

# Great Falls' Spooktacular Success

NEWS, PAGE 4

# Election Day Stories

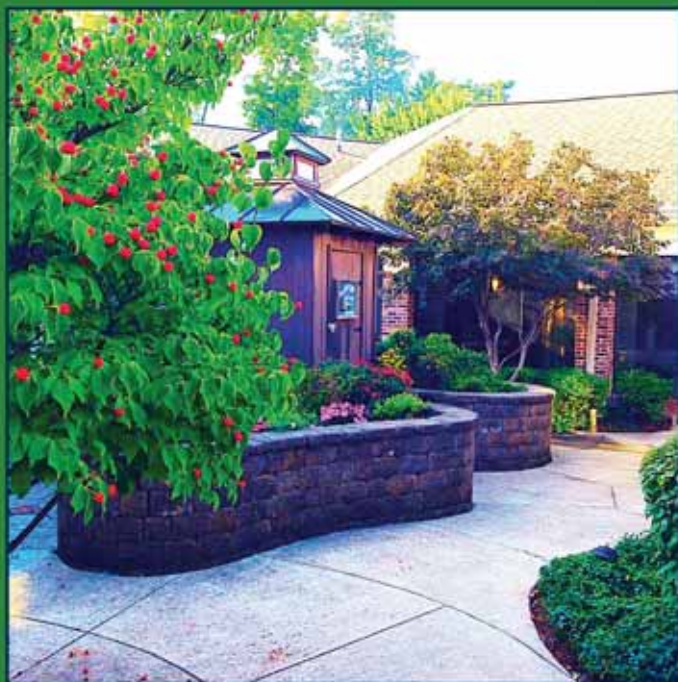
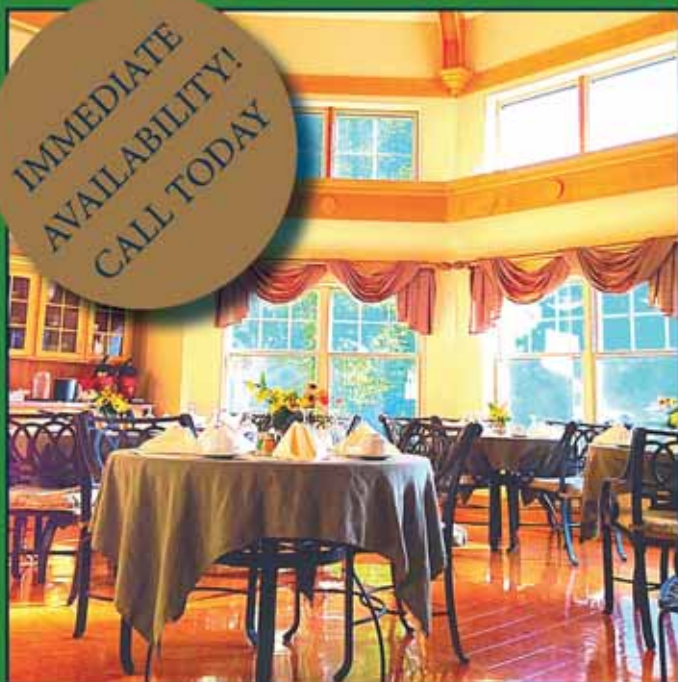
ELECTION 2014, PAGE 3

# Toxic Gas Plume Moves South

NEWS, PAGE 9

From left, starting with top, locals Philip, 6-year-old John, Mina and 8-year-old Ana Toumazatos were ready to fill their bags with candy at this year's Great Falls Spooktacular.

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## Early Turnout High in Great Falls

### U.S. Congress elections bring voters out to local library.

BY REENA SINGH  
THE CONNECTION

Voters turnout kept up its pace well into work hours at Great Falls Library.

Hundreds of voters turned up to vote for the U.S. Senate and House of Representatives at the library Tuesday morning, Nov. 4.

