

McLean High Theatre Presents 'The Addams Family'

Gomez Addams (Santiago Alfonzo-Meza) dancing the tango with his sultry wife Morticia Addams (Helena Doms) in the McLean High School Theatre Company's (MTC) upcoming production of "The Addams Family" musical.

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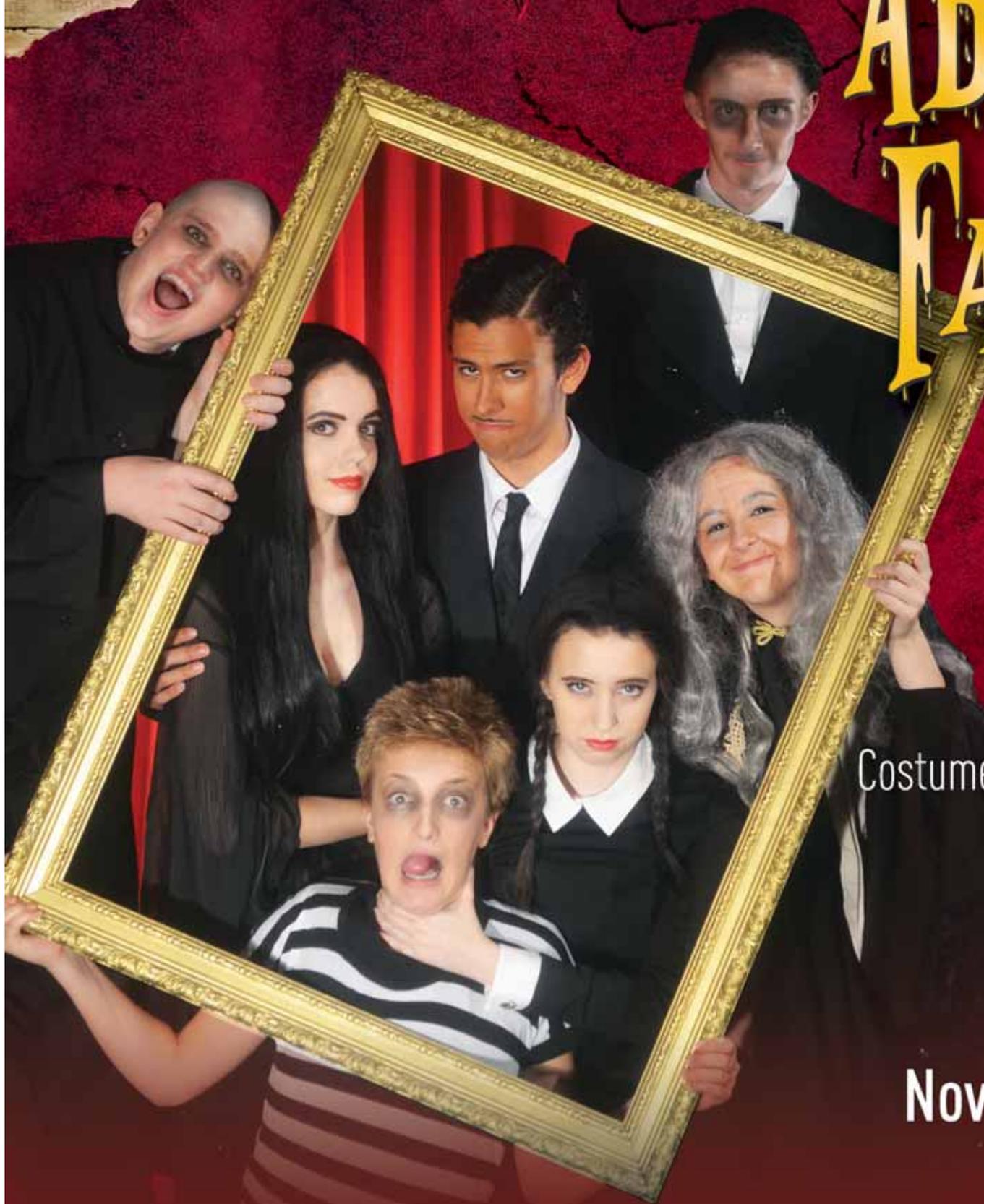
Langley High Teacher Receives National Award

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PHOTO BY ISABEL ZAPATA

McLEAN HIGH SCHOOL THEATRE COMPANY
presents

The ADDAMS FAMILY



Special
Halloween
Premiere
October 31st
at 11 pm

Costume Contest at 10:30pm

November 1st,
7th and 8th
at 7pm

November 2nd, 9th
at 2pm

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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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for the Employees of FCPS*

- Karen Garza** Superintendent, FCPS
Ramona Morrow President, FCCPTA
Megan McLaughlin (Braddock District)
Elizabeth Schultz (Springfield District)
Pat Hynes (Hunter Mill District)
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)
Iryong 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."

