sophomore running back Wiley Counts carried six times for 41 yards and a touchdown.

On defense, Madison recorded its second consecutive shutout and held McLean to 179 yards of offense.

During a 51-35 loss to Herndon on Oct. 2, McLean quarterback Brian Maffei set a state record for completions in a game with

42. On Friday, the Highlanders signal caller completed 18 of 36 passes for 140 yards and was intercepted once.

"A lot of it was pressure on the quarterback," Madison linebacker Joe Koshuta said when asked about the Warhawks' defensive success. "They run quick routes out on the field, so we had to get on the quarterback and get pressure."

After a season-opening win over South Lakes, Madison dropped four of five, including a 16-14 loss to Oakton on Sept. 5 and a 7-3 defeat against Chantilly on Sept. 12. With a 2-4 record, the Warhawks responded with a 53-0 win against Thomas Jefferson on Oct. 17 and Friday's shellacking of McLean.

Madison will close the regular season with

road games against Langley (Oct. 31) and Marshall (Nov. 7).

Friday's loss dropped McLean's record to 4-4.

"This is not indicative of the team that we have over here," head coach Shaun Blair said. "We could make a lot of excuses ... [but] that would take credit away from [Madison]. They freakin' came out and they laid it to us."

MCLEAN ENTERED Friday's contest averaging 27 points per game, but couldn't get anything going on offense. The Highlanders' previous low point total was 19 against Stone Bridge on Oct. 10.

McLean receiver Jordan Cole caught five passes for 52 yards, and Owen Pilewski had six receptions for 43 yards. Maffei and Tom Shue each had six carries for 15 yards.

"I saw the guy coming out of the corner of my eye. I've been taught that you're going to get hit anyway, so you might as well catch it."

— Madison receiver Jordan Ebersole

"Give credit to [Madison]," Blair said. "They had a very good game plan. They made it very difficult to move the ball. Obviously, there were some instances where we didn't execute, but they did a lot in order to cause that to happen."

McLean will host Thomas Jefferson at 7:30 p.m. on Friday, Oct. 31, and will travel to take on rival Langley at 7:30 p.m. on Friday, Nov. 7.

"The beauty part of the whole thing is that we still control our own fate," Blair said. "We win, we take care of business the next two weeks, [a] 6-4 [record] gets you in. We're going to have to [travel in the playoffs], and that's fine. We've had adversity all season, our backs are going to be against the wall, but we've been there before and, with the exception of tonight, we've come out on top. We like our chances."

"... You can't allow them to beat you twice. How that happens is you dwell on it too long. We're going to do our film, we're going to do our corrections, we're going to look at it as a team and we're going to flush it fairly quickly because the season continues."

School Board Approves Later Start Times

FROM PAGE 5

ders, leading to higher rates of problem behavior in school, loss in structural time and academic failure," she said. "

Although the cost for the first year was originally projected at \$30 million, board members credited Assistant Superintendent of Facilities and Transportation Jeffrey Platenberg for helping reduce the cost to \$4.9 million.

Springfield District board member Elizabeth Schultz said the cost per student per day is 15 cents.

"If we can't invest 15 cents per student per day in just one year, and that's not the advertised cost, to improving the social, emotional, health, physical academic, athletic and extracurricular activities, nevermind the sacrosanct time that children need to spend with their family, then we do not have our priorities straight," she said.

Schultz also thanked who she called the naysayers - the people who came before the board disapproving of the measure. Because of those who questioned each step along the way, she said, a proposal that met many of those concerns could be formed. While she said this is not a perfect solution, it is the best solution for now.

"This is just a starting point," she said.

DR. GARZA noted that there are some things to work on to make later start times run smoothly next year, but said there was nearly a calendar year to make sure those items can be resolved. While she knew there are many teachers working outside the

county who will have to wake up just as early as before to fight traffic coming to school and stay later rather than being with their families, she said many of those teachers still supported the change because it was the best decision for the students.

"I know that FCPS employees and teachers care so deeply about our children and what's best for our children," she said.

At large board member Ryan McElveen said he once fought against later high school start times while he was in high school because it gave students more time in the evenings for homework and extracurricular activities.

"As we know, history moves in arcs and we are at another arc," he said.

Although Student Representative Harris LaTeef will not be able to benefit from the change, he was excited for the classes below him. In past meetings, he said this proposal would be the most important one during his tenure as student representative.

"As I said before, we can provide students with a top notch, rigorously designed education, but if we don't have our physical and mental health in check, the education the county provides us really has little meaning," he said.

After the proposal passed, supporters jumped out of their chairs, cheering and hugging one another. The next five to 10 minutes of the meeting was an impromptu break for board members and the public alike.

"It's probably going to take me a little while to process it," said Payne. "I was definitely in tears for the first few minutes. It's a little overwhelming."