"There's been a steady flow of people," said Chief Election Officer Candace Sherie Bovee. "Normally, it slows down after 9 a.m., but since opening, we've had a lot of people come in."

This was her first year as chief election officer, but she said the morning turnout was comparable to the last presidential election when she worked the

polls as a volunteer.

"The chief who normally had the position moved out of the area, so they needed a new one," she said.

Residents were choosing between Democratic incumbent Sen. Mark Warner or Republican Ed Gillespie for the U.S. Senate Seat as well as between Dranesville Supervisor John Foust and state Del. Barbara Comstock for the U.S. House of Representatives seat.

Additionally, they were also voting whether to approve a transportation bond referendum and a state Constitutional amendment proposing to give tax exempt status to a spouse of a U.S. Military member killed in action.

Many of the voters who came out to the polls at the library were regular voters. Great Falls resident David Dixon said voting is a privilege for him because some African Americans have died trying to vote in the past.

"I vote in every election now because the country has gotten to the point where people need to get out and vote," he said.

Hundreds of voters turned up to vote at the library Tuesday morning, Nov. 4.



PHOTOS BY REENA SINGH/ THE CONNECTION

Voters talk near the volunteer booths as they exit the polls at Great Falls Library on Tuesday.

#### VIEWPOINTS

Who did you vote for today and why? What are the issues that are most important to you today?



**Sherry MacDonald, Great Falls, Retired flight attendant**

"I voted Republican all the way. I'm a registered Democrat, but I voted Republican in the last two elections."



**Doug White, Great Falls, Car insurance company owner**

"I voted Republican. I'm unhappy with the direction the country is heading in, and I'm voting for a change."



**David Dixon, Great Falls, Banker**

"I voted for the candidates that I think are progressive and are looking to make real changes in the country."



**Elaine Singer, Great Falls, Business owner**

"I voted for Mark Warner because I like the way he is able to go across the aisle. He leaves the Republican-Democrat thing and does the right thing."



PHOTOS BY REENA SINGH/ THE CONNECTION

**Jackie and Darren Jones make a touchdown-worthy appearance as football players with their referee dogs.**



**Twelve-year-old friends Emily Tracy, Sameen Saed, Emma Gatti and Lauren Tracy dressed up as Crayons for this year's Great Falls Spooktacular on Oct. 31.**

# Great Falls' Spooktacular Success

**Traditional village event has record numbers.**

BY REENA SINGH  
THE CONNECTION

**T**he ghouls and ghosts of Great Falls took over the village green and shopping center last Friday, Oct. 31.

Celebrate Great Falls' Spooktacular, a spooky multi-decade tradition, brought out hundreds of children, pets and parents to get candy and get to know their neighbors.

"I asked several of the merchants and the Boy Scouts and heard estimates anywhere between 600 to 700 kiddos," said CGF Director Erin Lobato. "Celebrate Great Falls Foundation went through 500 glow necklaces by 6:20 and then 300 blow pops. We also had record crowds at the pet parade."

She said that some of the businesses in the green-like AOG Wealth Management with their full-size candy bars - even had to make runs to Safeway across the street to resupply their stock of candy before the event was over.

"My husband and I like that the Spooktacular allows a safe, well-lit trick-or-treating environment for Great Falls," said AOG Wealth receptionist Michelle Miller, who was dressed as the fourth doctor from Dr. Who.

This year's pet parade brought out dog lovers dressed to theme with their pooches. Darren and Jackie Jones brought their two loves together - football and dogs - when they came dressed as Washington Redskins players. Their three dogs, Cody, Hannah and Georgia, were dressed as referees.

"We love it," said Jackie. "We haven't been to this particular event, but we've been to many of Great Falls' events. We've been here for 15 years."

Many children this year chose to dress up as Frozen characters, in theme with Disney's latest blockbuster. Others, like 8-year-old Ana Toumazatos and her 6-year-old brother John dressed as Halloween classics: Batman and Robin.

