

# Witches, Goblins and Pumpkins, Oh, My!

NEWS, PAGE 8

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 11 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY BONNIE HOBBS/THE CONNECTION

## Follin Lane Project Is Still Worrisome

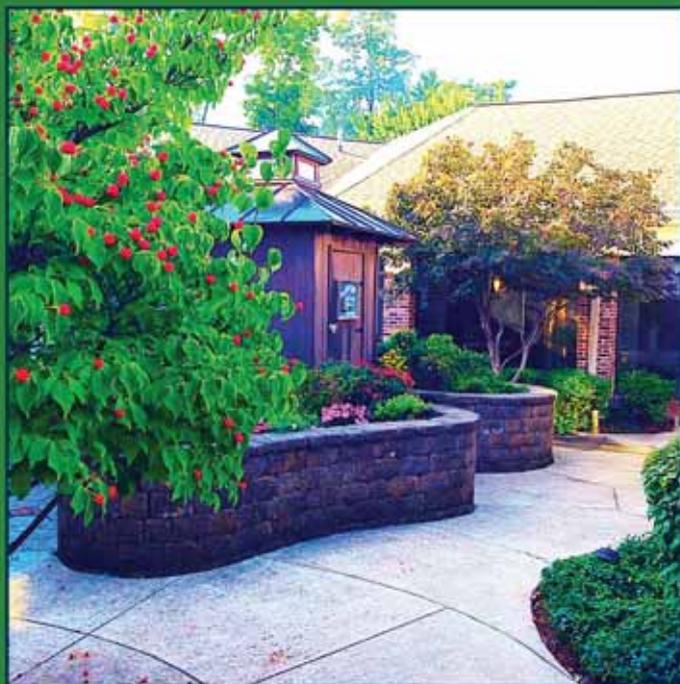
NEWS, PAGE 3

## Vienna Man Guilty of Wire Fraud

NEWS, PAGE 3

The Starling siblings (from left): Nikki, 3; Nathan, 7; Julia, 9; and Madalyn, 5, participate in Vienna's Annual Family Halloween Party on Saturday, Oct. 18, outside the community center.

IMMEDIATE  
AVAILABILITY!  
CALL TODAY



# The Care They Deserve. The Independence You Want To See.

The Renaissance Program at The Sylvestery is directed at those persons in the early phases of memory impairment. In a maintenance-free environment, our residents enjoy life at their own pace through engaging activities. We promote physical and spiritual well-being based on individual abilities and group interests. The Sylvestery was designed to provide comfort, safety, and freedom. The Sylvestery features an award-winning layout, where residents move freely through continuous walkways, and numerous courtyards which invite residents to enjoy safe outdoor experiences. Through partnerships and continual research, we bring breakthrough technologies and tools that help our residents get the most out of life. Our staff plans a calendar of events based on their particular needs which includes additional outings. Residents of the Renaissance Program enjoy lunch and dinner in our Compass Rose Café.

**The Sylvestery Memory Support is open to the community and does not require any military affiliation.**

**Contact Us For A Tour!**  
**703-538-2975**

**The Sylvestery Memory Support**

[www.vinsonhall.org](http://www.vinsonhall.org)  
1728 Kirby Road  
McLean, VA 22101



**VINSON HALL**  
**RETIREMENT COMMUNITY**

Supported by Navy Marine Coast Guard  
Residence Foundation

**(From left) Residents David and Loretta Roby, Pat Melton and Suzanne and Sean McClorey are concerned about the Follin Lane project.**



**Early afternoon traffic on Follin Lane heads toward Maple Avenue.**

PHOTOS BY BONNIE HOBBS/THE CONNECTION

## Follin Lane Project Is Still Worrisome

**Residents question safety and need for long turn lane.**

BY BONNIE HOBBS  
THE CONNECTION

**T**he Town of Vienna is moving full-speed ahead with its plan to widen Follin Lane from two to three lanes. And last Monday, Oct. 20, it awarded \$59,000 to Urban Ltd. for additional engineering services associated with the project.

But the nearby residents are still worried about safety and destruction of the tree canopy. They also question why the right-turn lane from Follin onto Maple Avenue toward Tysons Corner must increase to four times its current length.

“The turn lane originally went from Hine Street to [Route] 123,” said Mashie Drive’s David Roby during last week’s Town Council meeting. “But now it’ll have a 600-foot-long right-turn lane to accommodate commuters. There’s hardly any traffic that turns right there – most of it turns left.”

Suzanne McClorey lives at the corner of Hine and Follin, which has been the site of numerous traffic accidents. And she says widening Follin will only make things worse since it will enable motorists to drive even faster on that road.

“Safety needs to be part of this project in the beginning, and not tweaked after the fact,” she said. She also wondered why Mayor Laurie DiRocco advised her and her neighbors to take their concerns to the Town’s Transportation Safety Commission. “It just doesn’t make much sense to me,” said McClorey. “The Transportation Safety Commission is just regular citizens. But we live there and are in a better position to decide about this issue than they are.”

But, replied DiRocco, “They look at it from the perspective of the Town as a whole. And they try to be consistent when it comes to their decisions. Residents, walkers and students are stakeholders there, as are the people who work in that area, and we want it to be safe for everyone.”

Agreeing, Councilwoman Linda Colbert said, “Our boards and commissions are made up of good citizens interested in helping their community.”

