

WELLBEING

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Writers Launch Speaker's Series

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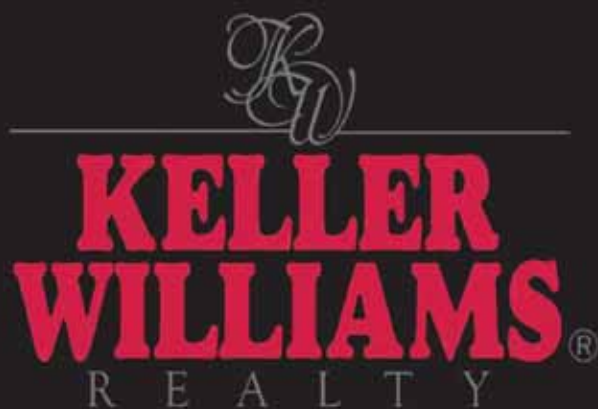
From left, Kristin Clark Taylor and speaker Pamela Palmer entertain questions from the audience at Great Falls Library on Tuesday, Sept. 23 during the first Speaker's Series.

Great Falls Makes Top 10 List

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'A Personal Touch'

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Bob Nelson



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LO8274054 - \$855,000 - Sterling
20269 Island View Ct - 5 Bedrooms, 3.5 Baths,
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Chef's kitchen, enviable closet, resort style living!



APK342771 - \$1,225,000 - Arlington
1240 Stuart St N, Commuter DREAM
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gas fireplace, balcony
and flagstone patio.



LO8369118 - \$349,900 -
Ashburn -
43453 Blair Park Sq.
Immaculate 2 bedroom, 2.5
bath 3 level end-TH, HW flrs
on main lvl, granite counter,
maple cabinets, deck off
kitchen and more!



LO8329961 - \$355,000 -
Ashburn
43483 Blacksmith Sq.
Lovely end-unit town-
house, 3 Bedrooms, 3.5
baths, office space,
close to the Greenway!



LO8280390 - \$455,000
Sterling
312 Samantha Dr, 4BR, 2.5BA,
enclosed sunroom, finished
basement, mature trees,
great commute!

Join us Monday October 13th at our **Military Appreciation Monday (MAM)**

event at The Old Brogue in Great Falls.
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The Old Brogue is located at the corner of Georgetown Pike and Walker Road in Great Falls.
Call (703) 759-3309 to reserve your table at either the 5:30 or the 7:30 seating.

Bob and his co-sponsors will each make a 10% matching donation of your dinner tab!

Bob Nelson

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Great Falls in Top 10

BY REENA SINGH
THE CONNECTION

Great Falls is one of the richest communities in the country. The online site Business Insider determined that the village has the 10th highest median household income in the United States, clocking in at \$217,552.

“Great Falls is certainly convenient to two major airports, and the nation’s capital,” said local Long and Foster Real Estate Realtor Karen Washburn. “At the same time its large lot zoning makes it a quiet oasis for many who want to have a break from the frantic pace of city life, while at the same time being close enough to partake of city amenities.”

According to the article, titled “Here’s the Most Affluent Town in Every State,” the data was collected from the 2008-2012 American Community Survey results. Hidden Hills, Calif. is number one on the list with more than \$250,000. Nearby Chevy Chase, Md. comes in a close second. Many of the towns selected were wealthy suburbs of major metropolises.

Washburn said that while Great Falls does have plenty of large homes and expensive property values, there is no one specific “type” of person who lives in the village.

“There are some people who are looking for a long term more ‘permanent’ home and others who will only be in the area for a few years before they are transferred,” she said. “Some people come for the high-end houses and others for the open green space and a sense of privacy. Still others prefer neighborhoods and privacy is not one of their criteria.”

Great Falls Citizen’s Association board member Phil Pifer has lived in Great Falls for nine years and has gotten to know many of his neighbors since then. He agrees that the community does not attract a specific type of person. A cocktail party could include engineers, senior government officials, CEOs, artists, scientists and marketers — and that is just the tip of the iceberg. He said that while he has lived in some of the most expensive cities in the country, Great Falls is the community he and his family enjoyed living in the most.

“One of the things about this place is that the people in Great Falls are low on the ar-



PHOTO BY REENA SINGH/THE CONNECTION

Great Falls is one of the top 10 communities in the U.S. with highest median household income, according to Business Insider.

rogance scale and high on the passionate scale,” he said. “People can get involved as much or as little as they want.”

Great Falls, he said, is close enough to D.C. while still having slice of hometown feel and country living.

“We’re close to everything,” he said. “There’s natural beauty in the Shenandoah, but that’s far away from a job.”

ROBIN KENT, a locally renowned photographer, moved to the community in 1977 with his wife, Laurie. At the time, Kent worked for the Central Intelligence Agency while Laurie worked as an economist in D.C. They enjoyed the proximity to their jobs and how different the community was in comparison to other D.C. suburbs.

“There wasn’t anything quite like Great Falls in this region,” he said. “Everything else seemed to be typical suburbia or urban-style living.”

Great Falls

Zip code: 22066
Population: 18,099
Race: White-14,428 (79.7%), Black/African American-370 (2%), American Indian and Alaska Native-29 (0.2%), Asian-2,548 (14.1%), Hispanic or Latino (of any race)-778 (4.3%)
Total housing units: 6,153
Owner-occupied housing units: 5,497 (94.3%)
Households with individuals under 18 years: 2,678
Households with individuals 65 years and over: 1,526
Median household income: \$207,949
Mean family income: \$305,426
Population 5 years and over who speaks a language other than English at home: 24.8%
Source: U.S. Census 2010; American Community Survey 2012

Since then, the average price of homes has skyrocketed — a fact he is not happy about.

However, Great Falls still has a special je-

Business Insider names village among top 10 by median income.



PHOTO CONTRIBUTED

A Great Falls lawn used as an example for a Great Falls Citizen’s Association Town Hall meeting. Great Falls was recently named one of the top 10 places in the U.S. with the highest median household income.

ne sais quoi compared to other surrounding communities that attracts passionate people.

“But when I talk with people who live here and with visitors we take around it is clear that Great Falls has something else; it still retains much of that natural setting, typified by the fabulous Great Falls Park, and the relative quiet that brought us here years ago,” he said. “And in the last decade something new has been added; a growing arts community.”

Great Falls Studios is the largest artists group in the community, with 100 members. During the three annual art sales, he said, the group makes a total of \$100,000. Most of the art is sold to non-residents.

“When you consider that was accomplished in just 6-7 days of business, it’s not a trivial number,” said Kent.

Madrigals to Perform at St. Francis Fair

The Langley High School Madrigals and Women’s Chamber Choir will both perform at the St. Francis Fair on Saturday, Oct. 4, at 1:30 p.m. This will be the first performance of the school year for both choirs. The fair will be held at St. Francis Episcopal Church at 9220 Georgetown Pike in Great Falls. Parking and admission are free. For more information, visit www.stfrancisgreatfalls.org. The Madrigals and Women’s Chamber Choir are two of the high school’s award-winning choirs. Directed by Dr. Mac Lambert, the choirs have received the highest awards in national and international choral competitions for 10 consecutive years.



PHOTO COURTESY OF LANGLEY CHORAL GUILD



Del. Barbara Comstock (R-34), who is vying for long-time congressman Frank Wolf's seat in Virginia's 10th Congressional District, listens to Gloria Kukler of Fairfax. Comstock was the featured speaker at the Fairfax County Republican Committee's annual Veteran's Breakfast Rally, held Saturday, Sept. 27.



Del. Barbara Comstock (R-34), who is vying for long-time congressman Frank Wolf's seat in Virginia's 10th Congressional District, rallies the crowd of service members at the Fairfax County Republican Committee's annual Veteran's Breakfast, held Saturday, Sept. 27.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

'A Personal Touch'

BY VICTORIA ROSS
THE CONNECTION

Barbara Comstock, the Republican candidate in the hotly-contested 10th district Congressional race, was on a tight schedule. After speaking before a crowd of military veterans on Saturday morning, her campaign staff was nudging her out the door, reminding the candidate that the breakfast was the first of several campaign events on her calendar that day.