"This is our second year coming here, but it's only our second year living here," said Mina Toumazatos, their mother.

When asked if the children have visited the haunted house yet, they shrieked excitedly and ran swiftly to the back of the line.

This year's haunted house was taken over by the local boy scout troop and had lines in front of it even before the event started at 5 p.m. Children of all ages left the haunted house breathless from being spooked and surprised inside the tent.

"The Haunted House had a line all night long and the boy scouts did an amazing job staying afterwards to take it all down and store it again for next year," said Lobato. "I wouldn't be surprised if its even bigger and better next year."



**Benjamin McArdle, 2, and pug Lola dress as matching Frozen characters at this year's Spooktacular.**

PHOTO BY NIKKI CHESHIRE/ THE CONNECTION



**Michelle Miller, as Dr. Who's fourth doctor, Susan Ring, and Sheila Baerenze, as a clown, hand out candy at this year's Spooktacular.**



**Finn Shannon, 5, picks out candy in the trick-or-treat route in Great Falls Village.**

# Board Approves Bicycle Master Plan

The Fairfax County Government Center has several massive parking lots. Many hundreds of spaces. But Bruce Wright and members of the Fairfax Advocates for Better Bicycling only needed some rack real estate in front of the building. They rode into the afternoon session of the Board of Supervisors on two wheels apiece from Reston, taking the West Ox Road Side Path.

"We're very pleased that we've come to the end of a long process of developing the first ever bike plan for the county," said Wright. "The programs of encouragement and education will help us to transform from our suburban nature."

Wright was one of 17 speakers to address the Board before it voted on Comprehensive Plan Amendment 2013-CW-T2, also known as a county-wide bicycle master plan update to the Transportation Policy Plan and 2002 Countywide Trails Plan Map.

The plan includes immediate and long-term goals (10-30 years) related to repaving efforts facilitated by VDOT. It calls for a network of bicycle facilities that spans the county, covering about 1,000 miles, and a much more detailed bikeway network map to identify shoulders, bike lanes, buffered bike lanes, separated and shared lanes and transportation trails.



**Bruce Wright of the Fairfax Advocates for Better Bicycling addresses the Board of Supervisors on Oct. 28.**

PHOTO BY TIM PETERSON/THE CONNECTION

A program of encouragement, safety education, improving bicycle access to schools, law enforcement and facility maintenance, is also part of the implementation of the new master plan.

It appeared to be right on the pulse of people addressing the board. Bill Sadler, regional policy manager for the Safe Routes to School National Partnership impressed the importance of "making Fairfax County

a safer place to bike for people of all ages."

"This plan supports our 5 Es," said Sadler. "Engineering, Education, Engagement, Evaluations, Enforcement."

Perhaps the most popular aspect of the plan for everyone in the room is the additional cost: \$0. The proposed amendment document brief described the funding for bicycle projects as included in the Board-approved Fairfax County Department of Transportation's six-year transportation program.

The proposed master bicycle plan drew no dissent from the supervisors, passing unanimously 10-0.

"I'm pleased to support Fairfax County's first-ever Bicycle Master Plan," said Lee district supervisor Jeff McKay. "This plan will help improve connectability between our neighborhoods and activity centers and enhances our transportation network. When I first brought this before the Board of Supervisors, it was my hope that we could incorporate short and long-term plans to promote biking in the county and this plan does just that. No matter where I go in my district, there's a strong desire for better trails and sidewalks."

— TIM PETERSON

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#### KEYNOTE SPEAKERS



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# COMMUNITY

## Earning Black Belts at Great Falls Academy

Pictured are four recent black belt graduates of the Lead by Example Tae Kwon Do Great Falls Academy, located in the Seneca Square shopping area, near Seneca Road, as well as Andrew and Earlena Bellino, owners of the Academy with Master Lightfoot, a prodigy of Grand Master Jhoon Rhee, who invented performing some martial art routines to music. These Black Belts have mastered the martial arts basics through 10 levels of difficulty, requiring dedication, commitment and perseverance towards a supreme goal, over a span of four years.

