

Showing them how all that waltzing is actually done are Past McLean Orchestra President Ann Page and Conrad Heer. Heer will be offering dance lessons just before the gala event, with the proceeds to benefit the orchestra, as well as the partners of those needing a bit more practice before taking to the dance floor.

# Waltzing to Vienna' With McLean Orchestra

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Langley Fork  
Draft Plan Released

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Denim Do-gooders Help  
Put Zip on Homelessness

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## Langley Fork Draft Plan Released

Plan must be approved by National Park Service before possible land swap.

BY ALEX McVEIGH  
THE CONNECTION

**T**he Fairfax County Park Authority presented the latest draft master plan for Langley Fork Park at Franklin Sherman Elementary School Thursday, Oct. 17. The process has been going on since October 2011.

"It's been at least 15 years talking about getting Langley Fork and investing in it, something we haven't been able to do because the National Park Service has owned it," said Supervisor John Foust (D-Dranesville). "I'm excited about the prospects."

The park, located just north of the intersection of Georgetown Pike and Chain Bridge Road, is approximately 54 acres. It currently contains two rectangle fields, two diamond fields, basketball courts, trails and a fitness trail. Approximately 35 acres of the park is forested.

The National Park Service has managed the park since 1971. In 1980, they approached the Fairfax County Park Authority about managing and maintaining it.

**THE PARK AUTHORITY** developed a master plan for the park in 1980, and entered into a 25-year Special Use Permit agreement with the National Park Service. That agreement expired in 2005, and has been renewed annually every year since then.

"Over time, the government policy has changed, and they no longer offer the type of special use permit we currently have, and the conditions of that permit have really limited the park authority from doing any substantial improvements," said Gayle Hooper, project planner with the park authority. "Eventually, an idea came up about an equitable land exchange. Nearby Langley Oaks Park is owned by park authority, but contiguous with the George Washington Parkway, which is owned and maintained by the National Park Service."

In anticipation of such a swap, an environmental assessment of Langley Fork was completed. Part of that assessment included an archaeological study, which led to a number of discoveries.

The study found evidence that a number of prehistoric people used the area to make tools. A variety of stone chips were found as well as prehistoric hearth that was carbon dated to 300 B.C.

In formulating their new plan, Hooper said their number one priority was to find ways to put more athletic fields on the site. The Fairfax County Park Authority handles all field scheduling for the park.

According to the park authority, the past two years has seen a major increase in player registrations, and finding new playing space to accommodate these



**The revised draft master plan of Langley Fork Park, as presented by the Fairfax County Park Authority Thursday, Oct. 17.**

numbers has been difficult.

"We are maxed out on our scheduled fields at both parks and schools. Langley Fork is our best opportunity to meet that demand for athletic fields," Hooper said. "Re-orienting the fields allows for more a concise development program, which allows space for two additional rectangle fields, and a full size baseball diamond."

Synthetic turf for these fields is an option, as well as lighting on those fields outside of the park's historic overlay district.

There are also other new elements included in the plan.

"We've included an element called a fitness zone, which contains some of the equipment you'd find in a gym, just outside," Hooper said. "It provides another active recreation facility for the community. It fits very well, because teens seem to like these facilities for warming up before a game. Also, moms, dads, brothers, sisters can use them while waiting for a game or practice to finish, so we feel like that's a great fit."

**OTHER ADDITIONS** in the draft plan include two new pavilions, the addition of restrooms, two additional access points, additional parking and a trail

SEE PARK, PAGE 15



**Dr. Judith Owens, of the Children's National Medical Center Division of Sleep Medicine, speaks at the McLean Community Center Wednesday, Oct. 16.**

## Studying Science of Sleep

MCA hosts discussion on later high school start times.

BY ALEX McVEIGH  
THE CONNECTION

**F**or almost everyone, the sound of their alarm telling them to wake up is one of the toughest parts of the day. Students are especially used to still trying to shake off the last of the night's sleep while in homeroom or first period.

The McLean Citizens Association hosted Dr. Judith Owens, of the Children's National Medical Center Division of Sleep Medicine Wednesday, Oct. 16 to speak about sleep and the possible effects of later school start times on students.

"There is substantial evidence to suggest that delayed high school start times may be one of the most important steps to take to ensure our teenagers are getting adequate sleep," Owens said.

Sleep is recognized by the Division of Sleep Medicine as essential to facilitating memory retention, organizing thoughts, reacting quickly, working accurately and efficiently, thinking abstractly, being creative and gaining insight.

**THE LACK OF SLEEP** can lead to feelings of unhappiness, depression, hopelessness, as well as production of insulin, human growth hormone and other chemicals that control hunger.

"In adolescence, there is a natural, normal change in our body's natural clock, what we call circadian rhythm. This occurs when they hit puberty, rather than a chronological age. What this results in is, on a practical level, the average

teenager has extreme difficulty falling asleep before 11 p.m., because of this biologically driven shift in their circadian rhythms."

Owens cautioned parents about exposing children to what she called "screen time," on their computers, tablets and smartphones too close to bedtime.

Sitting in front of these screens just before bed can suppress the production of a hormone called melatonin, which is a very important biomarker of circadian activity," she said. "Its production is dampened by light, thus making it more difficult to fall asleep."

Electronics are only a part of the distractions that start impinging on the sleep schedule of the average teenager. Teens are biologically programmed to wake at 8 a.m. or later, Owens said, meaning that they're in class at a time when their brains know they should be asleep.

"In particular, the latter part of our sleep is spent largely in what we call rapid eye movement, or REM sleep, which is absolutely critical for memory and learning," she said. "We're actively robbing students of this very important phase of sleep by asking them to wake up at 5:30 or 6 in order to get to school at 7-7:30."

Most students deal with this by sleeping late on weekends. Owens's research shows that students delay their bedtime on Friday and Saturday nights by an average of 1.5 to two hours, and delay their subsequent wake times by three to four hours.

SEE SCIENCE, PAGE 14



# Denim Do-gooders Help Put Zip on Homelessness

**Deltek hosts  
“challenge breakfast”  
to turn \$5 into \$25,000.**

BY VICTORIA ROSS  
THE CONNECTION

**C**asual Friday got a twist on Friday, Oct. 18, as thousands of employees throughout Fairfax County became denim do-gooders by throwing on a pair of jeans to help prevent and end homelessness.

Deltek, Inc., the Herndon-based global software and information solutions company, kicked off the third annual Jeans Day in Fairfax County by hosting a fundraising breakfast. The company, founded in 1983 by Don deLaski and his son Kenneth, hosted one of the first Jeans Day events in Fairfax County.

**“Jeans Day is a fun, easy way to spread awareness of homelessness in Fairfax County and engage your team while giving back.”**

— **Kathy Albarado,**  
CEO of Helios HR in Reston

“We were excited to see Deltek host this challenge breakfast that welcomed businesses, nonprofits and other community leaders interested in helping to make jeans day a huge success this year,” said Dean Klein, director of Fairfax County’s Office to Prevent and End Homelessness (OPEH). “Even though we continue to have great support from longtime supporters, we also saw so much energy and enthusiasm from new partners.”

Launched in 2011 by OPEH, Jeans Day is a popular fundraiser for homelessness and other causes nationwide. Companies invite employees to wear their jeans to work in exchange for a \$5 contribution to fight homelessness. Since 2011, Jeans Day has involved more than 200 organizations representing more than 10,000 employees.

Jeans Day 2013 was hosted by The Fairfax County Chamber of Commerce, in partnership with the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness, The Connection Newspapers and Apple Federal Credit Union.

This year, Jeans Day participants had a special challenge, and an opportunity to turn \$5 contributions into \$25,000.



**Deltek staff with Board of Supervisors Chairman Sharon Bulova and other Jeans Day sponsors supporters.**

“We were selected to receive a \$25,000 Challenge grant from the Phillip Graham Fund to support the 3rd Annual Jeans Day event,” Klein said. “This exciting grant helped us challenge businesses, schools, faith groups and individuals to help us to meet a larger goal of \$25,000.”

When the county meets its \$25,000 goal, the Phillip Graham Fund will provide a matching \$25,000, according to Ted Lutz, a member of the governing board of the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness and the Phillip Graham Fund.

Nearly 3,000 children, women and men face homelessness and the threat of severe temperatures and hunger today in the Fairfax County-Falls Church community. The majority of people without homes in the community are children and working families. Homelessness affects everyone, with social and economic costs to the community, including increased public costs for medical care and education.

“The need is so great in our community,” said Kathy Albarado, CEO of Helios HR in



**Members and staff of Our Daily Bread, a Fairfax County volunteer-based organization focused on easing the plight of low-income residents, show off their Jeans Days spirit.**

PHOTO  
CONTRIBUTED

Reston. “Jeans Day is a fun, easy way to spread awareness of homelessness in Fairfax County and engage your team while giving back. Think about the impact we could make if everyone collectively wore their

favorite pair of jeans on Jeans Day.”

“We applaud Helios HR for stepping up to support the great work to end homelessness that has already been so successful in our community,” said Fairfax Chamber President & CEO Jim Corcoran. “Northern Virginia organizations like Helios step up every day to support our community in many ways, but we’re especially excited about this opportunity because it’s a chance for their employees to get involved directly.”

“I am so pleased to see how many individuals and businesses have signed on to help us in our fight to end homelessness,” said Fairfax County Board of Supervisors Chairman Sharon Bulova. “I continue to urge those who have not already committed to take this simple and fun opportunity to help us assist those in need. As we continue to work together, I feel confident that we will be able to prevent and end homelessness as we know it in the Fairfax-Falls Church community.” For more information about homelessness in Fairfax County, go to <http://www.fairfaxcounty.gov/homeless/>

## Turn \$5 into \$25,000

Interested organizations can continue to donate to the Jeans Day initiative through Dec. 15. And individuals who wish to take part in this initiative may donate online via Apple Federal Credit Union or drop off a donation at any Apple Federal Credit Union branch.

### 3 WAYS TO DONATE:

#### ❖ Online

Donate online through Jeans Day 2013 financial partner, Apple Federal Credit Union. Can’t access or don’t have a Facebook page? Donate directly to the Apple Federal Credit Union PayPal account. One can also donate through the Apple FCU Foundation.

#### ❖ Cash

Cash donations will be accepted at any of Apple Federal Credit Union’s branch locations. Mention “Ending Homelessness in Fairfax County” to the teller at the time of deposit.