“In every project we undertake, safety is always important,” added Director of Pub-

lic Works Dennis Johnson. “All construction plans have to follow Virginia engineering and safety standards.” He also noted that Follin Lane trees that should be protected will be marked.

Still, said Roby, whose property backs up to Follin, “Follin Lane is a very narrow road that feels like a neighborhood road, with a large tree canopy. And there was no consideration given to saving it; this project would wipe out large parts of it. We’re glad you’re saving some trees, but we feel this plan is still too aggressive.”

**REGARDING THE RIGHT-TURN LANE,** he said he saw a traffic study about the project and was “surprised that it has a number of recommendations to improve traffic from Navy Federal [Credit Union], but doesn’t mention lengthening the turn lane.

“That storage lane is currently 150 feet and – even with the [planned] Navy Federal expansion, the study said the peak traffic would need only 171 feet of stacking,” continued Roby. “So I don’t see the need for a 600-foot turn lane, and we ask you to shorten it. The trees are important to the residents, not just for beauty and air quality, but for a buffer from the road.”

DiRocco asked if there are ways to save

some of the trees by shortening the turn lane, and Johnson said that’s why the Town arborist needs to survey those trees. She also asked why 600 feet are needed for the turn lane, and Deputy Director of Public Works Michael Gallagher explained.

“The queuing [on Follin] is in excess of 700 feet because traffic wanting to turn onto Maple [Route 123] is backed up there,” he said. “And the more people that can get out of it and turn right will lessen the queue for the left lane. It’s not warranted by the amount of traffic turning right onto Maple.”

But Roby’s wife, Loretta, said the traffic study – done by Navy Federal – states that Navy Federal is building a 1,200-car parking garage. “Potentially, there’ll be 1,200 extra cars going down Follin Lane – and even Navy Federal says Follin and the current turning lane are adequate,” she said. “So it’s misinformation, over and over again.”

Gallagher said the report, done by Wells & Associates, didn’t address the turn lane because Navy Federal did it because it wanted to put in a traffic signal. He also noted that 70 percent of the drivers on Follin turn left onto Maple and 30 percent turn

SEE FOLLIN LANE. PAGE 5

## Vienna Man Guilty of Wire Fraud

BY BONNIE HOBBS  
THE CONNECTION

**A** Vienna man is facing possible decades in prison after pleading guilty last week in federal court to defrauding clients that he advised about financial investments. He is Ismail Elmas, 49.

He entered his plea last Tuesday, Oct. 21, in the U.S. District Court in Alexandria. He admitted to defrauding more than 10 of his clients – many of whom were senior citizens and widows – out of more than \$1 million in funds they

entrusted to him to invest on their behalf.

In a statement of facts filed with the plea agreement, Elmas acknowledged that he’d worked as an investment adviser at Apple Financial Services during the time of his offense. He was also registered with the Financial Industry Regulatory Authority as an investment adviser.

In addition, he owned and operated a bank account in the name of “I.E. Financial Solutions.” From at least 2012 through in or around August 2014, Elmas misappropriated client funds given to him for legitimate investments in his capacity as an investment adviser, and he used those

funds for his own purposes by way of his I.E. Financial Solutions bank account at NFCU.

Authorities said he misappropriated these client funds in different ways. For example, he purposely withheld the fact that I.E. Financial Solutions was his own bank account, never telling his clients they were, in effect, giving their money to him for his own, personal use.

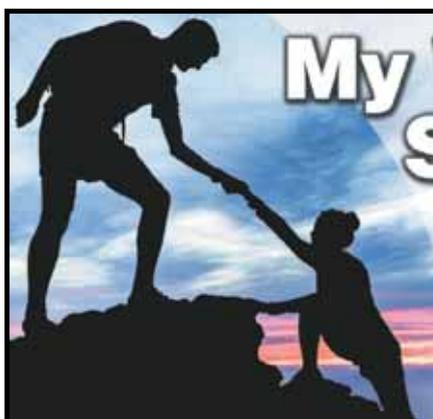
Sometimes, Elmas falsely described I.E. Financial Solutions to clients as a particular investment vehicle, such as a Certificate of Deposit or a Real Estate Investment Trust.

**Bilked investment clients out of more than \$1 million.**

At other times, he simply transferred the funds to his I.E. Financial Solutions account without telling his clients the truth about what he was really doing with their money.

Now convicted of wire fraud, Elmas faces as much as 20 years in prison when he returns to court Jan. 16, 2015, for sentencing before U.S. District Court Judge Anthony Trenga.

This case was investigated by the FBI’s Washington Field Office and is being prosecuted by Assistant U.S. Attorney Chad Golder.



# My Wealth Summit

A LifeFocused Financial Coaching workshop offered by USA Financial Planning Partners.

It's vital to plan carefully for your financial future. But, as in climbing a mountain, you also need an effective strategy to get back down safely.

Attend one of our unique workshops to learn how to ensure that your savings will last as long as you do.

- Saturday, November 8 at 10 am
- Thursday, November 13 at 7 pm
- Tuesday, November 18 at 7 pm
- Thursday, December 4 at 7 pm
- Saturday, December 6 at 10 am
- Tuesday, December 9 at 7 pm

Class space is limited. FREE REFRESHMENTS SERVED. Reservations Required.

\$50 tuition WAIVED for Connection readers: Use code CP1411.

