

McLean CONNECTION

Wellbeing

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Langley running back Philip Mun rushed for 221 yards on Sept. 28, but Madison won the game.

County Gets Election Ready

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A 'Disappointing Loss'

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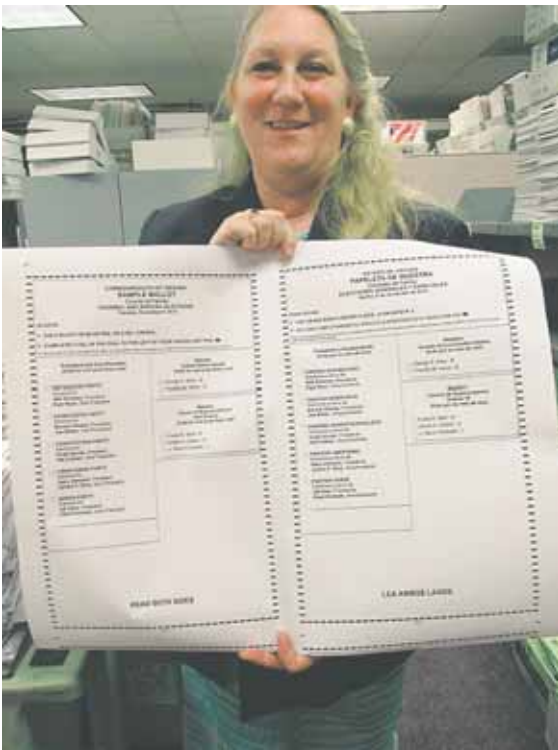


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OVER 80 HOMES SOLD SO FAR THIS YEAR!





Cameron Quinn, Fairfax County's chief elections official, holds up a sample ballot in the County's office of elections.



In addition to the optical scan voting machines, every polling place will be equipped with WINvote "touch-screen" machines, which have been used in Fairfax County since 2003. These touch screen machines are designed to provide voters with disabilities the ability to cast their votes unassisted. Luke Baranyk, voting machine custodian, demonstrates the touch-screen technology.

Are You 'Election Ready?'

Fairfax County prepares voters for new election measures.

By Victoria Ross
The Connection Newspapers

Frustrated by a bad economy, empty promises and echo-chamber politics, voter apathy is at an all-time high across the nation. According to a recent USA Today poll, about 90 million American voters, nearly 40 percent of those registered, won't go to the polls this year.

The same is not true in Fairfax County, where 79 percent of the County's registered voters cast their ballots in the 2008 elections, compared to a dismal 38 percent nationally. And nearly 90 percent of eligible voters, about 721,000 out of 800,000, have already registered to vote in Fairfax County.

But a slew of changes—from congressional redistricting to new voter ID laws—may leave even the most committed voter stymied at the polls this year.

"The good news in Fairfax County is that almost everyone who is eligible is registered to vote," said Cameron Quinn, Fairfax County's chief election official. "Our problem in Fairfax County is not voter apathy, and it's not getting people to register. What we don't have is every registered voter registered at their correct address."

Quinn said voters, especially those who only vote during presidential elections, get complacent about where they vote or who their candidate is. She calls them "cicada" voters, who go into their cocoon every four or more years, and emerge thinking that nothing has changed.

"These are voters we want to reach now," Quinn said, "The most important thing is to check your voter status before Monday, Oct. 15," Quinn said. "Are you, in fact, registered? Have you moved? Do you know

VOTER CHECKLIST: KNOW BEFORE YOU GO

- ❖ Voters with any questions about voting this Election Day can visit two comprehensive websites for answers: The Virginia State Board of Elections website at www.sbe.virginia.gov and The Fairfax County Office of Elections website at www.fairfaxcounty.gov/voterinfo.
- ❖ Call: If you don't find the information you need at the websites, call the Office of Elections at 703-222-0776.
- ❖ Fairfax now has a free smartphone mobile app to check your registration and other voting information. Download the free app by searching Fairfax County Government at the App Store (coming soon to Android Market) or go to <http://www.fairfaxcounty.gov/news/mobile/>. Once you download the app, look for the Vote icon.
- ❖ By Monday, Oct. 15:
- ❖ Update your registration, or you may not be able to vote if you have moved since you last registered.
- ❖ To check if your registration is correct, go online at www.sbe.virginia.gov/register, or call the Office of Elections at 703-222-0776.
- ❖ If you are not registered, or need to update your registration, complete a Virginia Voter Registration Application, which you can download at <http://www.sbe.virginia.gov>, or call 703-222-0776.
- ❖ By Tuesday, Oct. 30:
- ❖ Virginia does not have "no excuse" absentee voting. If you want to complete a Virginia Absentee Ballot Application, download from www.SBE.Virginia.gov, or call 703-222-0776. to have one sent at The Office of Elections must receive the ballot by 7 p.m. on November 6th
- ❖ Election Day, Tuesday, Nov. 6.
- ❖ Polls will be open from 6 a.m. to 7 p.m.
- ❖ It's Voter ID, not "Photo" ID: When you arrive at your polling place, a voting official will verify that your name is on the registration list. Voters will be asked to present **one** valid form of identification. It can be any of the following:
 - ❖ A Virginia Voter Registration Card
 - ❖ A Social Security Card
 - ❖ A valid Virginia Driver's License
 - ❖ Any official ID Card issued by a Virginia government or Federal government agency
 - ❖ An employee ID Card with photo of the voter issued by an employer
- ❖ If you are unable to provide any of the above, you can sign an "Affirmation of Identity" statement affirming your identity under felony penalty for making a false official statement.

if your precinct changed during redistricting? You must update your voter registration if you have changed your address or name, or you may not be

See County, Page 6



Photo contributed

U.S. Secretary of Labor Hilda L. Solis, U.S. Rep. Gerry Connolly (D-11), Sharon LeGrande of Northern Virginia Family Services, and John Jumper, chairman and CEO of SAIC, talk to a student enrolled in the Training Futures program during a visit to the facility in Tyson's Corner.

NVCC Consortium Receives Grant

Department of Labor's \$12 million grant will go to training IT workers.

By Alex McVeigh
The Connection

A consortium led by Northern Virginia Community College received a \$12 million grant from the Department of Labor Thursday, Thursday, Sept. 27. The consortium is a partner of the Northern Virginia Family Services Training Futures program, which trains workers in science, technology, engineering and technology fields, and has graduated more than 1,500 people since its launch in 1996.

The program facilities are located in donated space at the SAIC building in Tysons Corner. SAIC CEO John Jumper said that this program will be essential to the area's technological future.

"It's estimated that there will be 300,000 jobs in IT areas by 2020. In contrast, the Northern Virginia Community College and George Mason University together each year will graduate about 1,200," he said. "What this grant allows us to do is to extend [Training Futures] to Manassas and to focus on IT workers so that this region can have the supply of IT workers it needs going into the future."

Training Futures graduate Taehum Park credited the programs with helping update his skills in a field where it is always necessary to be on the

cutting edge.

"Training Futures has given me real skills in modern IT, they didn't change my hard drive, but basically they gave me a reformat," he said.

Once people complete the program, which can include up to 25 credits at NVCC, there are local companies that have programs looking for them. Multivision, a Fairfax-based IT company, has its own experience with hiring previously unemployed IT workers. They started local development program which put more than 200 unemployed workers in IT jobs. Ashwin Bharath, director of information technology, spoke at the grant announcement and recalled how they started the program.

"At the peak of the recession in 2008, we looked into hiring unemployed IT programmers that had legacy skills, but not the latest skills. But to our great surprise, we found that these programmers never had the skills required in the current industry," he said. "So we started a pilot program, hiring four past IT programmers, unemployed, and trained them for eight full weeks. We found after the training, we employed all four of them."

More information on Northern Virginia Family Services can be found at www.nvffs.org.

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News



Photo Contributed

The McLean Community Center Governing Board passed the FY 2014 budget at their Thursday, Sept. 27 meeting.

MCC Board Passes Budget

FY2014 budget will “maintain and improve” upon current programming and facilities.