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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

Vote Yes on Transportation Bond Referendum

To the Editor:

On Nov. 4, Fairfax County residents will vote on a Transportation Bond Referendum. The League of Women Voters supports the Bond Referendum and urges voters to approve it.

If accepted, the Bond would fund three types of projects:

- ◆ Spot Road Improvements: These include adding or lengthening turn lanes; upgrading turn signals and signage; constructing walkways and providing crosswalks; and making popular destinations more accessible.

- ◆ Pedestrian Improvements: These include building missing sidewalk and trail links; adding and improving signalized crosswalks and other pedestrian-friendly intersection improvements.

- ◆ Bike and Trail Improvements: These include developing new bicycle facilities, constructing trails, adding bicycle parking, and mak-

ing popular destinations and mass transit more accessible.

These upgrades would increase the capacity of our transportation network by allowing it to carry more people, whether they drive, walk, bike or take mass transit. Go to fairfaxcounty.gov/bond/ for information about cost, project details and answers to other frequently asked questions.

Here's something else to consider: Fairfax is one of only 32 counties in the United States with a AAA Bond Rating. This allows the County to borrow at lower interest rates. And because Fairfax has access to other funding sources, this Bond represents only 7 percent of the cost of these improvements.

The League of Women Voters urges you to vote on Nov. 4. And we encourage you to say YES to the Transportation Bond Referendum. We believe that these projects will reduce congestion and make it easier and safer for all of us to get to the places where we need and want to go.

Julia Jones and Helen Kelly,
Co-Presidents
League of Women Voters of the
Fairfax Area

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 raising 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

Voting for Taxes

To the Editor:

Since John Foust has told us nothing about himself, I thought I would look for myself at his record. Turns out John Foust has voted or supported to raise a lot of our taxes.

First he's voted to raise our property taxes six out of the seven years he's been in office after he promised as a candidate to "lower the tax burden on homeowners." Our property taxes have gone up 22 percent since Foust made that broken promise and increased our taxes by over \$300 million. He also

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LETTERS

FROM PAGE 6

wants a new \$80 million meals tax that even fellow Democrats oppose. In addition he's supported \$1 trillion in health care taxes which include taxes on investments, medical devices and a surtax on good health care plans. Then he supported raising taxes on the sale of a home or the purchase of a car or a hotel stay.

Seems this John Foust is a real one note Johnny – and the only tune he knows is raising our taxes. Yet his ad feebly claims he cut spending of about \$5 million in the time he raised our taxes by hundreds of millions and supported billions more in tax increases. Is he serious? And, finally he says in a recent mailing he's going to "hold the line on taxes." Priceless!

Marcia Close
McLean

Champion for Veterans

To the Editor:

I am writing to bring the attention of voters to the importance of the choice they have in the election for the 10th Congressional District.

John Foust is the candidate who has shown he deserves the support of veterans.

John supports Governor McAuliffe's workforce development plan which includes a much needed effort to create more jobs in Virginia. A feature of this program is the Virginia Values Veterans program, which will ask 10,000 businesses to sign a pledge of commitment to hiring more veterans. By working with these businesses in Virginia service members are provided opportunities for a successful transition back to the civilian life. Our veterans deserve nothing less.

Recently Governor McAuliffe also signed Executive Order 23 establishing "The New Virginia Economy" Workforce Initiative. As a U.S. Army veteran I believe the most important part of this initiative will be to help secure employment opportunities for the younger generation of veterans.

With the Governor's initiative and the support of Northern Virginian Democrats like John Foust who is running for Congress in the 10th CD Veterans will have a better outlook in the future job market in Virginia.

John is the son of a WWII veteran and he has always supported veterans and military families causes. As a Vietnam veteran I have confidence that when John Foust is elected in November he will continue to be a champion for veterans and military families and our issues.