#### ❖ Check

Checks will be accepted at any of Apple Federal Credit Union’s branch locations. Make checks made payable to PEH/CFNCR and mention “Ending Homelessness in Fairfax County” to the teller at the time of deposit.

One may also mail checks or money orders to:

The Community Foundation for the National Capital Region  
1201 15th Street NW, Suite 420  
Washington, DC 20005

For all checks, reference “Homelessness” in the memo section.

#### ❖ Where are the donations going?

All funds raised go directly to the Partnership to Prevent and End Homelessness. This fund not only supports rapid re-housing activities, but also provides resources that tackle multiple prevention issues.



## BULLETIN BOARD

To have community events listed in the Connection, send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). The deadline for submissions is the Friday prior to publication.

### THURSDAY/OCT. 24

**Homelessness Fundraiser.** 6:30-9:30 p.m., at The McLean Project for the Arts Emerson Gallery, McLean Community Center, 1234 Ingleside Ave., McLean. A gourmet reception, silent auction and networking opportunities to benefit Housing and Community Services of Northern Virginia as they assist at-risk homeowners in stabilizing their housing situations. Register. [www.hcnsv.ticketsocket.com](http://www.hcnsv.ticketsocket.com) or <http://hcnsv.org>.

### FRIDAY/OCT. 25

**Disability Awareness Day.** 10 a.m.-2 p.m., at Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. The FCPS Parent Resource Center holds four workshops and provides resources, lunch and a day to help inform. Register. <http://www.fcps.edu/cco/prc/resources/events/index.shtml>.

### SATURDAY/OCT. 26

**AAUW Northern District Meeting.** 1-2:30 p.m., at Oakton Public Library, 10304 Lynnhaven Place, Oakton. The program topic is "Community Colleges: Affordable, Available, So What's the Barrier?" Dr. Catherine Hill, director of research at AAUW will discuss the AAUW report "Women in Community College: Access to Success." This report identifies challenges facing students and how community

SEE BULLETIN, PAGE 9

## HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

### Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

*Name of Event:*

*Day of the Week, Date and Time:*

*Name of the Place Event will Be Held:*

*Address of the Place Event Will Be Held:*

*Name and Phone Number for More Information:*

*Three Sentences Describing the Event:*

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

[mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com)

or mail to:

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## PEOPLE

# Outstanding Teen

Langley junior plans to speak at local schools about teen depression and anxiety.

BY ALEX McVEIGH  
THE CONNECTION

**H**anna Rose Hunt has never been in a pageant before this year's Virginia State Fair. So far, she is undefeated, as she was named Miss State Fair of Virginia's Outstanding Teen.

"I heard about the pageant in June, and I saw that it had three parts to it, a talent portion, an interview and an essay where you talk about a platform that you're passionate about," said Hunt, who is a junior at Langley High School. "I've always been passionate about bringing awareness to teen depression and anxiety, and I thought this would be a great way to spread that awareness."

Hunt says she's suffering from depression and anxiety herself, and has also had friends who have attempted suicide, so she felt the

need to speak out.

"It's an issue that isn't talked about much, because the people it affects are often scared and feel alone with what they're dealing with," she said. "I learned a lot doing research for my essay, and I want to be a role model when it comes to raising this issue." She said she has always had her Christian faith and her love of music to keep her going, and Hunt used her example to show others how to get through their struggles.

"There are always things that you can hold on to that will get you through the rough times," she said. "For me, it was my love of music and my faith, and holding onto those things, and realizing that I'm not alone. I learned that my depression is genetic, there have been members of my family in the past that have dealt with it, and I wish someone had told me what I've learned because that

would have helped. I feel like I'm someone who people can come to, and I'll always listen."

**CREATING HER PLATFORM** and writing her essay were only one part of the challenges she faced at the pageant. For the interview section, she had to face a half dozen judges who peppered her with questions, none of which she knew beforehand.

"Going in I was a little nervous, just because I wasn't sure what I was going to say. I knew I didn't want to do the cliché thing and talk about world peace, and I didn't want to sugar coat anything," she said. "I'm used to performing and doing things on the spot, which I feel helped me a lot. I'm used to not second-guessing myself, because I know all that does is mess with your head."

For the talent competition, Hunt performed an Adele song, or at least part of one.

"We had 90 seconds to perform for the talent part, which worked well for some kinds of performances, but songs are longer than that," she said. "So I had to work out what the best parts would be,



PHOTOS CONTRIBUTED

**From right, Miss Virginia Desiree Williams and Hanna Rose Hunt, a Langley High School junior, who was recently named Miss State Fair of Virginia's Outstanding Teen.**

then cut the song down on my computer.

Her performance, as well as her interview, must have gone over well, because Hunt won the interview, talent and overall categories.

"I really wasn't expecting anything, this being my first time, so when they announced me as the talent winner, I was shocked, but so happy," she said. "That sort of took the pressure off, because I knew I could be happy with a win, but then they announced my name for the other two, and I was just dumbfounded. After that it was a whirlwind, we took a lot of pictures, and got to be in the parade at the fair, which was a lot of fun."

**HUNT IS CURRENTLY LOOK-**

**ING AT COLLEGES**, locally at schools like Georgetown, as well as schools across the country such as UCLA, Wheaton in Chicago and the Berklee College of Music in Boston.

"This experience has made me more confident as I prepare for things like college interviews. There's a lot of appearances that come with winning, performances, benefit concerts," she said. "I've always been very much an extrovert, I love to talk in front of people, it doesn't scare me, so it's been fun."

Hunt will be taking her speaking skills to Longfellow and Cooper Middle Schools later this fall, to address teen anxiety, depression and other issues.

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## WEEK IN MCLEAN

### United Bank Robbed

Officers were called to 7787 Leesburg Pike on Tuesday, Oct. 15 at 11 a.m. for a robbery. A man entered the bank and demanded money from the teller. The suspect fled with cash. There were no injuries.

The suspect was described as black, in his late 20s or early 30s, approximately 5-foot-8 and 160 to 170 pounds, with a full beard.

If anyone has additional information, please call Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

### Mylo's Grill to Host Fundraiser for Project Knitwell

On Monday, Oct. 28, Mylo's Grill in McLean is hosting its third annual fundraiser for Project Knitwell, and will donate 20 percent of sales between 5:30 and 9:30 p.m. to the local non-profit. Founded by McLean resident Carol Caparosa, Project Knitwell brings the joy and satisfaction of knitting to people facing stressful situations throughout the Washington, D.C. area, including patients, their family members and caregivers.

Knitters and non-knitters are encouraged to enjoy an evening out, order dinner from Mylo's menu of Greek and American specialties, and participate in a raffle to benefit Project Knitwell.

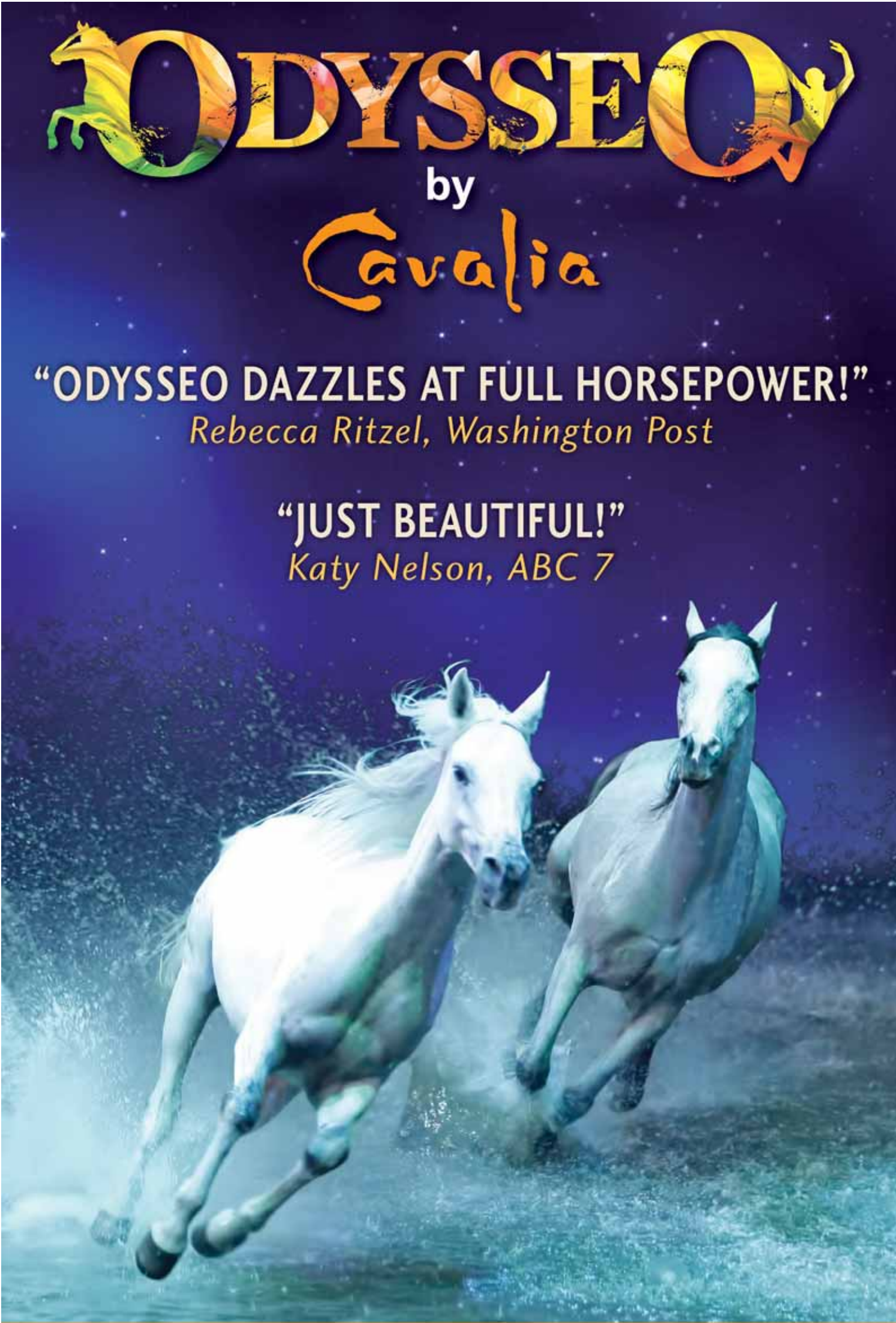
### Fundraiser Supporting McLean Youth Lacrosse

A fundraiser for McLean Youth Lacrosse has been announced by HBC Realty Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, Nov. 12, from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support McLean Youth Lacrosse. Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go to the charity, as long as the diner brings the flyer for the event. Contact HBC Realty Group at 703-734-0192 or visit [www.HBCRealtyGroup.com](http://www.HBCRealtyGroup.com) to receive a flyer.