By Alex McVeigh
The Connection

The McLean Community Center Governing Board approved their Fiscal Year 2014 budget Thursday, Sept. 27. The budget, which is for July 1, 2013 through June 30, 2014, calls for \$5,813,572 in expenditures, while bringing in \$5,021,218 in revenue, a difference of \$792,281.

“This budget is consistent with what we did in [fiscal year] 2013, where we’re not so much expanding, but maintaining and improving on what we already do,” said Sean Dunn, chair of the board’s finance committee.

For the second straight year, the tax rate will be 2.2 cents per \$100 of assessed value, marking the fifth straight year of a decline or continuation of the rate.

“To balance the budget, we would have had to raise the rate to around 2.7 cents, which is closer to the 2007, 2008 rate,” Dunn said. “It wasn’t until a few years later we started reducing the rate because of a surplus. There’s a bit of a lag to get everything to catch up, so right now we plan to maintain the rate and use some of the surplus to do that.”

Revenue from taxes is projected at \$3,718,108 (based off of Fairfax County projections), with another \$1,260,712 coming in from program and rental revenue and \$40,217 in interest income. Actual tax assessments will not be announced until early in calendar year 2013 (for the first part of FY2014, July through December) and early calendar year 2014 (for January through June).

Last fiscal year’s budget included a deficit of a little less than \$1 million, and according to the fiscal year 2013 budget, there will be almost \$11 million in the general fund on June 30, 2013.

According to a presentation from the finance committee, “once excess reserves are utilized (through a major capital project, or being ‘returned’ to taxpayers through a lower tax rate), MCC may need to increase tax rates so that expenditures equal revenues.”

Dunn said that this decision would be influenced by many variables, especially the changes in assessed real estate value in FY014 and beyond.

The FY2014 budget is a slight reduction from 2013’s budget, mostly from a reduction on capital expenditures.

“This budget is consistent with what we did in [fiscal year] 2013, where we’re not so much expanding, but maintaining and improving on what we already do.”

— Sean Dunn

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Week in McLean

Police Search for Office Creeper

Someone posing as a maintenance man has been stealing purses and wallets from doctors' offices throughout the McLean and Falls Church areas.

Cancer patients, rehabilitation patients and office employees have been victimized by the thief who's struck at least seven times since late June.

The most recent report was Sept. 20 in the 8000 block of Arlington Boulevard. The victim had placed his belongings into a cubby while he received physical therapy. When he returned, his wallet was gone.

A man was reportedly seen walking around, looking at vents and acting as though he was on a maintenance call and police believe this person may be linked to the other cases in the area.

The suspect is described as in his late 20s. He wore blue work pants, a blue shirt and a neon green traffic vest. Police believe the suspect has been using the stolen credit cards at gas stations in the D.C. area.

Four larcenies have occurred in the 8000 block of Arlington Boulevard and three were in the 8000 block of Leesburg Pike.

Anyone with information is asked to contact Detective Manes at 703-246-7800 or call Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Foust to Host Meeting On Express Lanes

With the Express Lanes set to open in the next few



Police photo

The suspect caught on surveillance camera.

months, Supervisor John Foust (D-Dranesville), along with VDOT and Transurban/Fluor (builders and operators of the Express Lanes), will host a community information meeting to discuss the new service and answer citizens' questions. At the briefing, residents will also have the opportunity to purchase either an EZ Pass, the new Flex transponder, or to exchange their current EZ Pass for the Flex Pass. While current EZ passes will work in the new Express Lanes, carpool drivers utilizing the Flex transponder can change a setting to indicate they are HOV-3, enabling them to drive for free.

The meeting will be held on Wednesday, Oct. 10, at 7 p.m. at the McLean Community Center, 1234 Ingleside Avenue in McLean.

For additional information contact Cheryl Patten at Supervisor Foust's office at 703-356-0551 or email Cheryl.Patten@fairfaxcounty.gov.

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Saturday, October 13th — 10am-4pm



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THE CONNECTION
NEWSPAPERS

News

County Gets Election Ready

From Page 3

able to vote," Quinn said.

TO CHECK YOUR STATUS, call the Office of Elections at 703-222-0776 (TTY 711) or go to one of the websites listed. "We'd rather people call us with questions now than get frustrated when they go to the polls," Quinn said.

Fairfax County's Office of Election employees have been working overtime the past few months to make sure voters are "election ready" on Tuesday, Nov. 6. In conjunction with the State Board of Elections, the County recently kicked off an intensive voter preparedness campaign to inform and educate voters on changes.

Quinn estimates the election's office currently gets 600 calls every day, and many calls concern the new voter ID measures.

Brian Moran, chairman of the Virginia Democratic Party, said it's important that voters remember that Voter ID does not mean "photo ID."

"There are a number of acceptable forms of Voter ID, and it's important that this issue doesn't discourage voters," Moran said.

In August, the Justice Department signed off on Virginia's new Voter ID law, a bitterly contested measure that some claimed discriminates against minorities. Virginia, one of 16 states with a history of voter discrimination, must receive federal approval under the Voting Rights Act before making any changes to voting law.

The new law, which closed a provision allowing Virginians to vote without identification, also expanded the types of ID accepted at the polls.

Quinn said the State BOE just mailed every voter a new voter card, which was sent to ensure that all voters have at least one acceptable form of identification. She said if voters bring their voter card, they don't need another form of identification.

"Virginia tweaked its voter ID laws this year to allow many new forms of acceptable identification," Quinn said in an online forum.

"Virginia also has mailed a voter information card (or sometimes called voter registration card) for many years. You need some form of identification under Virginia law, and this voter information card is considered an acceptable form of identification," Quinn said.

Other forms of acceptable identification include a driver's license, military ID or current utility bill. For other forms of acceptable ID, visit www.sbe.virginia.gov/votinginperson.html.

In addition to getting voters ready for the general elections, the office has also been preparing to comply with new mandates and changes.

Last year, the state mandated that all voter education material be translated into Spanish. While the County has complied with that mandate, they are still short on election-day volunteers, especially those who are bilingual in Spanish and English.

Norma Rengel - the office's language accessibility coordinator and Patricia Ferguson, the county's outreach coordinator, spent hours last week putting tent cards in cafeterias and lobbies of in the Fairfax County Government Center and other Fairfax County locations to encourage volunteers to call the elections office.

"One challenge for us is to recruit bilingual polling officials, and by law, Spanish is a priority," Rengel said.

Travis Patten, an elections office training coordinator, said about 3,000 polling officials have undergone training since August. "One of the things we're excited about is the electronic poll books," he said, which will allow voters to check in faster, and reduce waiting time.

ON ELECTION DAY, staff will be coming through voter lines with a handheld device called "Ask ED," which contains the entire County voter list to check once again if the voter is in the correct precinct. If there is a discrepancy between what's on the voter's card, and the most current information on the county's election rolls, the staff person will call the registrar's office.

If the voter is trying to vote in the wrong precinct? Best not to argue, or insist on a provisional ballot, Quinn said. According to the Virginia State Constitution, provisional ballots don't count if the voter casts a ballot in the wrong precinct.

"The only way your vote counts is if you are voting in the correct precinct. That's why we don't want people waiting until the last minute. When in doubt, call the elections office. We will pull the most current voter card and match it to our map," Quinn said.

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Schools



Photo by Kim Moran

Churchill Road first graders Noah Golesorkhi, Luke Greehan, Daniel Isherwood, Cleia Jones, Omar Khatri and Jaden Kok are intent on choosing their favorite candidates in the school's Student Council Association elections.

General Election Held at Churchill Road

After two weeks of campaigning for Student Council Association officer positions, the Churchill Road student body held its general election. Thanks to the efforts of technology teacher Jordan Craig-Kuhn and SCA sponsor Sharon Jones, the students were able to vote electronically, mimicking the format used in official government elections. This election was the first opportunity for first graders to vote. In the words of Churchill first grade teacher David Suchoski, "The first graders were proud to be part of the election process, and if their enthusiasm was any indication, they will not miss any future opportunities to cast their votes."