The new black belts testified that Tae Kwon Do helped them be better in school, better in sports and better in life. The new black belts are (in front left to right) Mazi Rad, Ashton Sjoblom with Honors Outstanding: Attitude, Julia Hildreth, and Danielle Delaney with Honors: Outstanding: Basics. (Top row left to right) Instructors; Lynn Nguyen, Andrew Bellino (owner), Tien Nguyen, and Earlena Bellino (owner).



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# OPINION

## Sometimes Perception Really Isn't Reality

By JOE MEYER  
EXECUTIVE DIRECTOR/SHELTER  
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### COMMENTARY

Fairfax County is home to one of the wealthiest populations in the country. Unbeknownst to many, the county is also home to the second largest population of homelessness in this region. In fact, more than 1,200 residents of Fairfax County are without stable and safe homes.

Homelessness in Fairfax County is a real problem and many cannot fathom an issue of this nature plaguing their community. There is a need for greater understanding of homelessness in Fairfax County. Some myths must be dispelled, especially if we want to end these cycles.

Homeless doesn't mean jobless. The 2014 Point in Time Data for Fairfax County states 59 percent of homeless adults in families are employed.

Additionally, the American Payroll Association states more than two thirds of Americans live paycheck-to-paycheck.

Shelter House is working to cure the epi-

dem of homelessness in our community. There are differing opinions on how to treat the symptoms, but Shelter House knows the most effective cure for homelessness is prevention. It requires an understanding of the root causes and a compassionate approach. Programs like Housing First and Rapid Rehousing have proven most effective with the clients.

It is clear the emergency shelter system can only accommodate a small fraction of the growing number of homeless families. Many are forced to live in places unsafe or unsuitable for human habitation. Others move place to place with children, staying intermittently with others. Emergency shelters cannot provide intensive long-term assistance necessary to stabilize lives. While transitional housing provides assistance, families respond better to service interventions from a stable, permanent housing base. Thus the reason HUD's Housing First is a viable option.

SHELTER HOUSE is also finding success in

HUD's Rapid Rehousing Program. The program targets those who would find themselves homeless if not for the assistance. Financial assistance and supportive services are provided to prevent individuals and families from ever becoming homeless.

**FAMILIES DON'T WISH TO BE HOMELESS.** Many aren't interested in handouts, just a hand up. Accountability for a portion of their rent can help to build them up after being torn down by the weight of their world. Case management, financial literacy classes, and credit counseling gets them back on track. They are challenged and supported in developing realistic plans they can implement and see through. There's dignity in the ability to support your family in your own home. This program gives them that dignity. HUD reported 83 percent were still stably housed after two years.

People who are homeless are not a nuisance. We are all part of a community. If we work to change our perception, we can change their reality.

If you want to be part of the solution in ending homelessness in your community please visit [shelterhouse.org](http://shelterhouse.org).

## November Is Adoption Month

Here's how you can help find a forever family for children and teens waiting in foster care.

By JOAN BRADY  
THE CONNECTION

If you are lucky, you don't know what it's like to live in the precarious limbo that defines foster care in this country. A world where you go to sleep at night, not knowing if, in the morning, your social worker is going to show up and tell you that it's time to move, again. A world where each move is faced with the desperate hope that this new family will be the one who commits.

Not everyone is in a position or even interested in adoption. But anyone can help spread the word about specific children who are available for adoption. You could be the person who helps to connect a child to the family who will be there to support and cheer him/her on through life.

November is National Adoption Month. Consider that regionally, there are about 3,000 children in



See more about (clockwise)  
Krishana, Jaheim and Anna at  
[thepicmeproject.wordpress.com](http://thepicmeproject.wordpress.com)

foster care. About 300 teenagers age-out of foster care from around our region without being adopted

or reunited with family every year. Three hundred may sound like a small number, but that's 300 rud-

derless kids every year, dumped into society. (Sources: The Adoption and Foster Care Analysis and Reporting System (AFCARS); The National Capital Region Annual Report on Foster Care by the Metropolitan Washington Council of Governments, 2013.)

