

PHOTO BY BONNIE HOBBS/CENTRE VIEW

Centreville Wildcats on Parade

Cheerleaders participate in Centreville High's homecoming parade on Friday, Nov. 1, in Little Rocky Run. More photos, page 8.

Democrats Score Narrow Victory

Division in Republican Party cited in loss.

BY MICHAEL LEE POPE
CENTRE VIEW

When Jim Dillard first ran to represent Fairfax County in the House of Delegates in 1965, the Republican Party of Virginia was a different animal. Recalling that race on Election Night 2013, Dillard said that was a time when the party welcomed diversity between moderates and conservatives. He lost that first race, but went on to serve in the House of Delegates for more than 30 years. This year, though, he worked for Democratic gubernatorial candidate Terry McAuliffe in a fierce race for governor against Repub-

lican Attorney General Ken Cuccinelli.

"The party has gone so far to the right, and they are trying to shove all these social issues down everybody's throat," said Dillard, who represented House District 41. "That's turned off an awful lot of Republicans who used to vote for me."

Although polls leading up to Election Day showed McAuliffe with an average lead of six percentage points, the actual vote was much closer. McAuliffe narrowly edged out Cuccinelli 48 percent to 45 percent. State Sen. Ralph Northam (D-6) enjoyed a more comfortable lead against Republican E.W. Jackson, 55 percent to 45 percent. That means Northam will resign his state Senate seat, upsetting the balance between 20 Republicans and 20 Democrats. The special election for Northam's seat

SEE DEMOCRATS, PAGE 5

Hugo and LeMunyon Prove Victorious

Will repeat as 40th, 67th District delegates, respectively.

BY BONNIE HOBBS
CENTRE VIEW

The voting's all done, the ballots are counted — and in a year when Virginia voters chose a Democratic governor and lieutenant governor, those living in the 40th and 67th districts re-elected their Republican representatives. Del. Tim Hugo (R-40), of Clifton, will return for his seventh term in the House of Delegates. And Jim LeMunyon (R-67), of Chantilly's Franklin Farm community, will begin his third term there.

Hugo received 14,878 votes, for 60 percent, and his Democratic challenger, Jerry Foltz, got 9,891 votes, for 40 percent. LeMunyon received 12,779 votes, for 55 percent, and his Democratic challenger, Hung Nguyen, got 10,637 votes, for 45 percent.

"I'm real happy with the results,"



Del. Tim Hugo



Del. Jim LeMunyon

said LeMunyon. "Clearly, it's not a Republican year — particularly in Northern Virginia — so I'm pleased the way it turned out."

Normally, he said, he gets about 60 percent of the vote. "But I talked with voters and some people said they split their ticket or were so angry about issues like the government shutdown that they didn't vote for any Republicans," said LeMunyon. "So if I can get through a year like this with 55 percent of the vote, I'll take it."

He spent 10 or 11 hours at

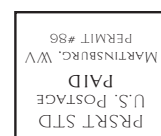
Waples Mill Elementary, on Tuesday, chatting with residents. "People said they like how I tell them what's going on and keep them informed about, for example, an upcoming lane closure or how to avoid weekend construction," he said.

In LeMunyon's last two sessions in Richmond, 24 of his bills became law — and with Democratic support. "People appreciate that I stay above the fray and focus on the kitchen-table issues — like transportation, education and public safety — that people are concerned about," he explained. "And that's why they're sending me back." Likewise, Hugo believes his record of service to his district stood him in good stead with the voters. "I want to thank everybody for the opportunity to serve again," he said. "It's an honor and a privilege. I try to pay attention to the things important to our commu-

nity, such as autism, human trafficking, the bi-county parkway, issues important to the Korean community and keeping our taxes low." Although the two top spots in Virginia government went to Democrats, Hugo still called Tuesday "a good day" for Republicans in local races. "We'll still have 67 Republicans in the House of Delegates," he said. As for his own victory, Hugo said, "I think my record of working well with both Republicans and Democrats for the good of my district paid off. I want to thank my family and everybody

who was so kind and generous toward me. And whether people voted for me or not, I look forward to the opportunity to represent them and will do that to the best of my ability."

Returning to the General Assembly for the start of the Jan. 8, 2014 session, he plans to continue focusing on constituent services and will bring with him residents' ideas to improve the quality of life in Fairfax and Prince William counties. Basically, said Hugo, "We've got to work together with everybody for the good of Virginia."



NEWS

At Centreville United Methodist Church

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PHOTO BY BONNIE HOBBS/CENTRE VIEW

Ken Cuccinelli (far right) poses with the Downey family (from left) Matthew, 4, parents Therese and Bob, and Anna, 2.

Cuccinelli Visits Old Stomping Grounds

Virginia Attorney General and Republican gubernatorial hopeful Ken Cuccinelli came home to the Centreville/Clifton area Tuesday morning, Nov. 5, visiting some local precincts on Election Day.

After a quick stop in Prince William County, he went to three polling places here, starting in the Town of Clifton at the Clifton Presbyterian Church. He then made an unscheduled stop at Centreville High, in the Newgate South precinct, before going to Eagle View Elementary in Fair Oaks.

There, Cuccinelli spoke with Fairfax County Board of Supervisors Chairman Sharon Bulova, who was at that location to support her son David's reelection campaign as the 37th District delegate. He also answered some questions from the press and shook hands with well-wishers.

"I feel good," said Cuccinelli, who lived in Centreville with his family when he was the 37th District senator. "It's nice to be home and see people I used to live near and go to church with."

He looked relaxed and at ease and said he'd spent his "car time" traveling between stops talking to undecided voters on the phone, while someone else drove.

Cuccinelli said taxes, the economy and Obamacare are the main issues in this election and noted that he'd gotten questions Tuesday from local residents, asking for "clarification" of some of the TV ads they'd seen. "We need to diversify the economy so we can grow business in Virginia," he told voters outside Eagle View.

He also chatted with Fairfax resident Bernie Hite, Cuccinelli's former co-campaign manager when he ran for state delegate and senator. Then, at the request of a local family, he posed with them for a Facebook photo.

Gazing at the area around him, Cuccinelli commented on how much had changed since he'd moved away. Pointing at Eagle View Elementary, he said, "This wasn't here when I first started running."

— BONNIE HOBBS



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Ken Cuccinelli (left) catches up with friend and former campaign manager, Bernie Hite, of Fairfax.



As Sharon Bulova hands out sample ballots, Ken Cuccinelli stops to chat with her while photographers capture the moment.

ROUNDUPS

BB&T Bank Robber Sought

Fairfax County police are looking for the person who robbed the BB&T Bank last Wednesday, Oct. 30, in the Fairfax Towne Center. Police say a man entered the bank shortly before 4 p.m. and gave an employee a note demanding money and indicating that he had a gun.

He left the bank with an undisclosed amount of cash and no one was injured. The suspect was described as black, in his mid-20s and approximately 6 feet tall with a thin build. He wore a gray, hooded sweatshirt pulled over a baseball hat and gloves.