McLean Youth Lacrosse is a volunteer based organization dedi-

SEE WEEK, PAGE 18

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# ODYSSEO

by  
*Cavalia*

**"ODYSSEO DAZZLES AT FULL HORSEPOWER!"**  
*Rebecca Ritzel, Washington Post*

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# OPINION

## Halloween Party Safety Net

Make plans for a safe celebration;  
SoberRide safety net for those over 21.

**H**alloween is now a major holiday for adults, especially young adults, and also one of the major holidays each year that involve partying with alcohol and the risks of drinking and driving.

The Washington Regional Alcohol Project offers the SoberRide program for the holiday season from Christmas and holiday parties through New Years Day, Saint Patrick's Day, Independence Day and Halloween, providing a safety net of a free cab ride home (up to \$30) to keep would-be drunk drivers off the roads.

Of course if you, or the young adults you know, plan to be out for Halloween celebrations that will almost certainly include alcohol, make a plan now to do that partying within walking distance, near public transportation or to have a reliable designated driver.

But if someone finds themselves without a safe and sober way home, the 2013 Hallow-

een SoberRide program will be offered from 10 p.m., Thursday, Oct. 31 until 4 a.m., Friday, Nov. 1.

To receive a free cab ride home (up to a \$30 fare), call 800-200-8294 (TAXI). AT&T customers may dial #WRAP from their wireless phones. To use the SoberRide service, you must be 21 or older.

Parents of teens who will be headed to parties on Halloween and the weekend after should know that it is likely those parties will include alcohol. Parents must be brave and talk to their teens about how they will get home safely since SoberRide is not available for anyone under age.

Remember that there are other hazards to drinking too much besides the risks of drinking and driving.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

### EDITORIAL

### LETTERS TO THE EDITOR

## Supporting School Bond Referendum

To the Editor:

On Nov. 5, Fairfax County residents will be asked to vote on a School Bond Referendum, to finance renovations, upgrades and new construction at various schools across the county. The League of Women Voters of the Fairfax Area urges voters to approve this referendum for the following four reasons:

❖ **Longer Useful Life for Existing Schools**—We expect our public schools to be useable for 20 to 25 years from the date of construction. Renovations extend the useful life of the building for an additional 20 years. Such improvements include mechanical systems, wiring, plumbing, roofing, upgrading laboratory equipment and fire alarms. These renovations ensure not only that the buildings are safe, but also that they support the type of instruction that will prepare our students for the challenges of the 21st Century.

❖ **Demands of Continuing High Enrollment**—Our public schools have added 17,000 students since 2006 and 6,000 students in the last two years alone. This bond expands capacity by prioritizing construction in high-growth areas where the number of kindergarten and primary level students is the highest, and where there has been a continuing need for temporary

classrooms.

❖ **County's Prudent Borrowing Practices**—The Board of Supervisors maintains the county's net long-term debt at or below three percent of the total market value of taxable property in the County. This restraint has helped Fairfax County keep its AAA bond rating, even during the recession. The sale of these bonds also spreads the cost of capital improvements over the years that the facilities will be used.

❖ **Community Use of School Buildings**—Besides serving as polling places, public schools are available after class hours for meetings of 4H Clubs, Scouts, homeowners associations, cultural and religious groups. Local sports leagues also have access to school facilities for their games.

Voters who would like more information about referendum projects, should go to [www.fcps.edu](http://www.fcps.edu) and click on School Bond Referendum. They can also pick up the brochure Bond Referendum Facts at their public library.

These capital improvement projects benefit not just our students, but also everyone in the community. That's why the League of Women Voters urges County residents to approve the School Bond Referendum on Nov. 5.

**Julia Jones and Helen Kelly,**  
Co-presidents  
The League of Women Voters of  
the Fairfax Area

## Stark Contrast in 34th District

To the Editor:

I do not often write letters to the editor, but feel compelled to now. I have been active in this community for over 35 years as the Dranesville School Board member, Dranesville supervisor, chairman of the Fairfax Chamber of Commerce, and many other business, school and philanthropic activities. I have known many people who worked hard to make this community better. I have personally known almost all of the people who have run for local and state office from our community over the last 30 years, no matter the party. The contrast in this year's election for delegate in the 34th District could not be more stark.

Delegate Barbara Comstock has been active in many organizations and has worked to make our community better for over 25 years. That is why she has gained strong endorsements from every major job-creating business group as well as the Humane Dominion (protecting animals) and the Virginia Police Benevolent Association.

I first got to know Barbara when she was working tirelessly for our district as a senior aide to Rep. Frank Wolf. She served on my Education Advisory Committee and has been a great advocate for our schools, where her husband Chip has served for 30 years. Since Barbara was elected delegate, I have not been to many meetings or

events, small or large, where she is not present and offering her assistance. Barbara has been there whenever a constituent or community group has asked for her help. She has been a tireless worker for all of us, whether it be working with citizens groups to change the state-proposed Georgetown Pike-Rt. 7 intersection or passing legislation to protect us all from the Lyme disease threat, or getting Dominion Power working for us after the derecho last year.

Barbara worked hard to pass legislation that she wrote and sponsored—with bipartisan support—that will save the taxpayers and commuters over \$400 million on Phase 2 of the Dulles Rail Project. I have personally seen her successfully go to bat for individuals and community organizations who felt the state had not dealt with them properly.

By contrast, her opponent has offered no reason why we should elect her, other than endless attacks on Barbara, most of which are not accurate. I have never seen Kathleen Murphy active in any activity in this community. (Note: the candidate Kathleen Murphy is from McLean and is not the Kathleen Murphy of Great Falls who is active in our historical community.) In fact, I never heard of her until she announced she was running this year. We have a choice between Barbara, who has tirelessly dedicated her life to making this community a better place

## Weekly Reminder To Vote

Election Day is Tuesday, Nov. 5., less than two weeks away.

Most voters qualify to vote early, called voting "absentee in person," for a variety of reasons, and can do so until Saturday, Nov. 3.

## Contact

Fairfax County Board of Elections, 703-222-0776, [www.fairfaxva.gov/eb/](http://www.fairfaxva.gov/eb/), 12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)

City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>, 10455 Armstrong Street, Sisson House, Fairfax, 22030; FAX 703-591-8364; email [kevin.linehan@fairfaxva.gov](mailto:kevin.linehan@fairfaxva.gov)

State Board of Elections, 804-864-8901 Toll Free: 800-552-9745 FAX: 804-371-0194, email: [info@sbe.virginia.gov](mailto:info@sbe.virginia.gov), [http://www.sbe.virginia.gov/cms/Voter\\_Information/Index.html](http://www.sbe.virginia.gov/cms/Voter_Information/Index.html)

## McLean CONNECTION

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## BULLETIN BOARD

FROM PAGE 5

colleges can provide more women with a reliable path to opportunity and economic security. 703-569-1588.

### THURSDAY/NOV. 7

**The Vienna American Legion Auxiliary.** 10 a.m., at Vienna American Legion, 330 Center St. N., Vienna. Place flags on the graves of veterans at Flint Hill Cemetery (on Route 123 between Courthouse Road and Hibbard Street); meet beside the tool shed inside the cemetery. 703-938-1379.

**Northern Virginia Leadership Awards.** 11:30 a.m.-2 p.m. Westwood Country Club, 800 Maple Ave. E., Vienna. The annual NVLA awards celebrate the actions and attitudes of community leaders. 703-938-2593.

### FRIDAY/NOV. 8

**Fall 2013/14 Registration Open House.** 9:30-11:30 a.m., at McLean Children's Academy, 6900 Elm St., McLean. Bring your child and come tour the school; registration is available for the morning, afternoon and full day preschool classes. 703-734-2353 or [www.childrensacademy.com](http://www.childrensacademy.com).

### SUNDAY/NOV. 10

**9th annual Vienna CROP Hunger Walk.** 2 p.m., at the Vienna Town Green, 144 Maple Ave. E., Vienna. Walk to help stop hunger during the (Communities Responding to Overcome Poverty) Hunger Walk. The walk is 3 miles and starts and ends at the Vienna Town Green. <http://www.viennacropwalk.org> or <https://www.facebook.com/events/241743379312873>.

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## SCHOOLS

### Homecoming at Langley

Langley students enjoyed a homecoming dinner at Westwood Country Club in Vienna Saturday, Oct. 12.

Langley students after dinner at Westwood Country Club, from top to bottom, Tony Lee, Kelly Chen, Darren Hsu, Sabrina Maloney, Mark Murray, Julia Knepper, Chris Clark, Moriah Ramsey, Dylan Fitzgerald, Josh Barientos, Jesse Dennis, Matthew Arrison, Elena Ferguson, Daniel Baek and Regina Yap.



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### Crowned in the Rain

The Langley High School Homecoming king and queen were crowned at halftime last Friday night, Oct. 18, in the rain. The new turf field meant the game was on, rain or shine. The king is Will Miner, of Great Falls, and the queen, Caroline Mannon, of McLean. They are both seniors at Langley.



PHOTO CONTRIBUTED



## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [McLean@connectionnewspapers.com](mailto:McLean@connectionnewspapers.com). Deadline is Friday.

**GriefShare**, a weekly support group for adults grieving the death of a loved one, meets Sundays 6-7:30 p.m. at Vienna Presbyterian Church, 124 Part St., Vienna with a video/discussion format through Dec. 8. \$20 for workbook. [GriefShare@viennapres.org](mailto:GriefShare@viennapres.org).

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org).

**McLean Bible Church Fitness Class at Body & Soul Fitness.** Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

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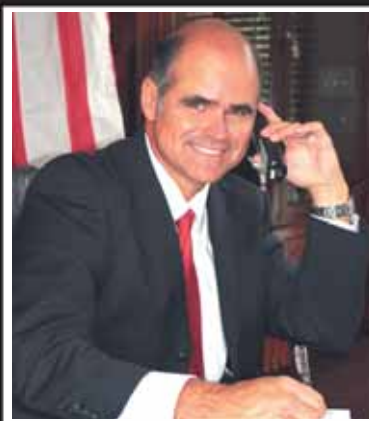
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|--|--|



*"Mr. Wolfe displayed to us a wealth of knowledge that he has gained from his years of law enforcement service. Mr. Wolfe demonstrated a clear understanding of the issues that are important to our law enforcement professionals in Fairfax."* —Fairfax County Chapter President Joe Woloszyn

## ON TUESDAY, NOVEMBER 5TH, VOTE BRYAN WOLFE FOR FAIRFAX COUNTY SHERIFF

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## HALLOWEEN



Ordinary breadsticks can take on spooky forms for fun Halloween treats.