SCHOOL NOTES

Send school notes to vienna@connectionnewspapers.com by Friday.

Each year, the Northwest Federal Credit Union Foundation (NWFCU Foundation) awards a total of \$100,000 in college scholarships - \$5,000 each - to 20 students who have demonstrated qualities of leadership, dedication and commitment in school, at home and in the community.

"These students have displayed the qualities that will make them future leaders in our community," said Chris McDonald, Chairman of the NWFCU Foundation and President/CEO of Northwest Federal Credit Union. "We are pleased to make an investment in their future - and our community's future - by helping them pay for college."

Winners of the 2014 Ben DeFelice Scholarships from our area include:

❖ Alexandra Cramer, graduate of Langley High School. She will attend the College of William & Mary.

❖ Jamie Joeyen-Waldorf, graduate of Langley High School. She will attend Northwestern University.

❖ Jennifer Prosser, graduate of Oakton High School. She will attend the University of Notre Dame.

❖ Sydney Sampson, graduate of James Madison High School. She will attend the University of Virginia.

Twenty-five students from Fairfax County Public Schools (FCPS) have been named 2015 National Achievement Scholarship program semifinalists in an academic competition for Black American high school students conducted by the National Merit Scholarship Corpora-

tion (NMSC). The students represent 12 high schools in FCPS.

The semifinalists are:

❖ Annandale High School: Yonatan Ayele.

❖ Edison High School: Maxine Morgan and Shalom Yiblet.

❖ Fairfax High School: William Sampong.

❖ Hayfield Secondary School: Camryn Bishop, Reese Cloud, and Dominique Edwards.

❖ Lake Braddock Secondary School: Leul Berhane-Meskel and Kinaya Hassane.

❖ Langley High School: Leah Yirga.

❖ Madison High School: Rachel Bostick, Jesse Ernest, and Benjamin Jackson.

❖ Marshall High School: Natascha Whyte.

❖ South County High School: Maya Armstrong and Olivia Jones.

❖ Thomas Jefferson High School for Science and Technology (TJHSST): Azeez Abdikarim, Arielle Ampeh, Rebecca Clark-Callender, Theodore Richardson, Hannah Wied, and Rollin Woodford.

❖ West Potomac High School: Zoe Smith.

❖ Woodson High School: Robert Cuyjet and Daniel Pryce.

The semifinalists will compete for more than 800 Achievement Scholarship awards, worth \$2.5 million, to be awarded next spring. The awards will be supported by corporations, professional organizations, foundations, and funds from the NMSC. To be considered for a scholarship, semifinalists must advance to the finalist level by fulfilling additional requirements.



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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER	Publishing
A+ Camps & Schools.....	10/15/14
Election Preview I	10/22/14
Election Preview II	10/29/14
NOVEMBER	
Election Day is Tuesday, November 4.	
Wellbeing.....	11/5/14
HomeLifeStyle.....	11/12/14
Holiday Entertainment & Gift Guide I.....	11/19/14
A+	11/25/14
Thanksgiving is November 27.	
DECEMBER	
Wellbeing.....	12/3/14
HomeLifeStyle: Home for the Holidays.....	12/10/14
Hanukkah begins December 16.	
Holiday Entertainment & Gift Guide II.....	12/16/14
A+ Camps & Schools.....	12/16/14
CHILDREN'S CONNECTION	12/24/14

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• Chantilly Connection	• Mount Vernon Gazette	• Vienna/Oakton Connection

GREAT FALLS CONNECTION ❖ OCTOBER 29 - NOVEMBER 4, 2014 ❖ 17

Running Out of Efficacy



By KENNETH B. LOURIE

Not that I'm the least bit worried (actually, I'm the most bit worried), but surviving a terminal cancer diagnosis years beyond one's original prognosis does present its own unique set of problems. Most notably, and most personally for me, they concern treatment options. Specifically, what drugs, targeted or otherwise, can be infused and/or swallowed (when in pill form, like Tarceva) and for how long, when signs of internal organ damage are indicated on regular lab tests? The answer is, generally speaking, so long as your body – as indicated by lab work and any physical symptoms/diagnostic scans – tolerates it. Once the results turn negative, however, and the drug no longer appears to be working, change – in the form of new medicine – is warranted, according to my oncologist. Cancer cells figure it out eventually, and the drugs become ineffective. Moreover, going back to previous drugs – infused or orally (first line, second line, etc.) – that were likewise once effective and then no longer were, is also rarely advisable since the drugs don't magically become re-effective with non-use. Apparently, the cancer cells don't forget, either.