The FBI is offering a reward of up to \$5,000 for information leading to his identification, arrest and conviction. The FBI and county police are investigating this bank robbery together and request that anyone with information call the FBI at 202-278-2000 or the Fairfax County police at 703-691-2131.

Anyone with information may also contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637.

DWI Patrols Nab Six

On Friday-Saturday, Nov. 1-2, officers from the Sully District Police Station patrolled Fairfax County searching for drunk drivers. As a result, they charged six drivers with DWI and issued 20 summonses. In addition, two criminal charges were made.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Nov. 7, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed. However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Scouting for Food Drive

The Boy Scouts' annual Scouting for Food drive is this Saturday, Nov. 9. To help provide food for local, needy families, residents are reminded to place food-filled bags outside their doors before 9 a.m. and Scouts will pick them up. The food will then be sorted in Chantilly for future distribution by Western Fairfax Christian Ministries (WFCM).

Learn Crash Reconstruction

The Fairfax County Police Crash Reconstruction Unit will be the guests at the Wednesday, Nov. 13, meeting of the Citizens Advisory Committee of the Sully District Station. The meeting is from 7:30-9 p.m. at the station, 4900 Stonecroft Blvd. in Chantilly. Officers from the unit will show residents how they use state-of-the-art technology, science, math, plus detective work to reconstruct, investigate and solve some of the most complex crashes in the county.

Recycle During Electric Sunday

Residents may recycle old TVs, computers, peripheral electronic devices – such as keyboards, speakers, printers and scanners, as well as household hazardous wastes – including fluorescent light bulbs and tubes, for free, during Fairfax County's "Electric Sunday" events. The next one is slated for Sunday, Nov. 17, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road in Fairfax. For more information, call 703-324-5052.

Rail to Centreville?

At its Wednesday, Nov. 20, meeting, the Sully District Council of Citizens Associations will sponsor an exploratory meeting to lay the framework for a Rail to Centreville movement. The meeting is at 7 p.m. at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly and the public is welcome.

NEWS

CENTRE VIEW EDITOR STEVEN MAUREN
703-778-9415 OR CENTREVIEW@CONNECTIONNEWSPAPERS.COM



From left are Emma Gustafson, Nadine Alkaragholi, Kate Wozniak and Christine Mason with the food they collected Saturday in the Colonnade at Union Mill Shopping Center.

Teens Collect Food for WFCM

Rocky Run Middle eighth-graders Emma Gustafson and Kate Wozniak are taking WFCM's need for food for local residents seriously. They've even made it their own project.

Both Girl Scouts in Troop 5176, they're trying to earn their Silver Award, requiring 50 hours of community service. So they've been holding food drives for WFCM's Holiday Food Assistance Program.

First, they collected 11 boxes of food and \$140 for gift cards outside the Greenbriar Giant. Then last Saturday, Nov. 2, outside the Colonnade Giant, they collected five grocery carts full of food. Also helping were Nadine Alkaragholi and Christine Mason, who

worked at both food drives passing out flyers and collecting food donated by area residents.

In addition, Emma and Kate are holding a food drive at their school until Nov. 15. They're also packaging the food and taking inventory and even plan to put together boxes of Thanksgiving meals and personally deliver them to the recipient families before Thanksgiving.

"This is so important to the both of us because so many families can't afford to have a nice Thanksgiving meal," said Emma. "We want to help make sure they can have a memorable, enjoyable meal with their families."

— BONNIE HOBBS

WFCM Gearing Up for Holidays

Needs community's help to provide for local families.

BY BONNIE HOBBS
CENTRE VIEW

Each year, Western Fairfax Christian Ministries' (WFCM) Holiday Food Program helps those in need in western Fairfax County with food for the holidays. But it can't do it alone.

Thanks to support from the community, WFCM was able to help make the 2012 holiday season brighter for more than 1,300 families. And it hopes area residents will again be gracious this year to help furnish Thanksgiving and Christmas meals for those who, otherwise, would have none.

"Although it may be hard to believe, even here in one of the wealthiest counties in the country, many families can't afford a holiday meal," said WFCM Community Outreach Manager Jennie Bush. "So WFCM is dedicated to helping provide those neediest in our communities with food for the holidays."

WFCM matches these families with local groups, businesses, churches and individuals willing to sponsor them for Thanksgiving and Christmas. But, said Bush, "WFCM needs additional help to make this program a success."

Now gearing up for its 2013 Holiday Food Assistance Program, WFCM expects to serve more than 1,000 families. Below are ways in which the local community may help:

❖ Sponsor a family or families for one or both holidays, providing food in any type of container (box, bag, bin or basket) and delivering it directly to the family. Contact jbush@wfcmv.org to sponsor a family and for suggestions on food to include.

❖ Donate grocery-store gift cards in any amount from a local store, such as Giant, Shoppers Food Warehouse, Walmart, ALDI, etc. Please include a note with the gift cards saying they're for holiday food assistance.

Gift cards may be dropped off Monday-Friday, from 9 a.m.-2 p.m., at WFCM's Food Pantry at 13888 Metrotech Drive, near Lowe's, in Chantilly. Or mail them to WFCM, attn: Holiday Food Assistance, P.O. Box 220802, Chantilly, VA 20153. (Cash is not accepted).

❖ Donate to WFCM's Holiday Program through WFCM's secure, online form at www.wfcmv.org. Or mail a check payable to Western Fairfax Christian Ministries to WFCM – Holiday Program, P.O. Box 220802, Chantilly, VA 20153. Donations will help WFCM provide gift cards to families who aren't sponsored.

"The families who'll be receiving food assistance are WFCM clients or have been recommended for the program, and they've all been pre-screened for eligibility," said Bush. "The majority of them have children who receive free or reduced-cost lunches at school."

WFCM shares information with other community organizations to make sure they're not serving the same families.

"This is especially important, given both the tremendous need and our desire to make sure we can serve all of the families coming to us for holiday food assistance," said Bush. "WFCM's Holiday Food Assistance Program gives our community a unique opportunity to help others truly in need and elevates an act of generosity into a blessing for all involved."

‘People Will Have Fun Laughing’

Centreville High presents ‘Lend Me a Tenor.’

BY BONNIE HOBBS
CENTRE VIEW

Get ready to laugh — Centreville High’s upcoming play, “Lend Me a Tenor,” is a zany comedy filled with mistaken identities and a rollicking good time for the actors and audience alike.

Show times are Friday-Saturday, Nov. 15-16 and Nov. 22-23, at 7:30 p.m. Tickets are \$10 at the door.

A farce written by Washington, D.C. playwright Ken Ludwig, it’s about world-famous opera star Tito Morelli who’s performing just one night in Cleveland. The show’s sold out and everyone’s eager to hear him sing “Otello.”

“But he arrives ill and, by the end of act one, people think he’s died,” said Centreville Director Mike Hudson. “So others have someone else take his place on stage and hilarity ensues. It’s dialogue-intensive and is going to be a great show because the kids really get the comedy and understand what a farce means.”