Chef Kristen Robinson shapes dough into bones to turn ordinary bread sticks into a Halloween snack.

# Creating a Spooky Halloween Dinner

Local culinary experts offer ideas for turning an ordinary meal into a ghoulish adventure.

BY MARILYN CAMPBELL  
THE CONNECTION

Halloween dinner in Christine Wisniewski's Vienna home is often a balancing act between healthy and sugary. On the sweetest holiday of the year, for example, the mother and culinary instructor at Culinaria Cooking School, also in Vienna, prepares a wholesome dinner for her eager trick-or-treaters, managing candy-induced sugar highs and inevitable post-confection lows.

"It is a treat-themed holiday. ... No parent wants to be a killjoy, so if you are going to sanction having the candy around, there has to be a strategy for managing it," she said.

Whether it's ghoulish or cutesy, Halloween dinner can set the tone for the rest of the evening, as well as help manage those sugar highs and lows. Not an easy feat. "Dinner on Halloween can be a particular challenge with kids eager to get out the door," said Wisniewski.

Preparing dinner in advance of the holiday and rolling it out before trick-or-treaters set out on their candy-collecting treks is often effective. "This way they leave the house with the fuel they need to get to every last house in the neighborhood and are less likely to dig into the stash they are collecting," said Wisniewski.

Wisniewski and other local chefs suggest slipping in a family meal without a rebellion by setting a spooky tone for dinner and preparing early bewitching recipes.

Traditional shepherd's pie — hearty ground beef or lamb and vegetables buried under a mountain of fluffy mashed potatoes — becomes a graveyard on Halloween in the hands of Chef Kristen Robinson, an Arlington resident and an instructor at The International Culinary School at The Art Institute of Washington, also in Arlington. "[Print] cardboard cut-outs in the shape of

tombstones for your children to decorate while dinner is being prepared," she said. "Serve with the decorated tombstone propped up behind your casserole and enjoy your graveyard pie."

Halloween cookie cutters can also put a spine-chilling spin on everyday fare, says Wisniewski. "Turkey and avocado or hummus sandwiches are more fun when they take the shape of ghosts and bats," she said. "Cheese and crackers can be embellished with green or black olive "eyes." Black bean dip, white bean dip or guacamole look creepy dished up with some carved jicama fingers poking out, or some bat shaped whole wheat tortillas or blue corn tortilla chips for dipping."

**"Turkey and avocado or hummus sandwiches are more fun when they take the shape of ghosts and bats."**

— Christine Wisniewski

For a frightful appetizer or snack, Robinson puts a spooky twist on breadsticks. "You serve a pile of bones, which are really crunchy breadsticks that you make using dough that you shape like bones and then bake," she said. "After the bones cool, you can serve them with roasted red pepper hummus or sun-dried tomato hummus and tell your children their snack is a pile of bones with mashed monster brains."

**FOR A LESS SPOOKY**, but still festive dish, Arlington culinary instructor Andrea Nelson of Creative Kids Kitchen recommends a quick and easy pumpkin seed bread. "It's a great bread because it's got the texture of a cake bread, like banana bread, but is not as sweet and has extra nutrients from the wheat germ, buttermilk and of course the pumpkin seeds," she said, suggesting that parents

## More Fun Food

For those looking for more frightful Halloween feast ideas, Christine Wisniewski is teaching a parent-child Healthy Halloween class at Culinaria, Oct. 26, 9:30 a.m.-12:30 p.m. Recipes on the schedule include Spider-web Eggs, Savory Pumpkin Puffs, "Bats & Cobwebs" with Romaine Salad; and Jackson-Pollock Candied Apples. Visit [www.culinariacookingschool.com](http://www.culinariacookingschool.com).

## Details

Find the recipes from the story at [www.connectionnewspapers.com/news/2013/oct/22/creating-spooky-halloween-dinner/](http://www.connectionnewspapers.com/news/2013/oct/22/creating-spooky-halloween-dinner/).

roast the seeds from pumpkins their families carved rather than use store-bought seeds for some extra festive spirit.

Don't be afraid to try healthy Halloween treats, either. Anna Reeves, culinary instructor and owner of Tiny Chefs, which has locations in Arlington, Alexandria, McLean and Fairfax, Va., and Potomac, Md., said, "There are definitely lots of healthy alternatives to sugary sweets like fresh or dried fruits and granola or energy mixes."

Even fruit can become scream-worthy. Both Robinson and Wisniewski turn ordinary bananas into ghosts and ghouls. "Make some banana ghosts by putting half a banana on a popsicle stick, dip the banana in orange juice and roll it in shredded coconut. You can add two mini-chocolate chips for eyes and freeze the ghosts until they are firm," said Wisniewski.

In Robinson's kitchen, the curvy, yellow fruit becomes a monster with a few strokes of a makeshift paintbrush. "Cut the bananas lengthwise and dip them into different colored chocolates and let your children decorate them with more colored chocolate, or sprinkles, pretzels and raisins," she said. "Your children can use the back end of the skewer as a paintbrush to paint faces on their Frankenstein, ghost or vampire bananas." Colored chocolate can be found at many craft stores.

It's OK if you don't have a lot of time, Wisniewski said. "At the very least, label that bowl of grapes on the kitchen counter 'zombie eyes.'"

# Pumpkin Carving Ideas

Local experts offer their best tips for creating your jack-o-lantern.

BY MARILYN CAMPBELL  
THE CONNECTION

Whether your goal is to carve and decorate the best pumpkin on the block or simply use this fall gourd for Halloween inspiration, local culinary experts offer pumpkin ideas that will keep the season festive.

Before embarking on a pumpkin carving project, take a look at the condition of your knives. "Generally speaking, a dull knife is a dangerous knife," said Christine Wisniewski, a culinary instructor at Culinaria Cooking School in Vienna. "And a pumpkin, because of its size and shape, can be a challenge, even if you have good knife skills. If you use a knife, make sure it is sharp and work slowly."

Wisniewski generally advises eschewing chef's knives for a pumpkin carving kit, usually found in supermarkets and craft stores. "The cutting tools may look less impressive than your best kitchen knife, but they do work well," she said. "The small blades are deeply serrated and make quick work getting through dense pumpkin flesh."

Pumpkin carving kits are also a solution to the safety issue. "If the kids do want to carve, no one's fingers are at risk with these little carving tools," she said. "Our family has managed to get many years of use out

of the tools that came with our first kits."

Executive Chef Eddie Ishaq of Wildfire in Tysons Galleria said, "Keep it safe and always carve with adult supervision," when children are carving. For the third consecutive year, Ishaq will visit the two kindergarten classes at Louise Archer Elementary School in Vienna on Oct. 31 to offer pumpkin carving demonstrations, discuss Halloween and serve slices of pumpkin pie.

Another expert tip is to use templates. While pumpkins with traditional triangle-shaped eyes and grins with missing teeth have their charm, if you want something more original, patterns can help create an ornate jack-o-lantern.

"Tape the pattern to the pumpkin and then transfer the design by poking along the lines of the pattern and into the pumpkin with the sharp tool meant just for this task," said Wisniewski. "A nail or skewer would work too. Anyone can be an expert pumpkin carver with the patterns and kits available."

If you prefer more originality than a pattern or template can provide, Wisniewski suggests letting your design be inspired by the shape of your pumpkin, and any of its individual characteristics. "Maybe that stem is a nose, maybe that tangle of seeds spilling out of its mouth is proof that your pumpkin wasn't feeling very well — a favorite idea of boys, young and older," she said. "If you



PHOTO COURTESY OF CHRISTINE WISNIEWSKI

**Carving pumpkins using templates and patterns can make your Halloween creations look spooky and professional.**

are up for something more mod, drill it full of holes for a polka dotted look. If sparkle is more your thing, don't carve at all, go with glitter."

If you're interested in eating the pumpkin in addition to carving it, Anna Reeves, culinary instructor and owner of Tiny Chefs with locations in Arlington, Alexandria, McLean and Fairfax, Va., and Potomac, Md., said, "This is also a great time of year to tell kids that pumpkin is for more than carving and pie. This high-value ingredient fits into every meal of the day."

She suggests getting a boost of vitamin A by roasting chunks of sugar pumpkin. "[They] are delicious roasted until tender along with quartered shallots and sage leaves," she said. "Mix the sweet roasted vegetables with hot pasta and cream cheese or goat cheese for a nice, fall-inspired dinner."

For more ideas, Wisniewski suggests taking a class at Culinaria Cooking School: Pumpkins — Sweet and Savory is being offered Oct. 26 at 2 p.m. and Nov. 6 at 7 p.m. Students will explore the culinary side of pumpkin with dishes like creamy pumpkin chowder with smoked bacon and pumpkin brulee.

# Halloween Fun Helps Those in Need

Tysons restaurant to host pumpkin carving event to raise money for local food bank.

BY MARILYN CAMPBELL  
THE CONNECTION

Few things say Halloween like a carved pumpkin. Whether they're smiling orbs on a front porch or eerie candlelit gourds in windowsills, jack-o-lanterns are an iconic symbol of Halloween. This weekend, however, the rib-skinned fall squash will also symbolize charity. A group of children get a lesson in pumpkin carving from local Executive Chef Eddie Ishaq of Wildfire, at Tysons Galleria, with all of the proceeds going to a local food bank.

"I enjoy seeing all the smiles on the kids' faces as they carve their pumpkins, and [I like] the fact all the money goes to a great cause," said Ishaq. "I [also enjoy] passing along all of my carving skills."

Proceeds from the event will help support Food for Others, a Northern Virginia food bank. During the class, which will take place on Saturday, Oct. 26 from 3-4 p.m. at Wildfire at Tysons Galleria, parents and children will get a hands-on pumpkin carving lesson led by Ishaq. At the end of the class, the children will take home their creations.

"By hosting a fun event that kids and families can enjoy, Wildfire helps Food for Others raise awareness about the need to fight hunger right here in Northern Virginia because as we approach Halloween, our shelves are frighteningly bare," said Jessica Cogen, director of development and outreach at Food for Others. "With missed paychecks due to the government closure, demand for our help continues to run high."