Photo by Kim Moran

Churchill Road second graders Avani Ranka, Caitlin Kry, Joe Foley and Sesshu Yamazaki, along with their teacher Cheryl Bamdad, observe their classroom's new monarch chrysalis.

Studying Monarch Butterflies at Churchill Road

Churchill Road second graders began the new school year by learning about the life cycle of the monarch butterfly. In the classroom they are raising monarch caterpillars they found in the school's milkweed garden. Students in Cheryl Bamdad's class are excited to observe a caterpillar getting ready to become a chrysalis. When the chrysalises become adult butterflies, the students will release them to begin their migration to Mexico.



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Opinion

Be Prepared: What's on the Ballot?

Early voting (technically voting absentee-in-person) is already underway in Virginia, so you can go out and vote this week.

Every voter in Virginia will vote for a U.S. senator and member in the U.S. House of Representatives, in addition to president of the United States and two constitutional questions.

Two constitutional questions will appear on all Virginia ballots, one about the use of eminent domain and one about the timing of a particular session of the General Assembly to consider overriding vetoes by the governor of legislation that was passed by the assembly. See <http://www.sbe.virginia.gov/webdocs/201211ConstitutionalAmendmentsPoster.pdf>.

In the races for U.S. House of Representatives, it's worth noting that redistricting resulted in significant changes in Northern Virginia in terms of who your U.S. representative will be. If you live in Reston, for example, you were represented by Jim Moran and the 8th district, now you are in the 11th district where the incumbent is Gerry Connolly. Fairfax County is represented by three Congressional Districts, 8, 10 and 11.

In Fairfax County, voters will also decide whether to invest in infrastructure based on

Serve as Election Officer

Election Officers work at the polls on Election Day to ensure elections are run in an honest and well-organized manner. Election officers are paid \$100 - \$200 for the day depending on assignment and locality. Election Day begins by showing up at an assigned polling place before 5 a.m. and remaining on the job until all votes are tallied after the polling places close at 7 p.m.

Requirements to serve as an election officer include: being registered to vote in Virginia; not holding elected office and not being an employee of an elected official; enjoying meeting other people and serving the public; being detail-oriented, able to take direction well and not easily distracted. Election officers must attend training before Election Day. Many officers are assigned to their "home" precinct or a nearby precinct or asked to work in the absentee precinct.

Fairfax County needs 3,000 election officers in its 239 precincts for Election Day. Call 703-324-4735.

Arlington County will need 900 election officers in its 52 precincts on Nov. 6. To apply, visit <https://sites.google.com/site/arlingtoncountypollworkers/apply-now>

The City of Alexandria needs 500 election officers to serve at its 27 precincts. Call 703-746-4050.

four bond questions, answering yes or no to supporting \$75 million for parks, \$55 million for public safety facilities, \$25 million for library facilities and \$30 million for stormwater and sewer improvements. http://www.fairfaxcounty.gov/elections/nov_2012_county_bond_issues.pdf

Last Week to Register to Vote

To vote on Election Day, you must be registered at your current address no later than Oct. 15, 2012. Registered voters should have received a new voter card in the mail by now. You can check your registration status online by visiting the State Board of Elections website at www.sbe.virginia.gov. There you can also download a voter registration form and mail or fax it to your elections office address.

FAIRFAX COUNTY BOARD OF ELECTIONS

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Playing by the Rules

By Kenneth R.
"Ken" Plum
State Delegate (D-36)



We teach our children that they have to play by the rules, but sometimes we as adults find ways to bend the rules when it suits our purpose. When governments change their own rules for their convenience, a cynicism sets in as to how serious we were about the rules in the first place. Two examples from Virginia government come to mind.

Under the federal No Child Left Behind (NCLB), public schools are required to demonstrate adequate yearly progress of student achievement in order for schools to be accredited. The rule set by NCLB was not an easy one to meet demonstrating that such a standard was needed. Under the old system of evaluating schools, children were being lost in statistics and were being left behind. Under NCLB, more schools were failing to attain accreditation than the educational or political systems were willing to acknowledge or to justify.

Commentary

A component of the failure of schools to attain adequate yearly progress was the wide differences among ethnic and racial groups. Asians often topped the standards, beating out their white counterparts. Hispanics and blacks lagged behind all other groups in their levels of achievement. Many strategies have been tried and many resources expended to try to close the achievement gap but with limited success.

Virginia and many other states have in recent years resorted to a different tactic to close the achievement gap: change the rules. Virginia was recently granted an exception for which it applied to NCLB allowing it to set different standards for different minority groups. Simply stated under the new standards in Virginia we will expect more from Asian students and less from Hispanic and black students than we do for white students.

The NAACP and other groups have rightly raised objections to the new variable standards. In

education, you get what you expect. Expect less of students, and they will not do well. Within all groups of students there are some individuals who do well. Rather than recognize individual differences, the new system tracks students in a way that I do not believe complies with the Fourteenth Amendment Equal Protection Clause.

One of the explanations for the differences in student achievement relates to the programs and services to which they have been exposed. In recent years as monies have become scarcer, all government programs, including schools, have been reducing programs and services. Too often the

school programs that get cut are those for the students who need them most. How does the Virginia General Assembly reduce funding for schools when the state constitution requires it to fund them?

You guessed it. The Assembly changes the rules. Over the last several years the state Standards of Quality (SOQ) by which schools are funded have been reduced. We "fully" fund the SOQs; we simply do not explain that the SOQs have been reduced.

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Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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By e-mail: mclean@connectionnewspapers.com

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Bulletin Board

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

FRIDAY/OCT. 5

Innovate! 7 a.m.-3:30 p.m., at the Hilton, 7920 Jones Branch Drive, McLean. A one-day conference exploring the economic opportunities of change, and innovative ideas and entrepreneurship area-wide; meet exhibitors, exhibit your company and provoke thoughts into ideas. \$99. <http://www.innovate-nova.com/register>.

SUNDAY/OCT. 7

Pet Blessing. 2 p.m., at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Bring all species of pets, with dogs on leashes and cats/other pets in carriers; photos taken of animals while being blessed. 703-356-3312.

TUESDAY/OCT. 9

NARFE Chapter 1116 Meeting. 1:30 p.m., at the Vienna Community Center, 120 Cherry Street, Vienna. Blue Cross Blue Shield representative and a VFC state legislation chair present. 703-281-5123.

WEDNESDAY/OCT. 10

Staying Safe in the Hospital. Noon, at the Church of the Good Shepherd, 2351 Hunter Mill Road, Vienna. A brown-bag lunch in the fellowship hall where the founder and president of Patient Navigator, LLC, presents. 703-281-3987 or www.GoodShepherdVA.com.

THURSDAY/OCT. 11

Family Abuse. 6:30-9:30 p.m., at The Women's Center, 127 Park St NE, Vienna. On family abuse, including (but not limited to) physical and sexual violence, threats of violence, emotional and psychological intimidation, verbal abuse, economic and financial control, spiritual abuse and destruction of property; Judge Mann will speak about the Protective Order court process. 703-281-2657, ext. 276. or www.thewomenscenter.org.

SATURDAY/OCT. 13

Basic Literacy Tutor Training Workshop. 9:30 a.m.-2 p.m., at James Lee Community Center, 2855 Annandale Road, Falls Church. Adult students eager to improve literacy skills work one-on-one with a trained volunteer; get trained to tutor at this and a mandatory session to follow on Oct. 20 at the same time and location. \$40 (books and materials). 703-237-0866 x111 or volunteers@lcnv.org.

The Smart Split—Legal Aspects. 10a.m.-1p.m., at The Women's Center, 127 Park St NE, Vienna. In this overview of the fundamentals of the divorce process in Virginia, an experienced family law attorney summarizes the important legal aspects of that process. \$55, \$45 for Members. Register at www.thewomenscenter.org or 703-281-2657, ext. 276.

SUNDAY/OCT. 14

Volunteer Fairfax Information Day. 12:30-2 p.m., at Tysons Corner Microsoft Store, 1961 Chain Bridge Road, Tysons Corner. Learn about VolunteerFest, Youth Service Guide and other family volunteer opportunities. 703-246-3533 or memery@volunteerfairfax.org.