Call 1-800-560-0218  
www.my-wealth-summit.com

USA Financial Planning Partners  
10640 Main Street, Suite 203  
Fairfax, VA 22030  
(703) 821-7676



## 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 13

WWW.CONNECTIONNEWSPAPERS.COM

## 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

E-mail sales@connectionnewspapers.com for more information.



THE CONNECTION

Newspapers & Online

703-778-9431

www.ConnectionNewspapers.com

### Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

# Follin Lane Project Questioned

FROM PAGE 3

right.

Mashie Drive resident Steve Skjei said Vienna shouldn't approve any Follin Lane changes "until the right-turn lane is reduced to something reasonable or [someone] produces a valid reason for it being 600 feet." He also related his own traffic survey, done the previous three work days, Oct. 16-17 and Oct. 20.

On Oct. 16, he said, 47 percent of people turning right onto Maple from Follin did it on a red signal. The numbers the other two days, said Skjei, were 60 percent and 54 percent, respectively.

"So why are we destroying trees to lengthen the right-turn lane?" he asked. "The existing [one] is very effective. At one time, I saw four cars and a bus make that right turn on red."

**ALSO WORRIED** about the construction impacts, he said, "There are huge volumes [of vehicles] turning left onto Maple, and it'll greatly affect the people living to the west."

McClorey said Johnson and Gallagher seem "dead set" on having this long turn lane that is, in effect, a "dedicated lane." But Councilwoman Carey Sienicki told her the project is also "for the town in total.

Extending the traffic lane would give some relief to people living in the area." She said the engineering team "already changed the corners to make it better for pedestrians and address your concerns. I think they do a tremendous job."

Hine Street resident Frank Johnson said his problem with Follin is the crisscross and T-bone accidents there. "To me, the issue is safety – people racing down Follin or cutting across an intersection," he said. "The sight lines are horrendous."

DiRocco said removing some of the brush there will improve that situation and "the intersection issue is going before the Transportation Safety Commission."

Nearby resident Doug Noble said he'd rather have traffic on Follin than on the other area streets because "children are riding their bikes to school on them." Furthermore, told the Council, "A traffic study is usually prepared by a developer in their best interests. But we all have an interest in what's going on Follin Lane, and you should think about that as we move forward on this project."

And the Council members took the residents' words seriously. "I'm concerned about the different interpretations of this study," said Vice-Mayor Edythe Kelleher. "I'd like someone from Wells to come to [Town] staff and address and clarify them for us."

## Excellence in Orthodontics for Children and Adults



Call us to set up your complimentary consultation for braces

**Dr. Ashkan Ghaffari**

**703.281.0466**

100 Church Street, NE  
Vienna, Virginia 22180

DrGhaffari@ViennaBraces.com

WWW.VIENNABRACES.COM

# ADMISSION OPEN HOUSE



Allow us to introduce you to Madeira's academic programs and school community at one of our fall open house events. Meet teachers, take a campus tour, and experience the magic of Madeira.

**Sunday, October 5 • 1:00 pm**  
**Sunday, November 9 • 1:00 pm**  
or by appointment throughout the year

For more information call  
**703-556-8273**  
or begin your journey online at  
**www.madeira.org.**

Now offering transportation from D.C., Alexandria, and Tysons Metro.

**The Madeira School • 8328 Georgetown Pike • McLean, VA 22102**

## 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?

**W**ho 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

**E**very 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 desti-

nations 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 making 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/](http://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

## 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 employ-

ment 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

### Write

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail:  
[vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com)

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

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

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

NEWS DEPARTMENT:  
[vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Anna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

**Bonnie Hobbs**  
Community Reporter ♦ 703-778-9438  
[bhobbs@connectionnewspapers.com](mailto:bhobbs@connectionnewspapers.com)

**Donna Manz**  
Contributing Writer  
[dmanz@connectionnewspapers.com](mailto:dmanz@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor ♦ 703-752-4013  
[@jonroetman](mailto:jroetman@connectionnewspapers.com)

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
[vross@connectionnewspapers.com](mailto:vross@connectionnewspapers.com)

ADVERTISING:  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Don Park**  
Display Advertising  
703-778-9420  
[donpark@connectionnewspapers.com](mailto:donpark@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising  
703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://twitter.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



## HOLIDAY FUNraiser WEEKEND!

November 14th-16th

**Friday 6-9pm:** "WIN" and "Cheese" Silent Auction, Food, Entertainment... Holiday Bazaar Opens! with jewelry, metaphysical items, creative gifts, candles, books, baked goods, and more!

**Saturday 9-5pm:** Bazaar continues with Readers, Astrology Readings and Aura Photos/Consultations

**Sunday 10-4:** Silent Auction Closes at 1:00 pm.... Bazaar and events continue SUPPORT OUR ONGOING HOLIDAY FOOD DRIVE for local charities, your donation of non-perishable food will earn you raffle tickets or prizes throughout the weekend!!!

### ARLINGTON METAPHYSICAL CHAPEL

5618 Wilson Blvd, Arlington, VA

703-276-8738

[www.arlingtonmeta.org](http://www.arlingtonmeta.org)



Adopt/Donate/Volunteer

[www.lostdogandcatrescue.org](http://www.lostdogandcatrescue.org)



Flint Hill School



- Rigorous, multi-disciplinary curriculum
- 6:1 average student-teacher ratio
- 1:1 technology program and Apple Distinguished School
- Diverse student community representing more than 105 countries
- Award-winning Latin, writing, visual arts, music and theatre programs
- 65 athletic teams; 6 League and 2 State Championships in 2013-2014

Join us for an Open House or Inquire today to learn more.