Food for Others officials report that since July, the number of families coming for emergency food has been more than 20 percent higher than last year. For September alone, the number of people relying on Food for Others for groceries was 24 percent higher than last year.

Cogen says that almost 90 percent of the food her organization distributes is collected through donations.

Contributions don't have to be as elaborate as Ishaq's pumpkin carving class, however. "We accept donations as small as individuals bringing in cans or as large as someone wanting to run a food drive in their workplace," said Cogen. "We have easy-to-follow tips on our website for those who



PHOTO COURTESY OF WILDFIRE TYSONS GALLERIA

**Local children show off their masterpieces after a pumpkin carving class at Wildfire Tysons Galleria. Proceeds from the class go to Food for Others, a Northern Virginia food bank.**

want to put together for a food drive."

For Food for Others, Halloween marks the start of the holiday season, a time when the need increases, says Cogen. "Our food shelves are nearly empty and our lobby is full of people coming to us in need of help with food," said Cogen. "We are optimistic that the community will rally together for food drives and donations. We're counting on people bringing in food for the holidays and into the New Year."

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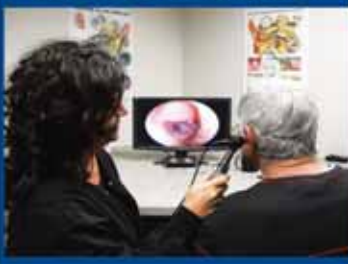
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**THE CONNECTION**  
NEWSPAPERS

## NEWS

Parents, students and school officials gather at the McLean Community Center Wednesday, Oct. 16 to hear about the science behind later high school start times.



PHOTO BY ALEX McVEIGH/THE CONNECTION

## Science Supports Later Start Times

FROM PAGE 3

"Does this help you make up for sleep lost during the week? The argument that I would emphatically make is no," she said. "First of all, it doesn't really help you function Monday through Friday to sleep late on the weekends. Furthermore, the practice of shifting bedtime and wake time further disrupts the normal circadian phase."

Sleeping late into Sunday afternoon means that students will find it harder to go to sleep at a normal time Sunday night, thus ensuring another week of shifted sleep schedules.

The average high school student needs around nine hours of sleep per night, and gets about 7.25 hours per night. Owens says that this process results in a "sleep debt" of at least 10 hours per week, and this only gets worse as they move through high school.

By senior year, students get an average of 6.9 hours per night, and only 3 percent get more than nine hours per night.

According to the 2011 Fairfax County Public Schools Youth Survey, less than 10 percent of the county's students get nine or more hours of sleep per night. Almost 70 percent get less than seven hours, and 17 percent get five hours of sleep or less per night.

THE SURVEY also indicated that

**"I know there are reasons for starting it so early, but isn't the point of the school system to provide the best environment for children to learn? If so, hopefully our school board will pay close attention."**

— Betsy Walker of McLean

45 percent of eighth graders in the county get less than eight hours of sleep.

"In Fairfax County, you are probably at the worst end of the spectrum in terms of sleep," she said. "People under conditions of sleep deprivation tend to take greater risks, but also perceive less in the way of negative consequences. When you put that in context of risk-taking behavior in adolescence, particularly something like driving behavior, that becomes a major issue."

For many parents in the audience, the research done by Owens and her team served to back up the way they felt while their children were growing up.

"It was nice to see some scientific research to back up what I've always thought about my kids, that early in the morning their brain doesn't seem to be firing on all cylinders," said Eva Boudreaux of Falls Church. "When they were in high school, I used to worry a lot when they would have a big

test in first or second period, just because that's the kind of thing you want your brain ready to go for. Hopefully future students can avoid this problem with this kind of science."

Since the late 1990s, more than 70 school districts with almost 1,000 high schools have made their start times later, and very few have gone back to the original time.

The Fairfax County School Board initiated talks with the Children's National Medical Center in April of this year, and charged the center with developing an action plan to help the board start high schools after 8 a.m.

"I know none of my children will ever argue with extra time to sleep in the evening," said Betsy Walker of McLean. "I know there are reasons for starting it so early, but isn't the point of the school system to provide the best environment for children to learn? If so, hopefully our school board will pay close attention."

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# Park to Get Makeover

FROM PAGE 3

connection that would lead to Clemyjontri Park and allow for safe crossing of Georgetown Pike.

"We also have opportunity with this plan to include an off-leash dog area. This is an item that the McLean community has been looking to establish for quite some time, and it's nice to be able to respond to that request," Hooper said. "It definitely is an ambitious plan that would bring noticeable changes to the park, but the benefit is, by being able to re-orient the fields, it keeps the development footprint relatively compact, which tends to reduce the overall disturbance."

Many community members who attended a presentation of the draft plan were supportive of the plan.

"Today Langley Fork is a limited use facility that does draw many visitors for a number of active and passive activities," said Michael Clancy, a board member for McLean Youth Athletics. "This plan builds on, and significantly builds on the present park. We're very excited about this plan and what it means to the community, and the good it will do for this community."

There was one omission noted by several in attendance, the addition of a running track.

"The beauty of adding a track is that it

doesn't take anything away from the existing plan, but a track can go around existing facilities," said Katherine Quinn, head coach of McLean Youth Track. "Every child in every sport would get use out of the track, they can use it for conditioning, families can use it for activities while kids are practicing or playing games. It's the one amenity that can be used by everyone, whether you're a 2-year-old, a 90-year-old or even in a wheelchair, you can get out there."

Due to the unusual nature of the ownership of Langley Fork, there will be a slight deviation in the normal master plan revision process. After the standard 30-day public comment period, the park authority will revise the plan as needed.

The draft plan will then go to the National Park Service, who will evaluate the changes to see if they are consistent with the analysis in the environmental assessment.

The park service will hold their own public comment meeting on Wednesday, Dec. 4 at Franklin Sherman Elementary School at 7 p.m.

Once the National Park Service finds the plan to their liking, the land exchange will move forward, and the master plan revision sent to the park authority board for approval.

More information on the plan can be found at [www.fairfaxcounty.gov/parks/plandev/langleyfork.htm](http://www.fairfaxcounty.gov/parks/plandev/langleyfork.htm).

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# SPORTS

## McLean Little League Majors Softball All-Stars Recognized

On Oct. 8, the McLean Little League Majors Softball All-Stars and their coaches, team manager and parents were recognized by Dranesville Supervisor John Foust and the Fairfax County Board of Supervisors for winning the State Championship, the Southeast Regional tournament and for advancing to the finals of the World Series held in Portland, Ore. last month. The World Series semi-finals and finals were broadcast by ESPN. The McLean Majors program has a significant winning history having won 10 State Championships and, in 2005, capturing the World Series trophy.

In this year's State Championship, five McLean players had a



PHOTO CONTRIBUTED

**Dranesville Supervisor John Foust and the Fairfax County Board of Supervisors honored the McLean Little League Majors Softball All-Stars.**

batting average of .600 or higher and 10 hit .400 or higher. This year's team is made up of 13 middle school girls, six of whom will be eligible to play little league again next year. The team manager is Gerry Megas. Rob Haas and

Colin Sandercock are the team coaches. Lisa Haas is the team mom and "chief operating officer" for the team.

At the ceremony, the team presented an autographed softball to Supervisor Foust.



PHOTO CONTRIBUTED

**From left: Bob Zadeh, VYS TOPSoccer director; Megan Kenny; Becca Benson; Margaret Kerfoot, VYS president.**

## Soccer Volunteers Named Champions of Character

Vienna Youth Soccer (VYS) has announced Fairfax County Athletic Council's and Neighborhood and Community services recognition of the outstanding efforts of two TOPSoccer volunteers, Becca Benson and Megan Kenny.

The Champions of Character Awards recognize youth, coaches and parents for their extraordinary service in going above and beyond in demonstrating good sportsmanship and positive character in youth sports in Fairfax County.

Becca Benson and Megan Kenny were nominated by VYS as they meet FCAC's criteria for outstanding youth who "have demonstrated extraordinary service in the sports community while modeling the basic traits of good character: trustworthiness, respect, responsibility, fairness, caring and citizenship." Since 2009, Becca and Megan have volunteered as

Buddies for VYS' TOPSoccer program, a community-based training program designed to bring the opportunity of playing and learning soccer to any boy or girl who has a mental or physical disability.

According to Bob Zadeh, TOPSoccer director for VYS, "Every Saturday afternoon during the season, Becca and Megan show up with lots of love and energy to help disabled players enjoy the game of soccer. Off the field, these outstanding volunteers demonstrated their commitment to the TOPSoccer program by devoting their time to develop a Buddies Training Manual, posted on the VYS website, to teach others who may want to be a Buddy."

Becca and Megan found ways to make the game fun and educational for players with even the most severe disabilities and their efforts have made a difference in the lives of many children in the community.



CONNECTION FILE PHOTO

**Langley running back Tyler West carries the ball against Chantilly on Sept. 27.**

## Langley Football Beats South Lakes, Improves to 5-2

The Langley football team won its fourth consecutive game, beating South Lakes 56-33 on Oct. 18.

The Saxons (5-2) amassed 537 yards of offense, including 343 on the ground, and led 35-3 at halftime.

Langley running back Tyler West carried 19 times for 223 yards and three touchdowns. Andre Vasiliadas went for 70 yards and a score on the ground. Quarterback Nick Casso completed nine of 13 passes for 194 yards and three touchdowns, and ran for 50 yards and a score. Garrett Collier had six receptions for 149 yards and two touchdowns.

After suffering back-to-back losses to Stone Bridge and T.C. Williams, Langley has beaten Chantilly, Marshall, Fairfax and South Lakes while averaging 45.5 points per game.

The Saxons will host Thomas Jefferson at 7:30 p.m. on Friday, Oct. 25.

## McLean Field Hockey Beats Langley

The McLean field hockey team secured a berth in the 6A North region tournament with a 2-1 victory over Langley in the opening round of the Conference 6 tournament on Monday at McLean High School.

Christin Geisler and Maeve Harris each scored a goal for McLean.

The Highlanders advance to the conference semifinals on Wednesday, Oct. 23.

## McLean Football Falls to Fairfax

The McLean football team lost to Fairfax 45-20 on Oct. 18, dropping the Highlanders' record to 3-4.

McLean's Gabriel Sutherland carried 22 times for 188 yards and two touchdowns, according to the Washington Post's allmetsports.com. He also had three receptions for 85 yards and a score.