But Comstock lingered when several guests stopped her to shake hands and ask questions.

Gloria Kukler, 73, was one of them. The Fairfax woman, who attended the event with her husband, Robert, a military veteran and Fairfax attorney, was visibly distressed as she waited near the stairs to talk with Comstock. When Comstock noticed Kukler, she put her arm around the woman and asked one of her aides for a pad and pen to jot down notes.

"I wanted to know if she could help my son get a part-time job, because he has a broken back," Kukler said after speaking with Comstock. "I'm happy that she took the time for me ... She's a very caring person. I hope she makes it."

Although Comstock was one of four speakers at the event, it was clear she was the candidate guests came to hear.

"We're both veterans, and I like the fact that Barbara takes the time to address the issues that affect female veterans," said Jill Westeyn of Oak Hill, who served in the U.S. Air Force for more than 13 years before retiring. "She has a strong bi-partisan record, she has shown she is in favor of job growth. I trust her to get things done in Congress."

Hosted by the Fairfax County Republican Committee (FCRC) to honor local veterans, the event drew about 75 former and current service members.

THE VETERANS were men and women, young and old, some in uniform and some in plain clothes. John Shroeder, a retired U.S. Navy veteran in his seventies, held his cap with the words "Never Forget Benghazi" throughout the breakfast.

"I think Congress needs to get to the bottom of the Benghazi debacle," Shroeder said. "I can tell you this cap has been a real conversation starter. Several people have asked me about it."

Before the breakfast began, Matt Ames, chairman of the FCRC, led the crowd in the Pledge of Allegiance.

When Comstock arrived, she walked around the room greeting supporters, and instead of waiting backstage for her turn at the podium, she took a seat at one of the tables as the program began.

Virginia legislator Del. Scott Lingamfelter, who represents the 31st district in Fauquier and Prince William Counties, filled in for Senate candidate Ed Gillespie and spoke fervently about Comstock.

"She will light up Congress. She works on 'real kitchen-table issues' that affect veterans, such as the cuts from sequestration," he said.

Lingamfelter, a candidate for the 2013 Republican nomination for lieutenant governor, told the crowd that "nobody works harder than Barbara. She has huge shoes to fill, but she will do it."

When it was Comstock's turn to talk, she engaged the crowd by asking them a few call-and-response questions. "How are you doing this morning?" Comstock, who bills herself as a "commonsense conservative," hit the main GOP talking points during her brief speech.

"I can promise you this: I will take a bi-partisan spirit into Congress," she said, drawing applause from the audience.

Barbara Comstock rallies veterans at Fairfax County Republican Committee Breakfast.

She said she would work to repeal and replace "ObamaCare, which already has caused millions of hardworking Americans to lose their health insurance and have their well-being and financial health threatened."

SHE VOWED to "protect our national security and our defense and national security infrastructure as well as the salaries and retirement of our dedicated military."

Lindsey Smith, a U.S. Air Force veteran from Oak Hill, said Comstock had the "personal touch" to connect with voters.

"As a state representative, she knows the issues and she knows the district. She will hit the ground running ... She's been working across the aisle to get things done at the state level. She won't have to be brought up to speed," Smith said.

Gary Schnurpusch of Burke Centre, a U.S. Navy veteran, said he was favoring Northern Virginia's GOP ticket this election, but he wanted to hear candidates talk more about reform.

"Too often we hear platitudes, and I want to hear about the larger issues. The Republican party is too fractured right now, and we need to bring the party together," Schnurpusch said.

Diane Schnurpusch said she was tired of hearing the Democrats saying the Republicans were waging a "war on women. I think it's a false issue. Women aren't fooled by it."

The event concluded with a speech by Republican Suzanne Scholte, who is running against incumbent Democrat Rep. Gerry Connolly in the 11th Congressional district.

Although candidates did not offer to take questions, Scholte took a question from a veteran and historian, who asked what she had to say about the "War on Women."

"We won," Scholte shot back.

SCHOOL NOTES

Send school notes to greatfalls@connectionnewspapers.com by Friday.

Twenty-five students from Fairfax County Public Schools (FCPS) have been named 2015 National Achievement Scholarship program semifinalists in an academic competition for Black American high school students conducted by the National Merit Scholarship Corporation (NMSC). The students represent 12 high schools in FCPS.

The semifinalists are:

- ❖ Annandale High School: Yonatan Ayele.
- ❖ Edison High School: Maxine Morgan and Shalom Yiblet.
- ❖ Fairfax High School: William Sampong.
- ❖ Hayfield Secondary School: Camryn Bishop, Reese Cloud, and Dominique Edwards.
- ❖ Lake Braddock Secondary School: Leul Berhane-Meskel and Kinaya Hassane.
- ❖ Langley High School: Leah Yirga.
- ❖ Madison High School: Rachel Bostick, Jesse Ernest, and Benjamin Jackson.
- ❖ Marshall High School: Natasha Whyte.
- ❖ South County High School: Maya Armstrong and Olivia Jones.
- ❖ Thomas Jefferson High School for Science and Technology (TJHSST): Azeez Abdikarim, Arielle Ampeh, Rebecca Clark-Callender, Theodore Richardson, Hannah Wied, and Rollin Woodford.
- ❖ West Potomac High School: Zoe Smith.
- ❖ Woodson High School: Robert Cuyjet and Daniel Pryce.

The semifinalists will compete for more than 800 Achievement Scholarship awards, worth \$2.5 million, to be awarded next spring. The awards will be supported by corporations, professional organizations, foundations, and funds from the NMSC. To be considered for a scholarship, semifinalists must advance to the finalist level by fulfilling additional requirements.

Andrew Hwang, of Great Falls, was named to the Dean's list for academic excellence for the spring 2014 semester at Johns Hopkins University.

Kristen Ashley Wolaver, daughter of John and Barbara Wolaver of Great Falls, and graduate of Langley High School Class of 2013, completed her freshman year at the University of Pittsburgh, Dietrich School of Arts and Sciences. Kristen has accepted membership in The National Society of Collegiate Scholars (NSCS).

Whitney Elizabeth Wolaver, daughter of John and Barbara Wolaver of Great Falls, and graduate of Langley High School Class of 2010, earned a Bachelor of Science Degree Cum Laude in Neuroscience with a minor in Chemistry and a Certificate of Conceptual Foundations of Medicine during the spring commencement exercises in April 2014 at the University of Pittsburgh, Dietrich School of Arts and Sciences. Whitney will begin the Graduate Program in Anatomical and Translational Sciences at George Washington University in August 2014.

William Gralley, son of Craig and Janet Gralley of Great Falls, earned a Bachelor of Science degree in criminal justice during the spring commencement exercises at Radford University.

Grayson Smith, of Great Falls, earned a Bachelor of Science Degree in accounting, cum laude, during the spring commencement exercises at Auburn University. He is currently enrolled in Auburn's Master's of Accounting Program.

Courtney Cross, of Great Falls, graduated from Bishop O'Connell high school. She is a sophomore at Villanova University and was named to the Dean's List for the fall semester of 2013.

NEWS



PHOTOS CONTRIBUTED

Great Falls resident Jack Clark puts the finishing mulch on a new oak outside the Great Falls Library.

Great Falls Community Plants White Oak Trees

Great Falls residents' contributions to the GFCA Legacy Oak Tree Program resulted in the first planting of large white oaks around the village area in early September.

Funds for 17 white oaks were raised in the community this fall. The program of planting white oaks in parks, at homes and churches will resume in spring 2015.



Bob and Marjorie Lundegard join landscaper George Benza in planting an oak at their home.

WEEK IN GREAT FALLS

Cars for the Cure Show on Saturday

Wells Fargo Advisors presents the 2nd Annual Exotic & Classic Car, Truck and Motorcycle Show to end Type 1 Diabetes on Saturday, Oct. 5 at Brix American Bistro, Seneca Square in Great Falls.