J. Jay Volkert
Vienna



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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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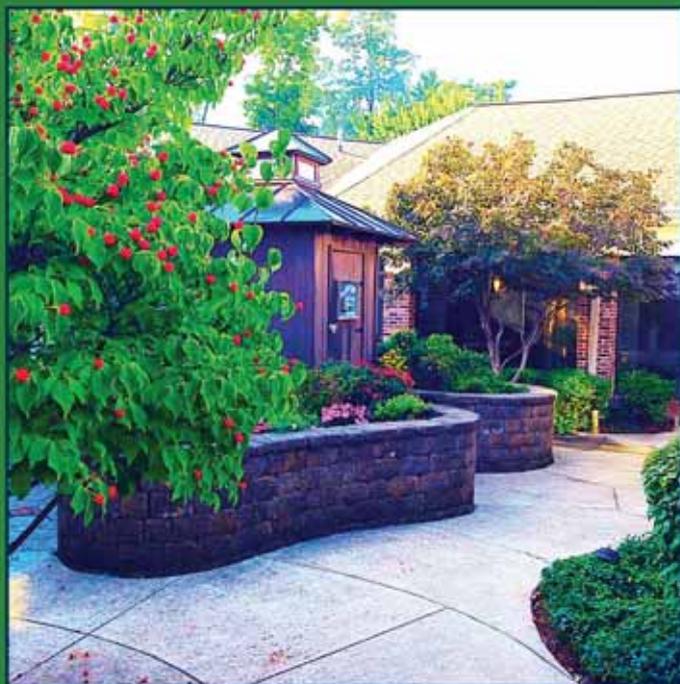
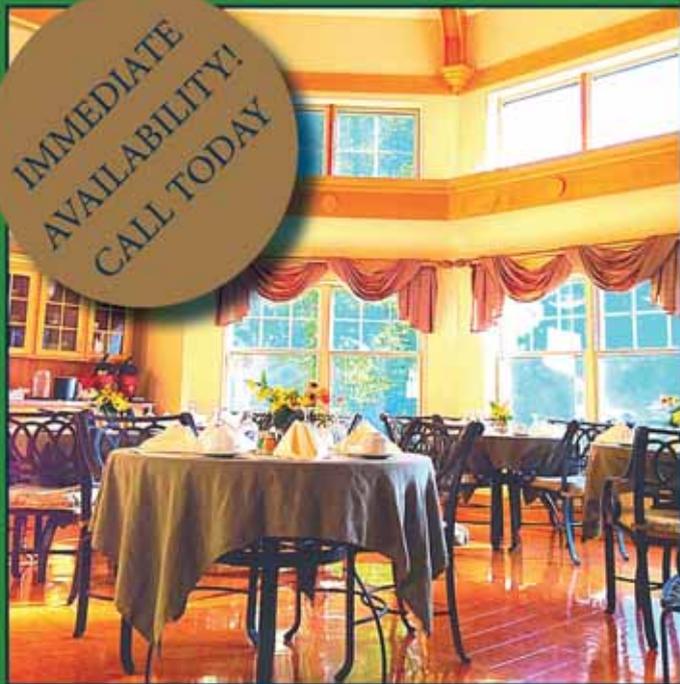
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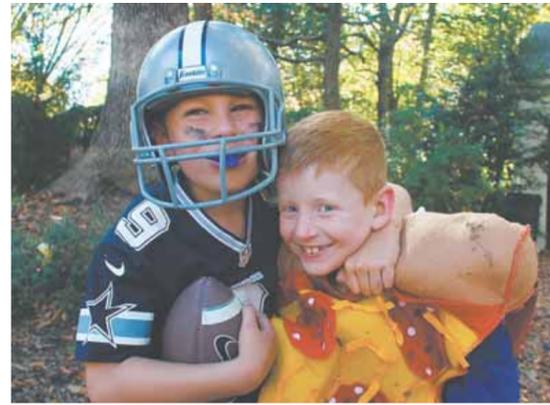
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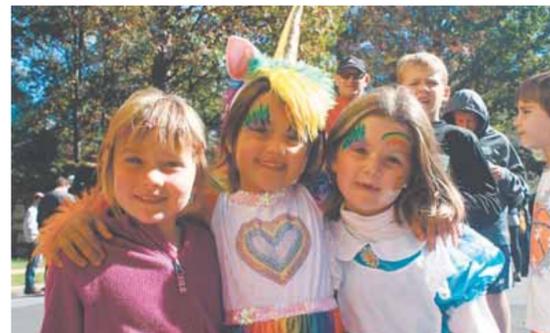
PHOTOS BY REENA SINGH/THE CONNECTION
Zach Bullock, 5, tried to hit the bell with all his might at Franklin Sherman's Centennial Carnival on Sunday.