[www.flinthill.org/admission](http://www.flinthill.org/admission)

Living a long life is likely;  
planning for it is a necessity.

Building a retirement strategy is about living the way you want to live. That's why including a long term care discussion for retirement helps you prepare with a greater sense of security.



To learn more:

Greg Haymans

Long Term Care Insurance Agent

[ghaymans@genworthlhc.com](mailto:ghaymans@genworthlhc.com)

Mobile: 703 608.9260

Office: 703 444.4718

Licensed Agent of Genworth Life Insurance Company



154408 02/13/13

**garai**  
ORTHODONTIC  
SPECIALISTS  
Braces **VIP**.com



**Dr. Allen S. Garai**

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Premier Invisalign Provider
- Attending Faculty— Orthodontic Department Children's/Washington Hospital

"BEST ORTHODONTIST"  
Washingtonian Magazine  
Families Magazine

"TOP ORTHODONTISTS"  
Northern Virginia Magazine  
Virginia Living

## Exceptional Smiles, Exceptional Service

Dr. Garai is a Board Certified Orthodontist with more than 18 years of experience creating beautiful smiles for families in Vienna and the surrounding area.

The American Association of Orthodontics recommends children see an orthodontist at the age of 7. Early orthodontic treatment in children is shown to:

- Reduce treatment time required for comprehensive braces
- Reduce the need to extract teeth
- May eliminate the need to replace missing teeth
- Improve long term health of teeth and gums

How to tell if your child may need early orthodontic treatment:

- Early or late loss of baby teeth
- Difficulty chewing and/or biting
- Mouth breathing
- Your child sucks his or her thumb
- Speech impediments
- Protruding teeth
- Teeth that don't come together in a normal manner or even at all
- Shifting of the jaw when your child opens or closes his or her mouth (crossbites)
- Crowded front teeth around age seven or eight



Please call our office today to schedule your **Complimentary Consultation**

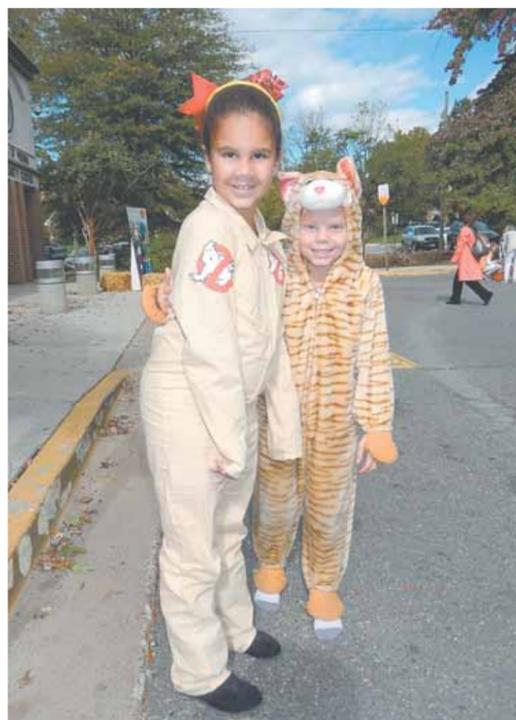
**Vienna**  
427 Maple Ave, West  
Vienna, VA 22180

703.281.4868  
[BracesVIP@gmail.com](mailto:BracesVIP@gmail.com)  
[www.BracesVIP.com](http://www.BracesVIP.com)

**Great Falls**  
9912D Georgetown Pike  
Great Falls, VA 22066

# Witches, Goblins and Pumpkins, Oh, My!

Vienna's annual Family Halloween Party was Saturday, Oct. 18, outside the community center.



(From left) are Kayli Dunham and Sarah-Grace Singleton, both 8.



Nora Van Valkenburg, 8, as a princess.



Vienna Town Councilman Pasha Majdi, son Max, 1, and wife Jayme.



Janani Ramanathan, 5, as Strawberry Shortcake.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

EXCEPTIONAL ACADEMICS

3 Years to 8th grade

SERIOUS FUN

Diversified math and reading classes taught up to four levels above grade level.

The award winning Nysmith School diversifies math and reading classes up to four levels above grade level in a loving environment to meet the needs of each child. Daily science, computers, foreign language, and logic. Minimal repetition, minimal homework. No fund raisers, no donations. Nysmith is so different, some students commute two hours each day. Isn't it worth your time to find out why?

Nysmith

SCHOOL  
EXCEPTIONAL ACADEMICS • SERIOUS FUN

TOURS DAILY. TRANSPORTATION AVAILABLE. HERNDON, VIRGINIA • 703-552-2912  
[WWW.NYSMITH.COM](http://WWW.NYSMITH.COM)

FIND US ON: FOLLOW US ON:

Complete Pair of Eyeglasses

40% off\*

Digital Progressive Lenses

40% off\*\*

Now accepting more insurance plans than ever!  
See now, pay later ✓ 6-12 months' financing available

PRECISION VIEW

Tysons Corner Center 703-734-0977



Store Hours: Mon-Sat 10-9:30, Sun 11-7  
SterlingOptical.com

Repair or replace your frame with our NO-Fault Warranty. We welcome outside prescriptions. We'll meet or beat any competitor's price on a complete pair of eyeglasses or they're free!  
\*With purchase of complete pair of regularly priced eyeglasses (frames and prescription lenses). Not valid on non-prescription sunglasses. \*\*Only valid on Precision View Digital Progressive Lenses. Offers cannot be combined with each other or insurance. See store for details. Other restrictions may apply. Offers expire 12/15/14.

