

Heading For States

Sports, Page 12

Oakton sophomore Allie Klimkiewicz placed fourth at the Northern Region cross country championships on Nov. 2, helping the Cougar girls' team to a second-place finish and a state berth.

Hope Grows in Vienna

News, Page 8

Vienna's Fair-est Saturday Presents Early Holiday Bazaars

News, Page 5

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Photos by Jennifer Benitz/The Connection

Voters stand in line at Colvin Run Elementary School at 6:30 a.m. during the morning's heaviest turnout.

A 'Tremendous Turnout'

At Wolftrap precinct, about 100 voters were standing in line by the time the polls opened, some having been there since 5:10 a.m.

By Jennifer Benitz
The Connection

Election Day proved to be a cold, but busy morning at Colvin Run Elementary School in Vienna. With about 50 voters waiting in line by 6:25 a.m., the line extended out the door. Voters began lining up outside the polling station about 10-15 minutes before doors opened at 6 a.m.

A few volunteers stood in the cold weather much longer. Will Barlett, 24, of Vienna, had been standing outside since 4:50 a.m. waiting to hand out sample Republican voter ballots to passers-by. Others, such as Girl Scout troop 3015, had been outside since 6 a.m., selling coffee and baked goods to those who waited in line. Among those standing outside was Robert Philipp.

"In years past, we've had about a 70 percent turnout," said Philipp, the assistant chief election officer at the Shouse precinct. "That's a big turnout."

While the early morning and evening hours have typically been Colvin Run's busiest voting times in previous elections, things soon calmed down as fewer voters trickled in. By 7:30 a.m., the size of the line was cut in half, with only about 20-25 voters comfortably waiting inside with the cafeteria doors closed. Despite the line of voters moving swiftly through the poll booths, Jackie Garvell, the Shouse Precinct chief election officer and a retired naval officer, remained busy attending to those who needed help.

Not far from her side was Marvin Rosenberg, a first-time election volunteer from Vienna. With 2,334 registered voters at the Shouse Precinct, Rosenberg has high hopes for the turnout. "This is my first time



Will Barlett, 24, of Vienna, hands out sample Republican voter ballots at Colvin Run Elementary School in the early morning hours.

volunteering. I've always been an observer for the Democratic Party and decided I wanted to see what it was like to be an election officer."

Just down the road at Wolftrap Elementary School, the voting scene was bustling at 8:40 a.m. Finding parking space was a challenge at times, as the streets surrounding the school were lined with cars and voters heading in and out.

With 3,640 registered voters at the Wolftrap precinct, the turnout has been heavy and consistent throughout the morning. About 100 voters stood in line by the time the polls opened, some having stood there since 5:10 a.m.

The chief election officer of Wolftrap Precinct, Pauline Gearhart, was in good spirits. Over 400 votes had been cast by 7:30 a.m., in addition to 531 absentee ballots cast prior to Election Day. By mid-morning, the line remained consistent with about 100 voters still waiting. While fewer voters were expected from 10 a.m.-2 p.m., Gearhart did not expect much difference in consistency. "This is a tremendous turnout," said Gearhart. "We usually have a high turnout of about 70-80 percent, as I recall."

The retired schoolteacher and long-time Vienna resident started volunteering in elections in 1978 and helped in more than 60 elections, missing only two in the past 34 years. "I think it is everyone's duty to help make the democratic process fair and honest," she said. "And I try to do that in everything I do."



Election volunteer Mari McColl kept lines moving and answered voter's questions.



Jim Eggeman of Vienna

Photos by Victoria Ross/The Connection

Absentee Voting Down Slightly

More confusion about redistricting reported at polls, not Voter ID.

By Victoria Ross
The Connection

The line of 100-plus voters casting absentee ballots at the Reston Government Center Friday evening moved quickly. Poll workers Mari McColl and Joe Gofus frequently walked up and down the lines, checking to make sure forms were filled out correctly, and voters got answers to their questions.

"Do you have your forms? Any questions about your ID? Need anything else, a beer maybe?" joked Gofus.

"We haven't had any real problems," McColl said. "We only had to turn away one voter so far, and that was because the only form of ID this man had was an out-of-state driver's license." McColl said election volunteers provided the man with the list of acceptable forms of identification. McColl said most absentee voters have been using their new Voter Registration Cards, sent out by the State Board of Elections in early October.

McColl said the line Friday night was relatively short compared to earlier in the week.

"On Thursday we had over 750 people come through," she said. "Things have been hopping, but it's worth it to be part of the process as long as people vote."

Jim Eggeman of Vienna, standing in line at the Reston Government Center Friday night, was one of the 82,145 voters in Fairfax County who cast an "in-person" absentee ballot by Nov. 3, according to Cameron Quinn, the County's

chief elections official. "This is more convenient than trying to get here on Election Day, and I will be working all day," he said.

Quinn said absentee voting was down slightly this presidential year—a total of 93,014 absentee ballots mailed—compared to 107,145 in 2008.

"We typically have high voter turnout in Fairfax County," Quinn said. In 2008, Quinn said 79 percent of the County's registered voters cast their ballots, compared to 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.

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.

While Virginia's new Voter ID laws was the hot topic in the run-up to the Nov. 6 elections—Quinn said many of her office's 600-plus calls each day concerned the Voter ID measures—it wasn't the big question in many polling stations. Redistricting was.

"Now I'm confused," said Oakton voter Barb Cranston. "I thought I was in the 11th district, but someone just told me I'm in the 10th Congressional district."

"I'm not sure if I'm still in the 11th district," Eggeman said, as election volunteers walked through the line, looking up addresses to help guide voters to the right ballot box.

"I didn't even know there was redistricting," Eggeman said.