The car show is free. Enjoy brunch at Brix at a reduced price, live music by "The Remedy" and view the cars, trucks and motorcycles. There will be prizes, raffles and silent auction items.

Cars, trucks or motorcycles may be registered for \$20 before Oct. 1 or \$30 after Oct. 2. For more information, visit www.carsforthe cureva.com

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Laura Nichols, potter, in her Great Falls studio



Walt Lawrence reviews photographs from a recent shoot.

Great Falls Studios Art Tour Set for Oct. 17-19

Now in its 11th year, the weekend trek brings art enthusiasts nose to nose with practicing artists.

BY JOHN BYRD

One of the simple pleasures of the Great Falls Studios art tour is its easy accessibility. With 50 professional artists situated within an 18-mile radius offering access to their personal working space, all a motivated art tourist needs to do is get the map and head to their destination of choice between 10 a.m. and 5 p.m. from Friday, Oct. 17 to Sunday, Oct. 19.

Participating artists have arranged an “open house” for the weekend at each stop and relish the opportunity to show off recent work. Disciplines range from traditional painting and photography to layered paper, fiber art, pottery and jewelry making. A diversity of style and vision blossoms in all directions.

Overall, the consortium represents 113 artists; many have been plying their craft for decades; some have received national honors.

Laura Nichols, a potter who initiated the group’s outreach in 2003, says the tour really advances art appreciation and practice in Great Falls, a historic setting where one percent of the locals claim to have a working artist in the household.

“Certainly we are a town where people gravitate towards art as fundamental to personal expression,” Nichols said. “A naturally beautiful setting like Great Falls inevitably inspires homes that explore compelling indoor-outdoor relationships, and art



Painter Robert Gilbert in his home studio

that uniquely differentiates an interior or highlights an outdoor focal point. In that sense, it’s not surprising that a community of working artists has thrived here.”

On a larger point, Nichols notes that work presented in its studio setting is free from the commercial context you sometimes find in galleries, so attention is focused on the art — not the price, or how one artist’s prices compare to another.

It’s an arrangement that encourages visitors “to plumb the depths” of an artist’s creative process, Nichols said, “something that’s almost impossible in any other situation.”

The tour is sponsored by Sun Design Remodeling, Inc, a design-build remodeling firm that has been active in renovating homes in Great Falls and environs for over twenty five years. (www.SunDesignInc.com) Several artists who are active in the consortium occupy homes the firm has remodeled. In some cases, a home makeover may have been inspired

by the owner’s interest in displaying a particular art acquisition or collection.

“This is a naturally occurring partnership,” said Sun Design founder and chairman Craig Durosko. “Art and architecture have always been sympathetic disciplines. The aesthetic improvement of the home is one of our clients’ core interests.”

As a tour option, Sun Design will be showcasing the recently remodeled residence of artist and author Lesley Hackman, which now includes working studio space. Hackman is the co-author (with Lin Story) of a children’s book “Bearabesque and the Humility Slippers” and also designs quilts.

While the tour is free and all are welcome to any of the participating studios, Nichols says that many visitors develop a practical trip plan by following a particular theme. Studios that are geographically convenient to one another, for instance, offer the potentials of an easy day trip that wanders through some of country’s prettiest residen-

tial settings.

On the other hand, because studios are color coded on the tour map by artist’s medium, it’s just as easy to concentrate on a preferred discipline such as painting or photography.

Then, too, some visitors simply pick the artists they especially want to see from the tour directory and plot a course.

“It all depends on how much time a visitor wants to devote to taking it all in,” Nichols said. “You can see a lot in a day, but some schedule the entire weekend.”

Background information on the artists and their work can be found online at www.GreatFallsStudios.com; many artists also provide links to their own sites. For art aficionados, the tour can be an annual refresher course in how a favored artist is evolving.

While the atmosphere is always relaxed, the studio setting offers a powerful and memorable learning experience. Younger people may gain a first real exposure to how artists work. But the tour inevitably satisfies the discriminating patron or collector, many of whom drive in from the District, suburban Maryland or still more distant departure points.

Those who want to extend their involvement after the tour will find many accommodating options including ongoing exhibits scheduled throughout the year, a Holiday Show (Dec. 13-14) and an online gallery, which presents a new themed exhibit every month.

Finally, last year Great Falls Studios released their first book: “Creative Spaces: Inside Great Falls Studios.” The publication features 16 artists discussing their work, influences, motivations and process. The book will be launched at Great Falls library and at many of the studios during the tour.

John Byrd (byrdmatx@comcast.net) has been writing about residential architecture, the visual arts and related topics for 30 years.

WE CHANGE LIVES

No experience necessary

Most of us understand that we need to lose a few pounds, move more and maybe join a gym. But, if you have never belonged to any type of fitness facility in the past, taking the first step is daunting. Often, your head is filled with lots of conflicting information that prevents you from taking that first step.

Koko FitClub has been in the "helping people" business for nearly a decade, and we have started thousands of people on their journeys to fitness success. Here are a few thoughts you may have that keep you from getting into better shape, living healthier and feeling better about yourself:

"I can't join a gym yet, I need to get into shape first."

This is one of our favorites. You would be surprised by how many people think they have to get into shape BEFORE they join a gym. First of all, virtually every member at Koko is someone who has struggled with weight and poor body image in the past, but doesn't want to go to a typical gym. At Koko, just getting started is far more important than what kind of shape you are in now. Working out in a non-threatening, supportive environment fits everyone -- from the fitness first-timer to someone who has simply grown tired of the typical "gym scene".

"I won't fit in."

The fear of fitting in is the biggest block for most people who consider joining a gym. If you are interested in changing how you look and feel, then we will be there to offer you support, guidance and even a little hand-holding to get you through the first few weeks. Once you get started, you'll be surprised at the friends you will make and the old friends you will see that have already found their home at the Koko FitClub.

"I'm not sure I'll stick with it."

Why not try us first with no risk or obligation. We offer a 30-day risk-free trial for only \$30. Come see what we do, try everything we have to offer for 30 days, meet our staff and our members and, at the end of 30 days, if we haven't earned your business, then we don't deserve to have you as a member.

"I never get the results I want."

Changing your body is a combination of working out and weight management. Many people have failed in the past because they don't ever put the two components of a healthy lifestyle together. We can do that for you with simple, clear programs and guidance to make sure that this time you WILL get what you want from a gym membership.

Fear not!

The place to start is with our risk-free, where-do-I-start, I-haven't-really-done-this-before trial membership.

30 Days of Everything We Offer for Only \$30

Includes hand-holding, smiling faces, an introduction to other great people like you, and the occasional high five. And, oh yeah, a complete professional fitness program using the latest technology in the fitness world, customized especially for you to make it easy to succeed. You can do this. Come in and see for yourself.

*Some restrictions may apply. See club for details.



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~ Debbie & Paul Baker



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~ Scott Kreitz

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OPINION

Does the Change in Voter ID Laws Matter?

More than 22,000 active voters in Northern Virginia are without the required ID.

For the current election, new, more stringent voter identification laws are in effect.

Taken together, more than 22,000 of Northern Virginia's close-in voters right now do not have the photo identification now required to vote in the coming election. While there are simple ways to get an identification card for Election Day, so far, only a handful of voters have done so.

In Fairfax County, 13,247 of the county's 672,756 active voters do not have the photo identification they will need to vote on Election Day.

In Alexandria, 2,729 of the City's 85,671 active voters do not have the photo identification they will need to vote on Election Day.

In Arlington, 6,348 of the 140,255 active voters do not have the photo identification they will need to vote on Election Day.

These numbers are analyzed by the State Board of Elections, and include voters who do not have a match in the DMV data, and also are not designated as military, overseas or federal only voters, who do not have an active Federal Postcard Application or Annual Absentee application, and who have voted or registered since and including the last presidential election.

Across the Commonwealth, 93,117 active voters also lack photo ID from DMV or the other likely sources.