The show takes place in a hotel suite in 1934 with costumes and scenery reflecting the time period. Hudson said the audience will love the comedy, the actors’ “impeccable timing,” plus their “simultaneous entrances and exits revealing the plot’s complexities. We have a very talented and energetic cast and an equally talented technical crew, so it should provide for an enjoyable evening’s entertainment.”

The assistant director is senior Maddie Helms, giving actors their lines in rehearsal and taking notes on their performances. “I



PHOTO BY BONNIE HOBBS/CENTRE VIEW

From left: Connor Mitchell, Nora Winsler, Josh Ewalt and Miranda Newman rehearse a scene from “Lend Me a Tenor.”

like it a lot,” she said. “I’ve been onstage and done tech work, but I enjoy having a supervisory role. And it allows me to learn as I’m doing it.”

Classmate Jeremy Pritchard chose the general concept for the costumes and then, consulting with Hudson, put together each outfit. And, said Helms, “The costumes really fit the individual characters and help the actors portray them.”

Playing Italian tenor Morelli is junior Josh Ewalt. “He acts like his life’s an opera — he’s loud, dramatic and a chronic womanizer,” said Ewalt. “He’s married, but he and his wife have a volatile relationship. People will have a lot of fun laughing at the weird situations he manages to get himself into.”

Since Ewalt’s done most of the foreign-accent roles while at Centreville, he’s having fun with this role and his over-the-top character. “He has lots of physical comedy, too, running around, falling over chairs and

throwing things,” said Ewalt. “This play keeps the audience wondering what the characters will do next because it’s just one crazy thing after another.”

Senior Connor Mitchell portrays Max, an assistant to Saunders, the head of the Cleveland Opera House. “Max is ambitious, but shy,” he said. “So when Tito’s late in arriving — even though Max has no stage experience — he volunteers to perform, instead. But he stutters as he says it. He really likes Saunders’s daughter Maggie, but she’s looking for someone better off than he is. But Max gains confidence throughout the show.”

Mitchell enjoys his part because “Max isn’t like me; he’s insecure about who he is, while having ambition. And he gets into really funny and unrealistic circumstances.”

He said the audience will love the whole plot. “Romantically, it’s hysterical,” he said. “They’ll also like the situational irony; be-

cause the audience knows more about what’s going on than the characters do, they’ll really laugh at them. It’s a goodhearted play and a fun time — they’ll leave the theater happy.”

Junior Nora Winsler plays Diana, the opera’s soprano. “She uses her looks to get ahead in her career,” said Winsler. “She’s very confident and makes sure she gets what she wants. It’s really fun; this is the first straight play I’ve been in — I’m usually acting and dancing in musicals.”

“My character has a lot of funny lines that I can really do a lot with,” she continued. “It’s a well-written part and I like my role. In real life, I’m a soprano training for opera, too.” Winsler said the audience will especially like the show’s comedy. “There are so many times when two characters are talking to each other about two, different things,” she said. “The audience knows what’s happening, but the characters don’t. People are hiding in closets and the characters get confused about people’s identities.”

Portraying Maggie Saunders is senior Ashley Leightley. “Maggie’s bubbly and trying to figure out who she is and what she wants in a relationship,” said Leightley. “She’s a sweet and down-to-earth girl with a sassy side. She’s learning what love is and deciding who she wants to spend the rest of her life with.” Leightley enjoys her part because “I see a lot of myself in the character. I can experiment more in how I’m portraying her, so I play her as more upbeat and enthusiastic than insecure.” Besides the show’s broad humor, she said audiences will also appreciate the small, funny moments.

“The relationship between the characters is the best part,” said Leightley. “People will like all their witty comments and seeing how they react to each other and to what other people say. And they’ll also enjoy the costumes, especially Max’s and Tito’s opera outfits. It’ll be a great show.”

Stone’s Honor Students Walk for Homeless

They donate money and food to WFCM.

BY BONNIE HOBBS
CENTRE VIEW

Sometimes, it takes a child to lead the way. And that’s true when it comes to the students in Stone Middle School’s National Junior Honor Society (NJHS).

After school on Oct. 24, they participated in a Help the Homeless Walk to help Western Fairfax Christian Ministries (WFCM) aid local families in need. Traveling through the neighborhoods surrounding Stone, they carried signs bearing statistics about hunger and homelessness in Fairfax County.

Sure, the students each received an hour of community-service points for their ef-



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Stone Middle students collected food and money to help WFCM combat hunger and homelessness.

SEE STONE’S HONORS, PAGE 11



PHOTO BY MICHAEL LEE POPE/CENTRE VIEW

Terry McAuliffe had a strong lead in voters among married women, which some Democrats say contributed to his victory.

Democrats Score Narrow Victory

FROM PAGE 1

is expected to become a hotly contested race because the stakes of the outcome could determine which party controls the state Senate.

"That's a seat that has a split between Norfolk and the Eastern Shore," said Clark Mercer, political director of the Democratic Party of Virginia. "So the key to winning that election will be having a candidate that can draw votes from both of those regions."

IN MANY WAYS, the results of the election have yet to play out. Aside from the special election for Northam's seat, the race for attorney general appears to be headed to a recount. Late Tuesday night, state Sen. Mark Obenshain (R-26) had a very narrow lead and Republican Party Chairman Pat Mullins issued a statement congratulating him on winning the election. State Sen. Mark Herring (D-33) appeared before reporters to say he was not conceding the race.

"Right now, it's basically 50-50 and the numbers have been moving in our direction all night," said Herring. "The race is far from over."

The numbers were, in fact, moving in Herring's direction as votes continued to be tallied. By Wednesday morning, Herring had a very narrow lead over Obenshain. Because the margin of victory is likely to be less than 1 percent, a recount in that race seems likely. For many Democrats who gathered at the Sheraton Premiere in Tysons Corner, it was yet another indication that election 2013 turned out to be much closer than many people had anticipated.

"It turned out to be a race that was so close that in the annals of Virginia history it's going to go down as one of the closest races of all time," said Pat

Race For Governor

Fairfax County
Terry McAuliffe 176,000 votes 58 percent
Ken Cuccinelli 110,000 votes 36 percent
Robert Sarvis 16,000 votes 5 percent

Race for Lieutenant Governor

Fairfax County
Ralph Northam 190,000 votes 64 percent
E.W. Jackson 107,000 votes 36 percent

Race for Attorney General

Fairfax County
Mark Herring 182,000 votes 61 percent
Mark Obenshain 116,000 votes 39 percent

McCune of Centerville, saying the race was closer than expected.

"It turned out to be a race that was so close that in the annals of Virginia history it's going to go down as one of the closest races of all time."

—Pat McCune of Centerville

ELECTION 2013 was a long and bitter slog for candidates, who spent much of the campaign hurling accusations and counter-accusations. Cuccinelli was dogged by his association with a wealth businessman who made lavish gifts to the governor and attorney general that went unreported on disclosure forms. McAuliffe was haunted by accusations about his relationship to a troubled green-car company. As the race unfolded, it became increasingly negative — especially in television ads that dominated screens across Northern Virginia.

"Election nights are emotional times," said Gov. Bob McDonnell in a written statement. "For the winner there is the thrill of victory, combined with the recognition that the hard work preceding this moment is but a prelude to the tremendous effort yet to come."