News

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Photos contributed

Our Lady of Good Counsel Catholic School hosted its fourth annual Trunk or Treat night on Thursday, Oct. 25.

Trunk or Treat at Our Lady of Good Counsel

Our Lady of Good Counsel Catholic School hosted its fourth annual Trunk or Treat night on Thursday, Oct. 25. The event is hosted by the school Parent Teacher Organization with several goals including fellowship among the school's families, and a safe, fun way for the students to celebrate the season of Halloween. The evening includes intricately designed van, SUV and car trunks, a pizza dinner and an interactive DJ and dancing.

Since 2009, the OLGC Trunk or Treat has grown from taking up one parking lot to now more than 70 cars with spooky, sporty and theme decorations. There was even a Scooby Doo Mystery Machine. Once all the families are parked in the school and church lots, families commence decorating. This is followed by

children going from car to car collecting candy in trick or treat style. Most people are in costume and one child even came as a vending machine. In addition to an increase in attendance, the decorations and costumes have become more elaborate each year.

The pizza, catered by Church Street Pizza, and a DJ allow the students and parents to socialize and dance. It is a great time of year to celebrate together and relax before the holidays. It is wonderful to see how food, music and dancing can bring a community together. The friendly competition for best decorated car also raises the level of excitement. This year, the winner had a chicken coup theme.

It is easy to see the spirit of community at OLGC School when you look out over the mass of excited trick or treaters going from car to car.

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THE CONNECTION
 NEWSPAPERS

Vienna's Fair-est Saturday Presents Early Holiday Bazaars

The Vienna Woman's Club and the Vienna Volunteer Fire Department Auxiliary host their annual fundraisers.

By Donna Manz
The Connection

What better way to kick off the holiday season than with the first of Vienna's festive bazaars? On Saturday, Nov. 10, there are two of them, adjacent to one another, no less. Both the Vienna Woman's Club and the Vienna Volunteer Fire Department Auxiliary host their annual fundraiser craft fairs, offering home-made crafts, baked goods, raffles, and even lunch.

The Vienna Woman's Club annual bazaar, its only fundraiser, supports the club's scholarship programs. Every year, the Woman's Club awards a \$1,000 scholarship to a graduating senior from each of the area's three high schools: George C. Marshall, James Madison and Oakton. It also provides grants to Vienna's four elementary schools to be used for the schools' summer reading programs. Remaining available funds can then be allocated to support other local community programs.

Held throughout the Vienna Community Center, the bazaar raises money by selling

vendor space. There are 80 vendors signed up for 2012, selling handmade crafts, jewelry, stained glass, skincare products, doll clothes, original art, and wares from the Pampered Chef.

Not only is there a craft sale, but the club sponsors a used-book sale, mementos and trinkets in Aunt Alice's Attic, and also provides activities for young children in an upstairs room. Raffle prizes are donated by community businesses and individuals, and the Vienna Lions Club helps to set up the tables.

"It's an opportunity to get a jumpstart on your holiday shopping," said Woman's Club President Diane Abel. "By supporting our fundraiser, you are also supporting the community."

THE WOMAN'S CLUB charges a nominal admission cost of \$2 for anyone 12 years old and older. The bazaar runs from 9:30 a.m. to 4:30 p.m. The Vienna Community Center is located at 120 Cherry St. SE.

Meanwhile, across the street from the community center, the Vienna Volunteer Fire Department Auxiliary opens its doors for its annual holiday bazaar on Nov. 10, as



Photo Courtesy of VVFD Auxiliary

Many vendors selling at the Vienna Volunteer Fire Department Auxiliary harvest bazaar return year after year, as do many of the fair's customers.

well.

Intersecting Cherry Street and Center Street is the Vienna Volunteer Fire Department station house. Going back 35 to 40 years, the annual Auxiliary craft bazaar raises money to buy equipment for Vienna's volunteer fire department.

On a smaller scale than the Woman's Club bazaar, VVFD's Auxiliary's bazaar features 25 to 30 vendors, many of whom return year after year. Shoppers, too, include regulars who return year after year.

"A lot of things are one-of-a-kind," said VVFD Auxiliary President Joan Dempsey. "They're unique, not mass-produced."

The "craft lady," a vendor for more than 20 years, is coming back to sell her fleece blankets and crocheted pieces. There's vendors selling jewelry, Christmas ornaments, and décor pieces. All vendors donate, at least, one item for the raffle. Raffle tickets sell for three for \$1.

Lunch is prepared and sold by the auxiliary, from barbecue sandwiches—everyone's favorite, Dempsey says—to nachos, chili, baked goods, hot dogs and the "really" popular chili-cheese hot dogs.

All net proceeds go toward the purchase of fire equipment. Most recently, the auxiliary paid for and donated the department's canteen vehicle.

Dempsey said that the two bazaars are not in competition. In fact, both the auxiliary and the Vienna Woman's Club publicize each other's bazaar. "We work together," Dempsey said.

"[The bazaar] is like a family environment," said Dempsey. "The same familiar faces, vendors and customers, year after year."

THE AUXILIARY'S HARVEST BAZAAR is upstairs in the fire station's Flame Room, and runs from 10 a.m. to 4 p.m. on Saturday, Nov. 10. Admission is free.

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Barack Obama came to Northern Virginia on Saturday, Nov. 3 with Bill Clinton and Dave Matthews.



Photos by Deb Cobb/The Connection

Mitt Romney packed the Patriot Center at George Mason University on Monday, Nov. 5. Anne Romney asked: "Will we be neighbors soon?"

Feeling Important

Presidential campaigns traverse Northern Virginia on last days, mark the importance of every vote.