The problem then becomes/has become, for me, given some of the now pre-existing internal organ damage nearly six years of non-stop chemotherapy can cause, is that a patient can run out of treatment options. In fact, I'm on the last oncologist-recommended one, of those with acceptable risks and side effects. Barring any new drug making it out of the research/FDA-approval pipeline, my next option is experimental/a clinical-type study (N.I.H./Johns Hopkins come to mind) or alternatively, a 100-percent non-Western approach. Fortunately, I'm not quite there yet; I was almost there last September after a week-long stay in a hospital due to fluid build-up in my lungs, when after my release, my oncologist took a bit of a chance and prescribed Alimta (an infused chemotherapy drug, the one he characterizes as "the last miracle drug" on the market) for me, which has been miraculous. I'm not cancer-free, but neither am I curled up in a fetal position. Alimta has become my new best friend.

I can't say I worry about "what next" every minute of every day, but I certainly worry about it most days, and most definitely worry about it every third Thursday while I await the results from my every-three-week, pre-chemotherapy lab work. Once my creatinine and bilirubin (kidney, liver respectively), exceed acceptable levels, my chemotherapy stops (and if my next CT Scan shows tumor growth and/or movement, likewise the chemotherapy stops) and the "what next" question rears its ugly head. Quality of life, quality of treatment. I'll have entered the land of the unknown. No more FDA-approved protocols, no more drugs whose efficacy can be measured. No more predictability. Life as I've come to know and love it will likely take a turn for the scary.

So far, my body – and my mind, have mostly withstood the chemical and emotional onslaught that almost six years of chemotherapy can exact. I don't imagine, given my original "13 month to two-year prognosis" back in late February, 2009, that this routine goes on forever. As much as I want to believe and live like I have a future, sometimes it's difficult not to live day-to-day, or at most, every-three-weeks-to-every-three-weeks.

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

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28 Yard Sales
2-Family yard sale on Sat, November 1st, 8 am to noon, at 1054 Rector Lane, McLean. Men/women/children's clothing; furniture; household items.

21 Announcements

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21 Announcements

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Passenger Rail Public Meetings Planned
Join the Virginia Department of Rail and Public Transportation (DRPT) Nov. 5, 6, 12, or 13 for a public meeting to discuss Washington D.C. to Richmond-Southeast High Speed Rail, to improve intercity passenger rail for faster, more reliable connections. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI compliance officer at 804-786-4440 or TDD 711. Comments will be accepted until Dec. 5. An online meeting is available at: www.DC2RVArail.com

FROM PAGE 15

www.colvinrun.org.

Amadeus Strings with Josef Spacek, violin soloist. 4 - 6 p.m. Saint Francis Church, 9220 Georgetown Pike, Great Falls. This concert will feature works by Johann Sebastian Bach, Astor Piazzolla, and Dmitri Shostakovich. Tickets are \$30 at the door, and season passes are available for purchase at www.amadeusconcerts.com, or you can call 703-759-5334.

Christopher K. Morgan & Artists: "Inconstancy." 8 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden, Professional Artists Series. \$30/\$20 MCC district residents. www.mcleancenter.org.

The Mystery of Oolong Teas. 1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Taste a variety of "wulong" teas as you learn how they are created and what makes each style special, while enjoying some tea infused treats. Advance reservations and payment (\$30 per person) required through the Mill at 703-759-2771.

TUESDAY/NOV. 18

Great Falls Writers Group Presents Jim Lehrer. 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The veteran newsman, playwright and author will discuss his lifetime in words and his recent novel, entitled "Top Down," about the Kennedy assassination.

WEDNESDAY/NOV. 19

"Murder by Death." 1 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden, Midday Movies. Free. www.mcleancenter.org.

THURSDAY/NOV. 20

James Cotton. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Widely regarded as one of the best harmonica players of all time, this instrumentalist and blues legend has made his mark on music history. Tickets: \$25. For more information, visit www.wolftrap.org.

FRIDAY/NOV. 21

Quote-Along Film: "A Christmas Story." 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. Yell along to your all-time holiday favorite. Free.

FRIDAY/NOV. 21 - SATURDAY/NOV. 22

Chris Smither & The Motivators. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Tickets: \$30-\$35. For more information, visit www.wolftrap.org.

BULLETIN BOARD

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

THURSDAY/OCT. 30

Great Falls Rotary Club Weekly Speaker Series. 7:30- 8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Interested in joining? Download the membership form from <http://www.rotarygreatfalls.org/>.

SATURDAY/NOV. 1

Be Fit McLean Saturday 55+ Lecture Series. 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Exercise is Medicine - Part 1. \$7/\$5 MCC district residents. www.mcleancenter.org.

TUESDAY/NOV. 4

GFCA Env., Parks & Trails Meeting. 7:30-9:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Monthly Meeting of the GFCA Environment, Parks & Trails Committee.

THURSDAY/NOV. 6

GF Rotary Club. 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Great Falls Rotary Club Weekly Speaker Series. Download a membership form on their website. Open to anyone who has a personal connection to Great Falls and is interested in furthering Rotary's mission of Service Above Self.

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