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OPINION

Be Part of Children's Centre View

Call for student artwork and writing; deadline Dec. 6.

During the last week of each year, The Centre View devotes its entire issue to the creativity of local students and children. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families, and an edition read and praised by readers with and without children.

The annual Children's Centre View is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as each school year begins.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 6.

Some suggestions:

❖ Drawings or paintings or photographs of family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format.

EDITORIAL

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What

makes a good parent? What makes a good friend? What is one of the best or worst things that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, etc.

❖ Poetry or other creative writing.

❖ Opinion pieces about family, friends, movies, traffic, sports, food, video games, toys, trends, etc.

❖ News stories from school newspapers.

We welcome contributions from families, public and private schools, individuals and homeschoolers.

Email submissions for the Children's Centre View to editor Steven Mauren at smauren@connectionnewspapers.com.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Centre View, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 6. The Children's Centre View will publish the week of Dec. 26.

'Legend of the Bunnyman' Music from rock musical being performed locally.

BY BONNIE HOBBS
CENTRE VIEW

The Bunnyman has been a mysterious figure in local lore for more than 40 years, and now Clifton's Jim Waters has written a rock musical about him called "Legend of the Bunnyman."

Waters grew up in Fairfax during the height of the Bunnyman hysteria, and he and his band, The Mantua Finials, will perform segments of the musical at two, upcoming gigs in Fairfax City. The dates are Friday, Nov. 15, at 8 p.m., at the Epicure Café, and Saturday, Nov. 23, at 9 p.m., at Old Fire Station No. 3.

The more Waters learned about the legend, the more he decided it would make a great story. "The primary purpose was the music," he said. "Our hope is that, as we continue to perform it, someone will want to partner with us to bring the whole musical to the stage."

On Oct. 29, 1970, Kings Park West in Burke was being built. "A Naval Academy cadet was parked there with his girlfriend that night when a man in a bunny suit smashed out their driver's side window with an axe," said Waters. "He told them to get off the property and then ran away."

They told the police and, a few days later, a night watchman making his round there saw a young



Artist Susan Makara's painting of Jim Waters as the Bunnyman.

man on the porch of a home under construction. "He was chopping away at one of the porch posts and yelled to the watchman to get off the property," said Waters. "The watchman ran back to his car to get a weapon to confront him; but when he returned, the man was gone. It eventually grew into a much bigger story, particularly among teenagers, claiming he was an axe murderer."

Waters was 11 then, living in Fairfax's Mantua community and attending Frost Middle. "It was frightening to think about," he recalled. "It was odd and creepy — and the incidents were real. They never caught the Bunnyman, so it still remains a mystery. I think someone living near Kings Park West was unhappy that the woods there were being torn down for



The Mantua Finials (from left) Mark Johnson, Carol Gaylor, Josh Rowley, Chris Piller and Jim Waters.

houses."

From 1986-98, Waters lived in Centreville before moving to Clifton's Balmoral community. "Every now and then, I'd hear something about the Bunnyman Bridge — the railroad bridge crossing over Colchester Road in Clifton — but didn't follow up until three years ago," he said. "My daughter Lauren, then 17, was hanging out at the bridge with three friends in the fall."

Waters said teens often go there as an "exciting dare" because of a fake legend that the Bunnyman lives there and murders people with his ax. But nearby homeowners have police patrol that area, so they approached Lauren and her friends and told them to leave and not come back to the bridge.

"I found it fascinating because, being a musician, I was just embarking on writing a bunch of new songs about oddities," said Waters. "I play mostly guitar and bass, plus piano, and primarily write alternative rock. 'Legend of the Bunnyman' is my first musical."

Also spurring him to write it was Brian Conley of the Fairfax County Public Library's Virginia Room. People constantly asked him for information about the Bunnyman Bridge, but he didn't have any. So he did his own research, investigating all the unsolved murders in the county from 1900 through 1970 for any correlation between where they occurred and the legend.

Conley then wrote, "The Bunnyman Unmasked," debunk

SEE BUNNYMAN, PAGE 7

CENTREVIEW

SOUTHERN EDITION

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'Legend of the Bunnyman'

FROM PAGE 7

ing the legend. "After reading it, I decided to take elements of both the legend and the real story and combine them into a plausible interpretation of what may have happened," said Waters. "I did a tremendous amount of research into the history of Fairfax County and Clifton to make sure my story was based on fact."

It took him about 18 months to write the music and story. Band mate and lifelong friend Chris Piller — with whom Waters camped out at the bridge as teens — wrote some of the songs. "It's dramatic, but not gory or evil," said Waters. "It's sympathetic toward the Bunnyman because he's blamed for things he didn't do."

It's told through the eyes of the Bunnyman's son who gradually becomes aware his dad's the Bunnyman and neither of his parents are who he thought they

were. "It's a family secret," said Waters. "His dad was actually a victim, and the story even gives a credible explanation for why he wears a bunny suit."

His band's performed the musical nine times so far and has received standing ovations. "We're all seasoned musicians and it's very exciting," said Waters. "Our

songs tell the story, similar to the rock opera, 'Tommy,' by The Who, and the music is pretty diverse."

They plan a CD release of their songs early next year. Then, said Waters, "We'll be able to market ourselves to even larger venues and audiences." For more information, go to <http://www.legendofthebunnyman.com/>