Caitlyn Michalski, 14, daughter of a Franklin Sherman teacher, holds a chicken in the petting zoo during the school's centennial carnival.



PHOTOS BY KARA STOLL



Celebrating Oktoberfest
Chesterbrook Woods residents celebrated Oktoberfest enjoying food, fun and good company.



Franklin Sherman Celebrates 100 Years

Centennial bash for school with historic roots in McLean.

BY REENA SINGH
THE CONNECTION

Kim Todd remembers how she felt at home at Franklin Sherman Elementary School in the late 1970s.

Nearly 40 years later, she is serving as the school's Parent Teacher Association centennial coordinator and has seen three of her children enter the school as she had.

The school celebrated its centennial year carnival style with the community on Sunday with a petting zoo, cotton candy and fair-style rides and games.

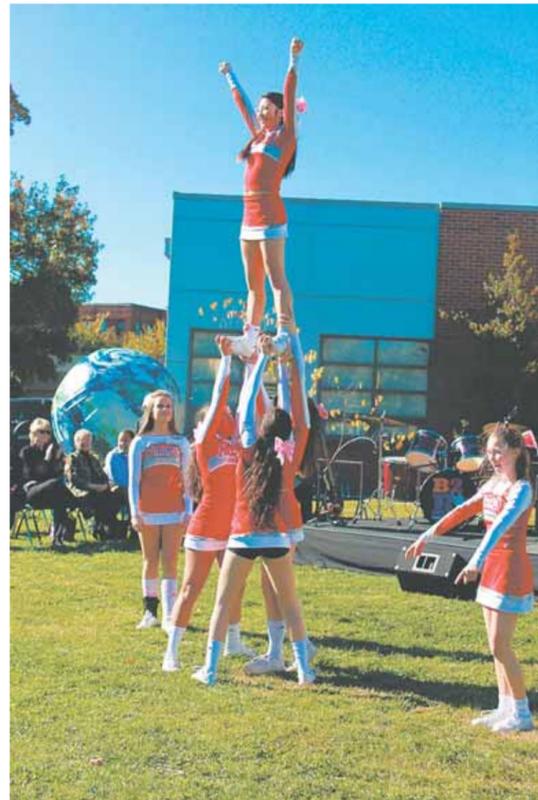
"This school is dear to my heart," said Todd.

She said that the first McLean Day was actually a fundraiser for the school, which was the first consolidated school in the county.

"When I was here, they were doing the open plan classroom design, which was the new wave of thinking," she said, remembering how loud the construction at the school was to complete the design.

The PTA gifted the school a globe for its 100th anniversary to represent the diversity within the school walls as well as the need to prepare students for a changing world.

"For over 100 years, students



McLean High School cheerleaders perform at Franklin Sherman Elementary's Centennial Celebration on Sunday.

have crossed these doors to be represented in the four corners of the world," said PTA President Vance Gore.

Pat Bullock already had two children attend the school and was looking forward to a third, 5-year-old Zach Bullock, also attending

next year. "It's small, everyone's really friendly and the teachers are great," she said. "The kids have a really great community of friends."

State officials like state Senators Janet Howell (D-32) and Barbara Favola (D-31) and Del. Marcus

"For over 100 years, students have crossed these doors to be represented in the four corners of the world."

— PTA President Vance Gore

Simon (D-53) spoke at the carnival to commend the school's achievement.

"Franklin Sherman is one of the very best schools in the Commonwealth, so give yourselves a hand," said Favola.

Simon said the House of Delegates passed a resolution to celebrate the school's centennial, but it still needed to be passed by the state Senate before it could be presented.

Dranesville School Board member Jane Strauss' three children went to the school, she said, and she was the PTA president in the 1980s. She said the school has been reincarnated five different times and has held jousting competitions in the playground when McLean had horse racing competitions. The current building itself has been renovated several times.

Fairfax County Chief of Staff Marty Smith, a former Franklin Sherman principal, also made an appearance. He noted that when he was the principal, the school was gearing up for its 90th anniversary.

"It's just amazing to think how much has changed in the past 10 years," he said.