When you consider that in the last election, Virginia's Attorney General was elected by a margin of 165 votes out of more than 2 million votes cast, these numbers are staggering. There is no evidence of voter identification fraud on any scale that requires potentially disenfranchising tens of thousands of voters. Because Northern Virginia is the most populous part of the state, the impact is also greatest in our area.

Here are the "acceptable" forms of identification. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months: Valid Virginia Driver's License or Identification Card; Valid Virginia DMV issued Veteran's ID card; Valid United States Passport; Other government-issued photo identification cards; Valid college or university student photo identification card, must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; or a Virginia Voter Photo ID Card obtained through any local general registrar's office.

Register

For More Election Information:

FAIRFAX COUNTY BOARD OF ELECTIONS

703-222-0776, www.fairfaxcounty.gov/eb/
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Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted.

If you or anyone you know might need identification to vote, the process is simple. Contact your local board of elections and go apply for your ID card. There is help in place to transport voters who need help getting there.

In order to vote on Election Day, you must be registered at your current address no later than Oct. 13, 2014. You can check your registration status online by going to www.sbe.virginia.gov.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

A Healthy Future

BY STATE SEN. BARBARA FAVOLA AND
DEL. KAYE KORY

Our health care system is neither healthy nor accessible for many women, but Richmond lawmakers have an opportunity to make improvements. They need to stop playing politics with people's lives and begin to start governing.

In large swaths of Virginia, particularly in low-income neighborhoods, women are suffering. This suffering affects the well being of all of us, not just the children and communities that are directly affected.

You probably didn't know that childless uninsured women are not eligible for Medicaid in Virginia even if they are planning to have children. Moreover, for many moth-

ers who are eligible, they lose their Medicaid coverage 60 days after giving birth because they exceed the very low-income requirements to qualify for Virginia's sparse Medicaid program. This exacerbates an already stressful period in a mother's life.

In fact, mothers in most parts of Virginia qualify for Medicaid only if they earn less than 40 percent of the federal poverty line. This means that a single mother in Richmond cannot receive Medicaid if she makes \$6,100 a year or more. But if Virginia participated in Medicaid Expansion, a program for which we are already sending tax dollars (\$5M per day) to Washington, hard working individuals, including women, earning up to 138 percent of the federal poverty line would gain insurance coverage. Virginia's tax dollars are supporting Medicaid Expansion in 29 other States but

not here at home.

Medicaid Expansion may not be perfect but the cost of not going forward is astronomical. We all know that maternal health is critically important for the healthy development of a child. This means that prospective moms can only achieve a healthy state if they have access to care before pregnancy as well as access to pre- and post-natal care. Preventing low-birth weight babies and developmentally delayed babies is something we must embrace. Virginia cannot afford to wait; we must pass Medicaid Expansion now.

Barbara Favola (D-31) is Chair, Senate Reproductive Health Caucus and Del. Kaye Kory (D-38) is Chair, House Reproductive Health Caucus.

LETTERS

Missing Examples

To the Editor:

The last week's issue of McLean Connection has a cover photo of John Foust, with the title "Bridging Political Divide." But when I read the article, there is not a

single example of his actually doing so. Instead there are endorsement quotes from three people, not one of whom is a Republican; the story again fails to show any "bridging" of political divides. I have lived in McLean for more than 20 years, and know of no instance when Mr. Foust has ever sought to "bridge" partisan di-

vides. I am at a loss why your cover story simply repeated his self-serving campaign claim, particularly when his policy positions indicate that if he were elected to Congress he would be a far-left Democrat and a Nancy Pelosi ally.

Jeff Rosen
McLean

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday.

Send to:
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By e-mail:
north@connectionnewspapers.com

Great Falls CONNECTION

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Elizabeth Wiley and her children are delighted to receive the market basket, delivered to their home in Great Falls.



PHOTO CONTRIBUTED

Elizabeth Wiley wins the Great Falls Farmers Market Basket Raffle

Saturday, Sept. 13, was the Great Falls Farmers Market annual "Getting to Know You" Market. Vendors wore name tags. Shoppers received a raffle ticket at each vendor they shopped at, providing a chance to win the market basket — which included a contribution from each vendor in the market — and the annual survey of cus-


tomers satisfaction was conducted.

Elizabeth Wiley, a frequent visitor in the market with her husband and three children, was selected as the winner. They were not present at the time of the drawing, so the basket was delivered to their home.

The survey results will be announced next week.


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Great Falls Writers Launch Speaker's Series

Great Falls Park inspires Pamela Palmer's Feral Warrior novels.

By ABIGAIL CONSTANTINO
THE CONNECTION

More than 30 people attended the first Great Falls Speaker's Series at Great Falls Library on Tuesday, Sept. 23 to hear author and Herndon resident Pamela Palmer read from the latest book in her Feral Warrior series — "Wulfe Untamed" — and to learn about her storytelling process in a question-and-answer discussion.

The lecture was attended by writers — such as Great Falls author Clarence Ashley, who wrote "CIA Spymaster: George Kisevalter" — members of the Great Falls Writer's Group and the community.

Palmer drew inspiration from Great Falls Park in writing the Feral Warrior series— nine books about shapeshifters who live in a mansion in Great Falls. "There's such a wildness about it," she said. The first scene in the first book of the series, 'Desire Untamed,' even takes place amongst the rocks in the park.

"When I drive by the park, I see [the characters] sometimes because they live there." She said her fans have expressed a desire to visit Great Falls, thinking it would be the most magical place on earth.

Palmer's path to publication took more than a decade to achieve. She worked as an engineer for IBM but had always been a storyteller and a dreamer, till

one day one of her ideas got too big and she had to write it down.

But she had a lot to learn about writing. By coincidence, the Chantilly Regional Library opened in 1995, around the time she got her big idea. She picked up writing books that discussed the writing process. If the Chantilly library had not opened, she said that she might never have developed as a writer.

Michael Cappitelli, of Reston, said that Palmer's lecture gave him ideas on how to improve his writing, especially the importance of setting the scene and not getting caught up in what words to put on paper. Palmer wanted to teach the audience and she sensed that they wanted to learn, he said.

Palmer also reinforced the importance of having writers talk about their work with other writers. "Being open to critique helps you write and not be afraid," said writer's group member Nancy Hannan.

Kristin Clark Taylor, founder of the Great Falls Writer's Group, wanted to tap into the writing and creativity that she knew existed in Great Falls. Since the first meeting last year, she said that the group has become a "writing family."

The Speaker's Series emerged from meetings of the group. Taylor would bring in authors and writers during the second meeting of the month and realized that there was a "tremendous outpouring of curiosity and energy" after guest speakers came.

She presented the speaker's series as an event open to the community to Great Falls Library branch manager Daniela Dixon. "The library likes to support community efforts and anything having to do with writing and books," said Dixon.

The next Speaker's series will be on Oct. 23 and will feature New York Times bestselling author Susan Coll.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION
Herndon author Pamela Palmer inaugurates the Great Falls Speaker's Series on Tuesday, Sept. 23. Palmer read from her latest book, "Wulfe Untamed."



From left, Donna Mastran, Kristin Clark Taylor and Mary Caye Schirf, of Great Falls, attend the first Speaker's Series lecture at Great Falls Library on Tuesday, Sept. 23.

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Women's Unplugged Weekend

New weekend event at Riverbend Park.

By REENA SINGH
THE CONNECTION

Riverbend Park wants to connect women back to nature.

The park is hosting Women's Unplugged Weekend, two days of kayaking, learning about edible plants and sleeping under the stars — the first event of its kind at the location.

The weekend will take place Oct. 4 and 5.

"This is the first year we're trying to do an event like this," said park naturalist Jordan Libera. "It's an outdoor recreation weekend for women lead by women."

There is still plenty of space for women 16 and older to sign up for the weekend, according to event organizer Julie Gurnee. The weekend maxes out at 15 women.