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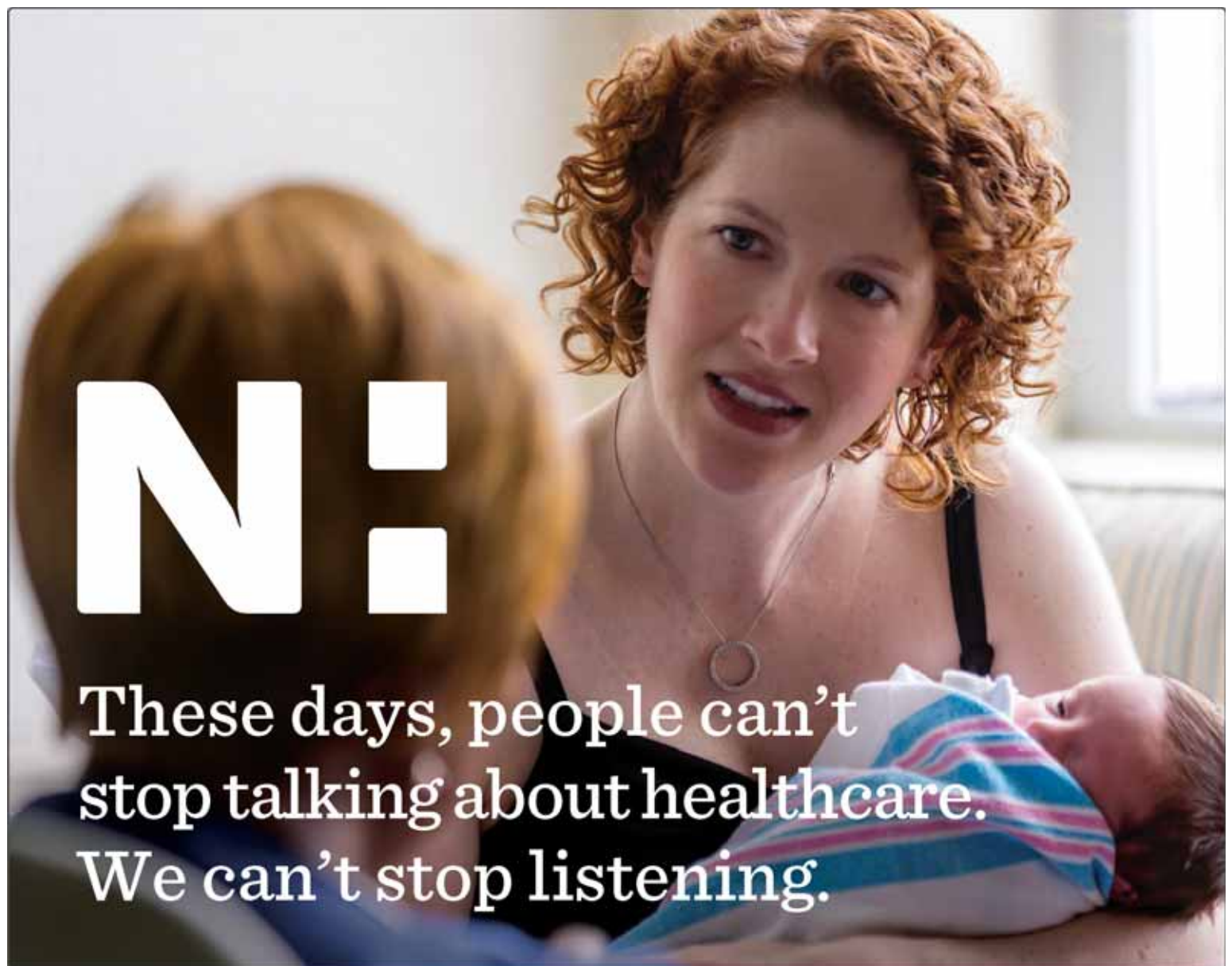
This past July and again in October, someone claiming to be a Fairfax Water employee tried to enter residents' homes. The impersonator knocked on the door claiming to be with Fairfax Water and needing to check something in the victim's backyard.

But while both people were in the yard, an unseen accomplice entered the home and took cash. So Fairfax Water is advising area residents to be vigilant and be aware that:

- ❖ Fairfax Water employees have photo identification with them at all times when they are on the job, and their vehicles and clothing bear the company logo. So if someone at the door says they're from Fairfax Water, always ask for their identification or call 703-698-5800, TTY 711, for verification before allowing anyone inside the home.

- ❖ Fairfax Water employees don't receive or accept any form of payments during service calls and don't collect water-service fees door-to-door.

- ❖ Most water meters are located outside a customer's home, so Fairfax Water employees typically don't require access to a customer's home to read a meter.



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Senior Class princesses (from left) Ashley Leightley, Nadia Smith and Homecoming Queen Arinnia Begham.



Senior Class princesses (from left) Ana Paola Lara Barba, Ellen Luke and Brooke Worley.



Junior Class princesses (from left) Rosa Lepelch, Christina Brown and Nora Winsler.

Centreville Wildcats on Parade

Centreville High's homecoming parade was Friday, Nov. 1, in Little Rocky Run.



The Wildcat Marching Band



Dance Team



Sophomore princesses (from left) Esther Chung, Andrea Li and Laura Cho.



Best Buddies ride on a float.



National Honor Society



Freshman princesses (from left) Michelle Pritchard, Lila De La Rosa and Annie Tapp.



Theater students (from left) Amita Rao, Connor Mitchell and Miranda Newman.



Step Team

NEWS

Clifton Democratic Women Collecting for the Needy

The Democratic Women of Clifton and Northern Virginia (DWCNV) will meet Sunday, Nov. 17, from 3-5 p.m., in the Clifton Town Meeting Hall to launch the holiday season with projects benefiting area residents and children. These projects have become annual endeavors of the DWCNV, raising thousands of dollars in toys, gifts and food for Fairfax County families.

Coordinating with the county Fire and Rescue Department, members collect new, unwrapped toys that are distributed to children identified as needy by their schools. Contributions of gift cards to Old Navy or Target are welcomed as gifts for older children.

In addition to toys, the fire department accepts donations of checks or cash to purchase new coats for children. Each year, it distributes 3,000 new coats to more than 50 schools, shelters, and nonprofit organizations. These coats are made in the U.S.A. and purchased at a discount.

Anyone wishing to contribute checks, cash or gift cards for these

two projects may send them to DWCNV, P.O. Box 143, Clifton, VA 20124. Checks should be made payable to "Firefighters and Friends to the Rescue." Donations of checks or cash are tax deductible, and receipts can be provided for tax purposes. All donations should be received by Nov. 17 when they'll be presented to the fire department.

Again this year, the DWCNV is also sponsoring a collection of grocery-store gift cards to benefit Our Daily Bread, a local nonprofit organization providing food assistance to Northern Virginia families. Gift card donations will be accepted until Dec. 31 for distribution in early January.

Gift cards of any denomination from local food stores may be mailed to the DWCNV at the address above or brought to the Nov. 17 meeting. Make checks payable to "Our Daily Bread."

All Democratic women in Northern Virginia are invited to the meeting and party in the Clifton area. Email cliftonwomen Dems@aol.com.



PHOTO CONTRIBUTED

Before CVHS Homecoming Dance

These freshmen had fun snapping photos before dinner at Coyote Grill and the Homecoming Dance at Centreville High School. From left: Tori Sedlock, Chloe Guh, Rebecca Gregg, Sarah Connelly, Kaylie Martin and Cameron Stewart

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Deadline is Thursday at noon. Photos welcome.

SATURDAY/NOV. 9 Luncheon Program. Noon-3 p.m. at

the Country Club of Fairfax, 5110 Ox Road, Fairfax. Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated is hosting its annual "Sophomore, Junior, and Senior Luncheon Program - College Bound: Road to

Success." FCAC will host a luncheon for minority males and females of Fairfax County and surrounding areas. Free. The goal of the program is to help students make a successful transition from high school to college academically, socially, and financially.

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FRIDAY/NOV. 8

Ready for School Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 4-5 can enjoy stories and more.

Free. 703-502-3883.

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

SATURDAY/NOV. 9

Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-

23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Lego Mania. 12:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades K-2 can build. Free. Registration required, 703-502-3883.

Recital. 4 p.m. at St. John's Episcopal Church, 5649 Mount Gilead Road, Centreville. Dorothy Kingston's Studio presents "An Afternoon of Eclectic Song with Helen Rusnak,

Mezzo Soprano, and Anne Kempself, Lyric Soprano." Listen to classical works by Mozart, Debussy, Brahms, Puccini, and Granados along with highlights from Broadway and a surprise or two. Free will offering to support St. John's Church. Reception to follow. Visit www.stjohnscentreville.org.