The images from the last weeks of the presidential election of 2012 make it clear that it would be hard to overstate the importance of voting, especially in Virginia, especially in Northern Virginia.

Every vote will be important. What I wish for today from Northern Virginia is record turnout and smooth sailing for voters casting their votes.

Writing this the morning of Election Day, it's still fair to say that the race for president and for the U.S. Senate in Virginia is too close to call. It's hard to overstate the difference it will

make when the election results are final.

Mitt Romney came to the George Mason University Patriot Center on Monday, also bestowing attention on Republican Senate candidate George Allen. It was one of several trips to the area.

President Barack Obama came to Prince William County on Saturday, along with Bill Clinton. On Monday, Vice President Joe Biden came to Claude Moore Park. Both visits gave a boost to Democratic Senate candidate Tim Kaine.

The money that has been spent—and raised—here in Virginia is daunting. At the end of Octo-

ber, in 2012, Romney had raised \$10.1 million and Obama \$8.2 million in checks of \$200 or more from Virginians, according to the Virginia Public Access Project. Inside the Beltway donors (different from Northern Virginia in VPAP's categories) gave \$3,193,148 to Obama and \$3,104,160 to Romney. Northern Virginia outside the Beltway gave \$2,694,030 to Obama and \$3,525,796 to Romney.

While either way, about half of voters will be disappointed by the outcomes here, no one will be sorry that this campaign season is over. It's been fun to be a favorite child in some ways, but it will be OK to go back to addressing local issues without the magnification of such an important election.

— Mary Kimm,
mkimm@connectionnewspapers.com

First-time Voters Viewpoints: "Who are you voting for and why?"



Ellie Darcy, 18, Oakton, Freshman at University of Mississippi

"I am voting for President Obama. I want someone who cares about the people and based on what he wants to do in the future and being consistent in what he says, I think he's the best candidate."



Thomas Vaughn, 18, Great Falls

"I am voting for Mitt Romney. While I have serious issues with both candidates, certain policies of President Obama, such as his drone wars and his support for abortion, are simply too much for me to stomach voting for him. I also believe that Romney will be a little bit better for the economy."

Isabel Hefner (left), 18, Great Falls, Freshman at Virginia Tech University

"I'm not completely decided on either candidate yet, but I am leaning towards Romney. The issues I am really concerned about right now are the ones that are the most important to me and affect me the most, such as abortion, healthcare and the economy. Romney comes off as a stronger leader and that is important to me."

Sarah Hefner (right), 21, Great Falls, Senior at Penn State University

"I am undecided, because I don't know who to believe. They attack each other and say the same things about each other and I'm turned off by it. I watched the first two presidential debates and the vice presidential debate, and that's exactly what they did. I would trust someone who is stronger in his convictions. The candidates change their minds and opinions a lot, and I have no respect for that. As leaders, they should have a strong set of beliefs and convictions."



Tory Zehnder, 18, McLean, Freshman at James Madison University

"I will vote for Romney, because of his pro-life views. I also don't believe there should be more taxing on the wealthy. I think we should have even and fair taxing. Once I get a job, I will definitely want a tax plan that I like. I'm excited that I can vote now. It will be good that my voice will be heard."



Stephen Garone, 18, McLean

"I am voting for Mitt Romney. I did my research and agree with what he is saying. He is more pro-life than other presidents. In regards to economic plans, Paul Ryan's tax plan is better. I don't trust Obama anymore."



Andrew Shaw, 18, McLean

"I'm voting for Mitt Romney. Obama hasn't done much for America and I think someone else deserves a chance."

—Jennifer Benitz

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Bulletin Board

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

THURSDAY/NOV. 8

Northern Virginia Leadership Awards. 11:30 a.m.-2 p.m., at Westwood Country Club, 800 Maple Ave. E., Vienna. Honoring leaders who are making a difference in the community. \$60, members; \$75, non-member alumni and general public; \$1000, table of ten. 703-752-7553 or www.leadershipfairfax.org/nvlatickets.

TUESDAY/NOV. 13

NARFE Meeting. 1:30 p.m., at Vienna Community Center, 120 Cherry Street, Vienna. The Vienna-Oakton Chapter 1116 meeting hosts Jessica Klement, a NARFE communications and legislative representative. 703-281-5123.

Bully-Free NOVA Launch

Reception. 5-6:30 p.m., at the James Lee Community Center, 2855 Annandale Road, Suite 101, Falls Church. Racial/ethnic minorities, LGBT youth and racial/ethnic minorities are at-risk for bullying even more than other children; learn the basics of the Fairfax Partnership for Youth's outreach program to combat bullying, how to get community-based organizations of businesses involved and how to be involved. Register. 703-324-5535, www.fairfaxyouth.org or Courtney.Burke@FairfaxCounty.gov.

NAACP Officer Elections. 5:30-8 p.m., First Baptist Church of Vienna, 450 Orchard St. NW, Vienna. The election at the General Membership meeting will decide the new officers and NAACP committee members. www.fairfaxnaacp.org.

AAUW Branch Program. 7 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. A talk on the challenges and successes of bringing life saving preventive and curative health care to rural, under-served families in Ethiopia through the Rural Health Extension Worker Program. 703-790-5550.

WEDNESDAY/NOV. 14

Holy Hill Garden Club Meeting. 9:45 a.m., at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Botanical illustrator and artist Caroline Hottenstein speaks on the history of botanical illustrations and presents an art work show. 703-790-0682.

THURSDAY/NOV. 15

Christmas Craft Show: Crafters Wanted. 10 a.m.-7 p.m., Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. The 19th Annual Christmas Craft Show's consignment shop-style market has space open for more wares. 703-281-4411 or www.oaktonbrethren.org.