On the first day, women can expect to kayak the river, have a picnic pit stop on an island, enjoy a night hike, eat s'mores by a roaring bonfire and sleep under the stars. Those who do not want to sleep



PHOTO BY REENA SINGH/THE CONNECTION
Kayakers paddle in the water at Riverbend Park. The park will host Women's Unplugged Weekend on Oct. 4 and 5.

outside can sleep in the Nature Center cabin.

On Sunday, women will have an early morning bird walk, take an edible and medicinal plant seminar and learn archery.

"These are activities that we ourselves are interested in," she said. "A lot of women don't get to do these things on a regular basis."

She said the idea for the weekend came to her and other park rangers about five months ago.

"We offer family campouts and elements of this on their own for adults," she said.

However, she said, this weekend offers a "taste of everything."

This is one of the last activities of the year before the temperature cools down. Boats and kayaks can still be rented until Oct. 18. Libera said there may be similar group activities planned next year if this one turns out well.

"We might have one geared towards males or families next year," he said. "It's our first time running a program like this, so we'll have to see how it goes."

Registration fee is \$200, which covers the kayak equipment, a float trip and several meals. Women are invited to bring their own camping equipment to sleep outside.

To register, contact Julie Gurnee at 703-759-9018 or Julie.Gurnee@fairfaxcounty.gov.



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WELLBEING

Top Chef for Seniors

Retirement community residents choose Sunrise Signature Chef.

BY MARILYN CAMPBELL
THE CONNECTION

Grace Delaune nibbled on striped bass and quinoa salad, pondering the flavors and textures of each dish. Myke Hammaker savored the miso cod and spinach. The two women weren't simply having lunch. They were judges at the Senior Eats Nutritional Challenge in Fort Belvoir last week. "The food challenge was a lot of fun and the food was excellent. Every dish was beautifully displayed and cooked perfectly," said Hammaker. "It was hard for the judges to pick the best dish although I picked the Miso Cod with Spinach because it really stood out as a fantastic dish."

All of our finalists did an incredible job creating meals that could rival our country's top restaurant chefs,"

— Tim Whelan, vice president, Dining Services for Sunrise



PHOTO COURTESY OF SUNRISE SENIOR LIVING

Residents of Sunrise Senior Living served as judges during the Senior Eat Nutritional Challenge in Fort Belvoir.

"The five selections were just outstanding. It was very difficult to pick the best dish, although my favorite was the Striped Bass with Quinoa Salad," added Delaune.

The winning recipe was Miso Cod with Spinach. During the competition, which was sponsored by Sunrise Senior Living headquartered in McLean, Va., and held at The Fairfax, a Sunrise community, five of the company's top chefs prepared their healthiest dishes, making use of only fresh, local ingredients. A panel of Sunrise residents judged the chefs' creations. One of the goals of the competition was to break negative stereotypes about the quality of food served in retirement communities.

"All of our finalists did an incredible job creating meals that could rival our country's top restaurant chefs," said Tim Whelan, vice president, Dining Services for Sunrise. "We constantly look at ways to provide more variety for our residents to enjoy, and the Nutritional Challenge is a great way to add unique, healthful dishes to our menus."

The chefs were judged on their ability to meet Sunrise's Signature Dining criteria, which includes using fresh, seasonal ingredients. After the competition chefs and residents discussed the recipes used, nutritional needs of seniors and the role that eating healthfully can lead to better cognitive functioning, memory and heart health.

"Our goal... is to give our residents delicious and nutritional food with real variety each day," said Lawrencia Quaye, Executive Chef at The Fairfax.

Winning Recipe: Miso Cod and Spinach

Miso Brushed Cod with Sautéed Spinach
by Floyd Stephen, Brighton Gardens of Dunwoody
Serves 6

1 1/2 lbs cod filets, 4 oz each
6 tbsp olive oil
3 shallots, peeled / minced
3 garlic cloves, peeled / minced
1 1/2 lbs shiitake mushrooms, stemmed / julienned
1 lb stemmed fresh spinach
1 1/2 cups chicken stock
1/4 cup miso paste

❖ Steam the fish for 7 minutes, until internal temperature reaches 145°F for 15 seconds.

❖ While the fish is steaming, heat the olive oil in a sauté pan over medium heat. Add the shallots and garlic. Sauté until soft. Add the mushrooms and cook until the liquid evaporates. Add the spinach and sauté for 1 minute to wilt. Turn off the heat and set aside.

❖ Bring the stock to a boil in a separate pot. Whisk in the miso paste. Simmer for 5 minutes.

❖ Divide the spinach mixture evenly between serving dishes. Place fish on top of the spinach. Spoon miso sauce over fish. Serve immediately.

None of the five chefs who made it to the finals competition were from the Washington, D.C. region. The winner Chef Floyd Stephen of Dunwoody, Georgia, was named the Sunrise Signature Chef and received \$1,000.

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Color logo on event banner displayed at banquet

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- Six (6) golfers

Color logo on event banner displayed at banquet

- Eight (8) raffle tickets

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- One (1) hole sponsorship
- Four (4) golfers
- Six (6) raffle tickets

Color logo on event banner displayed at banquet

- Opportunity to present skills competition awards or raffle prizes

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- Color logo on event banner displayed at banquet



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ELECTIONS 2014

Voting Early, Absentee

Virtually every voter in Virginia is eligible to vote absentee, which includes voting in-person absentee at a variety of locations from now through Nov. 1.

There are many reasons that voters are allowed to vote absentee, but the most broad of these applies to almost anyone with a job: "Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for 11 or more hours of the 13 that the polls are open (6 a.m. to 7 p.m.)."

You can download an absentee ballot and mail it to your local voter registration office, or you can vote "absentee in person."

In person absentee voting is underway at Fairfax County Governmental Center beginning Sept. 19.

Office of Elections, 12000 Government Center Pkwy, Conf. Rooms 2/3, Fairfax, 22035

Now through - Oct. 10: Monday, Tuesday, Wednesday and Friday - 8 a.m. - 4:30 p.m.

Thursdays: 8 a.m. - 7 p.m.

Oct. 14 - Oct. 31, Monday thru Friday - 8 a.m. - 7 p.m.

Saturdays, Oct. 4, 11, 18, 25 and Nov. 1, 9 a.m. - 5 p.m.

Closed Monday, Oct. 13 for Columbus Day

Satellite Voting Locations Begin Friday Oct. 14

❖ Franconia Governmental Center - 6121 Franconia Road, Alexandria, 22310

❖ Dolley Madison Library - 1244 Oak Ridge Ave., McLean, 22101

❖ North County Human Services Bldg. - 1850 Cameron Glen Drive, Reston, 20190

❖ West Springfield Governmental Center - 6140 Rolling Road, Springfield, 22152

❖ Mason Governmental Center - 6507 Columbia Pike, Annandale, 22003

❖ Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria 22306

❖ Sully District Governmental Center - 4900 Stonecroft Blvd., Chantilly 20151

Monday - Friday, Oct. 14 - 31, 3:30 p.m. - 7 p.m.

Saturdays, Oct. 18, 25 and Nov. 1, 9 a.m. - 5 p.m.

Closed Monday, Oct. 13 for Columbus Day

For more, call 703-222-0776 or visit <http://www.fairfaxcounty.gov/elections/absentee.htm>

New Voter Identification Requirements

There are new requirements for voter identification that voters must bring with them to the polling place.

In Fairfax County, 13,000 active voters currently do not have DMV issued photo identification, and of those, only a couple of dozen people have applied for a Virginia Voter ID card available free from local voter registrars.

Virginia law now requires all voters to provide one of the following forms of photo identification at the polls.

Here are the "acceptable" forms of identification. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months:

❖ Valid Virginia Driver's License or Identification Card

❖ Valid Virginia DMV issued Veteran's ID card

❖ Valid United States Passport

❖ Other government-issued photo identification cards (must be issued by US Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth)

❖ Valid college or university student photo identification card, must be from an institution of higher education located in Virginia.

❖ Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business

❖ or a Virginia Voter Photo ID Card obtained through any local general registrar's office

Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted.