The Washington Metropolitan Council of Governments (COG) and I have teamed up to create The PicMe Project. Each child is featured in a one-minute slideshow that introduces his/her story. Leveraging social media to distribute the slideshows, we hope that someone will see each story and want to learn more.

To succeed, we need a network of people. People willing to take just a few moments each month to share each child's story with his/her own network through Facebook, Twitter, friends and family and religious and professional organizations. For just a few minutes every month, you might be the person who helps to connect a child to his/her forever family.

If you are interested in joining The PicMe Project network, contact Anne Havlovick: [anne.havlovick@gmail.com](mailto:anne.havlovick@gmail.com)

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with *paws4People*, *Fairfax Families4Kids*, and others; and a resident of Great Falls. Reach her at [joan@joanbradyphotography.com](mailto:joan@joanbradyphotography.com)

## Great Falls CONNECTION

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PHOTO BY REENA SINGH/ THE CONNECTION

The former Exxon station at the intersection of Georgetown Pike and Walker Road is the cause behind a growing Methyl Tert-Butyl Ether plume making its way south.

# Toxic Gas Plume Moves South

Citizens association asking for two more cleanup pumps.

BY REENA SINGH  
THE CONNECTION

**M**ike Terpak is worried about his well becoming contaminated.

Like about 80 percent of village residents, his home runs on a well system. Terpak is a resident of the Oliver Estates, a neighborhood that the gas plume concentrated near the old Exxon station with known carcinogen Methyl Tert-Butyl Ether [MTBE] is creeping towards.

He plans to go to Great Falls Citizen Association's town hall meeting 7:30 to 9:30 p.m. Nov. 11 in the library to hopefully hear whether the state Department of Environmental Quality and environmental consultant Kleinfelder plan on adding additional pumps to make sure MTBE does not ruin crucial well water for him and his neighbors.

"It worries me," said Terpak. "I'm on the leading edge of this and you would think there would be some direct communication with us about it," he said.

**THE MEETING**, in which the citizen's association requested representatives from Kleinfelder and Fairfax Petroleum Company to be present, asks for an alternate plan to accommodate for the side of the plume reaching for Oliver Estates to be presented. Representatives from Fairfax Petroleum did not return a phone call to their office. Representatives from Kleinfelder do plan to be at the meeting.

"I cannot speak to you about this matter," said Program Manager Mark Steele when asked whether he is considering building another pump.

According to GFCA Groundwater Contamination co-chair Glen Sjoblom, the citizen's association also sent information to Dranesville Supervisor John Foust about their cause and the town hall meeting.

There has not been a lot of research done on the effects of MTBE in drinking water, according to the U.S. Environmental Protection Agency's website.

"The majority of the human health-related research conducted to date on MTBE has focused on effects associated with the inhalation of the chemical," stated the agency's website. "When research animals inhaled high concentrations of MTBE, some developed cancers or experienced other non-cancerous health effects."

**LIKE GFCA**, Terpak has not heard from DEQ or Kleinfelder about any updates with the situation. He said his family has relied on the media for leading information so far. All he wants, he said, is for more communication between those who will be affected and the consultants. As a resident of 21 years who has raised a family, he and his wife have no plans to leave any time soon.

"This has been going on for years and years, and in the past few months, there has been a push to do something," he said.

That push that he noticed was the letter with GFCA's request for the plume to be checked recently. When the plume was found to be heading towards the Oliver Estates neighborhood, members of GFCA sent their letter calling for an additional pump to be added for the cleanup effort.