FRIDAY/NOV. 16

Christmas Craft Show: Crafters Wanted. 10 a.m.-7 p.m., Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. The 19th Annual Christmas Craft Show's consignment shop-style market has space open for more wares. 703-281-4411 or www.oaktonbrethren.org.

SATURDAY/NOV. 17

Christmas Craft Show: Crafters Wanted. 10 a.m.-4 p.m., Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. The 19th Annual Christmas Craft Show's consignment shop-style market has space open for more wares. 703-281-4411 or www.oaktonbrethren.org.

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Pictured (L-R): Dory and Darryl Abi-Najm Photo by: Eikon Photo

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The Madison High School cheerleaders get in the spirit to help with fundraising.



Event chairpersons Bob McCormick and Sara Goldberg together with President Laurie Cole on the right present this year's check to the Growing Hope staff.

Hope Grows in Vienna

On Saturday, Sept. 29, the Optimist Club of Greater Vienna conducted its seventh annual Walk for Growing Hope and Family Fun Day in support of childhood cancer research. This year's event has so far raised over \$40,000 after expenses to bring the total for seven years to over \$276,000 all of which goes directly to the Growing Hope foundation as well as Johns Hopkins cancer research center. This year's event featured live music by Cowboy Hay, a moon bounce, dunk tank, raffle and silent auction and the balloon artistry of

Marsha Gallagher of "Just for Laughs" and face painting by "Paint me a Party." Food and refreshments were provided and all donors attending received a free tee shirt.

Growing Hope is a local nonprofit organization founded in 1998 by a group of parents coping with the devastating effects of their children's cancer on their child and the child's siblings and parents. They have been providing support for families in this situation ever since. Examples of this support would be annual Kings Dominion outings, special event

parties, circus events or, in some cases, simply paying a family's heat or rent bill when the family's resources are temporarily depleted. The Vienna Optimists joined forces with the Growing Hope group in 2006 after careful analysis of the group's approach and commitment. Since then, the partnership has flourished, growing stronger by the year with hundreds of families being the beneficiaries. Many people have written, expressing their gratitude for easing their burden and providing a few bright spots in difficult circumstances.

Entertainment

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

WEDNESDAY/NOV. 7

Wayne Wolfersberger. 7:30-9:30 p.m., at Thoreau Middle School, 2025 Cedar Lane, Vienna. The Vienna Photographic Society hosts the wildlife photographer; he'll talk on the in-the-field techniques needed to make stunning wildlife images. www.waynewolfersberger.com/index.html. 703-451-7298 or www.vps-va.org.

THURSDAY/NOV. 8

Flag Placing. 10 a.m., at Flint Hill Cemetery, on Chain Bridge Road between Courthouse Road on Hibbard Street. The Vienna American Legion Auxiliary places flags on veterans' graves; meet at the maintenance shed. 703-938-1379.

Building Blocks: Giving Children a Strong Foundation. 6-9:30 p.m., Westwood Country Club, 800 Maple Ave. E, Vienna. In honor of the retirement of the Falls Church-McLean Children's Center executive director, faith groups, community organizations and corporations hold a reception and silent auction preceding a dinner and awards ceremony. Reservations by Oct. 15. 703-534-4907 or <http://fcmcc.org>.

Romeo and Juliet Together (and Alive!) at Last. 7:30 p.m., in the Sherman Arts Center at the Langley School, 1411 Balls Hill Road, McLean. The middle school's Romeo and Juliet ditch the tragedy and get

See Entertainment, Page 9

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Entertainment

From Page 8
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Artist Demonstration: Painting in Pastels. 7:30-9:30 p.m., at the Vienna Arts Society Art Center, 115 Pleasant St., NE, Vienna. Internationally known artist and author Maggie Price gives a two hour demonstration of her technique. 703-319-3971 or www.MaggiePriceArt.com.

A Night of Contemporary Folk Tunes: Tim O'Brien and Old Man Luedecke. 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. O'Brien, first a folk music man in the 80s then a solo GRAMMY-winning bluegrass artist returns after three years with Old Man Luedecke and his narrative-driven folk songs. www.wolftrap.org.

FRIDAY/NOV. 9

Romeo and Juliet Together (and Alive!) at Last. 7:30 p.m., in the Sherman Arts Center at the Langley School, 1411 Balls Hill Road, McLean. The middle school's Romeo and Juliet ditch the tragedy and get comedic. \$8. www.langley.school.org www.langley.school.org

Chaise Lounge. 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. The D.C.-based jazz ensemble bring the 60s swing-jazz scene with them. www.wolftrap.org.

SATURDAY/NOV. 10

Annual Fall Bazaar. 10 a.m.-4 p.m., in the Flame Room at the fire department, 400 Center St. S., Vienna. The bazaar features crafts and home-based businesses offering up holiday decorations, and home and gift items; baked goods and lunch available. 703-309-3468 or Dancers1023@aol.com.

36th Annual McLean Antiques Show & Sale. 10 a.m.-6 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. American, English and European antiques; accessories, furniture, folk art, porcelains, paintings, prints, linens, Oriental carpets, rugs, on-site glass repair and more. \$7. www.pappabello.com.

Gustafer Yellowgold's Show. 10:30 a.m., at Jammin' Java, 227 Maple Ave. E, Vienna. The illustrator/songwriter/musician Morgan Taylor brings his "musical moving book" experience, part pop rock, part storybook. \$10. 703-255-1566 or www.jamminjava.com.