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Wellbeing

Photo by Marilyn Campbell/The Connection



Experts say good hand washing habits, especially for children, can help keep illness at bay.



Photo Contributed

Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church, says that people should get a flu vaccine as soon as possible because the antibodies take about two weeks to provide the full measure of protection.

Preparing for Cold and Flu Season

Health care professionals offer advice for staying healthy.

By Marilyn Campbell
The Connection

While many of her friends and family members enjoy the cooler temperatures and vibrantly colored leaves that herald the arrival of autumn, Mary O'Brien braces herself. For her, fall and winter mean sniffles, sneezes and frequent trips to the doctor.

"I usually catch about four colds between October and April," said the North Potomac, Md., mother of two preschool children. "Between myself, my husband and our kids, it seems like someone always has a runny nose, fever or cough."

Local health care professionals say that while cold and flu season peaks in January and February, it can begin as early as October and extend through May. While there is no cure for the cold or flu, there are a few strategies that can increase one's chances of staying healthy.

Clean hands are the first line of defense against germs that cause illness. "I advise my patients to practice good hand washing habits, avoid touching their faces when possible, and cover their mouths when they sneeze or cough," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church and Molina Healthcare.

Rachel Lynch, manager for Prevention and Self Care at Inova Health System in Fairfax adds, "Hand sanitizers are a great option if you're out and about or don't have access to soap, but you should always make sure you clean your hands before and after eating, when you've been around other people who might be sick, or when you've come in contact with animals."

Experts also stress the importance of safeguarding one's immune system: "Getting enough sleep, drinking lots of water and getting exercise are also important in helping your immune system stay healthy and strong," said Lynch.

She went on to advise patients to avoid spreading germs to others: "If you're not feeling well, stay home. If we keep people who are sick at home, we're not

Cold or Flu? Understanding the Difference

"Symptoms of the flu range from mild to severe, but usually begin with a fever and body aches, and often include a cough and/or a sore throat, a headache, a runny nose, fatigue and chills, and potential vomiting, nausea and/or diarrhea. In many cases, the flu will resolve on its own in four to ten days with plenty of rest and liquids. If symptoms are severe, a doctor can prescribe antiviral medication to help lessen the duration and/or symptoms."

— **Dr. Jean Glossa**, medical director for the Fairfax County Community Health Care Network.

spreading it to individuals who aren't sick. A lot of times, people think it's strong to push through and still go to school or work even if you're not feeling well."

WHEN IT COMES to staving off the flu, healthcare professionals say to vaccinate.

"The CDC (Centers for Disease Control and Prevention) reminds us that the single best way to prevent the flu is to get an influenza vaccine each season," said Diane M. White, a registered nurse with a master's of science in nursing and director of the Nurse Practitioner Marymount University Student Health Center in Arlington.

How does one know whether or not they should get a flu shot? "The CDC recommends that anyone over 6 months of age gets vaccinated, especially those at high risk for complications ... like [people with] asthma, diabetes and chronic lung disease, pregnant women, children between 6 and 23 months of age, anyone 65 or older and those who live with or care for those [at] high risk," said Glossa.

Glossa adds that because the antibodies take about two weeks to provide the full measure of protection, the CDC recommends that the public get vaccinated as soon as the new vaccine is offered.

Experts say that some people are afraid to get the vaccine because they believe it may cause the flu, but that notion is inaccurate: "Injected flu vaccines only contain dead virus so it can't infect you," said Glossa. "The nasal vaccine, known as FluMist, is the one type of live virus flu vaccine, but this virus is specially engineered to remove the parts of the virus that make people sick."

Glossa offers one caveat: "People with severe allergies, especially those with an allergy to eggs, or anyone who has had a severe reaction to flu vaccines in the past, should check with their doctors before getting a flu shot."



Photo by Marilyn Campbell

Ophthalmologists are using the month of October, Eye Injury Prevention Month, to promote eye safety and raise awareness about eye injuries.

Protecting One's Eyes

Medical experts offer safety suggestions during Eye Injury Prevention Month.

By Marilyn Campbell
The Connection

Nancy Mahon was cleaning the bathroom of her Herndon home last spring when she noticed that something was going wrong.

"My eyes started burning intensely," she said. "They were red and felt like they were on fire." The source of her eye irritation was a chemical that she was using to clean her bathroom. She sought medical care and now uses mild, non-toxic cleaners.

Simple tasks like gardening or cleaning can lead to eye injury, so ophthalmologists are using the month of October, Eye Injury Prevention Month, to promote eye safety and raise awareness about eye injuries.

"Unfortunately, most people don't think about eye protection for home projects until it is too late," Dr. Lynn Polonski, M.D., an ophthalmologist and spokesman for the American Academy of Ophthalmology, said in a statement.

Experts say there are a few simple things that homeowners can do to decrease their risk of eye injury.

"Wear protective eyewear during risky activities, such as anytime you might be exposed to flying particles or dust. Wear goggles when exposed to chemicals," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network. "Take caution with chemicals and cleaners. Carefully read the labels of chemicals in household cleaning supplies and don't mix products."

Glossa added that washing one's hands after using chemicals is another preventative measure.

Children are also susceptible to eye injuries, but parents can take a few precautions to thwart harm.

"Avoid certain children's toys [like] projectile toys such as darts and bows and arrows," said Glossa. "Keep all household cleaning supplies that contain chemicals and sprays out of a child's reach, and cushion the sharp corners and edges of furniture and home fixtures."

The American Academy of Ophthalmology also recommends being careful when using lawn mowers, trimmers and shovels, which can propel dirt and debris into the air.

Ophthalmologists, Optometrists and Opticians:

An **ophthalmologist** is a medical or osteopathic doctor who specializes in eye and vision care. Ophthalmologists differ from optometrists and opticians in their levels of training and in what they can diagnose and treat.

Optometrists are health care professionals who provide primary vision care ranging from sight testing and correction to the diagnosis, treatment, and management of vision changes. An optometrist is not a medical doctor

Opticians are technicians trained to design, verify and fit eyeglass lenses and frames, contact lenses, and other devices to correct eyesight.

Source: The American Academy of Ophthalmology

Schools

Send School Notes to mclean@connectionnewspapers.com. Deadline is Friday.

Sabrina Caldwell of McLean has been awarded a J. William Fulbright grant, and will travel to Germany for an English Teaching Assistantship. An International Studies and German major with a minor in BC's Faith, Peace and Justice Program, Caldwell graduated cum laude from Boston College.

Air Force Airman **Pague A. Richards** graduated from basic military training at Lackland Air Force Base, San Antonio, Tx. She completed intensive, eight-week training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Richards is the daughter of Patty and James Richards of Noble Drive, McLean, and a 2011 graduate of McLean High School.

Jessica L. Burnam of McLean was named to the spring 2012 honor roll at Rhodes College of Memphis, Tenn.

Rafael Enriquez-Hesles of McLean has been named to the spring 2012 dean's list at Bucknell University of Lewisburg, Pa. He is the son of Rafael Enriquez and Elisa Hesles.

John A. G. Gimbert of McLean has graduated from Woodberry Forest School, and will attend Elon University. He is the son of Mr. and Mrs. Michael Gimbert of McLean.

Jamison Fox-Canning of Great Falls has been awarded a National Merit Rochester Institute of Technology Scholarship. The probable career field of the Langley High School graduate will be game design.

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Langley running back Philip Mun rushed for 221 yards on Sept. 28, but it was Madison's Ben Sanford, right, who led the Warhawks to victory with three interceptions and two touchdowns.



Langley junior Garrett Collier returned a punt 76 yards in the fourth quarter, giving the Saxons a chance to win or tie against Madison on Sept. 28.

Photos by Craig Sterbutzel/The Connection

Sanford Leads Madison Football Past Langley

Langley's Mun rushes for 221 yards, 2 TDs in defeat.

By Jon Roetman
The Connection

At one end of Langley High School's football field, Madison senior Ben Sanford used the words "unbelievable" and "crazy" describing the Warhawks' victory on Friday night. At the other end, Langley senior Philip Mun's moisture-filled eyes spoke volumes of the Saxons' disappointment.