McLean will host Madison at 7:30 p.m. on Friday, Oct. 25.

## Madison Football Falls to TJ

The Madison football team lost to Thomas Jefferson 24-21 on Oct. 18, dropping its record to 0-7.

Madison's Willis Gardner carried 16 times for 54 yards, according to the Washington Post's allmetsports.com. Jason Gastrock completed 18 of 23 passes for 190 yards with three touchdowns and two interceptions. Nate Williams had 14 catches for 129 yards and a score.

Madison will travel to face McLean at 7:30 p.m. on Friday, Oct. 25.

## Oakton Football Loses to Centreville

The Oakton football team dropped to 0-2 in conference play with a 42-21 loss to Centreville on Oct. 18.

Oakton quarterback Michael Ficarra carried 14 times for 82 yards and a touchdown, according to the Washington Post's allmetsports.com. He completed nine of 33 passes for 145 yards with one touchdown and an interception.

Oakton will travel to face Robinson at 7:30 p.m. on Friday, Oct. 25.



## News



PHOTO CONTRIBUTED

**2013 Strauss Award recipients: "Fluid #8," 2011, acrylic on mylar and fiberglass rods, by Rebecca Kamen. Pascale Arndtz, choreographer, was also a recipient.**

# 2014 Strauss Artist Awards Opportunity

**The application deadline is Wednesday, Jan. 15, 2014.**

The Arts Council of Fairfax County plans to award its seventh annual set of Strauss Artist Awards next year, with three \$5,000 grants to recognize professional working artists' achievements and their demonstrated history of accomplishments, while promoting the continued pursuit of creative work.

The application deadline for the 2014 Strauss Artist Awards is Wednesday, Jan. 15, 2014. The guidelines and application materials can be found on the Arts Council of Fairfax County website.

Diane Coburn Bruning, artistic director for the Chamber Dance Project and 2013 Strauss Award recipient said she was grateful for the honor, and that it enabled her to begin work on a new male duet, which was previewed in a Saturday, Oct. 19 event with Ballet Nova.

The Arts Council of Fairfax County will host a free grant writing workshop from 11 a.m. to 12:30 p.m. on Saturday, Nov. 16

at the Reston Community Center, The Gallery at Lake Anne, 1609 Washington Plaza N., Reston, Virginia. A second grant preparation webinar will be offered at noon on Tuesday, Nov. 19.

The Strauss Artist Awards, named for Bill Strauss (1947-2007), gifted writer, cofounder of the Capitol Steps and the Cappies, are an investment in the sustained growth and development of the arts in Fairfax County, as well as a way to honor artists' commitment to an artistic discipline and their contributions to the quality of life in Fairfax County.

The Strauss Artist Award Grants are selected through a competitive review process where the recipients are determined by their work's merit. No specific project needs to be carried out with the funds granted. Fairfax County based artists in all disciplines including visual arts, creative writing, theatre, dance performance and choreography, film and new media, music composition and performance are eligible to apply.



PHOTO COURTESY OF MARK BERGMAN

**Shenandoah Suite, pictured performing at Washington and Lee University, was one of the 2013 Strauss Artist Awards recipients.**

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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### Interstate 495 Northern Section Shoulder Use Project Fairfax County, Virginia Citizen Information Meeting

**Tuesday, November 19, 2013, 7:00 – 9:00 p.m.**  
Cooper Middle School  
977 Balls Hill Road, McLean, VA 22101

**Come see** preliminary information about plans to utilize the northbound inside shoulder along I-495 from just south of Old Dominion Drive to the George Washington Memorial Parkway interchange. The shoulder will be lane controlled and used during the peak travel periods. The meeting will be held in an open-house format with no formal presentation given. VDOT representatives will be present to discuss the project and to answer questions.

**Review** project information at [www.virginiadot.org](http://www.virginiadot.org), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 800-FOR-ROAD (800-367-7623) or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written or oral comments** at the meeting or submit them by **November 29, 2013**, to Mr. Paul Nishimoto, VDOT Project Manager at the VDOT District Office address above. You may also e-mail your comments to [meeting\\_comments@vdot.virginia.gov](mailto:meeting_comments@vdot.virginia.gov). Please reference "I-495 Shoulder Use Project" in the subject heading.

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## WEEK IN MCLEAN

FROM PAGE 7

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# LETTERS

FROM PAGE 8

to live and work in, and has strongly delivered for our district; and Murphy, who has no experience improving this community and according to public records didn't even vote in the last two delegate elections.

I hope all voters will join me in voting for Barbara Comstock to continue serving as our delegate.

**Stu Mendelsohn**  
Great Falls

## Both Sides of Humility

To the Editor:

Frank Wolf has been a decent congressman, but his column in last week's Connection shows how easy it is for politicians to (unintentionally?) speak with a forked tongue [It's Going to Take Humility, Connection, Oct. 16-22, 2013]. At first he tells us, almost lectures us, about the value of humility. I agree, he's on target here. The swelled heads of congressmen leads to hardened opinions and an unmerited sense of self-importance on both sides of the aisle.

That's good counsel, but then

Wolf proceeds to show us all that he has yet to heed his own advice, for in the back half of his column he chastises his opponents and tells us all, in no uncertain terms, what's wrong with the country and his personal vision for fixing it. That doesn't sound like humility to me!

I want to offer to Wolf that if we are going to get government back on track, then we all must embrace humility—including him. Frank, let humility lead you to be a genuine peacemaker (Matt 5:9) and consensus builder in Congress. My vote for you in the next election depends on it.

**Chris Johnson**  
Oakton

## Something's Missing

To the Editor:

Here we were in election season again, but something seemed to be missing. Then it occurred to me: Where were all the campaign signs that usually pollute the median strips of our busy streets, distracting drivers and inconveniencing the crews charged with mowing and maintaining these areas? In past years, candidates often became en-

gaged in arms races that resulted in hundreds of signs being plastered on every open space available.

I inquired with the Fairfax County Department of Transportation and learned that the county has new authority to enforce the laws against temporary signage on state highway rights-of-way, complete with the ability to levy fines against violators. Hallelujah!

Let's hope that the candidates in this year's campaign will continue to observe the law and keep their yard signs where they belong – in yards!

**J. Jay Volkert**  
Tysons Corner

## We Should Know Better

To the Editor:

I am the assistant branch manager at Patrick Henry Library in Vienna. I also worked at Reston Regional Library for four

years. I got my MLS 25 years ago while working part-time in engineering firm libraries in Boston. My first job after getting the degree was in an Army Corps of Engineers Library and I spent several years working for an association

information center downtown before it became clear that the commute didn't work with having a child in elementary school, and I joined FCPL.

Not surprisingly, I read a lot and widely. I read book reviews, professional journals and blogs. I keep up on technology, management trends, and instructional techniques. I can help you find another good book based on what you like. I can walk you through the eBook process or help you use our public computers if you have questions. If you are a student, I'll point you to fun books or homework resources at the right grade level, including facts for your science fair poster on saliva. I do programs in the branch and in the community on consumer, small business & investment databases. I develop instructional handouts for use throughout the county. I coach and train my colleagues to do the same. I am a librarian, and my CV is not unusual in Fairfax County—for the time being.

Professional training and expertise matter. When I use a county service, I rely on the person helping me to have the necessary credentials: I want county health services to use degreed nurses. I want county legal services to feature

attorneys with appropriate specializations. I want financial services managed by CPAs. I want the teachers in our schools to have more than minimal qualifications to teach my children, and I want the agency directors, trustees, and supervisors in this county to have my back when it comes to defending those expectations.

Staff dissent on the library's reorganization is widespread, but it is not at root self-serving or change-phobic, however others try to characterize it. (Since the job class downgrades would only affect new hires, they don't impact current staff directly.) Rather, it is principled, informed and passionate advocacy for a profession and community that we love and serve with pride.

The continued library de-funding and proposed staff reorganization are wrong on many levels, but one of the biggest ironies is that it makes an argument against the value of knowledge and literacy in a county where so many residents earn a living based on higher education & professional credentials. We owe it to our patrons and ourselves to do better than this.

**Deborah Smith-Cohen**  
Oak Hill

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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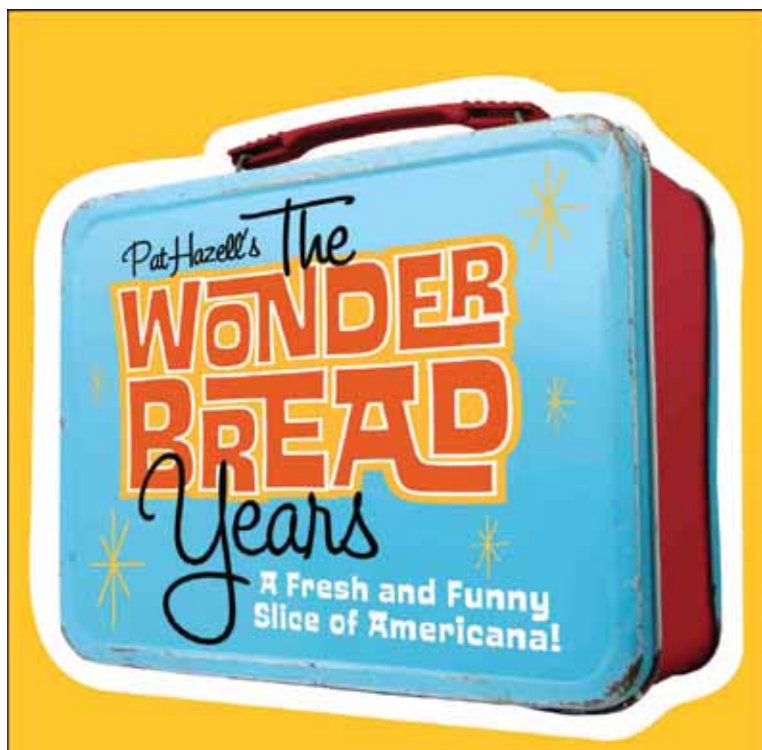
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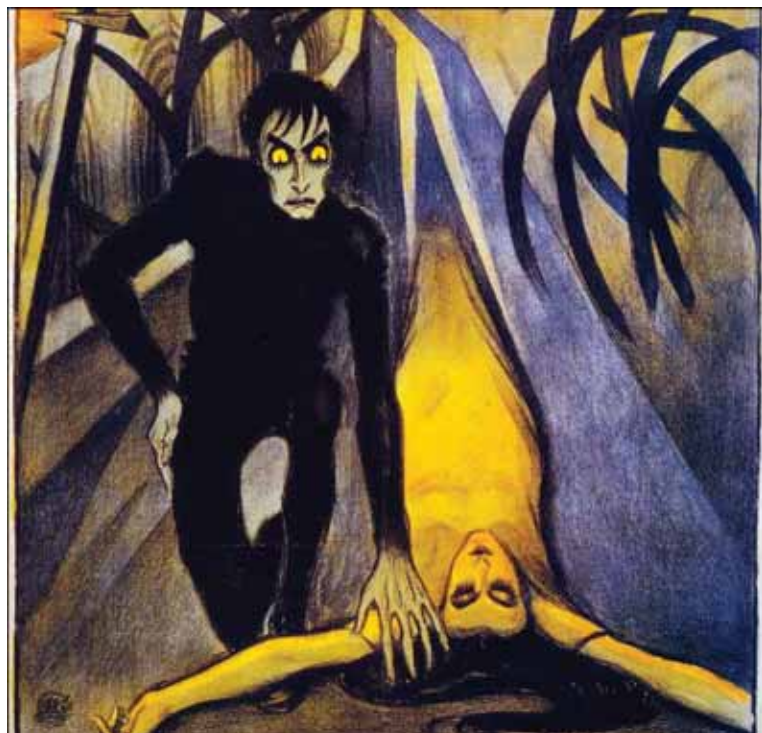
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## ENTERTAINMENT