"As such it is difficult to draw the contamination hundreds of feet underground to the well and processing system on the Exxon site," states the letter signed by GFCA President Eric Knudsen. "Therefore, we believe it could be advantageous to install pumps at two additional locations, one to the southeast, and one to the south, in the vicinity of the leading edges of the plume in these directions."

Sjoblom hopes to see residents voicing their opinion at the meeting.

"We feel it is very important for Great Falls residents to be at this meeting, and voice their strong support for a thorough cleanup of the MTBE in the groundwater, so it will not get into our well water," he said.

More information about MTBE cleanup update meeting as well as future town hall meetings can be found at <http://gfca.org>.

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Langley High School Saxon Stage actors take a leap off the bleachers during rehearsal for the "25th Annual Putnam County Spelling Bee."



PHOTOS BY REENA SINGH/THE CONNECTION

## Langley's '25th Annual Putnam County Spelling Bee'

**Tony Award-winning show performed in local church.**

BY REENA SINGH  
THE CONNECTION

Six of Langley High School's thespians will participate in the "25th Annual Putnam County Spelling Bee."

This is no ordinary bee, though: it is an improvisation musical with hilarious hijinks that will be shown by Saxon Stage at 7 p.m. Nov. 13 to 15 at McLean Bible Church, and audience members will not be expected to sit in their seats for this one.

Part of the improvisation includes interacting with audience volunteers who attempt to outspell the actors during one part of the play.

"They have the chance to star in a show without going to rehearsal," said senior John Anderson, who plays Leaf Coneybear.

For others, like sophomore Camila Maric, the play gives her peers outside of theater a chance to interact with her in character. She said she is typically shy outside of theater - but in character, she can be anyone.

The show itself started as an improvisation, so the names of the parts are just as random as Coneybear's.

Additionally, rather than having one or two lead stars in the show, there are six lead parts to allow each character to develop as the musical progresses.

"Everyone has to work together," said senior

Nick Regan.

Throughout the show, the young teens learn how to deal with their anxiety, fears and sometimes newfound crushes - in the case of Trip Tolentino. Tolentino is played by Kanishk Singh, sophomore. "My character is a boy scout and a returning champion," he said.

His character ends up misspelling a word, he said, due to an "unfortunate distraction."

"The show is generally a huge joke with bits of emotion through it," said Jamie Goodson, sophomore. "There are so many funny parts."

She said she has seen this show three times professionally and she thinks Langley's production is comparable.

Director Valerie Karasek said the most challenging aspect of the rehearsal has been practicing away from the venue they are showing the musical at. Because the auditorium is in the process of being renovated, its run will be at McLean Bible Church - but the rehearsals are still at Langley High School.

"Because we had to relocate to the venue, I needed something that was fairly portable and low-tech," she said.

She said that The Children's Hour, which was done in the spring, would have never been portable enough to relocate. The theater department received a Cappie for the performance.

"The next show is going to be even more challenging," she said. "It's the unexpected that can be a little unsettling."

For more information or to buy tickets to the show, visit <http://www.brownpapertickets.com/event/908694>.



Rona Lisa Peretti, played by senior Vivian Vaeth and Douglas Panch, played by senior Nick Regan, look on at Bafee, played by junior Tyler Larkworthy, during rehearsal for the "25th Annual Putnam County Spelling Bee."