TJHSST Schedules Open House for Students in Grades 4-8

Thomas Jefferson High School for Science and Technology (TJHSST), the Regional Governor's School for science and technology in Northern Virginia, will hold its annual open house for students in grades 4-8 on Saturday, Nov. 15, from 9 a.m. to noon.

Due to construction at the high school, the open house will be held at Holmes Middle School, 6525 Montrose Street in Alexandria, less than half a mile from TJHSST.

Families with students in grades 4-8 are invited to learn more about the school and meet TJHSST teachers, administrators, students, parents, and alumni. Information sessions given by TJHSST administrators and the TJHSST admissions director will also be held throughout the morning.

TJHSST is a Fairfax County public school, but accepts students from Arlington, Fairfax, Loudoun, and Prince William Counties as well as the City of Falls Church. The school offers a comprehensive college preparatory program where students with exceptional quantitative skills and an interest in science, technology, engineering, or mathematics can pursue higher levels of academic achievement in those subjects in preparation for the pursuit of a science, technology, engineering, or mathematics-focused profession.

For more information about the open house, visit the TJHSST admissions website.

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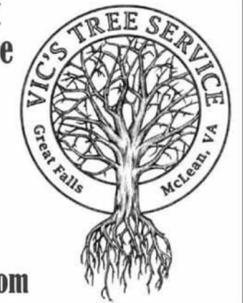
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Sterling OPTICAL

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.

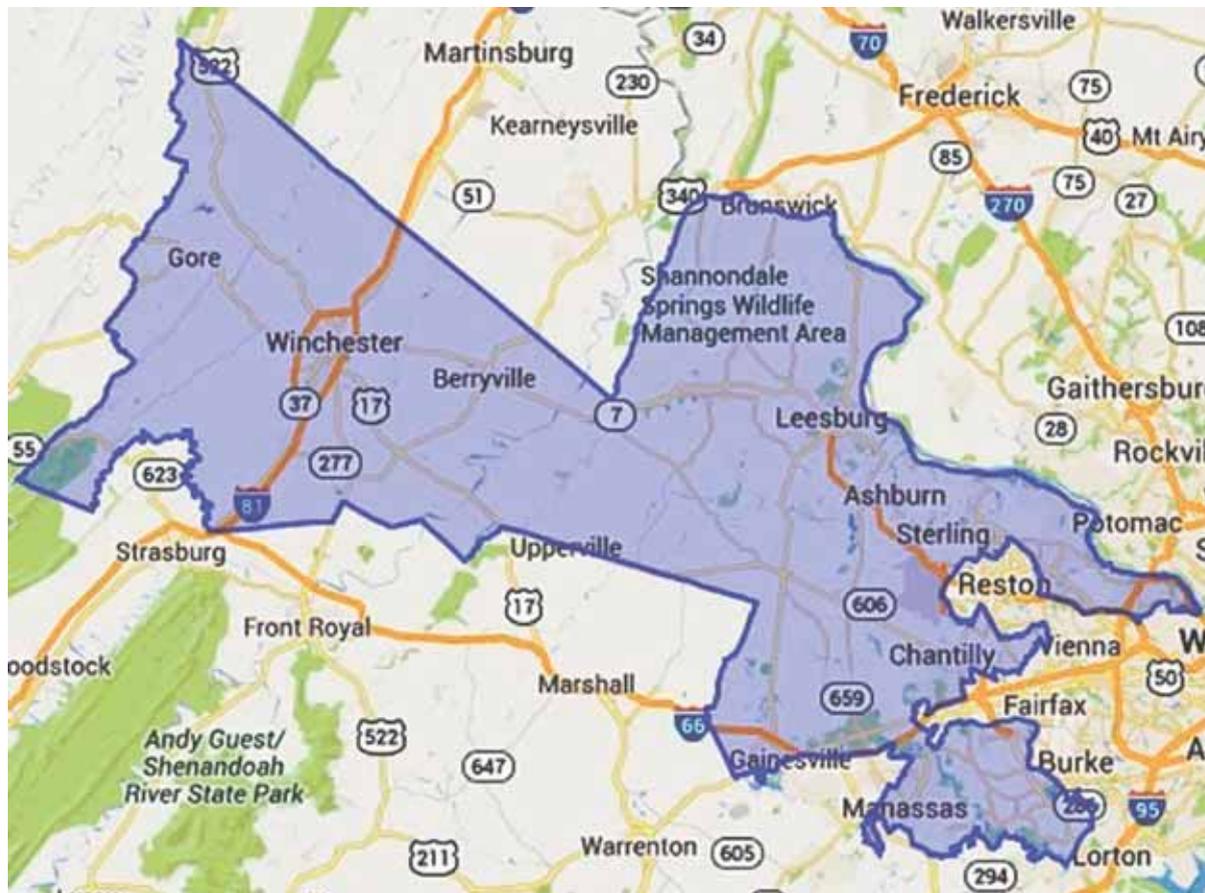
For the past six months, both candidates have been campaigning hard.