Sanford snagged three interceptions, scored two touchdowns and the Saxons missed a potential game-tying field goal in the final minute as Madison beat Langley, 24-21, in a battle of one-loss Liberty District foes on Sept. 28.

The Saxons (3-2) had multiple opportunities to take control of the game, but came up empty on four of their seven trips inside the Madison 30-yard line. Langley rushed for 271 yards, including 221 from Mun, and had the ball on the Madison 11-yard line with a chance to win or tie late in the fourth quarter. But Madison (4-1) stayed in the game with big plays on defense and special teams and the Warhawks found a way to secure their fourth consecutive victory.

"It's just unbelievable," Sanford said. "We all put so much effort into this and it's crazy. It was close the whole game, so we had to stick in there."

SANFORD WAS A MAJOR REASON Madison was able to "stick in there."

The 6-foot-1, 190-pound receiver/linebacker put Madison in front, 9-7, when he caught a 16-yard touchdown pass from quarterback Dan Powers with 5:56 remain-

ing in the second quarter.

A 29-yard Mun touchdown run gave Langley the lead on its next possession. Later, the Saxons had a first down on the Madison 23 with less than a minute remaining in the first half. Sanford ended the threat when he intercepted a Langley pass in the end zone.

Madison wasn't out of the woods yet as the Warhawks lost a fumble on the next play, giving Langley the ball on the Madison 32 with 30.8 seconds remaining. Four plays later, Sanford intercepted a pass and returned it 88 yards along the left sideline for a touchdown on the final play of the first half.

Rather than facing a double-digit deficit, Madison held a 16-14 halftime lead.

"It came right to me," Sanford said of the pass he intercepted and returned for a touchdown. "I just thought it was an opportunity and I just took it down. I had some great blocks and I took it all the way to the house."

Sanford's third interception ended a Langley drive that reached Madison territory in the fourth quarter.

Madison's game-winning touchdown, a 3-yard run by Grant Hofmann with 7:29 left in the fourth, was set up by a 51-yard punt return by Jacob Hall. Later, Langley's special teams nearly sparked a Saxon comeback.

Trailing 24-21, Langley junior Garrett Collier returned a punt 76 yards to the Madison 11 with 1:57 remaining. On the next play, Mun raced into the end zone for what would have been his third touchdown of the evening, but the Saxons were flagged for holding, which moved the ball back to the 19-yard line. After a pair of 1-yard runs and an incomplete pass, Langley missed a

potential game-tying 34-yard field goal with less than a minute remaining.

"It's unbelievable, especially since they scored and it got called back on that penalty," Sanford said. "Man, it's crazy. We knew that if we played hard and dug in there, we could get it and just stop them and get this game over with."

"That was just heart and soul right there at the end," Madison head coach Lenny

Schultz said of his team's defensive effort.

The Saxons saw it differently.

Langley head coach John Howerton said the game was "poorly run" by officials. He

pointed out the Saxons made their share of mistakes, but he also voiced his displeasure with the way the game was called, especially the holding penalty that wiped out Mun's go-ahead touchdown.

"I hate to say that, but it was one of the worst I've ever been involved in in 28 years, it really was," Howerton said. "... For [Langley players] to battle the whole time like that and come back after making some bad blunders and come back and score to win, you don't take that away from kids."

Mun's teary eyes showed his frustration. "It's so disappointing," he said. "We should have had this win. [There are] so many reasons why—just simple mistakes. For them to take that touchdown away at the end is just so upsetting.... We played much better than [Madison]. They only scored on our mistakes."

OVERSHADOWED BY THE LOSS was Mun's stellar effort on the ground. The 5-foot-9, 170-pound running back excelled in the Saxons' read-option offense, carrying 33

times for 221 yards and two touchdowns. He helped Langley get off to a strong start as the Saxons marched 80 yards in just four plays for a touchdown on the game's opening drive. Mun gained 15 yards on the game's first play. After a 16-yard run by quarterback Nick Casso, Mun had a 37-yard run before he scampered 12 yards into the end zone.

"He's a phenomenally tough kid, the way he works his tail off," Howerton said. "He does exactly what you tell him. He's not the biggest [or] fastest, but he's a strong kid for his size [and] he has very quick feet. He's been as tough as any back I've coached. I've had easily 20 kids run over 1,000 yards in my 28 years, but this kid is as rugged as any of them [or] more so."

Howerton also said 6-foot-2, 320-pound right guard Jack Howerton and 6-foot-3, 220-pound H-back Philip Novacki give Langley an advantage against opponents in the ground game.

Casso carried 10 times for 50 yards and a touchdown. He completed 7 of 15 passes for 103 yards.

Seven Madison ball carriers combined to rush 23 times for 88 yards and a touchdown. Powers completed 7 of 17 passes for 134 yards and a score.

MADISON HAS WON FOUR STRAIGHT, beating Woodson, Hayfield, McLean and Langley since losing its opener to Oakton. The Warhawks, who are 2-0 in the Liberty District, will host Thomas Jefferson at 7:30 p.m. on Friday, Oct. 5.

Langley's two losses are by a combined four points. The Saxons opened the season with wins against Herndon and Thomas Jefferson before suffering a 35-34 loss against Chantilly. Langley responded with a 58-8 win against Marshall before losing to Madison. The Saxons, who are 2-1 in the district, will travel to face Stone Bridge at 7:30 p.m. on Friday.

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21 Announcements

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 SBD, Inc trading as Earl's of Ballston, 4215 N. Fairfax Dr., Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer on and off premises license to sell or manufacture alcoholic beverages. John B. Snedden, owner.
 NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements

21 Announcements

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21 Announcements

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21 Announcements

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OBITUARY
Betty R. Terwilliger
 Age 79, of Warrenton, Va. formerly of Vienna, Va., died on Sunday September 23, 2012 at her home. Beloved wife of the late Robert C. Terwilliger, mother of Michael Eric Terwilliger, Sr. and Sandra Lea Morgan, Sister of Kaye Casey, grandmother of Theresa Campbell, Michael Eric Terwilliger, Jr., Crystal Vanwart Justice, Shannon Vanwart-Praylow and Ashley Vanwart. She is also survived by 5 great-grandchildren, a nephew, ohn Casey, III and a niece, Elizabeth Rigsby. A memorial service will be held on Saturday, September 29th at 2:00 PM At Greenwich Presbyterian Church, 15305 Vint Hill Rd., Nokesville, Va. Inurnment at the Columbarium at Arlington National Cemetery at a later date. In lieu of flowers, donations may be made to the American Diabetes Assoc. or The American Heart Assoc. The online guestbook is available at: www.moneyandking.com

21 Announcements

21 Announcements

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TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE
 Improved by the premises known as 3800 Powell Lane, #525, Falls Church, Virginia
 In execution of a Deed of Trust from Caroline S. Miner, dated June 10, 2005, and recorded June 15, 2005, in Deed Book 17398 at page 1666 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on
Wednesday, OCTOBER 10, 2012 at 9:30 a.m.

21 Announcements

21 Announcements

the following property being the property contained in said Deed of Trust, described as follows:
 Unit 525, LAKESIDE PLAZA CONDOMINIUM with the sole use of the limited common element storage area and limited common element parking space assigned thereto and the undivided interest appurtenant thereto as set forth in the master deed and declaration recorded in Deed Book 5821 at page 1459, among the Land Records of Fairfax County, Virginia.
 Commonly known as 3800 Powell Lane, #525, Falls Church, Virginia 22041.

Commonly known as 3800 Powell Lane, #525, Falls Church, Virginia 22041.

TERMS OF SALE: A deposit of \$20,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 3.75 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser shall also be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

Additional terms and conditions of sale may be announced at the time of sale.
 DAVID N. PRENSKY
 Substitute Trustee

FOR INFORMATION CONTACT:
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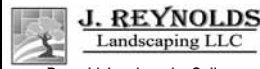


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-Abraham Lincoln

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By KENNETH B. LOURIE



These are the exact words, ergo the quotation marks, e-mailed to me by my oncologist describing/assessing my most recent CT Scan. Words which no doubt will be clarified-and-questioned by yours truly at our next face-to-face appointment (in two weeks approximately). Subject to interpretation, misinterpretation, one's level of denial, that same one's level of acceptance; these are words that for now, I must live with, and considering the operative word "live," I am happy – and amazingly fortunate, to do so.