Sterling OPTICAL

Karastan

NATIONAL KARASTAN MONTH

UP TO \$1000 BACK\*

Now is the time to save on gorgeous carpet from Karastan for a limited time only. During National Karastan Month you will find the lowest prices of the season.

Special Financing Available  
\*See store for details

Kemper carpet & flooring

Quality, Value and Service since 1972  
Woman-Owned Business

SALE ENDS NOVEMBER 10<sup>TH</sup>

Hurry... Sale Ends Soon!

3891 Pickett Road • Fairfax, VA 22031  
703-978-9001  
[www.kempercarpet.com](http://www.kempercarpet.com)

# CHILDREN'S FLEA MARKET

Saturday, Nov. 1, 2014  
11 a.m.-1 p.m.

Buy Cool Toys, Games, Books and Clothes at GREAT PRICES!

McLean Community Center  
1234 Ingleside Ave.  
McLean, VA 22101  
703-790-0123/TTY: 711  
www.mcleancenter.org

*Free patron admission, partner!*

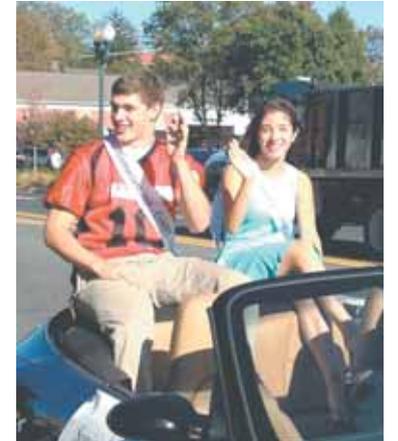
## NEWS

# Madison High's Homecoming Parade

Madison's Homecoming Parade was Friday, Oct. 17, in Vienna.



Madison High's dance team rides in the parade.



Senior Prince Caleb Hoehner and Senior Princess Hannah Colbert ride in the Madison High Homecoming Parade down Maple Avenue.

## WEEK IN VIENNA

### Don't Drink and Drive

This Friday, Oct. 31, at 8 p.m., seven police agencies from Northern Virginia will team up in all jurisdictions to conduct saturation patrols detecting and arresting drunk drivers on Halloween. Called "Extra Eyes for DWI's," the effort will involve police officers and resources from the City of Falls Church, Metropolitan Washington Airports Authority, Town of Vienna, Fairfax County, City of Fairfax, U.S. Park Police and Virginia State Police.

titled "Eight Films that Changed America." The film professor shares his knowledge of movies and pop culture on Sunday, Nov. 2 for a 1:30 p.m. "Matinee" at Jammin Java.

Lapadula has conducted Seminars and Lectures at the Smithsonian, National Press Club, Commonwealth Club in San Francisco and many other prestigious venues. On Sunday, he will focus on these films: The Jazz Singer, I Am a Fugitive From a Chain Gang, Jaws, The Graduate, The China Syndrome, Easy Rider, The Exorcist, and Annie Hall.

### Vienna Mayor's Walking Group

Vienna residents are welcome to join Mayor Laurie DiRocco's walking group. It meets every Friday at 9:30 a.m. at the Town Hall, 127 Center St. S. The walks are about 2.5 to 3 miles, with a different route every Friday. The next walk is Oct 31.

### Vienna Town Council Meeting

The next meeting of the Vienna Town Council is Monday, Nov. 3, at 8 p.m., in the Vienna Town Hall, 127 Center St. S.

### Calling all Crafters

The Vienna Woman's Club is seeking crafters and vendors for its 54th annual Holiday Bazaar set for Saturday, Nov. 8, at the Vienna Community Center. Proceeds support the club's scholarship awards. For information and applications, email Diane Abel at dcabel@cox.net.

### 'Movies That Changed America' at Jammin Java

Yale University's Marc Lapadula, a native of McLean, is coming to Vienna to present a lecture

**Now's A Great Time for Your Landscape Project!**  
**Free Estimates** Patios, Walkways, Retaining Walls, Landscaping & so much more!

**Tree Clearance Sale**  
**30% OFF**  
All Trees 2013 & Prior

**Get Your Fall Color**  
Pansies, Mums, Cabbage, Kale

**We Have Pumpkins!**

**60-75% Off Pottery**  
*Lowest Prices since 2008!*

**10% Off All Citrus Plants**

<b>FREE Fill!</b> Playground Chips & Organic Compost <b>\$29.99</b> cu. yd.	Bagged, Shredded Hardwood Mulch <b>\$3.49</b>	<b>Bulk Mulch</b> <b>\$24.99</b> cu. yd.
--	--	---

**Cravens Nursery & Pottery**  
9023 Arlington Blvd., Fairfax, Virginia  
2 miles west of I-495 on Rt. 50, 1 mile from I-66 (Vienna Metro)  
**703-573-5025**  
Open 7 days a week  
Visit our new Web site: [www.cravensnursery.com](http://www.cravensnursery.com)

**Bathroom Remodel Special \$6,850**  
**Celebrating 15 Years in Business!**  
**TWO POOR TEACHERS**  
Kitchen and Bathroom Remodeling

**Free Estimates**  
**703-999-2928** Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

Select your products from our Mobile Showroom and Design Center  
Fully Insured & Class A Licensed  
Est. 1999  
LEAD-SAFE SEPA CERTIFIED FIRM

# CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

## THROUGH SATURDAY/NOV. 15

**East & West.** Tuesday-Saturday, 10 a.m. - 4 p.m. Vienna Arts Society Gallery on the Village Green, 513 Maple Ave. W, Vienna. Artist Libby Eckert exhibits her oil paintings inspired by her travels across America. Call 703-319-3220 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) for more information.