Romeo and Juliet Together (and Alive!) at Last. 1 p.m., 7:30 p.m., in the Sherman Arts Center at the Langley School, 1411 Balls Hill Road, McLean. The middle school's Romeo and Juliet ditch the tragedy and get comedic. \$8. www.langley.school.org www.langley.school.org

Charlie Hunter & Scott Amendola. 7 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. Guitarist/composer Charlie Hunter has a new duo with drummer Scott Amendola; the two play songs from their new album, Now Getting Behind Is The New Getting Ahead. \$15, in advance; \$20. 703-255-1566 or www.jamminjava.com.

Eddie From Ohio's and Julie Murphy Wells. 7:30 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Recognized as the "Best Contemporary Folk Group" by the Washington Area Music Association, Wells found national recognition with Eddie From Ohio and they play on. www.wolftrap.org.

SUNDAY/NOV. 11

Veterans Day Ceremony. 11 a.m., 330 Center St. N, Vienna. USAF General Bob Ranck speaks; the public is invited (all are requested to park at the back of the building). 703-938-9535.

See Entertainment, Page 13

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Wellbeing

Racing for Superheroes

Event benefits local nonprofit organizations

By Marilyn Campbell
The Connection

From children wearing superhero capes to costume-clad adults to tots in strollers, participants took to the streets of Arlington last month to raise money for charity as part of the fourth annual Acumen Solutions Race for a Cause 8K and 1-Mile Fun Run.

"This year's Race for a Cause was a shining example of the power of community. Our goal is to not only raise awareness and much needed funds for our 10 nonprofit partners, but to engage the community in a way that enables us all to feel the impact," David Joubran, Acumen's president and CEO, said in a statement.

Acumen Solutions identifies 10 local nonprofit organizations that they dub "superheroes." Through race registration, more than 3,000 people selected and secured funds for one of the 10 organizations. The nonprofit organizations also help raise money. The Fairfax County Boys & Girls Clubs of Greater Washington came in first place.

"Our teamwork made it possible. We recruited runners and donors and sponsors," said Wonhee Kang, the regional director of Fairfax County Boys & Girls Clubs of Greater Washington.

The Women's Center in Vienna placed second, followed by Greenbrier Learning Center in Arlington.

"We are thrilled and delighted to have won second place thanks to the efforts of our board, our staff, our therapists and all of our community supporters. We had a wonderful showing of support," said Carol Loftur-Thun, executive director of the Women's Center in Vienna.

"We offer counseling services to more than 2,500 people from D.C., Maryland and also right next door in McLean and Great Falls," she continued. "About 60 percent received counseling services at a reduced fee or less. The race and the funds that will be awarded will go to help support our services."

Even those who were not among the top winners saw the race as an opportunity to increase their visibility in the community. "What I love about this event is that all kinds of people sign up to race. They learn about the nonprofits in their community who are doing good work and they can sign up to volunteer," said Patti Donnelly, executive director of the Literacy Council of Northern Virginia in Falls Church. "We tutor adults who are learning to read, write and speak English all throughout the Northern Virginia region, from Alexandria to Herndon to downtown Fairfax to Arlington County. We need to reach a lot of people in Northern Virginia."

Other participating nonprofits that will also receive monetary funding include Our Daily Bread in Fairfax, The Reading Connection in Arlington, and Washington, D.C.-based Education Pioneers, Young Playwright's Theater, United for D.C., and For Love of Children. Funding will be announced and distributed at a Nov. 28 race celebration event.



Photos courtesy of Acumen Solutions

Participants in the fourth annual Race for a Cause cross the finish line. The event raised money for local nonprofit organizations.



The fourth annual Acumen Solutions Race for a Cause 8K and 1-Mile Fun Run raised money for local nonprofit "superheroes." The McLean-based Acumen team is pictured here.

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THE CONNECTION
NEWSPAPERS

Wellbeing

Thank You, Thank You, Thank You

Mental Health professionals highlight potential health benefits of gratitude.

By Marilyn Campbell
The Connection

For many, November ushers in a season of giving thanks, an opportunity to express gratitude, but it can mean even more: some researchers say that Thanksgiving might actually be good for your health.

"When people view what they have as what they need, they are happier," said Linda Gulyn, a professor of psychology at Marymount University in Arlington. "Logically, if you don't view what you have as adequate, then it is going to lead to unhappiness. The value system of the community can distract you from seeing what you have."

Robert Emmons, Ph.D, editor of The Journal of Positive Psychology and a pioneer in gratitude research, conducted a study of adults with neuromuscular disease. After a 21-day gratitude intervention, he found that the gratitude group was more optimistic, had higher levels of energy, more positive moods and slept better than the control group.

In another study, Emmons found that those who kept weekly gratitude journals exercised regularly and reported fewer physical ailments and a better sense of well-being than those who wrote about negative or neutral events. Dr. Michael Siegel of Fairfax County Health Network and Molina Health Care, points to a 2010 study published in Circulation, a journal of the American Heart Association, that looked at more than 90,000 women and found that the more cynical study participants had higher rates of both coronary heart disease and cancer. "Those with a positive outlook fared better," he said.



Photo by Marilyn Campbell/The Connection

Mental health experts say keeping a gratitude journal can improve one's mental and physical wellbeing.

"If all you write down is that your boss yelled at you or you couldn't get all your work done, you're probably not going to feel better," said Karen Prince, a licensed clinical social worker and a Kensington, Md., based psychotherapist.

Linda Berg-Cross of Potomac, Md., a researcher and professor of psychology at Howard University in Washington, D.C., said, "Being optimistic improves your immune

system and improves your cognitive functioning."

Prince says that gratitude may not come easily to some. "It is harder for adults to establish gratitude because most of those characteristics are started as children. Parents can model gratitude for your children."