Virginia's photo ID requirements also apply to absentee voters who vote in-person in all elections.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

Any registered voter who does not possess one of the above mentioned forms of photo ID can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

Provisional Ballot Process

A voter who arrives at the polling place without an acceptable form of photo identification will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted. A Friday postmark will not be sufficient. Written notice given to the voter will provide the necessary information, including email, fax, and address of where the ID should be delivered.



Virginia law now requires all voters to provide photo identification at the polls.

If you vote a provisional ballot but don't have an "acceptable ID," you can appear in-person in the office of the general registrar in the locality in which the provisional ballot was cast by noon on Friday following the election and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document can be provided to the electoral board as acceptable identification and the voter's provisional ballot will be counted.

For More Election Information
Fairfax County Board of Elections, 703-222-0776, www.fairfaxcounty.gov/eb/
 12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov
City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/government/general-registrar>
 10455 Armstrong Street, Sisson House, Fairfax, 22030; FAX 703-591-8364; email generalregistrar@fairfaxva.gov
State Board of Elections, 804 864-8901 Toll Free: 800 552-9745 FAX: 804 371-0194
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CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

THURSDAY/OCT. 2

Great Falls Rotary Club Weekly Speaker Series. 7:30 – 8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Interested in joining? Download the membership form at <http://www.rotarygreatfalls.org/>.

Artists Meet for Coffee. 8:30 – 10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local artists meet for coffee. Feel free to drop in.

The Truth about GERD. 10-10:55 a.m. Unitarian Universalist Congregation of Fairfax, Oakton. For more information call the SCOV office at 703-281-0538 or visit www.scov.org.

Buffalo Soldiers. 11-11:55 a.m. Unitarian Universalist Congregation of Fairfax, Oakton. For more information call the SCOV office at 703-281-0538 or visit www.scov.org.

Islamists and Authoritarians in the Arab World. 1-2 p.m. Unitarian Universalist Congregation of Fairfax, Oakton. For more information call the SCOV office at 703-281-0538 or visit www.scov.org.

THURSDAY OCT. 2 – NOV. 13

Adventures in Learning. 10 a.m. on Thursdays. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Seniors: come in and learn during classes you can attend on a variety of topics of interest from health issues to world affairs for all adults age 50 or older, all taught by volunteer experts. Tuition payment of \$40 entitles you to attend any of the classes you like offered during the fall session. The class schedule and registration form will be available on: www.scov.org.

You may print the registration form and mail it at any time during the term with your payment.

FRIDAY-SUNDAY/OCT. 3-5

“Transitions” ValeArts Fall Art Show 2014. Friday: 10 a.m. – 9 p.m. Saturday and Sunday: 10 a.m. – 6 p.m. Artists reception on Friday, Oct. 3 at 7 p.m. Vale Schoolhouse, 3124 Fox Mill Road, Oakton. In its 19th year, the nine artists will present a group show of more than 150 original works of local fine art. The focus will be on “Transitions,” the evolution of the artist as well as the resulting art. Songmi Heart and Laura Bealey will be featured as guest artists. Free. There will be a young artists' table for younger art lovers.

FRIDAY/OCT. 3

Drop-In Chess. 4:30-6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages are welcome.

Look at the Stars! Observatory Open. 7:30 - 10:30 p.m. Turner Farm Park, Springvale Road, Great Falls. Come to the observatory park for Friday Night viewings. For more information visit <http://www.analemma.org/>.

SATURDAY/OCT. 4

Ballroom Dance. 8 – 9 p.m. Polka Lesson. 9-11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music with The Family playing favorite dance tunes from the 1930s to today. Attire is ballroom casual. Everyone is welcome. \$20. 703-759-2685 or www.colvinrun.org.

Oktoberfest Vienna. 11 a.m. – 7 p.m.

Historic Church Street, Vienna. Enjoy beer, wine, food, music, kids activities and more. Visit <http://viennaoktoberfest.org/>.

Semi-annual Book Sale. 10 a.m. – 4 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Thousands of gift-quality books will be available.

Jazz Masters with John Eaton: Jerome Kern. 1 p.m. McLean Central Park Gazebo, corner of Route 123 and Old Dominion Drive. Free. \$10/\$5 MCC tax district residents.

Al Petteway & Amy White. 7 p.m. Jammin Java, 227 Maple Avenue E, Vienna. Al & Amy will perform a mix of new and old favorites, including selections from Al's new solo recording, “Mountain Guitar,” and tunes from various Burns documentaries. <https://jamminjava.com/event/670727-al-petteway-amy-white-vienna>

Yard Sale. 8 a.m. – Noon. Kilmer Center School, 8102 Wolftrap Road, Vienna. Household goods, toys, furniture and more. One hundred percent of proceeds benefits special-needs students ages 5 – 21, with autism and intellectual disabilities.

St. Francis Fair. 10 a.m. – 3 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. St. Francis Episcopal Church of Great Falls will continue celebration of its 50th anniversary with a variety of music and dance performances and children's activities.

“The Glorious Songs of Jerome Kern.” 1 p.m. The Alden, 1234 Ingleside Avenue, McLean. This seminar covers the magnificent Jerome Kern. You'll learn about the composer's life, writing style and musical hallmarks and hear classics

SEE CALENDAR, PAGE 15



PHOTO BY DONNA MANZ/THE CONNECTION

From fabulous to creepy, children marched in the 2013 Halloween parade in Vienna. This year's parade will be on Wednesday, Oct. 29.



Sasha with the three cats, by Naz Akbar

Naz Akbar Exhibits at Katie's

Great Falls artist Naz Akbar will be exhibiting at Katie's Coffee from Oct. 3 to the Oct. 31 in an art exhibit “Moments to Remember.” Akbar will be at Katie's with an easel during the Great Falls Studio Tour, Oct. 17-19, 11 a.m. - 4 p.m.

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Through a cooperative agreement with the Washington Metropolitan Ear, audio description services for individuals with vision challenges will be offered at the October 11 performance.
THE GAME'S AFOOT, OR HOLMES FOR THE HOLIDAYS IS PRESENTED BY SPECIAL ARRANGEMENT WITH SAMUEL FRENCH, INC.

Join the McLean Players' Facebook Group

CALENDAR

FROM PAGE 14

such as "All the Things You Are," "Smoke Gets in Your Eyes," and selections from "Show Boat." Tickets are \$10 for the general public, \$5 for MCC tax district residents. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123.

October Kid's Club "Pet Parade." 11 a.m. - 1 p.m. Tysons Corner Center Outdoor Plaza, 1961 Chain Bridge Road, McLean. Learn all about pets. Come dressed as your favorite pet and get a special treat from Tysons Corner Center. This event will also feature fun crafts, activities, music and snacks.

Cars & Coffee. 7-9 a.m. Located at 760 Walker Road Great Falls. Gathering of antique, custom and exotic cars at Katie's Coffee House.

Farmers Market. 9 a.m. - 1 p.m. 778 Walker Road, Great Falls. Bring recyclable bags. For more information visit www.greatfallsfarmersmarket.org.

SUNDAY/OCT. 5

MPAartfest. 10 a.m.-5p.m. McLean Central Park, 1468 Dolley Madison Blvd, McLean. Fifty-two juried artists will exhibit and sell their art at the 8th annual MPAartfest. 703-790-1953.

Semi-Annual Book Sale. 11 a.m. - 2 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Thousands of gift-quality books will be available.

Blessing of the Animals. 9 a.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. All are welcome to bring their pets for a special blessing. A Feast of St. Francis service will be held indoors at 11 a.m. Nursery care is available for young children at both services.

Cars for the Cure - to Support JDRF. 9 a.m. - 2 p.m. Brx American Bistro, 1025 Seneca Road, Great Falls. The 2nd Annual Exotic & Classic Car, Truck and Motorcycle Show to end Type 1 Diabetes will be held. The car show is free. Enjoy brunch at Brix at a reduced price, live music by "The Remedy" and view the cars, trucks and motorcycles. There will be prizes, raffles and silent auction items. Cars, trucks or motorcycles may be registered for \$20 before Oct. 1 or \$30 after Oct. 2. Visit www.carsfortheureva.com for more details and registration.