## WEDNESDAY/OCT. 29

**68th Annual Vienna Halloween Parade.** 7 p.m. Maple Avenue, Vienna. With the theme of "Celebrating the Tradition of Vienna Girls Sports," come in costume to celebrate Halloween. Visit [www.viennava.gov](http://www.viennava.gov).

## WEDNESDAY/OCT. 29 - THURSDAY/OCT. 30

**Jim Brickman. The Platinum Tour.** 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Pianist Jim Brickman will perform at Wolf Trap. Tickets: \$35-\$40. For more information, visit [www.wolftrap.org](http://www.wolftrap.org).

## FRIDAY-SATURDAY/OCT. 31-NOV. 1

**"A Thurber Carnival."** 8 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](http://www.viennatheatrecompany.org)

## 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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



**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.**

information, call 703-356-3646 or visit [www.mcleanwc.org](http://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](mailto: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](http://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](mailto: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.

## SATURDAY/NOV. 15

**Ballroom Dance.** 8 - 9 p.m. Cha-Cha Lesson. 9 - 11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music with Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome. \$15. 703-759-2685 or [www.colvinrun.org](http://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](http://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](http://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.



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](http://www.mcleancenter.org)  
**Home of the Alden Theatre**  
[www.aldentheatre.org](http://www.aldentheatre.org)



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



# Madison Continues Playoff Push with Shutout of McLean

QB Gastrock, WR Ebersole connect for three touchdown passes.

BY JON ROETMAN  
THE CONNECTION

**M**adison 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



Madison wide receiver Jordan Ebersole hauled in three touchdown receptions against McLean 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 4

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](mailto: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 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.

## Visit These Houses of Worship To Highlight Your Faith Community, call Karen at 703-917-6468

Welcoming, Diverse, Progressive

**ST. ANNE'S  
EPISCOPAL  
CHURCH • Reston**



8:00 a.m. Holy Eucharist, Rite I

10:00 a.m. Holy Eucharist, Rite II

5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 10:00 a.m. service

The Rev. James Papile, Rector  
The Rev. Laura Cochran, Assoc. Rector

703-437-6530

[www.stannes-reston.org](http://www.stannes-reston.org)

1700 Wainwright Dr., Reston

### FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET, NW  
VIENNA, VA 22180

703-938-8525  
[fbcvoffice@verizon.net](mailto:fbcvoffice@verizon.net)  
[www.fbcv.org](http://www.fbcv.org)

SUNDAY WORSHIP, 7:45 AM & 11:00 AM  
CHURCH SCHOOL 9:30AM-10:30AM  
MIDWEEK SERVICES, WED. 7:00 PM

join us today,  
TO GET STARTED ON TOMORROW

- Challenging Curriculum
- World Language Program (PS - 8th Grade)
- Small Class Sizes
- 1:1 Middle School iPad Program
- Daily Physical Education Classes
- Extensive Before and After School Care
- Door-to-Door Bus Transportation

**OPEN HOUSE**  
Thursday, November 13th  
9:00 – 10:30 am

Caring for children | Celebrating learning | Collaborating for success

Nestled on over 40 acres, right inside the Capital Beltway, Congressional School's programs reside at the intersection between challenging academics, caring staff and a community connected to a common vision; to provide our children with the highest quality educational experience available.



Congressional Schools of Virginia  
3229 Sleepy Hollow Road  
Falls Church, VA 22042

[www.congressionalschools.org](http://www.congressionalschools.org)

# 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 every-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.*

# EMPLOYMENT

ZONE 6 • ARLINGTON • GREAT FALLS  
• McLEAN • VIENNA/OAKTON

# CLASSIFIED

703-778-9411

ZONE 6 Ad DEADLINE:  
MONDAY NOON

<b>BUSINESS OPP</b>	<b>BUSINESS OPP</b>
<b>TELEPHONE</b> A great opportunity to <b>WORK AT HOME!</b> NATIONAL CHILDRENS CENTER No sell! Salary + Bonus + Benefits! <b>301-333-1900</b> Weekdays 9-4	<b>TELEPHONE</b> A great opportunity to <b>WORK AT HOME!</b> NATIONAL CHILDRENS CENTER No sell! Salary + Bonus + Benefits! <b>301-333-1900</b> Weekdays 9-4

**Boutique Sales Associate**  
Apple Seed Maternity in Old Town, needs an experienced fashion sales person in our family-run Boutique. Flexible hours. Great opportunity for the right person. Email resume to shop@appleseedboutique.com

**PERSONAL ASSISTANT**  
Full or PT. Needed: 5 yrs. office experience, 2 yrs. min. college, perfect spoken & written English, MS Office, 60 wpm, Social Media abilities. \$13 to start + high bonuses. Resumes ONLY. PDF format. No calls.  
Sharon@TLC-NV.com

**Facilities Mgr & Event Mgr**  
Redeemer Lutheran Church in McLean is looking for a part time manager for the building and grounds and a part time manager of groups and community events at the church. Send resume to ELCR1@verizon.net.