SO HOW DOES ONE cultivate a sense of gratitude? "It is like a

self-fulfilling prophecy: if you look for things to be wrong you're going to find things wrong," said Arlington resident Dr. Lisa Calusic, a psychiatrist at Inova Behavioral Health Service and Inova Mount Vernon Hospital in Alexandria. "When you're a hammer, everything is going to look like a nail. Remind yourself that just because a couple of things are negative or one thing is negative, doesn't mean that everything is negative."

"One way to develop gratitude is to engage in community service and help people who are less fortunate," said Prince. "For example, go into a soup kitchen and serve meals once a week."

Prince also encourages others to notice their surroundings. "Stop and smell the proverbial roses," she said. "A lot of people in the Washington area are really stressed out and engulfed by whatever their dilemma is and they forget that there is a bigger picture and so much more to the world. When you slow down, you can see the forest for the trees more easily."

New Fitness Trail in Wildwood Park

The Town of Vienna, in partnership with the Vienna Rotary Club and QR E.I.T. Trail, LLC, will introduce a new fitness trail in Wildwood Park during a special ceremony on Saturday, Nov. 10, at 10 a.m. at the intersection of Talahi Road SE and the W&OD Trail in Vienna.

The new fitness trail is called a QR Fit Trail and features a series of exercise stations that utilize QR (Quick Response) codes and transforms the linear Wildwood trail into a fitness

trail by allowing users to download exercises via smart phones while walking the trail. Each fitness trail station will give users four options for exercising—core, upper body, lower body and flexibility. Users will be able to scan the code at each station using their smart phone's QR Code reader and watch demonstrations of the station's exercises and access step-by-step instructions. These exercises will change throughout the year, so users are encouraged to stop by often for new and challenging routines.

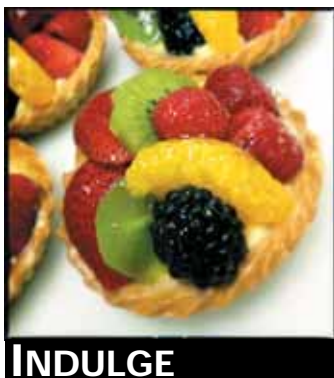
The trail is free and open to the public and no equipment is necessary. A QR Code reader (available for download at no charge via your phone's app store, market or world) accessible on a mobile device is necessary to view exercise station information. The QR Fit Trail will be available after Nov. 10. This trail was made possible through the support of the Vienna Rotary Club. For more information, contact the Department of Parks and Recreation at 703-255-6360.



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Oakton Boys', Girls' Cross Country Advance to States

**Madison's Calem,
Herndon's Heuer
earn all-region.**

By Jon Roetman
The Connection

The Oakton cross country program had a strong showing at the Northern Region championships on Nov. 2 at Burke Lake Park. The girls' and boys' teams each finished runner-up in their respective races, earning a trip to the state meet.

The Oakton girls' team finished with a score of 92. Lake Braddock won the event with a total of 38. Chantilly (109) placed third and West Springfield (116) was fourth. South Lakes (248) finished 10th, Madison (275) was 11th. The top four teams and the top 15 individuals advance to states.

Oakton sophomore Allie Klimkiewicz placed fourth with a time of 17:16, which is the fastest time in school history. Hailey Dougherty (18:25) finished 17th, Briana Stewart (18:37) was 22nd, Maryn McCarty (18:45) finished 27th and Kristi Carrigan (18:49) was 30th.

"I was happy with the girls' finish but we realize we were fortunate with the final result of second place," Oakton Head Coach Alisa Byers wrote in an email. "Our region is very competitive and some highly respected programs won't be at states this year."

The Oakton boys' team totaled a score of 85, edging Robinson (87) for second place. Chantilly won the team title with a score of 39 and Lake Braddock (124) finished fourth. South Lakes (279) finished 10th.

Jack Stoney (15:29) led the Oakton boys' team with a fifth place finish. David Atkinson (15:53) just missed all-region with a 16th-place finish. Isamu Hosakawa (15:58) finished 23rd, Christopher Sprague (16:01) was 26th and Oliver Lopez-Gomez (16:07) was 38th.

"I was very proud of the boys' resiliency not only to make it out, but to come in second after our district performance," Byers wrote in an email. "We graduated six of our seven from last year, but this group of guys has learned how to race and when to fight."

In individual girls' action, Lake Braddock's Sophie Chase won her third consecutive region title (she finished second her freshman year) with a time of 16:42, which tied her for the third-best time in the history of the Burke Lake Park course. West Springfield's Caroline Alcorta (second, 16:58), Lake Braddock's Hannah Christen (third, 17:08), Oakton's Klimkiewicz and Robinson's Macey Schweikert (fifth, 17:27) complete the top five.

The rest of the top 15 were: Lake Braddock's Katie Roche (sixth, 17:33), Chantilly's Alexa Cowne (seventh, 17:33), Robinson's Lauren Berman (eighth, 17:44), West Springfield's Maddie Wittich (ninth, 17:45), Lee's Bailey Kolonich (10th, 17:49), Washington-Lee's Sarah Angell (11th,



South Lakes' Andrew McCool finished 53rd with a time of 16:21 at the Northern Region cross country championships on Nov. 2 at Burke Lake Park.



Oakton's Jack Stoney finished fifth at the Northern Region cross country championships on Nov. 2 and helped the Cougar boys' team to a second-place finish, earning a state berth.



Marshall's MacKenzie Haight earned all-region honors with a 14th-place finish at the Northern Region cross country championships on Nov. 2 at Burke Lake Park.



Madison's Matthew Calem (92) placed fifth and Herndon's Bradley Heuer (80) finished 11th at the Northern Region cross country championships on Nov. 2 at Burke Lake Park.