Bazaar & Craft Fair. 9 a.m.-3 p.m. at Centreville United Methodist Church, 6400 Old Centreville Road. Browse wares from more than 50 local vendors while enjoying a silent auction, bake sale, white elephant sale and more. Free. Proceeds will benefit eight United Methodist affiliated charities at the local, state, and international level. Email

novemberbazaar@hotmail.com for more.

SUNDAY/NOV. 10

Korean Spirit and Cultural Promotion Program. 1 p.m. at Chantilly Library, 4000 Stringfellow Road. All ages can watch a documentary film, enjoy a Korean traditional meal and more. Free. Registration required, 703-502-3883.

Rose Bush Auction and Giveaway. 2-4 p.m. at Merrifield Garden Center, 12101 Lee Highway. Enjoy a hands-on workshop on how to root rose cuttings. Free to members or \$15/non-members, which includes workshop and one-year membership. 703-371-9351.

TUESDAY/NOV. 12

Toddlin' Twos. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.

Storytime for Three to Fives. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

WEDNESDAY/NOV. 13

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Family Spirit Night. 5-9 p.m. at Centreville Firehouse Subs and Sweet Frog, located in the Centreville Square Shopping Center. A portion of the proceeds will benefit Centreville Elementary's PTA.

Chantilly Book Discussion Group. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can call and ask for title. Free. 703-502-3883.

Railroad Forum. 7:30 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Local railroad historian Ron Beavers will discuss the critical support provided by the Orange and Alexandria Railroad in support of the Army of the Potomac from 1862-64. Free. Visit www.fairfax-station.org or 703-425-9225.

THURSDAY/NOV. 14

Toddlin' Twos. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.

Lego Block Party. 7 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades 3-6 can build. Free. Call for this month's theme. Registration required, 703-502-3883.

Civil War Lecture. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults and school age children can hear "Battle of Mine Run, Virginia, November 1863." Free. 703-830-2223.

FRIDAY/NOV. 15

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

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Stone's Honor Students Walk for Homeless

FROM PAGE 4

forts. But more than that, they not only learned about serious problems close to home, but did something about them. By the end of that day, the 136 students participating donated 209 pounds of food for WFCM's food pantry, as well as \$3,180.

"I so appreciate the NJHS students' support," said Jennie Bush, WFCM's Community Outreach manager. "It was an overwhelming turnout and raised so much funding for WFCM; we're very grateful. And we're running very low on food right now, before the Boy Scout food drive on Nov. 9, so this food is very much needed and appreciated by our clients."

Mostly eighth-graders did the walk, each paying a \$20 registration fee. And Catherine Burke, Stone's NJHS club sponsor, was proud of their efforts. "I'm absolutely thrilled that so many students decided to dedicate their time and money to help such a great cause," she said. "A lot of them are really passionate about it."

Burke said they "went the extra mile" by making a 15-foot-wide banner so people in the community would recognize them and learn why they were walking. Written in large, purple letters on the white banner were the words, "Why I Walk." And all around them, the students wrote things such as, "to make a change," "to help oth-



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Stone Middle Principal Amielia Mitchell poses with some students before the walk.

ers" and "to help people in need." Burke wrote, "I walk because our small steps can make a big impact."

Before leaving on their walk, the students gathered in Stone's cafeteria where Bush shared with them some sobering statistics about hunger and homelessness in the local community. She began by explaining how people end up that way in Fairfax County — one of the richest in the U.S.

"It's very expensive to live here," she said. "Most of our clients have jobs, but don't make enough to pay their rent and all their

bills. There are 1,350 homeless people in the county and 33 percent are children. And many who've lost their homes live with friends or relatives, so they're not counted in the 1,350 and become the invisible homeless."

Others, said Bush, stay in their cars, in tents, in the woods or in a shelter. But, she added, "Most shelters are booked to capacity, so they can only stay for 45 days."

In Fairfax County, she said, 69,000 residents are at risk of hunger and 47,000 students are in their schools' free-and-reduced-

price lunch program. "Ninety percent of WFCM's clients live below the poverty level," said Bush. "Single moms are at the highest risk of becoming homeless and one out of six children is hungry."

That's why WFCM's thrift store and food pantry are crucial to the area's poor. Being able to shop there allows them to stretch what little money they have as far as possible. And since the public may also shop at the thrift store, the money earned there goes into WFCM's client-services program.

"Last year we helped 580 families with over \$144,000 in financial assistance," said Bush. "This included gas cards, paying bills, giving them budget training and helping them get to doctors' appointments."

She said the community helped WFCM provide almost 2,000 backpacks this September to students at 23 local schools — but even that amount didn't cover all the need. So anything residents can do to help is greatly appreciated.

Bush said students at Stone, as well as those at other schools, can donate food and outgrown clothes to WFCM and fundraise with events such as their walk. "You can also volunteer your time Nov. 9 sorting food," she told them. "Thank you so much for your support of WFCM and our efforts to reduce homelessness and hunger in our community."

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Paying Attention to the Pros

High School coaches, players share opinions on Redskins' Meriweather.

BY JON ROETMAN
CENTRE VIEW

During his seven-year NFL career, Washington Redskins safety Brandon Meriweather's aggressive style of play has led to penalties, fines and a recent suspension for repeated helmet-to-helmet hits.

In a time of heightened awareness regarding head injuries in football, Meriweather's tackling techniques, which include launching himself head-first at opposing receivers, have earned the 29-year-old former first-round draft choice from the University of Miami a reputation as a dangerous defender.

Meriweather was flagged for two illegal hits against the Chicago Bears and subsequently suspended by the NFL for two games. The ban was later reduced to a single contest, costing Meriweather a game check worth more than \$70,000. Meriweather sat out of Washington's Oct. 27 game against Denver and returned for its Nov. 3 contest against San Diego.

NFL players aren't the only ones taking notice of the Redskins safety's approach to defense.

Just ask Philip Tyler, a senior defensive back at T.C. Williams High School in Alexandria, if he's familiar with Meriweather.

"The hunter?" he asks.

Tyler, a Philadelphia Eagles fan, is familiar with Washington's hard-hitting safety.

"He won't be hunted. He's the hunter," Tyler said. "You watch out for him. You've got to watch out for him. If there's anybody on the field you watch out for, you watch out for him. That's a career-ending dude right there."

Tyler said he and other high school athletes like to mimic their favorite NFL players, but when it comes to highlight-tape hits, Tyler said T.C. Williams coaches punish players with extra conditioning for leading with their helmets while hitting in practice. Tyler said his tackling technique has evolved since his youth football days, but injuries from years of tackling with his head have taken a toll.

"A lot of stuff has changed," he said. "Back in rec league and Pop Warner, I was reckless. It didn't matter. ... I've got to wear [a neck protector] because of that. I used to hit with my head and I've got neck injuries. I've got a weak neck now."

PRIOR TO THE 2013 SEASON, a collision in practice led to Tyler having difficulty moving one of his arms for an entire month, he said.