**Educational Internships**  
Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

**HOW TO SUBMIT ADS TO**  
**THE CONNECTION**  
Newspapers & Online  
**CLASSIFIED**

**DEADLINES**  
Zones 1, 5, 6 ..... Mon @ noon  
Zones 2, 3, 4 ..... Tues @ noon  
E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

**EMPLOYMENT**

**DEADLINES**  
Zones 1, 5, 6 ..... Mon @ noon  
Zones 2, 3, 4 ..... Tues @ noon  
E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

**ZONES**

<b>Zone 1:</b> The Reston Connection The Oak Hill/Herndon Connection	<b>Zone 4:</b> Centre View North Centre View South
<b>Zone 2:</b> The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/Lorton Connection	<b>Zone 5:</b> The Potomac Almanac <b>Zone 6:</b> The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection
<b>Zone 3:</b> The Alexandria Gazette Packet The Mount Vernon Gazette	

**101 Computers**

**HDI COMPUTER SOLUTIONS**  
JENNIFER SMITH ♦ Serving the Area Since 1995

- > Speed up Slow Computers
- > Troubleshooting
- > Virus Removal
- > Computer Setup

(571) 265-2038  
jennifer@HDIComputerSolutions.com

**26 Antiques**

**FALLS CHURCH ANTIQUES**  
**Best Kept Secret of The Metro Area!**  
Unique collection of antiques and collectibles, including furniture, jewelry, glassware, pottery, sterling silver, paintings, prints and more!  
Fun home and gift ideas!  
**Christmas Shop Now Open!**  
**Falls Church Antique Co.**  
250W. Broad St. Falls Church, Va • 703-2419642

**6 RE Wanted**

**We Buy Houses**  
Any Condition, Area or Situation  
Fast Cash! Call 610-451-6610

**26 Antiques**

**We pay top \$ for antique**  
furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks.  
Schefer Antiques @ 703-241-0790.  
Email: theschefer@cox.net

**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**

Attention **DIABETES** Drug  
**ACTOS** Users  
Call now if you or someone you love is or has suffered from  
**BLADDER CANCER**  
and has taken ACTOS

**CALL FOR FREE INITIAL CONSULTATION**  
**Call 1-800-720-7110**  
You may be entitled to monetary compensation.  
Never stop taking any medication without first consulting your physician.  
If you have any medical problems or questions, talk to your physician.  
CALL the Law offices of Foster & Houston, PLLC, about possible legal action we may take for you or your loved one.  
Absolutely no initial cost to you if we take your case - so call now. Our entire fee is 100% from the contingency recovery money. We are investigating cases of bladder cancer and try to help victims who have taken Actos. Call TOLL FREE for information.  
Attorney Advertising - Cases likely to be associated with co-counsel. In the absence of recovery, client is NOT liable for attorney fees or case expenses to our firm. The Law Offices of Foster and Houston, PLLC, Austin, TX. ©2014 ACTOS is a registered trademark of Takeda Pharmaceutical Company.

**21 Announcements**

**Unleash your hidden superpowers**  
Become a foster parent  
Kids in our community need super parents like you.  
**Call us today!**  
855-367-8637  
umfs.org

**UMFS**  
Unleashing Champions for children and families.

**21 Announcements**

**LIFETIME METAL ROOFING**  
by VA CAROLINA BUILDINGS  
45 Year Warranty  
Financing Available  
Licensed & Insured  
Local Contractor

**FREE ESTIMATE** ENERGY STAR **Storm Proof Metal Roofing**  
**1-800-893-1242**  
Call For Your Free Roof Inspection!

**21 Announcements**

**DC TO RICHMOND**  
SOUTH-EAST HIGH SPEED RAIL

**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](http://www.DC2RVArail.com)

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

**ELECTRICAL ELECTRICAL**

**K & D ELECTRIC**  
COMMERCIAL / RESIDENTIAL SERVICE  
Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...

Licensed/Bonded/Insured  
Office 703-335-0654  
Mobile 703-499-0522  
lektrkman28@gmail.com

**GUTTER GUTTER**

**GUTTER CLEANING**  
Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards

**PINNACLE SERVICES**  
lic/ins 703-802-0483 free est.  
email jamie@lawsandgutters.com  
web: lawsandgutters.com  
Friendly Service with a Friendly Price!

**IMPROVEMENTS IMPROVEMENTS**

**R.N. CONTRACTORS, INC.**

Remodeling Homes, Flooring,  
Kitchen & Bath, Windows,  
Siding, Roofing, Additions &  
Patios, Custom Deck, Painting

We Accept All Major Credit Cards  
Licensed, Insured, Bonded • Free Estimates • Class A Lic  
Phone: 703-887-3827 Fax: 703-830-3849  
E-mail: rncontractorsinc@gmail.com  
www.rncontractors.com

**A&S Landscaping**

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

**703-863-7465**  
LICENSED  
Serving All of N. Virginia

**IMPROVEMENTS IMPROVEMENTS**

**CRESCENT HOME SERVICES**

**703-953-7309**

**Fall Special!**  
**10% off**

For a limited time, Connection readers can take 20% off labor costs on any home maintenance or improvement project when they mention this ad.