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



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.

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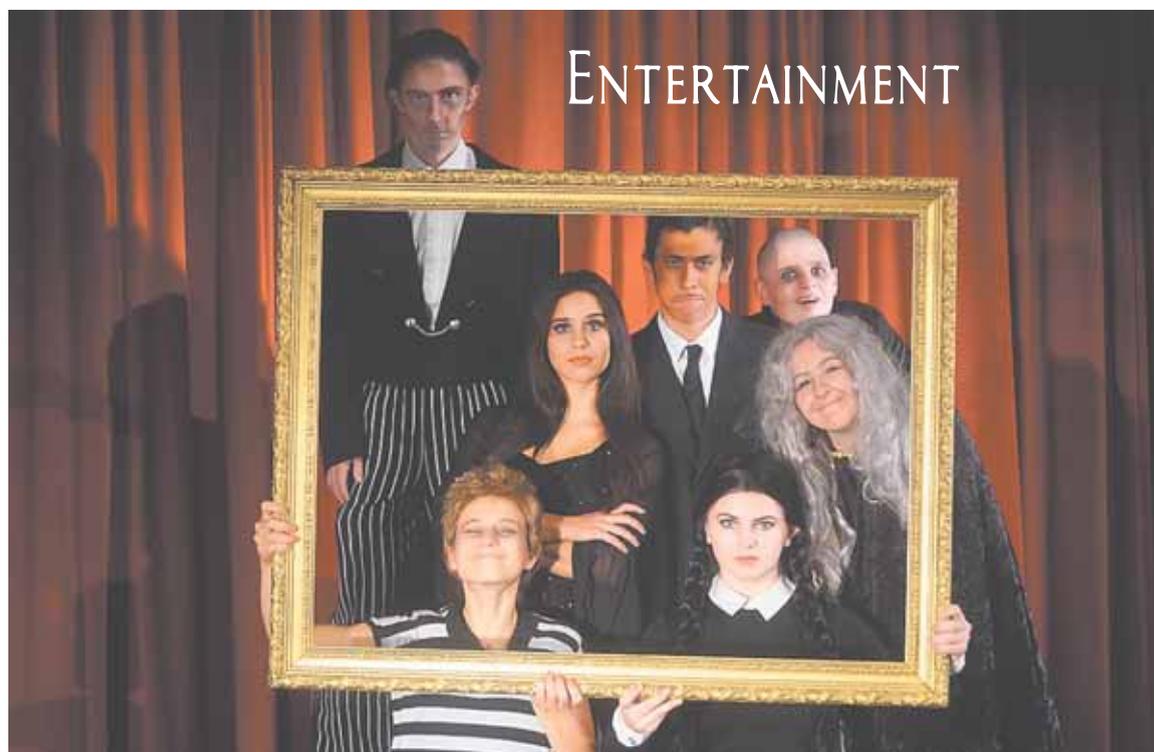
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PHOTOS BY ISABEL ZAPATA

Wednesday Addams (Lily Lord) is pulling boyfriend Lucas Beineke (Jack Posey) in a new direction away from his parents (Matt Lucero, Rachel Lawhead) in MTC's upcoming production of "The Addams Family" musical.

McLean High Theatre Presents 'The Addams Family'