## COMMUNITY

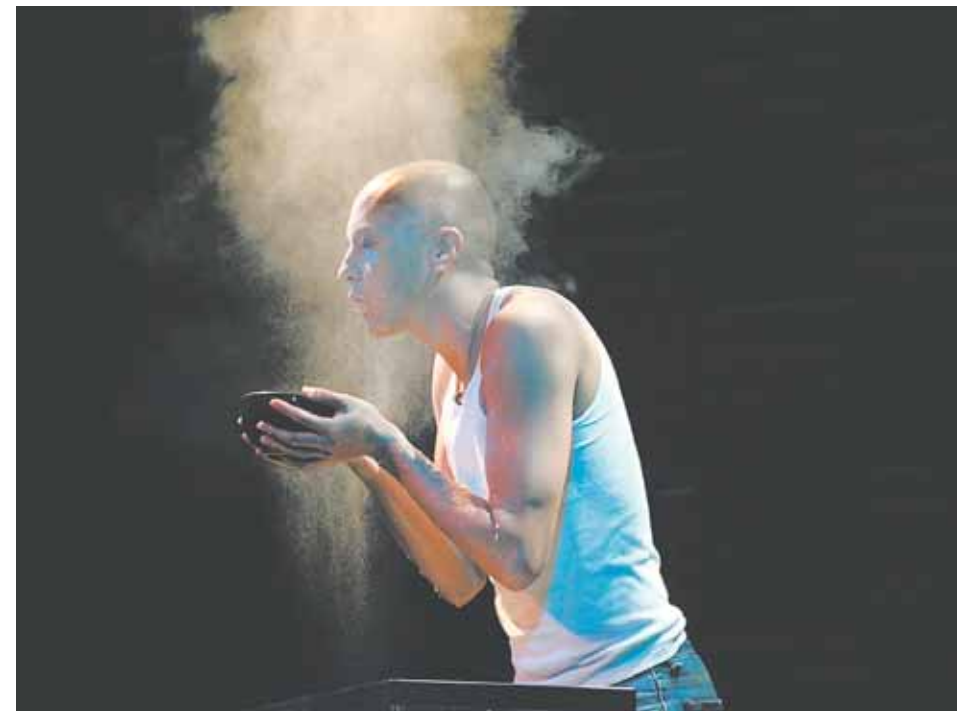


PHOTO BY STEVEN SCHREIBER/COURTESY OF CHRISTOPHER K. MORGAN AND CKM&A  
Christopher K. Morgan in "Rice."

## Beyond Limitations

BY DAVID SIEGEL  
THE CONNECTION

No need to travel far to see a performance of the best in the professional contemporary dance. It is right here at McLean's Alden Theater, as Alden's resident Contemporary Dance Company Christopher K. Morgan & Artists (CKM&A) returns. Now in its fourth season at the Alden, CKM&A will have two hot-ticket performances with a mixed repertory of thoughtful and humorous dance and insightful narrative.

Director Valerie Karasek said the most challenging aspect of the rehearsal has been practicing away from the venue they are showing the musical at. Because the auditorium is in the process of being renovated, its run will be at McLean Bible Church - but the rehearsals are still at Langley High School.

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"The next show is going to be even more challenging," she said. "It's the unexpected that can be a little unsettling."

For more information or to buy tickets to the show, visit <http://www.brownpapertickets.com/event/908694>.

### Where and When

Christopher K. Morgan, CKM&A Contemporary Dance Company perform at the Alden Theater, McLean Community Center, 1234 Ingleside Ave., McLean. Performances: Friday, Nov. 14 & Saturday, Nov. 15 at 8 p.m. Tickets: \$20 - \$30. Visit: [www.aldentheatre.org](http://www.aldentheatre.org) or call 703-790-0123. Note: Pre-performance discussions at the McLean Community Center at 7 p.m.

Schallern, performing arts director, at McLean Community Center.

If you don't know dancer-choreographer Christopher K. Morgan his reputation provides helpful background. Morgan's choreography has received a Dance Metro DC award for Outstanding New Work and he has been profiled in "Dance



St. Francis Music Director Larry Vote conducted a special performance of Will Todd's "Mass in Blue" featuring mezzo soprano Lena Seikaly, the St. Francis Choir, and the PING Ensemble from St. Mary's College of Maryland.



PHOTOS CONTRIBUTED  
Fair performances included the English Country Dancers.

## St. Francis Episcopal Celebrates 50th Anniversary

St. Francis Episcopal Church in Great Falls celebrated its 50th anniversary with a "Homecoming Weekend" recently. Highlights included a fair and concert. Parishioners, com-

munity members, former parishioners, and clergy past and present gathered for the celebration.