**IMPROVEMENTS IMPROVEMENTS**

**R&N Carpentry**

◆BASEMENTS ◆BATHS ◆KITCHENS  
Foreclosure specialist/Power washing  
◆Exterior Wood Rot More!  
Deck & Fence repair, Screen Porches  
No jobs too large or small  
Free est. 37 yrs exp. Licensed, Insured  
703-987-5096

**The HANDYMAN**  
A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,  
PAINTING, CERAMIC TILE, CARPENTRY,  
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!  
Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured  
We Accept VISA/MC  
703-441-8811

**Picture Perfect Home Improvements**  
(703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services Available  
"If it can be done, we can do it!"  
Licensed - Bonded - Insured

**LAWN SERVICE LAWN SERVICE**

**PINNACLE SERVICES, INC.**  
**LAWN SERVICE**

**MOWING, TRIMMING, EDGING,  
MULCHING & TRIM HEDGES**

Friendly Service for a Friendly Price  
703-802-0433

**THE CONNECTION CLASSIFIED**

Classified or Home • Lawn • Garden:  
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

**IMPROVEMENTS IMPROVEMENTS**

Your Home Handyman since 1999!  
Call or email us today for a fast, free estimate on any home maintenance or improvement project. **No job too small—we do it all!**

- Gutter cleaning & repairs
- Kitchen/Bath remodeling
- Exterior/Interior painting
- Rotten wood replacement
- And way too much to list here!

**crescenthomeservices@gmail.com**  
**www.crescenthomehandyman.com**

**FAST, RELIABLE & AFFORDABLE.**  
Call Crescent today! Your "friend in the business," we're owner-operated, licensed and insured.  
We're on Angie's List! ID# 8088426  
**www.facebook.com/crescenthomeservices**

**HAULING LANDSCAPING**

**ANGEL'S HAULING**  
Junk Trash Removal,  
Yard/Construction  
Debris, Garage/Base-  
ment Clean Out,  
Furniture & Appl.

703-863-1086  
703-582-3709  
240-603-6182

**LANDSCAPING**

**JUNK HAULING**  
Junk, Rubbish,  
Homes, Offices,  
Commerical,  
Yard/Construction  
Debris, Lot Clear  
out, 24 hrs day,  
General Hom Work.

703-520-3205 N-VA

**MASONRY MASONRY**

**BRICK AND STONE**  
**Custom Masonry**  
703-768-3900  
www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways  
Repairs & New Installs • All Work Guaranteed

**PAVING PAVING**

**GOLDY BRICK CONSTRUCTION**  
Walkways, Patios, Driveways,  
Flagstone, Concrete  
FREE ESTIMATES  
Licensed, Insured, Bonded  
703-250-6231

**TREE SERVICE TREE SERVICE**

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured

**Leaf Removal Gutter Cleaning**

25 years of experience  
Free estimates  
703-868-5358  
24 Hour Emergency Tree Service

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured

**Spring Cleanup...**  
Tree removal, topping & pruning,  
shrubby trimming, mulching, leaf  
removal, planting, hauling, gutter cleaning,  
retaining walls, drainage problems, etc.

25 years of experience - Free estimates  
703-868-5358  
24 Hour Emergency Tree Service

**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](http://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.

**FRIDAY/NOV. 7**  
**"Forecasting Weather and Life in Times of Turbulence."** 12-1:15 p.m. Maggiano's Little Italy, Tysons II Galleria Mall, 2001 International Drive, McLean. Enjoy lunch while hearing a business leader discuss integrating faith and spiritual values with work and life. Register by Nov. 5 to phil.kratovil@viennapress.org.

**SATURDAY/NOV. 8**  
**Be Fit McLean Saturday 55+ Lecture Series.** 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Exercise is Medicine - Part 2. \$7/\$5 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**MONDAY/NOV. 10**  
**Alzheimer's Association "Know the 10 Signs: Early Detection Matters."** 10 - 11 a.m. Vienna Community Center, 120 Cherry Street, SE, Vienna.  
This free workshop is for anyone who would like to know more about Alzheimer's disease and related dementia. The warning signs of Alzheimer's often are dismissed as side effects of normal aging. Early detection provides a chance to begin drug therapy, enroll in clinical studies and plan for the future. To register, call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

**TUESDAY/NOV. 11**  
**NARFE(National Association of Active and Retired Federal Employees)Vienna-Oakton Chapter 1116 Meeting.** 1:30 p.m. Vienna Community Center, 120 Cherry Street, Vienna. The guest speaker will be Tammy Flanigan, Senior Benefits Director, National Institute of Transition Planning, Inc, discussing Medicare Issues. The meeting is free and is open to all members and their guests. For further information please call 703-938-9757.

**SATURDAY/NOV. 15**  
**Be Fit McLean Saturday 55+ Lecture Series.** 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Medication Safety. \$7/\$5 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).  
**NAACP Branch Election.** 10 a.m.-12 p.m. 9002 Burke Lake Road, Burke (behind Kings Park Library).  
Election of branch officers and at-large members of the Executive Committee.  
To vote, you must be a member in good standing and your branch membership must be dated before Oct. 16, 2014. A form of ID is required. 703-591-4488.



# 2014 FCFT President's Award



*for Outstanding Advocacy  
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.