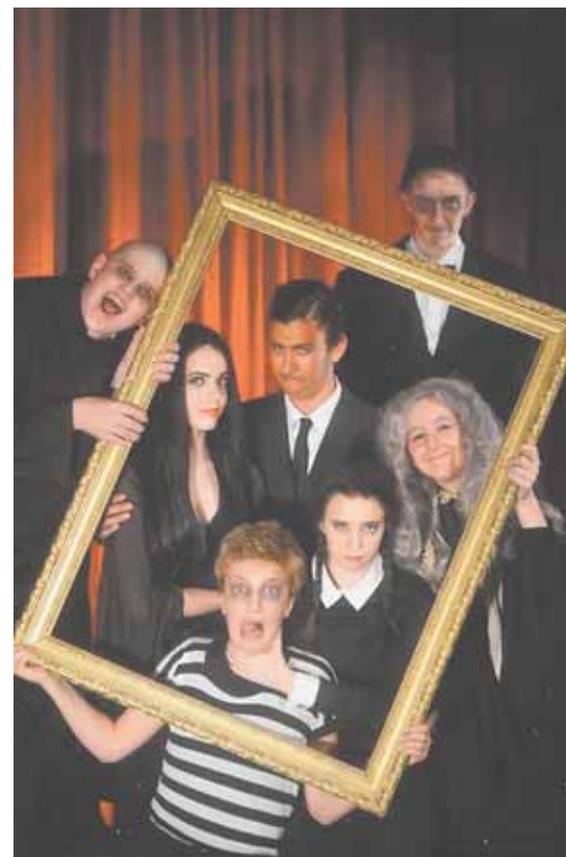
**Opening at 11 p.m. on
Halloween night.**

The McLean High School Theatre Company (MTC) kicks off its 2014-15 season with "The Addams Family" musical, opening Halloween night. Artistic Director, Amy Poe, leads this award-winning company in bringing this fun family-friendly, spooky spectacle to McLean and the greater D.C. community. "The Addams Family" runs Friday, Saturday evenings with Sunday matinees, Oct. 31 – Nov. 9, beginning with the special 11 p.m. Halloween night debut. The Halloween opening show includes a costume contest beginning at 10:30 p.m.

"The Addams Family" features an original score by Andrew Lippa, and focuses on the classic Addams family antics. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family - a man her parents have never met. As if that weren't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before - keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend, Lucas, and his parents, Mal and Alice Beineke.

Santiago Alfonzo-Meza leads the MTC cast as Gomez. Helena Doms and Nora Logsdon appear as Morticia; Lily Lord and Nicole Sheehan as Wednesday. Jack Posey appears as Lucas with Rachel Lawhead and Matt Lucero appearing as Alice and Mal Beineke respectively.

"The Addams Family" runs Oct. 31–Nov. 9 at the Burks Auditorium with tickets ranging from \$10-\$15, kicking off with the special 11 p.m. Halloween night debut. Attendees are encouraged to attend in costume to celebrate the season. For more information and tickets, visit www.mcleandrama.com. "The Addams Family" is presented through special arrange-



Members of the Addams Family in MTC's upcoming production of "The Addams Family" musical.

ment with Theatrical Rights Worldwide (TRW). Book by Marshall Brickman and Rick Elice, Music and Lyrics by Andrew Lippa. Based on Characters Created by Charles Addams.

McLean Theatre Company comprises students, parents and teachers at McLean High School working together to produce challenging and award-winning theatrical productions. The home of McLean Theatre Company is the 700 seat Burks Auditorium and the more intimate 75 seat Black Box Theater at 1633 Davidson Road, McLean.

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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• Centre View	• McLean Connection	• Springfield Connection
• Chantilly Connection	• Mount Vernon Gazette	• Vienna/Oakton Connection

CALENDAR

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

SATURDAY/NOV. 1

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

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

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.



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.

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.

SEE CALENDAR, PAGE 19

Your health care choices:
Their Business?



John Foust
supports Obamacare.
Libertarian Bill Redpath will work to replace it with more consumer choice.



Barbara Comstock
voted for invasive transvaginal ultrasounds.
Libertarian Bill Redpath votes no on laws that butt into our personal choices.

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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
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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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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
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21 Announcements

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FROM PAGE 15

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SATURDAY/NOV. 15

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.

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.

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.

SATURDAY/NOV. 22

Andes Manta in Concert. 8 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Live @ The Alden. \$20/\$15 MCC district residents. www.mcleancenter.org.

SUNDAY/NOV. 23

Concerts at The Alden. 3 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Live @ The Alden. Free. www.mcleancenter.org.

"Autumn Splendor." 3-5 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Sunday Soiree Series Dance. \$15 per couple, \$8 single. www.mcleancenter.org.

FRIDAY/NOV. 28 - SUNDAY/NOV. 30

Art and Craft Showcase. Friday-Saturday, 10 a.m.-5 p.m.; Sunday, 11 a.m.-4 p.m. Vienna Community Center, 120 Cherry St., SE, Vienna. Showcase of more than 80 local artisans.

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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