Given the availability of e-mail, results regarding lab work, diagnostic scans and miscellaneous other tests are now just a mouse click away. No more sitting anxiously in the doctor's office waiting for his arrival, eager to observe his facial expressions, body language, tone and inflection, desperate for a hint, until he shares the latest news about your health; now we know, sort of. Although there is a wide margin for conversational disconnect and misunderstanding when doctors provide such information electronically (and not personally, and with no real-time feedback loop), knowing something quickly (same day service for this most recent result), has its place. Not perfect, by any means. But they are a means to an end – of worrying and wondering when you are going to receive a phone call/hear back from your oncologist.

Nevertheless, it is impossible – for me, not to get existential when you receive these e-mails and wonder, what does it all mean? Of course, you know what you want it to mean. But as much as I'd like to think I can be objective about such communications, given the seriousness of the underlying diagnosis (NSCLC, stage IV), I suppose if I were being totally honest, I would have to say that's probably being unrealistic. Moreover, even though I've been through this emotional ringer for three and a half years now, and much of what occurs is familiar, presuming that wishful thinking, naïveté and plain old hope don't subconsciously take over and lead the patient/survivor down the garden path is probably also a bit unrealistic. Still, what's a terminal patient to do? As Tug McGraw of the "Amazin'" '69 Mets made famous: "You Gotta Believe." So I do.

It's not that I'm totally out of touch with the severity of my diagnosis and the statistical probabilities of living beyond a certain number of years, it's more that I choose to ignore them and try extremely hard not to dwell on them. (Much easier written than actually done.) As my brother Richard encouraged me at the very beginning: "There are exceptions to every rule. You'll be the exception that disproves the rule." And so, he has been proven correct as I have survived beyond my oncologist's original prognosis, grim as it was ("13 months to two years"). It's not to say I didn't believe what the oncologist said to me when I first heard it, (life expectancy/prognosis), but it was sure hard to process it since I was asymptomatic and felt completely fine. Still, I took the news very seriously, as you can imagine. To say the next few days at home were not incredibly difficult would be a lie.

Within a few weeks or so, I had made a variety of changes in my life and tried to assimilate my diagnosis/prognosis into my present so that maybe I'd have a future. For a long time I became a proponent of George Allen's football philosophy: "The future is now!" Given how I feel now, three-plus years later, and considering the results of this most recent scan, the future may simply be what it is: not now, but later. At least, that's the way I see it, subjectively speaking. (Now whether "subjectively speaking" is just a euphemism for "unrealistic" is likely a topic for a "future" column.)

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

Lighting the Night for a Cause

This is the APL Dumpling Gang's second year walking in the Leukemia & Lymphoma Society's annual Light the Night Walk. They started last year after team captain Jean Card, a McLean resident, was declared in remission after being diagnosed with Acute Promyelocytic Leukemia in February 2011.

In 2011 they raised more than \$2,700 for research in the effort to cure blood cancers. Many of the advances found in LLS-funded research have supported other cancer research as well. Chemotherapy, which is used to fight many kinds of cancer, was first researched as a treatment for childhood leukemia.

The team would appreciate your support on Monday, Oct. 15 at Lost Dog Café in McLean. Lost Dog Café will be donating a portion of what they take in between 5 p.m. and closing that evening. Lost Dog is a team favorite: fantastic pizza, a huge sandwich menu, a terrific beer selection and they help support their own animal rescue. Lost Dog McLean is located at 1690A Anderson Road in McLean.

Even small donations add up to do a lot of good. Word of mouth advertising on facebook, twitter and to friends and family is an effective way to spread the news. For information about joining the team for the walk, email APLDumplingGang@gmail.com or visit www.LightTheNight.org.



The APL Dumpling Gang at the 2011 Light the Night Walk to support the Leukemia & Lymphoma Society. Team captain Jean Card is in remission from Acute Promyelocytic Leukemia after being diagnosed in February 2011.

He who learns but does not think is lost; he who thinks but does not learn is in danger.

—Confucius

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Advent Lutheran Church...703-521-7010
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Essay Contest—"Last Summer . . ."

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- Open to high school students, ages 15-18
- Essays due Oct. 15
- Essays to be judged by an impartial panel
- Winner will receive a \$200 prize and be recognized at final performance of *What I Did Last Summer*

For further details, contest rules, and an application form, please see the MCP website:

www.McLeanPlayers.org

Entertainment

Westerly View From Skyline Drive, Pigment Print, framed under glass (24" x 32")



Fine Art Photographs at the Old Brogue

Oct. 1-31, Richard Suib's dramatic water, mountain landscapes and wildlife photographs of Great Falls National Park and the Blue Ridge mountains are on display at the Old Brogue in Great Falls, 760 Walker Road, 703-759-0067 or www.richardsuibimages.com.

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

aquabord with watercolors. 703-391-3971 or www.viennaartsociety.org.

FRIDAY/OCT. 12

Arts Awards Luncheon. Noon-2 p.m., at the Hilton McLean Tysons Corner, 7920 Jones Branch Drive, Tysons Corner. An annual program to recognize outstanding arts organizations, artists and arts philanthropists in the County. 703-642-0862 ext. 4 or <http://artsfairfax.org/arts-award-luncheon>.

LMFAO Comedy Night: Vijai Nathan. 8 p.m., at Diya Restaurant Tysons, 2070 Chain Bridge Road, Vienna. Manan Singh Katohora, PepperTree Productions and Shalabh Entertainment present a night of laughs to cure the most belligerent boredom. \$27. 202-656-3630 or www.desiclub.com/lmfao.

SATURDAY/OCT. 13

Third Annual Louise Archer Sunshine 5K and Fun Run. 8 a.m., at Louise Archer Elementary School, 324 Nutley St NW, Vienna. Run to benefit the Parent Teacher Association and programs to enrich and nurture the school's children; food and post-race drinks, chip timing and t-shirts available. <http://la5k.louisearcherpta.org>.

SUNDAY/OCT. 14

MPAartfest. 10 a.m.-5 p.m., at McLean Central Park, intersection of Old Dominion Drive and Dolley Madison Boulevard, McLean. The park transforms into a a landscape of mini art galleries showcasing the work of Ann Barbieri and 49 other artists; live entertainment, children's ArtWalk and Innovation Station, a Senior Art Space, Open Studio and live entertainment are activities at the fest. www.mpaart.org.

Washington Symphonic Brass: Danza. 4 p.m., at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Experience South American music and its Spanish roots; post-concert reception. \$30; students 17 and under, free. www.amadeusconcerts.com.

WEDNESDAY/OCT. 17

Low Vision Support Group: "Remembering Music." 10-11 a.m., at Vinson Hall, 6251 Old Dominion Drive, McLean. 202-234-1010.

SATURDAY/OCT. 6

McLean 5K Run with the Warriors. 8 a.m., at McLean Square Shopping Center, 6655 Old Dominion Drive, McLean. Sign up to run or walk with wounded warriors, military personnel and community members in support of those who serve. www.mclean5k.com.

Country Fair. 10 a.m.-4 p.m., at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. The 30-year-old fair features a quilt show and giveaway, musical performances, silent auction, "treasure trove" flea market, book sale, plant sale, food and children's games. 703-759-2082 or www.thecountryfair.org.

Vienna Oktoberfest. 11 a.m.-7 p.m., on the Town Green and Historic Church Street, 513 Maple Ave. W, Vienna. Two stages (one for the children) with live entertainment, a beer garden, food vendors, children's activities and a marketplace; rain or shine. 703-281-1333 or www.viennaoktoberfest.com.

CRCA Oktoberfest Ballroom Dance. 8-11:30 p.m., at the Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Polka lessons from 8-9 p.m. and a dance to follow with refreshments, music by The Family Band and polka and waltz music; ballroom casual, singles welcome. \$5, lesson; \$15, dance. 703-759-2685 or www.colvinrun.org.