Grinding Grain. Noon-3 p.m. 10017 Colvin Run Road Great Falls. The miller will be grinding, conditions permitting. Cornmeal, grits and whole wheat flour for sale in the General Store. For more information call 703-759-2771.

TUESDAY/OCT. 7

Colvin Run Tuesday Dance for Everyone. 6:30-10:30 p.m. 6:30-7:15 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Lesson series for 'Dance of the Month.' 7:15-8 p.m. Intermediate West Coast Swing Lesson. 8-10:30 p.m. 'Dance for Everyone' with Rumba, West Coast Swing, East Coast Swing and others. Admission fees: \$12 per person includes lesson and snacks. Contact Ed Cottrell at 703-435-5620 or EdCottrell@MACP.org for more information.

WEDNESDAY/OCT. 8

Cre8tive Art. 10 a.m. - Noon. Tysons Corner Microsoft Store, 1961 Chain Bridge Road, McLean. The Cre8tive series of workshops will introduce attendees to different forms of art using Windows 8.1. Learn how to create art and modify images. Free. Call the Shepherd's Center of Oakton Vienna (SCOV) office to register for



A menagerie of unlikely friends, including a donkey, a dog, a cat and a rooster, sets off in search of musical stardom in the production of "Bremen Town Band," playing on Oct. 11 at McLean Community Center's Alden Theatre.

classes or for additional information, 703-281-0538.

The History of Great Falls

Historical Society. 7-9 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. A panel of the earliest members and past presidents will tell the story of the organization's founding, and all of the projects and challenges it has undertaken over the last 37 years to capture and preserve the history of Great Falls.

Noam Pikelný & Stuart Duncan. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Banjo pioneer and Punch Brother band member Noam Pikelný teams up with the Nashville Bluegrass Band's, Stuart Duncan, for an acoustic showcase. Tickets: \$25-\$30. For more information, visit www.wolftrap.org.

Pokemon League. 4:30-6 p.m. Great Falls Library 9830 Georgetown Pike, Great Falls. Come play Pokemon with your friends. School age 5 to 15.

THURSDAY/OCT. 9

Loudon Wainwright, III. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Classic blues concert from a veteran musician. Tickets: \$25-\$30. For more information, visit www.wolftrap.org.

Great Falls Rotary Club Weekly Speaker Series. 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Interested in joining? Download the membership form from our website.

Artists Meet for Coffee. 8:30-10 a.m. Feel free to drop in. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local artists meet for coffee.

FRIDAY/OCT. 10

2014 Sweet Home Virginia Gala. 6:30-9:30 p.m. Sheraton Tysons Hotel, 8661 Leesburg Pike, Tysons Corner. Approximately 600 business leaders, philanthropists, and

community organizers will participate in the gala, awards and scholarships will also be presented. \$300. www.cfnova.org.

Simone Dinnerstein, Piano. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Classical piano concert. Repertoire will include works by Robert Schumann, Johann Sebastian Bach, and Franz Schubert. Tickets: \$40. For more information, visit www.wolftrap.org.

Artists Meet for Coffee. 8:30-10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local artists meet for coffee. Feel free to drop in.

Look at the Stars! 7:30 - 10:30 p.m. Turner Farm Park, Springvale Road, Great Falls. Observatory Open. Come to the observatory park for Friday Night viewings. For more information visit <http://www.analemma.org/>.

SATURDAY/OCT. 11

Theatre IV's "Bremen Town Band." 2 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. \$15/\$10 MCC district residents.

Fall Leaf Collecting and Art for Kids. 9 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. This children's program starts with a walk to collect beautiful fall leaves and to discover how leaves change color. Back at the Visitor's Center while sipping on apple cider, the children will use these leaves to create animal artwork. The program fee is \$5 per child, and reservations are required. Space is limited to 20 children. Children younger than age 5 are required to be accompanied by an adult. Parents are welcome to join in on the walk and assist with the craft—regular garden admission applies. For reservations, call 703-255-3631 x103 or jmaloney@nvrpa.org.



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**McLean 5K Run
with the Warriors**

Saturday, Oct. 4

Register at 6:45 a.m.; Run starts at 8 a.m.
McLean Square Shopping Center



The Alden, Insider Knowledge
**Jazz Masters with
John Eaton: Jerome Kern**
Saturday, Oct. 4, 1 p.m.
\$10/\$5 MCC tax district residents

The Alden, McLean Kids Series
**Theatre IV's
"Bremen Town Band"**
Saturday, Oct. 11, 2 p.m.
\$15/\$10 MCC district residents

The Alden, Midday Movies
"Jaws" (1975)
Wednesday, Oct. 15, 1 p.m.
Free. Reservations are not required.

Take a Day Away!
**"Autumn in
Pennsylvania" Day Trip**
Thursday, Oct. 16, 7:45 a.m.-7:30 p.m.
\$135/\$130 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



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SPORTS



Langley's Rachel Andrejev swings against Robinson during a Dig Pink match on Sept. 27.



A South Lakes player makes a diving attempt to tackle McLean receiver Jack Holland during McLean's 36-31 victory on Sept. 26.

SPORTS ROUNDUPS

Langley Volleyball Snaps Losing Streak

The Langley volleyball team lost four straight matches before beating rival McLean, 3-1, on Monday.

The Saxons started the season 8-1 before losing at home to Chantilly, 3-1, on Sept. 22. Langley lost at Potomac Falls, 3-1, the following night, and the Saxons lost to Robinson and Battlefield during a Dig Pink event at Robinson on Sept. 27.

The victory over McLean improved Langley's record to 9-6.

The Saxons are the defending VHSL 6A state champion.

Langley will host Hayfield at 7:30 p.m. on Monday, Oct. 6.

McLean Football Beats South Lakes

The McLean football team improved to 3-1 with a 36-31 victory over South Lakes on Sept. 26. The Highlanders are off to their best start since 2010, when they won their first eight games.

After suffering their first defeat under



South Lakes quarterback Chris Sherbert runs with the football during the Seahawks' 36-31 loss to McLean on Sept. 26.

first-year head coach Shaun Blair, a 24-20 loss to Falls Church on Sept. 19, McLean bounced back to beat South Lakes, dropping the Seahawks' record to 0-5 under new head coach Trey Taylor.

McLean quarterback CJ Downey completed 15 of 32 passes for 353 yards and

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

four touchdowns. He was intercepted once. Jordan Cole had five receptions for 205 yards and two touchdowns.

South Lakes receiver Eric Kirlew caught seven passes for 166 yards and two touchdowns.

McLean will host Herndon at 7:30 p.m.

on Thursday, Oct. 2. South Lakes has a bye week before hosting Thomas Jefferson on Oct. 10.

Marshall Football Earns First Win Since 2011

The Marshall football team defeated Thomas Jefferson 28-14 on Sept. 26, giving the Statesmen their first victory since the 2011 season. Marshall's last victory also came against the Colonels.

Marshall (1-3) will travel to face Langley at 7:30 p.m. on Thursday, Oct. 2.

Langley Football Falls to Chantilly

The Langley football team dropped to 1-3 with a 20-7 loss to Chantilly on Sept. 26.

Langley running back Tyler West scored the game's first touchdown on a 33-yard run in the second quarter. The Saxons led 7-0 at halftime, but Chantilly scored 20 unanswered points in the second half to pull out the victory.

The Saxons will host Marshall at 7:30 p.m. on Thursday, Oct. 2.