Send announcements to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

### WEDNESDAY/OCT. 23

**Vienna Halloween Parade** 7 p.m., starting on Maple Avenue and continuing along Church Street in Historic Vienna. The annual Vienna Halloween Parade draws thousands of families. Many parents remember watching the parade as children themselves. Viewers frequently mark their curbside spots early in the day by leaving personal items there.

### WEDNESDAY-SATURDAY/ OCT. 23-NOV. 16

**Jolanta Noska's Abstracts** at the Vienna Arts Society Gallery in the Village Green, 513 Maple Ave. W., Vienna. See the work of Jolanta Noska, who took a master's program in elementary education in her native Poland before moving to Virginia. Her abstract works are created in acrylics, pastels and leather. 703-319-3220 or [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

### THURSDAY/OCT. 24

**Great Falls Writer's Group.** 11:15 a.m.-1:15 p.m., at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Washington Post columnist John Kelly speaks on his column and the challenges of writing.

### FRIDAY/OCT. 25

**Chica Brunsvold.** 10 a.m.-noon, at the McLean Community Center, 1234 Ingleside Ave., McLean. The signature member of both the National and American Watercolor Societies will be the featured speaker at the McLean Art Society meeting, where Brunsvold will do a watercolor demonstration on Yupo paper.

### FRIDAY-SUNDAY/25-26

**Silk Purse Project.** 7:30 p.m. (doors open at 7 p.m.) at Vienna Baptist Church, 541 Marshall Road S.W., Vienna. A local business tycoon has decided to challenge the incumbent mayor. This poses a problem for his party, as he is both the largest contributor and a buffoon who could ruin the entire party's slate. \$10; half of the proceeds to benefit the Shepherd's Center of Oakton-Vienna.

### FRIDAYS-SUNDAYS/ OCT. 25-NOV. 3

**"Picasso at the Lapin Agile."** 8 p.m., 2 p.m. matinees on Oct. 27 and Nov. 3, at the Vienna Community Center, 120 Cherry St. S.E., Vienna. Albert Einstein and Pablo Picasso meet at a bar called the Lapin Agile in Montmartre, Paris as both men are on the verge of an amazing idea. \$13 general admission. [vtcshows@yahoo.com](mailto:vtcshows@yahoo.com) or [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).

### SATURDAY/OCT. 26

**Ayr Hill Garden Club Bulb Sale.** 8 a.m.-noon at the Vienna Farmers Market, 301 Center St., Vienna. Browse 28 varieties of bulbs for fall and spring planting in addition to hypertufas and tussy mussels for sale; proceeds go to support the public gardens planted and maintained by AHGC in Vienna.

**The Vienna Saturday Farmers Market.** 8 a.m.-noon, at 301 Center South, Vienna. Features TJ Michaels, a balloon artist and bulb planting sponsored by the Optimist Club of Greater Vienna.

**Vienna Choral Society**



PHOTO BY DONNA MANZ/THE CONNECTION

## 'Picasso at the Lapin Agile'

**Bill Byrnes, in character as Picasso's agent Sagot, banters with bartender Freddy as Lapin Agile customer Gaston (played by Josephy LeBlanc) takes it all in. Remaining performances Oct. 25, and 26, and Nov. 1 and 2, at 8 p.m. Matinee performances at 2 p.m. on Oct. 27 and Nov. 3. Buy tickets for "Picasso at the Lapin Agile" at the Vienna Community Center, 120 Cherry St. S.E., at the door or in advance.**

**Coffeehouse Concert** at Our Lady of Good Counsel Catholic Church, 8601 Wolftrap Road, Vienna. The chorus shares their rich melodies and intricate harmonies with the community. [www.viennachoralsociety.org](http://www.viennachoralsociety.org).

**Fall Bazaar.** 10 a.m.-5 p.m., at The Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Pulled pork dinner with two sides, dessert and beverage for \$10. Baked items, handmade arts and crafts, jewelry and scarves, used books and toys and previously owned hand tools/ hardware for sale. Natural pine Christmas wreaths are available to order. 703-759-3705.

**All the Tea in China.** 1-3 p.m., at historic Colvin Run Mill, 10017 Colvin Run Road, Great Falls. An educational tea tasting seminar where you can taste Chinese black, green, oolong, white, and dark, as well as the exquisite flowering teas, and compare these various styles with some tea infused treats. \$25. 703-759-2771.

**Spooktacular Pumpkin Carving Class.** 3-4 p.m., at Wildfire, Tysons Galleria, third floor, 2001 International Drive, McLean. Carve the spookiest pumpkins ever with help from WUSA9 reporter Jessica Doyle and Wildfire executive chef Eddie Ishaq. \$15/child. 703-442-9110 or [wildfirerestaurant.com](http://wildfirerestaurant.com).

**Vintage Hollywood Benefit Gala.** 6-midnight, at Ritz-Carlton, Tysons Corner, 1700 Tysons Blvd., McLean. The 17th annual gala benefits the Arlington Free Clinic, and features a cocktail reception, silent auction, dinner and dancing. \$300. [www.gala.arlingtonfreeclinic.org](http://www.gala.arlingtonfreeclinic.org).

### SUNDAY/OCT. 27

**Sunday Soiree.** 3-5 p.m., in the community hall at the McLean Community Center, 1234 Ingleside Ave., McLean. The series of casual, afternoon dances returns for the fall session with an Oktoberfest-themed open dance night. Patrons are invited to dress in traditional German clothing, such as lederhosen and dirndls. \$5 at the door. <http://www.mcleancenter.org/> or 703-790-0123.

**Amadeus Orchestra and Choruses.** 4-6 p.m., at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Manfredini's "Concerto for two trumpets," Haydn's "Lord Nelson Mass," and song from the Reston Chorale, Saint Luke Catholic Church Choir and Saint Francis Church Choir. \$30; students under 17, free. 703-759-5334 or [www.amadeusconcerts.com](http://www.amadeusconcerts.com).

### MONDAY/OCT. 28

**Ayr Hill Garden Club Meeting.** 1 p.m., at Emmanuel Lutheran Church, 2589 Chain Bridge Road, McLean. Longtime AHGC member and a past president Leigh Kitcher will give a presentation about her visit last May to London's famous Chelsea Flower Show. Leigh is now the director of District III of the National Capital Area Garden Clubs. [latripp24@gmail.com](mailto:latripp24@gmail.com) or 1-203-400-3668.

### FRIDAY/NOV. 1

**An Evening of Laughter.** 7:30 p.m., Flint Hill's Olson Theater, 10410 Academic Drive, Oakton. Flint Hill School announces "An Evening of Laughter," a production of four one-act plays. [flinthill.org](http://flinthill.org).  
**Van Cliburn Orchestra.** 8 p.m. at Wolf Trap, 1551 Trap Road, Vienna; Filene Center, 1645 Trap Road, Vienna; The Barns, 1635 Trap Road, Vienna. Hear the DC-area debut of the 14th Van Cliburn International Piano Competition Silver Medalist. \$35.

### SATURDAY/NOV. 2

**Flicker of Hope Foundation 5K Walk.** 10 a.m.-noon, at Vienna Volunteer Fire Department, Engine 402, at 400 Center St. S., Vienna. The Flicker of Hope Foundation announces its third annual 5K walk to benefit survivors of traumatic burn injuries. The walk will be followed by refreshments and a raffle with items supplied by area merchants. [www.flickerofhope.org](http://www.flickerofhope.org).  
**Ballroom Dance.** 8-9 p.m. Swing lesson, 9-11:30 p.m. dance, at the Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Waltz, rumba, tango, foxtrot, cha-cha, samba and extra swing to live music by Mike Surratt & the ECB playing tunes from the 1930s on; dance includes sodas and light fare, attire is ballroom casual. \$15 for dance; \$5 for lesson. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

### SATURDAY-SUNDAY/NOV. 2-3

**Book Sale.** 10 a.m.-4 p.m. Saturday, 11 a.m.-2 p.m. Sunday, at Patrick Henry Library, 101 Maple Ave. E., Vienna. Fill a bag with books for only \$5 and browse a sale featuring thousands of top quality used books, hardback fiction, ton of non-fiction and quilting books and cookbooks. Sponsored by the volunteers of the Friends of Patrick Henry Library. 703-938-0405 or [FPHL101@gmail.com](mailto:FPHL101@gmail.com).



# ENTERTAINMENT

**Hosts for the afternoon – Nina Goodarzian and Nicholas Kalis show their support for the McLean Orchestra by welcoming the Gala Announcement Party to their home with plenty of Austrian wines and treats.**

PHOTOS BY  
ANDREA WORKER/  
THE CONNECTION



## ‘Waltzing to Vienna’ With McLean Orchestra

ANDREA WORKER  
THE CONNECTION

The halls came alive with the sound of music—just a slight variation on the famous Von Trapp family story theme—when soprano Melissa Mino sang that song for the sponsors, patrons and friends of the McLean Orchestra on Sunday afternoon. The event, hosted by Nicholas Kalis and his fiancé Nina Goodarzian at their home in McLean, was appropriately titled “Waltzing to Vienna” since the orchestra’s annual gala fundraiser will be held at the Embassy of Austria on April 26, 2014. Emcee, Past President and Advisor to the President of the Board Dr. Wayne Sharp made the formal announcement as guests enjoyed Austrian wines and snacks made by Chef Rachel Brosh of Petite! Catering.