WEDNESDAY/OCT. 10

Oktoberfest Potluck. 6:30 p.m., at The Great Falls Grange Hall, 9818 Georgetown Pike, Great Falls. Socialize and drop off your dish before dinner, beginning promptly at 7 p.m.; folklore and ghost stories, oom-pah German dance music and gemütlichkeit (friendship and congeniality). \$15, adults; children 12 and under free. Reservations by Oct. 4. 703-759-2378.

THURSDAY/OCT. 11

Get on Board. 7:30 p.m., at the Vienna Art Center, 115 Pleasant Street NW, Vienna. The winner of Leesburg's 2012 Small Business Public Art Award demonstrates her art with paint on claybord and

SATURDAY/OCT. 20

McLean Orchestra: Phantoms and Fantasies. 8 p.m., at Oakcrest School, 850 Balls Hill Road, McLean. A night of Halloween haunts, with Mussorgsky, Debussy and Hector Berlioz's *Symphonie Fantastique*; post-concert cake and champagne reception. www.mclean-orchestra.org.

TUESDAY/OCT. 23

Food Day: Feeding Academic Success. 6 p.m., at Marshall High School, 7731 Leesburg Pike, Falls Church. Community leaders, teachers, parents and students team up with Real Food for Kids for a panel discussion, keynote speaker and a high school salad bar team challenge—judges will present awards for the freshest, most appealing and nutritious salad bars meeting USDA National School Lunch Program guidelines. RSVP. FoodDay2012@realfoodforkids.org.

SATURDAY/OCT. 27

Fall Bazaar. 10 a.m.-5 p.m., Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Handmade arts and crafts, children's activities and pulled pork barbeque platters. 703-759-3705 or c.wright@longandfoster.com.

SUNDAY/OCT. 28

Halloween Bingo. 2-5 p.m., at the Vienna Volunteer Fire Department, 400 Center Street S, Vienna. Dress up to win the costume contest and play bingo for up to a \$1,000 prize. \$20. 703-938-2678.

SATURDAY/NOV. 17

Lift Me Up! Gala. 7 p.m., at the BMW of Sterling Dealership, 21826 Pacific Blvd., Sterling. Cocktails and silent auction followed by dinner and show to benefit the Lift Me Up! therapeutic riding; black and white cocktail attire. 703-759-6221 or www.LiftMeUp.org.

ONGOING

"Suite Surrender." 8 p.m., 7 p.m. and 2 p.m., at the 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Michael McKeever's comedy, playing Fridays at 8 p.m., Saturdays at 2 p.m. and Sundays at 2 p.m. and 7 p.m. through Oct. 14. \$15-25. 703-854-1856 or www.1ststagein.com

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www.safecommunitycoalition.net

Photo Contributed



The McLean Orchestra will introduce its newly appointed Music Director and Conductor Miriam Burns.

McLean Orchestra to Open 'A Season of Imagination'

The McLean Orchestra has announced its 41st season, "A Season of Imagination," introducing newly appointed Music Director and Conductor Miriam Burns of New York City. The McLean Orchestra's gala opening concert, "Phantoms and Fantasies," will be performed on Oct. 20, at the Oakcrest School in McLean at 8 p.m. Executive Director John Huling says, "We are tremendously excited about Maestra Burns taking the reins of the McLean Orchestra and can't wait to get this season started on Oct. 20. Miriam is going to electrify our audiences as she did when she conducted us in 'A Night at the Opera' this past February."

The opening subscription concert will include Mussorgsky's Night on Bald Mountain, Debussy's Afternoon of a Faun and Hector Berlioz's most famous work, Symphonie Fantastique. Holiday programs on Dec. 8 and 9, entitled "Holiday Magic," will once again feature the Oakcrest School Girls' Chorus and introduce soprano soloist Melissa Mino. The concerts will offer a variety of traditional and spiritual favorites including an audience sing-along. On our Feb. 2 concert, "Musical Fairy Tales," Grammy-nominated violinist Jenny Oaks Baker, previously of the National Symphony Orchestra, will perform works from her nominated album, "Wish upon a Star: A Tribute to the Music of Walt Disney." On this concert of musical fairy tales, the orchestra will also perform Rossini's Overture to William Tell, Grieg's Peer Gynt and the music from Fantasia 2000, Stravinsky's Firebird Suite, 1919. This concert will be repeated in an abbreviated format on Sunday, Feb. 3, which will combine the McLean Orchestra and McLean Youth Orchestra in their first ever "side-by-side" concert. The March



Maestra Miriam Burns will lead the McLean Orchestra in its "Season of Imagination."

16 concert, titled "Gypsy," opens with Ligeti's Concert Romanesc before showcasing National Symphony Orchestra Concertmaster Nurit Bar-Josef and NSO cellist James Lee who will perform Brahms' Double Concerto for Violin and Cello. After intermission, the orchestra will perform Beethoven's Symphony 7, a work that Beethoven himself felt was one of his finest. "Route 66 to Paris" will close the subscription season on May 4. This concert will be a mix of enchanting American and French music including Ravel's La Valse and Pavane for a Dead Princess, Samuel Barber's Knoxville Summer of 1915 and Bernstein's Glitter and be Gay featuring NYC Soprano Courtenay Budd. The concert and season conclude with Gershwin's beloved An American in Paris complete with honking taxi cabs. All concerts are followed with a cake and champagne reception for conductor, musicians, soloists and audience alike.

The McLean Youth Orchestra will continue its mission of offering high quality classical musical training and performance opportunities to many of Northern Virginia's most talented youth. The MYO under Music Director Pauline (Tina) Anderson introduces its own new Principal Conductor Dr. Paul Kim who is also a professional violinist. The MYO will perform four concerts this season and will travel to Chiba, Japan in March to perform with its sister orchestra from Chiba. This continues a long tradition of international exchange for the MYO. All McLean Youth Orchestra concerts are free to the public.

For concert and ticket information visit the McLean Orchestra website at www.mclean-orchestra.org or call 703-893-8646.

McLean Community Center
The Center of It All



Here's What's Happening at MCC

Morning Movies
"Citizen Kane"

Wednesday, Oct. 3, 10 a.m.

Free, no reservations required
These free movies were personally chosen by the Alden staff from the American Film Institute's "100 Greatest Movies of All Time."

McLean 5K Run with the Warriors

Saturday, Oct. 6, 8 a.m.



McLean Square Shopping Center
Register to run or walk with wounded warriors, military personnel and community members in support of those who have so honorably served. www.mclean5k.com

McLean Project for the Arts
MPAartfest

Sunday, Oct. 14, 10 a.m.-5 p.m.

Free admission
McLean Central Park will be turned into a lively landscape of mini art galleries showcasing and offering for sale the work of a diverse group of 50 juried artists.

Take a Day Away
Fall with Frank Lloyd Wright

Sunday, Oct. 14-Monday, Oct 15

This trip includes tours of Fallingwater and Kentuck Knob, with an overnight stay at five-star Nemaquin Woods Resort.

Haunted Gingerbread House Workshop

Thursday, Oct. 18, 6:30-8 p.m.

\$45/\$35 MCC district residents
This is scary fun for the whole family as everyone works together decorating a pre-assembled gingerbread house.

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





For McLean High, this was the first year competing in Class VI: the band placed second at the 16th Annual Showcase of the Bands Saturday at Herndon High.



Photos by Amiee Freeman/The Connection

McLean High's repertoire was from John Mackey's concerto for trombone, 'Harvest,' which was adapted by McLean's band director Chris Weise for the marching band.

Herndon High Hosts Band Competition Fairfax High places first, McLean High second in Class VI.

By Amiee Freeman
The Connection

The stadium at Herndon High was packed Saturday with friends and family attending the 16th Annual Virginia's Showcase of Bands. Twenty-six high school marching bands from across northern Virginia and Maryland competed throughout the day Saturday, with the larger bands performing Saturday evening. Performances began at 10:45 Saturday morning

and continued until 8:30 Saturday night.