"We were doing a screen drill and ... I had read it real good and I was like, 'I've got to hit [the receiver],' " Tyler said. "At this time, we were still competing for spots. I was like, 'I've got to be the hammer, not the nail,' and I hit him. Next thing I know ... my whole arm, it was done. It felt like it wasn't even there."

Langley High School senior Garrett Collier



T.C. Williams' Philip Tyler (21) defends against Lake Braddock's AJ Alexander.

is a two-way starter for the school's football team, playing receiver on offense and safety and outside linebacker on defense. A Redskins fan, Collier said he has no issue with how Meriweather plays the game.

"Most people in the NFL are trying to hit people as hard as they can," Collier said. "I don't think anyone purposely tries to hit someone in the head, but some people have more of a tendency to hit up high. ... I kind of get frustrated when the refs are quick to call a penalty for hitting high or targeting. ... I'm on the players' side."

While Collier follows the NFL, he said he doesn't try to emulate the pros when he's on the field.

"If a receiver is open," he said, "I'm not trying to take his [head off]. I'm trying to make the smart [play]."

On offense, Collier said he tries to protect himself from big hits, but he hasn't always been able to do so. Collier suffered a concussion during an eighth-grade football game that caused him to black out and vomit.

"I got hit by some kid," he said. "I completely blacked out. I woke up in the ambulance and I was throwing up. ... I literally have no recollection of the hit or what was leading up [to it]."

DeMornay Pierson-El, a senior quarterback and defensive back for the West Potomac High School football team, is committed to play at the University of Nebraska as a slot receiver and kick returner. Pierson-El, a Baltimore Ravens fan, said he likes Meriweather's aggressive style of play, but not the kind of hits he delivers.

"He doesn't have to hit so high," Pierson-El said. "He can hit a little bit lower, I feel, like from the shoulders down is fine."

Pierson-El said going for a highlight-reel hit is risky.

"The big hit is not always the best play," he said. "Going for a big hit up top and the dude bounces off and still gains yards [is] not a good look."

Lake Braddock junior AJ Alexander, a receiver and defensive back for the undefeated Bruins, said injuries are part of the game, but using proper tackling technique can help make the game safer.

"I realize how dangerous [helmet-to-helmet hits are]," Alexander said. "I've seen a lot of things on the news about how dangerous it is. That's why we've [been doing] the whole Heads Up Tackling thing (through USA Football) that's being implemented and we're making sure that we're being fundamentally sound. Plus, if you hit people [around the head], you might not even make the tackle. There are a lot of things to think about, but being fundamentally sound is what it all comes down to."

Alexander is a New York Giants fan.

"[Helmet-to-helmet hits are] part of the game because it's a physical sport," he said. "You've got helmets on, shoulder pads, you've just got to be physical. You've got to do what you've got to do."

Heads Up Tackling, which Alexander referred to, is part of the Heads Up Football program, which is offered through USA Football, the governing body for American football at the youth and amateur levels, and supported by the NFL. Heads Up Tackling focuses on teaching proper tackling technique at the youth and high school levels using five fundamentals: the breakdown position; buzzing your feet; the hit position; shooting the hips; ripping the arms.

HEADS UP TACKLING is one of five elements of Heads Up Football. The other four are: having coaches complete a certification course; teaching coaches concussion recognition and response protocols; appointing a trained safety coach to a participating high school team or youth league; and teaching coaches and parents about proper equipment fitting.

The program is backed by the Northern Virginia Football Coaches Association and used by high school teams around the re-

gion.

Centreville High School head coach Chris Haddock flew to Indianapolis during the winter and became a master trainer of tackling techniques. He said the goal of establishing common language and common technique when teaching tackling to youth football players is to have a "trickle up" effect, leading to safer tackling at the college and pro levels.

When it comes to the NFL, Haddock, a Pittsburgh Steelers fan, said he doesn't see any of his Centreville players trying to emulate what they see on TV. He also said the Steelers have been penalized at times for hits that are simply part of the game.

"Some of them I agree with, some of them I don't," he said. "Having played, sometimes you're flying through the air and someone else is flying through the air and your heads hit. It's not something people plan on doing."

The Oakton High School football team has a subscription to NFL Rewind, which allows subscribers to watch replays of each NFL game from different angles in the way a coach would analyze film. Head coach Jason Rowley said he wants his players to emulate the aggressive nature of pro and college athletes, but wants the Cougars to stay away from dirty plays and showboating.

When it comes to Meriweather, Rowley complimented the defensive back's effort.

"I think he's a guy who plays hard," Rowley said. "I think it's certainly not my place to judge whether he's within the rules or he should be fined. I love the passion he plays with and I'd like my players to play with that passion."

Whitman High School head coach Jim Kuhn said most of the athletes in his Bethesda, Md., program aren't the type to initiate helmet-to-helmet hits. He said families in the area have a heightened awareness of concussion risks and players don't want to risk major injury playing a sport that will have no impact on their future.

"The opportunities for them to play on Sunday are pretty limited and they have a life to live beyond football," Kuhn said. "... It's definitely not a means to an end [for most Whitman athletes]. ... Most are headed to college ... [for] other careers and future endeavors. ... [Football is] not a way out for them."

After returning from his suspension for repeated helmet-to-helmet hits, Meriweather said he would start going low to make tackles.

Whatever Meriweather does, high school players and coaches will likely take notice.

"That's just his style. He's always been aggressive. Even in college, he was known as a big hitter," said South Lakes head coach Marvin Wooten, a Dallas Cowboys fan. "... In this sport, I don't think there's any individual out there trying to end careers or cause any kind of permanent damage on a player. ... I think that's just the way he's played the game."

PHOTO BY CRAIG STERBUTZEL/CENTRE VIEW

WELLBEING

Yoga Community Lauds Exhibit

Sackler exhibit is
first of its kind.

BY MARILYN CAMPBELL
CENTRE VIEW

Yoga instructor Luann Fulbright of McLean moved her practice from the mat to a gallery recently when she joined diplomats, philanthropists, artists and fellow yogis at a gala to celebrate the opening of “Yoga: The Art of Transformation” at the Arthur M. Sackler Gallery in Washington, D.C. It is the world’s first exhibition on the art of yoga.

“I couldn’t be more excited to have been able to attend this exhibit,” said Fulbright, a director of Dream Yoga Studio & Wellness Center in McLean. “It’s not only the first of its kind, but it was put together by a team of scholars led by Debra Diamond, an exquisitely studied and curious curator who brings her depth knowledge of Indian and Asian art and yoga together to shed light on the history and fascinating, many missing stories of yoga that are like yoga itself — mind expanding.”

The exhibit, which opened Oct. 19, features temple sculptures, devotional icons, manuscripts and court paintings created in India over the past 2,000 years. With artifacts borrowed from 25 museums and private collections in India, Europe and the United States, the exhibit explores yoga’s diverse history.

Museum officials said the exhibit reunites three monumental stone yogini goddesses from a 10th-century Chola temple for the first time, as well 10 folios from the first illustrated compilation of asanas, or yogic postures, made for a Mughal emperor in 1602, which have never before been exhibited together. The exhibit also includes Thomas Edison’s “Hindoo Fakir” (1906), the first movie ever produced about India.