17:55), Edison's Jennifer Flack (12th, 18:02), Lake Braddock's Katy Kunc (13th, 18:08), West Potomac's Katie Genuario (14th, 18:15) and Westfield's Sara Freix (15th, 18:19).

South Lakes' top finisher was Devin Nieuwsma (24th, 18:39) and Madison's top finisher was Amanda Swaak (26th, 18:44).

Chantilly's Sean McGorty won the boys' race with a time of 14:19, which tied him for the second-best performance of all time

at Burke Lake Park. Lake Braddock's Nick Tuck (second, 15:03), Chantilly's Logan Miller (third, 15:23), Edison's Louis Colson (fourth, 15:27) and Oakton's Stoney complete the top five.

Madison's Matthew Calem (15:30) finished sixth, followed by Robinson's John Tolbert (seventh, 15:30), Chantilly's Faris Sakallah (eighth, 15:30), Stone Bridge's Brady Guertin (ninth, 15:31) and Chantilly's Ryan McGorty (10th, 15:34).

Rounding out the top 15 were: Herndon's Bradley Heuer (11th, 15:39), South County's Alec Jones (12th, 15:42), Lake Braddock's Alex Corbett (13th, 15:43), Marshall's MacKenzie Haight (14th, 15:44) and Washington-Lee's Hailey Demsie (15th, 15:46).

South Lakes' top finisher was Ashkan Mohammadi (16:04), who placed 31st.

The state meet is scheduled for Saturday, Nov. 10 at Great Meadows.

Entertainment

From Page 9

36th Annual McLean Antiques Show & Sale. 11 a.m.-5 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. American, English and European antiques; accessories, furniture, folk art, porcelains, paintings, prints, linens, Oriental carpets and more. \$7. www.pappabello.com.

QL+ BBQ. 2-6 p.m., at the Pavilions of Turkey Run, 6310 Georgetown Pike, McLean. Themed "Empowering Heroes Through Technology," Quality of Life Plus holds a BBQ event with silent and live auctions, rides, games, face painting, arts and crafts, drinks and dinner to benefit

the nation's heroes. \$50, adults; \$20, ages 6-18; 5-and-under, free. www.qlplus.org.

MONDAY/NOV. 12

Great Falls Freedom Memorial

Veterans Day Ceremony. 11 a.m., at the Freedom Memorial, behind Great Falls Library, 9830 Georgetown Pike, Great Falls. Members of the Marine Corps Reserve, Great Falls Elementary School, the Great Falls Village Green Day School, Langley High's Madrigal Choir and founder of The American Veterans Center join together to remember.

TUESDAY/NOV. 13

NAACP Fairfax County Branch Elections. 5:30-8 p.m., at First Baptist Church of Vienna, 450 Orchard St., Vienna. Presidential hopeful Shirley Ginwright, first vice presidential candidate Ralph Cooper and second vice presidential candidate Cynthia Colton stand for election. <http://voteforshirleyginwright.yolasite.com>.

AAUW Branch Program. 7 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. A talk on the challenges and successes of bringing life saving preventive and curative health care to rural, under-served families in Ethiopia through the Rural Health Extension Worker Program. 703-790-5550.

AAUW Military Roles. 7 p.m., at Patrick Henry Library, 101 Maple Ave. E, Vienna. A retired naval commander shares her experiences and talks on changes in technology, the role of women in the military and the armed forces' evolving missions. 703-321-7499.

WEDNESDAY/NOV. 14

The Vienna Photographic Society's Photography Competition. 7:30-9:30 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. Any VPS member, even those who join the night of the competition, may compete. The theme for the competition is "Animal Portraits," and all prints and digital images must

fit into that category. The competition will be judged by Don Johnson. For further information, contact Jane Elfring, 703-451-7298 or visit www.vps-va.org.

Karla Bonoff and Steve Forbert. 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Folk-rock music veterans return with classics and new songs. www.wolftrap.org.

THURSDAY/NOV. 15

Karla Bonoff and Steve Forbert. 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Folk-rock music veterans return with classics and new songs. www.wolftrap.org.

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OPEN HOUSES

SATURDAY/SUNDAY, NOVEMBER 10 & 11

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**

Ashburn

44115 Allderwood Terr.....\$349,000...Sun 1-4.....Scott Koval.....Samson Props..703-625-3446

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

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6487 Trillium House Ln.....\$999,900...Sun 1-5.....Jean Marotta.....Birch Haven..703-402-9471

Fairfax

3953 Kathryn Jean Ct.....\$479,000...Sat 1-3.....Kathleen Miller.....Samson Props..703-409-7637

Fairfax Station

6901 Wolf Run Shoals Rd.....\$899,900...Sun 1-4..Carol Hermandorfer.....Long & Foster..703-503-1812
11215 September Ln.....\$642,500...Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365

Great Falls

9601 Georgetown Pike.....\$4,498,988...Sun 1-4.....Casey Margenau.....RE/MAX..703-827-5777

Kingstowne/Alexandria

7100 Judith Ave.....\$814,900...Sun 1-4.....John Queeney.....Century 21..703-868-0061

Leesburg

43672 Augusta National Terr..\$549,000...Sun 1-4..Cathy/John McCambridge...Samson Props..703-906-7067

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8425 Falcone Pointe Way....\$1,499,000...Sun 2-4.....Steven Wydler.....Long & Foster..703-873-5020
9704 Layminster Ln.....\$1,399,000...Sun 2-4.....Steven Wydler.....Long & Foster..703-873-5020
620 Tapawingo Road, SW...\$1,199,000...Sun 1-4.....John Saab.....Saab..703-288-4877

Woodbridge

727 Harbor Side St.....\$424,500...Sun 1-4.....Diane Lenahan.....Wolf Run..703-283-7328

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All listings are due by Monday at 3 P.M.