Incoming Board President Paul Frank also welcomed the attendees and explained why fundraisers and events such as these are critical to the continued success of the McLean Orchestra. “People ask why we don’t just raise our ticket prices to cover all the costs,” said Frank. “For one thing, we want to keep the music accessible, and even if we sold every seat at every concert we still would only cover about a third of our costs. Running such a renowned orchestra with so much talent costs more than the ticket price.” Frank noted that the organization also includes the Youth Orchestra. “The funds we raise also support the talent of the future and gives our young

people some wonderful opportunities for growth and artistic expression.” Judging by the applause and the number of people already signed up to be Orchestra Sponsors in financial categories ranging from \$10,000 for Gala Meister Sponsorship to \$1,250 for Tritsch Tratsch Polka Sponsorship, Frank was preaching to the choir.

In case anyone was in danger of forgetting the theme of this year’s gala, Conrad Heer and Past President Ann Page entertained the gathering with two waltzes in the spacious Kalis foyer. Heer also volunteered his expertise to teach the waltz to those who wanted to sharpen their dancing skills before the gala next spring—“For a small fee, of course,” laughed Ms. Page. “Your \$75 course fee will be donated to the Orchestra, as will Mr. Heer’s time.” A series of dance classes will be held for three weeks prior to the big bash in April.

The McLean Orchestra under the direction of award-winning conductor Maestra Miriam Burns and the Youth Orchestra generally perform at the Oakcrest School in McLean. This year’s concert series is “A Season of Festivity.” For information and tickets, visit their website at [www.mclean-orchestra.org](http://www.mclean-orchestra.org), but be prepared to do more than listen to amazing music—this year you may want to bring along your dancing shoes as well.



**Soprano Melissa Mino shares a moment in between performances with the president of the Orchestra’s Board of Trustees, Paul Frank.**



**Past President and Advisor to the Board of Trustees Dr. Wayne Sharp and President Paul Frank welcome the gathering and make the formal announcement of this season’s Gala Event – “Waltzing to Vienna.”**



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## Here’s What’s Happening at MCC



### “The Wonder Bread Years”

**Saturday, Oct. 26, 8 p.m.**

\$30/\$20 MCC district residents

### Sunday Soirée Dance Oktoberfest

**Sunday, Oct. 27, 3-5 p.m.**

Admission: \$5 per person

### Halloween Movie “The Cabinet of Dr. Caligari”

**Wednesday, Oct. 30, 7:30 p.m.**

\$10/\$6 MCC district residents

### Children’s Flea Market

**Saturday, Nov. 2, 11 a.m.-1 p.m.**

Free admission

### McLean Kids Series Doug Berky in “No Show”

**Saturday, Nov. 2, 2 p.m.**

\$15/\$10 MCC district residents

### Halloween Movie “Tucker & Dale vs Evil”

**Saturday, Nov. 2, 8 p.m.**

Free admission

### Midday Movie Musicals “Sweet Charity”

**Wednesday, Nov. 6, 1 p.m.**

Free admission

### 37th Annual McLean Antiques Show & Sale

**Sat. & Sun., Nov. 9-10**

Admission: \$7, good both days

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## 21 Announcements

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## 21 Announcements

### IN THE CIRCUIT COURT OF BALDWIN COUNTY, ALABAMA

RONALD K. PIRNIE,)Plaintiff,

Vs.

Case No. CV 2013-901174

CRAIG RAYMOND ARNOLD and ) DAVID MENGEL ADAM, JR., ) Defendants. )

## NOTICE OF PUBLICATION

To: DAVID MENGEL ADAM, JR., Defendant Named Above:

You are hereby notified that the above-styled action seeking a judgment against the Defendants, CRAIG RAYMOND ARNOLD and DAVID MENGEL ADAM, JR. was filed against you in said court on August 22, 2013 and that by reason of an order for service of summons by publication entered by the court on October 4, 2013, you are hereby commanded and required to file with the clerk of said court and serve upon Brantley T. Richerson, Attorney for Plaintiff Ronald K. Pirnie, whose address is Post Office Box 1138, Fairhope, AL 36533 an answer to the complaint within 30 days of the last date of publication, to wit: by the 6th day of December, 2013.

Clerk of the District Court of Baldwin County, Alabama  
10/16/13

## 21 Announcements

### SUMMONS IN THE SUPERIOR COURT OF THE VIRGIN ISLANDS DIVISION OF ST THOMAS AND ST JOHN

RC HOTELS(Virginin Islands), INC (Plaintiff)

vs  
ALKESH TAYAL (Defendant)

CIVIL NO. 191/2010  
ACTION FOR DEBTAND FORCLOSURE OF REAL  
PROPERTY MORTGAGE

TO: Alkesh Tayal  
1014 Salt Meadow Lane  
McLean, VA 22101

Within the time limited by law(see not below) you are hereby required to appear before this Court and answer claim filed against you in this action. In the case of your failure to appear or answer, judgement by default will be taken against you as demanded in the Complaint for ACTION FOR DEBT AND FORECLOSURE OF REAL PROPERTY MORTGAGE. Witness my hand and the Seal of the Court this 7th day of April, 2010.

VENETIA HARVEY VELASQUEZ, Clerk of the Court

Richard P. Farrelly, Esq.  
Birch, de Jongh & Hindeis, PLLC  
Poinsetta House at Bluebeard's Castle  
1330 Estate Taarnebjerg  
St Thomas, USVI 00802  
340-774-1100  
340774-7300 fax

NOTE: The defendant, if served personally, is required to file his/her answer or other defense with the Clerk of this Court, and to serve a copy thereof upon the plaintiff's attorney within twenty(20) days after service of this summons, excluding the date of service. If served by publication or by personal service outside of the jurisdiction, the defendant is required to file his/her answer or other defense with the Clerk of this Court, and to serve a copy thereof upon the attorney for the plaintiff within thirty (30) days after the completion of the period of publication or personal service outside of the jurisdiction.

## 21 Announcements

## 15 Getaways

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## 21 Announcements

### ABC LICENSE

Virginia Eats, LLC trading as America Eats Tavern, 1700 Tysons Blvd, Mclean, VA 22102.

The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer, Wine, Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Robert Wilder, managing member 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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

## 21 Announcements

### ABC LICENSE

HSAH Arlington, LLC trading as Heavy Seas Alehouse, 1501 Wilson Blvd, Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL(ABC) for a Beer/Wine on Premises; Beer/Wine Off Premise; Mixed Beverages on Premise license to sell or manufacture alcoholic beverages. Michael F. Morris, Managing member 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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

## 21 Announcements

### LEGAL NOTICE

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## 21 Announcements

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## 21 Announcements

## PARENTS

Teenagers are taught that drugs and smoking harm the body. Unfortunately, they are being indoctrinated into a belief system about sodomy that is harmful. Therefore, it is beneficial for all teenagers to view **Shocking 2010 CDC Update About Homosexuality** on youtube. They should also be aware of some of the characteristics of sodomy:

1. Sodomy is a destructive act against nature. Consent does not change the fact that acts of sodomy are dangerous.
2. Sodomy is a want, not a need. Participating in sodomy is a choice.
3. No one has been born or will be born with a body designed for sodomy. The part most often used for sodomy is designed with a thin, fragile membrane that tears easily. A tiny tear can become infected and since this cavity does not heal quickly, a colostomy bag is often required. Sodomy can cause severe damage to the body which can result in death.
4. Sodomy spreads diseases rapidly because the cavity leads directly to the blood stream. Protection designed for normalcy is often ineffective when used for sodomy.

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## 21 Announcements

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## Compartmen- talization



By KENNETH B. LOURIE

It's not exactly everything in its place any more than it is, for me, a place for everything. It's more like mandatory evacuation – as in self-preservation; of thoughts, concerns, worries, anxieties, facts/feelings, all of which may be harmful to my health and/or my overall demeanor/well being (which anecdotally-speaking is all interrelated). Having stage IV non-small cell lung cancer will do that to you – among other things. If I don't take control of the internal and external complications caused by this insidious disease, then it wins. And the last thing any of us similarly diagnosed patients want is a victory by the other side.

My attempts at sustaining my status as quo are as much mental as they are physical. Physically, the tumors will react to chemotherapy – or not, and my body/internal organs will be "side-effected" how they will despite my wishfully-thought-of intentions. However, mentally (emotionally, psychologically, spiritually) is semi in my control. And control is key – or certainly perceived to be (rhyme not for any effect). As such, whether or not it matters to the cancer how I do what I do (live), it matters to me. And if it matters to me – and I take these matters into my own hands, and don't succumb to cancer's figurative punch, then I can feel as if maybe this battle is not so lopsided (what's more lopsided than a terminal diagnosis from an oncologist?). One where you're encouraged to take that vacation you've always dreamed of because, well, you know. But if I can feel – for even a minute, that my specific man vs. cancer existence is being waged on a level playing field, then I just might think this fight is fair. Realistically, that's all I can ask for. (Regardless of whether I'm ending this sentence with a preposition.)

But since there are no guarantees here, there's a bit of a leap of faith to be made (you'll note I didn't say expected). What I do know is, that if my focus on life is exclusively about yours truly being diagnosed with inoperable lung cancer; if my 24/7 consciousness is totally cancer-centric, and if any and all cancer thoughts are woe is me, then the battle is already lost. It's not about me not caring or giving up – hardly, it's about me not giving in. And the only way I know how to not give in to the pressure/terminal circumstances under which I continue to endure, is to not feel as if everything has to be dealt with all the time. There are just too many variables, and moving and unpredictable parts (euphemistically speaking) which have to be managed – for lack of a better word. Ergo: Coping and hoping. Every minute of every day. (Every second would be a bit of an exaggeration.)

And if and when I should receive any unpleasant news, I'll try to embrace those very appropriate words spoken by Scarlett O'Hara at the end of the Oscar-winning classic, "Gone With The Wind," when Rhett Butler walked away after having said he didn't "give a damn" about what Scarlett "will do" about bringing "him back:" "...I can't think about this now! I'll go crazy if I do! I'll think about it tomorrow..." Compartmentalization. A figurative solution to a set of real problems. It's not exactly pretending. It's more like pacifying. So far, so great.

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

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