Great Falls Sharks Beautify Softball Field

Over the Labor Day weekend, the Great Falls Sharks travel softball organization held its first annual "Nike Field Clean Up Day." Organized by Mike Sharkey and John West in conjunction with Great Falls Little League softball and Fairfax County Parks and Recreation, more than 50 players and parents volunteered their time to beautify Nike 6 softball field. In addition, five volunteers from Kohl's Department store in Sterling assisted as part of their Volunteers in Action program. The volunteers cleaned, repaired and repainted the shed and dugouts, fixed the pitching nets, pulled weeds, installed a new sound system and performed general clean up in preparation for the upcoming softball season. The Great Falls Sharks are a Fastpitch Softball organization in its 7th year of existence helping provide local girls an expanded softball experience.



NEWS

Clarence and Clara Sue Ashley, long-time members of St. Francis, were recognized with the Franciscan Cross in honor of their decades of service to the church. The couple also recently celebrated their 50th wedding anniversary with a gathering of friends and family at St. Francis, commemorating its own 50th anniversary this year.



St. Francis Episcopal Church Celebrates 50 Years in Great Falls

St. Francis Episcopal Church of Great Falls, celebrating its 50th anniversary this year, has will hold a special Homecoming Weekend, scheduled for Oct. 4-5. The weekend will include an all-new St. Francis Fair, a Saturday evening music program, and a Sunday morning Blessing of the Animals service.

The St. Francis Fair will be held Saturday, Oct. 4, from 10 a.m. to 3 p.m. The event will include a variety of music and dance performances and children's activities.

On Saturday evening, Oct. 4, at 7:30 p.m., St. Francis will present "Jazz, Blues and the Spirit: A Concert." The concert will feature a multi-choir performance of Will Todd's "Mass in Blue," accompanied by the Difficult Run Jazz Band. Tickets are available at <http://massinblue.brownpapertickets.com>.

The Oct. 5th Blessing of the Animals service will be held outdoors at the church beginning at 9 a.m. A Feast of St. Francis service will also be held at 11 a.m.

The church recently launched its anniversary festivities with a picnic and visit from Bishop Ted Gulick. Additional events will continue in the coming months, including the Homecoming Weekend.

For more information on the history of St. Francis Episcopal Church, visit the church online at www.stfranciscgreatfalls.org or on Facebook at www.facebook.com/stfranciscgf. Call the church at 703-759-2082.



PHOTOS CONTRIBUTED

Bishop Ted Gulick (left) and Lyndon Shakespeare, interim rector of St. Francis Episcopal Church, join in celebrating the church's 50th anniversary at a spring reception.

FAITH NOTES

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.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.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

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.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Vienna Christian Healing Rooms are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. Call 703-698-9779 or visit www.viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children.

Call 703-356-7100 or visit www.ChesterbrookUMC.org.

Centering Prayer Group meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

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Advertising Deadlines are the previous Thursday unless noted.

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HomeLifeStyle.....	9/10/14
A+ Camps & Schools.....	9/17/14
Fall Fun & Arts Preview.....	9/24/14

OCTOBER

Wellbeing.....	10/1/14
HomeLifeStyle PULLOUT: Deadline is 9/25/14.....	10/8/14
A+ Camps & Schools.....	10/15/14
Election Preview I.....	10/22/14
Election Preview II.....	10/29/14

NOVEMBER

Election Day is Tuesday, November 4.	
Wellbeing.....	11/5/14
HomeLifeStyle.....	11/12/14
Holiday Entertainment & Gift Guide I.....	11/19/14
A+.....	11/25/14
Thanksgiving is November 27.	

DECEMBER

Wellbeing.....	12/3/14
HomeLifeStyle: Home for the Holidays.....	12/10/14
Hanukkah begins December 16.	
Holiday Entertainment & Gift Guide II.....	12/16/14
A+ Camps & Schools.....	12/16/14
CHILDREN'S CONNECTION.....	12/24/14

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Please Check
Kenneth B. Column
Next Week!



21 Announcements

ABC LICENSE
Melanie St. Clair trading as
Smitten Boutique Salon, 2209
N. Pershing Dr, Unit B, Arling-
ton, VA 22201. The above es-
tablishment is applying to the
VIRGINIA DEPARTMENT OF
ALCOHOLIC BEVERAGE
CONTROL (ABC) for a Day
Spa license to sell or manu-
facture alcoholic beverages. Me-
lanie St. Clair/owner
NOTE: Objections to the iss-
uance of this license must be
submitted to ABC no later than
30 days from the publishing
date of the first of two required
newspaper legal notices.
objections should be regis-
tered at www.abc.virginia.gov
or 800-552-3200.

21 Announcements

ABC LICENSE
The Greek Taverna, Inc trading
as The Greek Taverna,
6828 Old Dominion Dr. Ste C,
McLean, VA 22101. The above
establishment is applying to
the VIRGINIA DEPARTMENT
OF ALCOHOLIC BEVERAGE
CONTROL (ABC) for a Wine
and Beer/Mixed Beverage
Restaurant on Premises li-
cense to sell or manufacture
alcoholic beverages. Christos
Karamanos, owner
NOTE: Objections to the iss-
uance of this license must be
submitted to ABC no later than
30 days from the publishing
date of the first of two required
newspaper legal notices.
objections should be regis-
tered at www.abc.virginia.gov
or 800-552-3200.

21 Announcements

ABC LICENSE
Flying Donkey, LLC trading as
SER, 1110 N. Glebe Rd.
Arlington, VA 22201. The
above establishment is apply-
ing to the VIRGINIA DEPART-
MENT OF ALCOHOLIC
BEVERAGE CONTROL (ABC)
for a Wine and Beer on and off
premises & Mixed beverage
on Premises license to sell or
manufacture alcoholic bever-
ages. Javier Candon, Manag-
ing 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 newspaper legal
notices. Objections should be
registered at
www.abc.virginia.gov or
800-552-3200.

21 Announcements

ABC LICENSE
Founding Farmers NoVa, LLC
trading as Founding Farmers,
1800 Ty sons Blvd, ste 70,
McLean, VA 22102. The above
establishment is applying to
the VIRGINIA DEPARTMENT
OF ALCOHOLIC BEVERAGE
CONTROL (ABC) for a Wine
and Beer on and off premises
and Mixed Beverages
Restaurant license to sell or
manufacture alcoholic bever-
ages. Daniel Simons, member,
NOTE: Objections to the iss-
uance 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

21 Announcements

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The Mount Vernon Gazette
Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
The Arlington Connection
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Connection
The McLean Connection
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21 Announcements

21 Announcements

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21 Announcements

21 Announcements

PUBLIC NOTICE

PROPOSAL TO CLEANUP AT UNDERGROUND STORAGE
TANK SITE

There has been a release from an underground storage tank
system at:

Former Exxon
9901 Georgetown Pike
Great Falls, Virginia 22066

The Department of Environmental Quality (DEQ) is requiring
Fairfax Petroleum Realty, LLC to develop a Corrective Action
Plan Addendum (CAPA) to address cleanup of methyl tertiary
butyl ether (MTBE) in groundwater at the site. If you have
questions regarding the cleanup, please contact:

Kleinfelder
1340 Charwood Road, Suite I
Hanover, Maryland 21076
(443) 925-6048
Attention: Mark Steele

The CAPA will be submitted to the Northern Regional Office of
the DEQ on October 3, 2014. If you would like to review or dis-
cuss the proposed CAPA with the staff of the DEQ, please feel
free to contact Alex Wardle
(Alexander.Wardle@deq.virginia.gov) at (703) 583-3822 after
the date of the CAPA submittal. The DEQ Northern Regional
Office will consider written comments regarding the proposed
CAPA until December 5, 2014. Due to public interest, the DEQ
will hold a Public Meeting on November 11, 2014, at 7:30 PM
at the Great Falls Library, 9830 Georgetown Pike, Great Falls,
VA. Hard copy of the CAPA will also be available at the Great
Falls Library. Written comments should be sent to the DEQ at
the address listed below. The DEQ requests that all written
comments reference the tracking number for this case; PC#
2010-3028.

Department of Environmental Quality
Storage Tank Program
13901 Crown Court
Woodbridge, Virginia 22193

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21 Announcements

21 Announcements

21 Announcements

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21 Announcements

21 Announcements

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