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Weight For It

By KENNETH B. LOURIE



This reference is not about pounds, per se. It is about the two largest tumors in my lungs, inoperable in that they are located between the two halves which make up the whole lung. "Inoperable" defines stage IV lung cancer, along with the cancer having moved from its primary location (still unknown at this time) to a secondary location (my lungs) where we certainly have become familiar with it, but oddly enough, not symptomatic because of it.

One of the first questions my oncologist asked me way back when, at our initial Team Lourie meeting, was if I felt anything heavy in my chest. I said I did feel a weight/heaviness in the middle of my chest; in the exact spot he said, after I pointed it out, where the tumors were located, sort of confirming what all the test results and biopsy had indicated: a growth (determined to be malignant) where it wasn't supposed to be. To this day, 44 months later, the most recurring question my oncologist asks me when we meet is whether I feel that "heaviness" in my chest. More often than not, my answer has been "No," a clear indication, along with the results from my regular CT Scan, that the tumors that have been weighing on my mind were, for that particular two-month interval of treatment, not growing (appreciably, anyway; I try to be realistic). "News with which," as I so often say, "I can live."

I remember three and a half years ago when the significance of this heaviness issue became more obvious to me. It was at the first appointment I had with my oncologist after I had been infused with two or three rounds (six hours+ per round) of heavy-duty chemotherapy. Once the standard pleasantries and how-are-you-feelings were out of the way, we got into more detailed doctor-patient talk: "Kenny," my oncologist asked, "do you not feel anything?" Repeating the question out loud and sort of scoffing at its ambiguity, I found myself, saying/sniggering: "Do I not feel anything? Well, I sort of don't feel that weight in my chest." To which my doctor enthusiastically replied: "That's great! That's where the tumors are located. The chemotherapy seems to be working." (To say we were all a bit encouraged at the time would be the understatement of the universe. Little did we know, the roller coaster had only just begun.)

And so, this same "weight/heaviness" question has continued to be asked at every appointment (now bi-monthly). And every minute of every day, I am self-assessing any weight that I may feel in my chest and/or any other sensations originating from where I know the tumors are situated. What little I know now is, if I feel weight in my chest, perhaps the tumors are growing – or maybe not (ergo my ongoing Memorex-type problem: "Is it real or is it...?") Maybe it's fluid in my lungs or scar tissue scabbing over a shrinking tumor or nothing-in-particular-just-something-I'm-super-sensitive-to because of my age or circumstances? Either way, I'm always waiting and wondering if the weight of the world need be on my shoulders, if occasionally it's not in my chest.

What this all means is, confusion. As much as you want a straight answer and a clear understanding of what was happening to you – and why, and what might happen still, the day you were diagnosed with the cancer was the day all of that ended. And to complicate matters further, under such stressful circumstances as a terminal diagnosis, I can readily admit: One's mind has a mind of its own, and control of it, as with your television – made famous during the beginning of "The Outer Limits" (a mid-60s classic), doesn't belong to you. (Unfortunately, unlike the television show, control does not return in an hour.)

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

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21 Announcements

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OBITUARY

Anne E. Green, age 89, of Great Falls, VA died on October 14, 2012 at her home, surrounded by her family.

"Annelie" Kuhn was born on January 13, 1923 in Fritzlar, Germany. In addition to her native German, Anne spoke French, English, and Spanish. She met her beloved husband, the late COL. Frank R Green USAF retired, in the first months after World War II when Anne was assigned to work as a translator with the dashing young Army Air Corps pilot. They fell deeply in love and Frank became the first field grade officer to be granted permission to marry a German citizen after the war. Frank and Anne sailed off to a new life in the USA and Anne took to the life of a US military officer's wife immediately, becoming an active participant and even president, of the officers' wives clubs wherever Frank served. They enjoyed traveling the world with the USAF and also as private tourists. Anne even rented a car and took her young daughters on a month-long trip of a lifetime through Europe so she could share her European heritage with them. Her language skills, ebullience and extraordinary energy made life and travel with Anne a cherished adventure. After retirement, Frank and Anne lived initially in the Lake Barcroft area of Falls Church, moving to Great Falls in 1978. In Great Falls Anne was active in the Republican Women's Club and the Great Falls United Methodist Church. She also raised funds for the telecommunications for the deaf program.

Anne was the devoted mother of Anne Green Baughman of Vienna, VA and Barbara J. Green of Cohasset, MA. She also is survived by her two grandsons, Stephen R. Baughman of Arlington, and Philip W. Baughman of Great Falls, who cherished their extremely close relationship with their grandmother, and by her son-in-law, William W. Baughman, Jr.

A Memorial Service will be held on Sunday, November 11th at 3pm at the Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls, VA 22066. Funeral Services at Ft. Myer Old Post Chapel will be held on Monday, November 26th at 3pm, with graveside services immediately following at Arlington National Cemetery.

The family suggests that memorial contributions may be made to the Military Officers' Association of America (MOAA) Scholarship Fund (www.moaa.org), 201 N. Washington Street, Alexandria, VA 22314, or to the Mighty Eighth Air Force Museum (www.mightyeighth.org), P.O. Box 1992, Savannah, GA 31402, or the Air Force Memorial Foundation (www.airforcememorial.org), 1 Air Force Memorial Drive, Arlington, VA 22204. Please view and sign the family guest book at www.moneyandking.com. Arrangements by Money and King Funeral Home, Vienna, VA.

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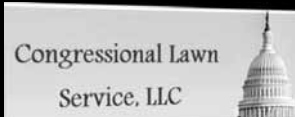
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