Maryam Ovissi, one of the exhibit’s sponsors and the owner of BelovedYoga studio in Reston and Great Falls, said she appreciates such a comprehensive exploration of the evolution of yoga.

“Yoga has become a very loaded word in our society, and there are many facets to it. You can think of yoga as a gem,” she said. “The exhibit shows that yoga has philosophical roots. It offers an understanding of [yoga] as a healing modality and gives a perspective of how it was introduced to the West and evolved into what has become today. The curator did an excellent job of showing that it’s an entire journey. People will walk away knowing that yoga is rich and has layers to it.”

YOGA INSTRUCTORS said the exhibit will educate people about the practice. “Having an exhibit like this confirms that yoga is so much more than most folks today think,” said Fulbright. “It’s not a fad. It’s not a particular religion. It’s not just exercise. It’s a constantly developing practice that people from many cultures have embraced for thousands of years to transform and empower themselves and their nations. I’m encouraging all [of my] students to see this exhibit, which can’t help but motivate and deepen their practice.”

Great Falls resident Jean Edelman, an exhibit sponsor and one of Ovissi’s students, hopes those who make the trek to the Sackler Gallery will walk away



PHOTO COURTESY OF TERESA DUNCAN

Yoga students Teresa Duncan and Jean Edelman attend a gala to celebrate the opening of “Yoga: The Art of Transformation” at the Arthur M. Sackler Gallery.

inspired. “I think it is a wonderful opportunity to bring to light yoga to people who never knew anything about it. It is a great for the mind, body and spirit.”

Dawn Curtis, owner of East Meets West Yoga Center in Vienna, also attended the opening gala. She believes the exhibit will offer attendees “a great education about the vastness of yoga and its practices. It is an amazing exhibit. The most extraordinary room ... is what I would call the Goddess room: three beautiful yoginis brought together in one room,” she said, referring to the Chola goddesses.

Alexandria resident Heather Sutliff, of East Meets West Yoga Center, said the exhibit will make yoga more accessible to a wider audience. “I think the fact that the Smithsonian has dedicated an exhibit to yoga spotlights its growing influence in society,” she said. “It kind of endorses yoga’s legitimacy and makes people sit up and take notice, and think, ‘Hey, maybe I should look into this yoga thing.’”

She also hopes people recognize the health benefits. “Yoga practice not only helps calm the mind, but has significant physical benefits that can be realized right after your first yoga class,” said Sutliff. “There are many medical studies that show consistent yoga practice reduces the risk of heart disease and diabetes and can lower cholesterol levels. I look forward to the day when I can get a prescription for yoga practice as easily as a prescription for a statin or beta-blocker.”

Yoga instructor Sara VanderGoot, of Mind the Mat Pilates & Yoga in Alexandria and Arlington, said the exhibit will raise awareness about the practice. “The exhibit really means a lot to the yoga community,” said VanderGoot. “It’s great to have an exhibit that educates people about the roots and origins of yoga and what it can do for their lives and their health.”

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This Spud's For You



By KENNETH B. LOURIE

There's more talk now than ever before, about the possibility of the Washington, D.C. professional football team changing its name. The current name, which resonates to those of us who care about such things, has been front and center and generally accepted for over 80 years, since 1932 in fact. After so many years in the League and five NFL Championships to their credit, to say the current ownership and its rabid and loyal fan base are attached to the team's name is hardly newsworthy. However, cultural changes in our country and politically correct sensitivities have merged of late and the name we've mostly grown to respect and admire has come under some scrutiny and as a result, certain Indian Nations, most recently The Oneida Nation, have expressed their dismay at what they perceive to be the continuing use of a racial slur by this franchise; in effect, a name that demeans and is totally inappropriate and no longer tolerable in 21st century America.

I am certainly not one to pass judgment on such characterizations and hot-button issues of the day, so I won't (I'm mostly cancer-centric these days). But I would like propose a name-compromise of sorts. Why not change the name to The Washington Redskin Potatoes? This name would blend together the good (the familiar), minimize the bad (the insensitive) and enable the team, its ownership and fan base to sort of have its name and not suffer any separation anxiety because of it. Even better, "Let's Go Skins" still works, too. It would henceforth refer to a potato, however, rather than a People. Hopefully, there are no potato interests in Maine or Idaho that would object to introducing its starchiness into the National Football League.

Let's face it; who doesn't like potatoes at the ballpark? Or anywhere for that matter; even me, and I'm the fussiest eater this side of Mikey, the kid from the old Life Cereal commercials who was famously stubborn about his breakfast-food choices. I'm not exactly sure what the mascot would look like; probably not a Mr. Potato Head-type look-alike, but neither do I envision seeing an Indian headdress on a potato either. Of course, I doubt I'll be entrusted to lead up the marketing campaign for such an important and historic transformation. After all, I'm only a writer attempting to sow some seeds of humor – and perhaps a little discontent, while trying to find a middle ground that potentially keeps the home fires burning (or is that home fries cooking?) without offending a proud people fighting for their ancestral respect – both in the past and in the present/future.

Momentum to keep the name does not seem to be building. Nevertheless, the status quo may yet win the day. Still, The National Football League, despite its reach from coast to coast and possibly even from continent to continent (as there's continuing talk about franchises in London and Japan; note the in-season contests scheduled presently for this year and next) is still just a game, a game with a 12 billion dollar revenue stream, but a game nonetheless. The Oneida Nation is a people. People matter more than games. And feelings matter most of all, and failings, too. To not consider their feelings would be a failure. And failure is definitely not a trait any of us want to associate with the new Washington Redskin Potatoes.

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

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21 Announcements 21 Announcements 21 Announcements

Fairfax Water

NOTICE OF WATER RATE PUBLIC HEARING

At 6:30 p.m. on Thursday, December 12, 2013, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2014, include the following:

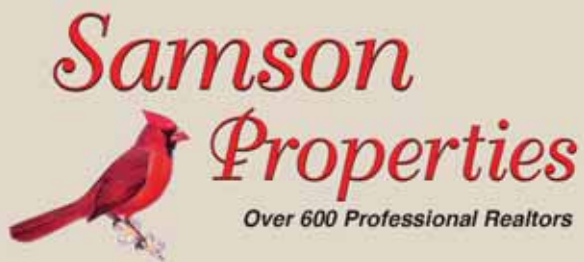
1. An increase in the Availability Charge from \$3,850 to \$3,950†.
2. An increase in the Local Facilities Charge from \$9,500 to \$9,750.
3. An increase in the Service Connection Charge from \$1,050 to \$1,090†.
4. An increase in the Account Charge from \$35 to \$36.
5. An increase in the Quarterly Billing Service Charge from \$9.20 to \$9.80†.
6. An increase in the base Commodity Charge from \$2.29 to \$2.42 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.45 to \$3.55 per 1,000 gallons of water.
8. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
9. An increase in the Installation of Sewer Use Meter Charge from \$44 to \$45.
10. An increase in the Returned Payment Charge from \$17 to \$20.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

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All written comments must be received by close of business on Wednesday, December 11, 2013 to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.



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