"A lot of people associate marching bands as the half time show at football games, but Saturday competitions such as this one are the main event for us," said Kathleen Jacoby, director of bands at Herndon High.

Marching bands are divided into classes based on size. Bands in classes two through six competed against each other Saturday. Herndon High, with 120 members, is a Class V Band. As the host school, Herndon High did not compete, but was able to perform in exhibition. Herndon High partnered with the United States Bands, a national organization which provides support and adjudication to high school marching bands, to host the competition.

THE MARCHING BAND SEASON starts in August, four weeks before the start of school. Band members spend hours practicing and drilling together in school parking lots and on practice fields. Throughout the fall marching bands gather and compete. Saturday's competition at Herndon was early in the marching band season; for many of the high schools this was their first competition of the year. Herndon High participated in a competition last week in Winchester, Va. and are preparing for a competition at James Madison University in a couple of weeks.

"For many bands, this is their first weekend out. A lot of bands are working through performance nerves. As expected schools from northern Virginia are doing a phenomenal job," said Jacoby during Saturday's competition. "This is one of the few times we get to see so many schools from our area together. We get to see how we stack up against other schools from the area."

Each marching band selects a theme and a repertoire for the

year. Herndon's theme this year is "Songs from the Northern Seas" and includes songs from the soundtracks of Riverdance, Lord of the Rings and How to Train Your Dragon.

"At the end of last season, several band members were constantly playing the soundtrack for 'How to Train Your Dragon.' When I finally realized what they were doing, they told me that they were subliminally trying to get me to choose that soundtrack as this year's theme. The more I listened to the music, the more I realized those songs are meant to be a marching band show," said Jacoby.

This is Jacoby's fifth year at Herndon as the band director. "This is absolutely the best band since I have been here. The kids are so enthusiastic, well-disciplined and motivated," said Jacoby.

Junior Blake Morgan, drum major, said that being in band is a great experience. "The skills we learn from band are great. I'm passionate about music and this is a good experience." This is Morgan's third year with the band.

Freshman Abby Witmer, a clarinet player, said that a lot of her friends were in band and it seemed like a lot of fun, so she decided to join this year.

HERNDON HIGH'S BAND played last Saturday evening. Following Herndon's performance, winners in each class were announced. Herndon's drum majors along with visiting dignitaries including Delegate Tom Rust, Fairfax County School Board member Jane Strauss, Supervisor John Faust and Herndon Town Council representative Melissa Jonas presented trophies to the bands. In the largest band size class, Class VI, Fairfax High School placed first, McLean High placed second, Chantilly placed third, and Westfield and Woodson placed fourth and fifth respectively.

www.ConnectionNewsletters.com

Race for a Cause: Come be a Superhero!

We're partnering with Acumen Solutions for their 4th Annual Race for a Cause™ 8K and 1Mile Fun Run race on Sunday, October 14, 2012 in Arlington, VA. Alexandria and Fairfax Region Boys and Girls Club will be one of 10 charities benefitting from the race and it's up to the runner or walker to pick which charity their donation will benefit. \$2,000 in combined prizes will be awarded to top race winners. Please choose the Boys and Girls Club - Alexandria Olympic and Fairfax as your charitable preference!

Location: Arlington, VA
Date: October 14, 2012
Time: 8:00 A.M.

The race will be on a fast out-and-back, flat course that begins and ends on North Quincy Street near the intersection of Wilson Boulevard. Runners of all levels, as well as walkers, are encouraged to participate. For more information and to register, visit: <http://communications.acumensolutions.com/Theraceforacause/index.html>

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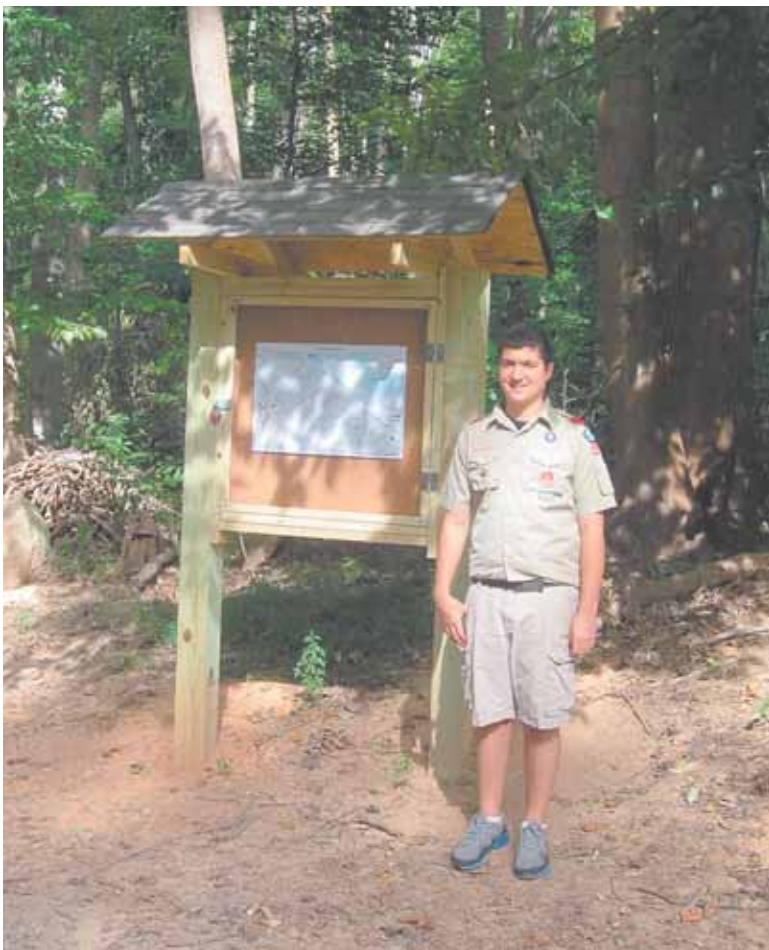
Scout Project Combines Technology, Hiking

Nick Mariam, a Boy Scout in Troop 128, McLean, and a sophomore at Thomas Jefferson High School for Science and Technology, combined his interests in technology and hiking in his Eagle Scout Project at Seneca Tract in Great Falls.

Seneca Tract is a Northern Virginia Regional Park that is popular for hiking, access to the Potomac River and horseback riding. The Potomac Heritage Trail runs through the park and connects the area with Riverbend Park and Algonkian Regional Park.

Nick spent the summer coordinating efforts to GPS map over 7 miles of trails in the park. The derecho storms complicated the mapping of the trails as downed trees obstructed many of the trails in July.

Scouts from troop 128, family and friends helped Nick construct an information kiosk to display the map of the park. Nick dedicated over 200 volunteer hours to the planning and execution of the project.



Nick Mariam

Photo Contributed

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OPEN HOUSES

SATURDAY/SUNDAY, OCTOBER 6 & 7

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.
Call Specific Agents to Confirm Dates & Times

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6100 Eagle Landing Rd.....\$649,900....Sun 1-4.....Carol Hermandorfer.....Long & Foster.. 703-503-1812

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6100 Housatonic Ct.....\$689,000....Sun 1-4.....Mary Ruehl.....Coldwell Banker.. 703-451-2500

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13116 Bigleaf Maple Ct.....\$469,000....Sun 1-4.....Jim Gilbert.....Samson Props.. 703-969-0410

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7937 Donegal Ln.....\$649,900....Sun 1-4.....David Unterman.....RE/MAX.. 703-869-1876

8102 West Point Dr.....\$469,000....Sun 1-4.....Joni Koons.....Weichert.. 703-209-7277

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45567 Ruislip Manor Way.....\$425,000....Sun 1-4.....Mobeen Khan.....Quick Sell.. 703-829-4459

20613 Glenmere Sq.....\$410,000....Sun 1-4.....Karla Daniels.....Samson Props.. 571-330-0534

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10511 William Terry Dr.....\$998,000....Sun 12-4.....Laura Maschler.....Century 21.. 571-338-3961

To add your FREE Realtor represented Open House to these weekly listings, please contact Trisha at 703-778-9419, or trisha@connectionnewspapers.com
All listings are due by Monday at 3 P.M.



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