PHOTO BY BRIANNE BLAND/COURTESY OF CHRISTOPHER K. MORGAN AND CKM&A  
CKM&A dancers perform "In the Cold Room."

## Connecting with contemporary dance at the Alden with Christopher K. Morgan.

Magazine" as one of six breakout choreographers in the United States. He established CKM&A dance in 2011.

In an interview, Morgan spoke about his life as an educator. He readily enjoys connecting and interacting with audiences. "I hope to communicate to audiences...I always go into a production hoping that audiences leave having seen a part of themselves reflected in what we present on stage," said Morgan.

"Even though it might be different people, doing abstract movements, I'm always looking to use movement and the stage as a way to communicate situations and

feeling all of us share," he added.

The Alden performances will include the premiere of "Inconstancy," a duet that asks through movement, can someone be satisfied given the competitiveness that surrounds us? Another work, "Bruised" is a duet that explores a world where someone can walk past, or even literally into another person, without giving a second thought. "Bruised" features live original music by composer and cellist Wytold.

CKM&A will also perform "In the Cold Room" with live music. Morgan will dance in his solo "Rice," which is about trying to come to terms with racial identity. Morgan

uses a tale of his own youth having very specific cooking preparation duties as a metaphor. Images of the changing nature of rice water become a literal metaphor for the perception of what skin color can mean. The performance includes reflective humor. Company Assistant Director Tiffanie Carson will make her choreographic debut with "Deprivation," an investigation of "stimulus and lack thereof."

"Dance can communicate in ways that spoken language cannot," said Morgan. Dance expresses story-telling through movement, language is not required; "It goes beyond the limitations of spoken language," he said.



Students of St. Francis Creche preschool sang at the St. Francis Fair.

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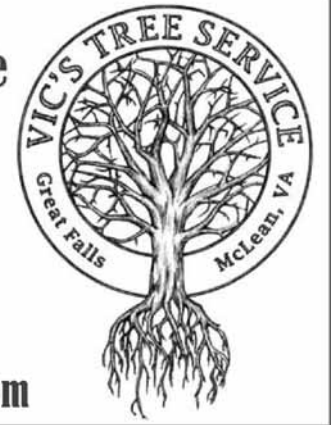
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# CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

## THROUGH SATURDAY/NOV. 15

**East & West.** Tuesday-Saturday, 10 a.m. – 4 p.m. Vienna Arts Society Gallery on the Village Green, 513 Maple Ave. W, Vienna. Artist Libby Eckert exhibits her oil paintings inspired by her travels across America. Call 703-319-3220 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) for more information.

## WEDNESDAY/NOV. 5

**Cre8tive Movies Part 2.** 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. Edit, add effects and sound to your own movies. Free. Call the Shepherd's Center of Oakton Vienna (SCOV) office to register for classes or for additional information, 703-281-0538.

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

## THURSDAY - FRIDAY/NOV. 6 - 7

**Justin Hayward.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Featuring the guitarist of The Moody Blues. Tickets: \$75. For more information call 877-WOLFTRAP.

## THURSDAY/NOV. 6

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

## FRIDAY/NOV. 7

**Field Trips Medieval Times.** 3:30-10 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Trip departs from and returns to teen center. \$50/40 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**Bonhoeffer Documentary Screening.** 7:15 p.m. St. John's Episcopal Church, 6715 Georgetown Pike, McLean. One of the foremost Christian theologians of the 20th century, Dietrich Bonhoeffer was a leader in the Confessing Church and a vocal opponent of Hitler. He was imprisoned by the Gestapo in 1943 and executed in a concentration camp in 1945—just a few days before it was liberated by the Allies. Come learn more about his life and legacy. Light refreshments will be served. Q&A with filmmaker Martin Doblmeier to follow.

## SATURDAY/NOV. 8 - SUNDAY/NOV. 9

**McLean Antiques Show & Sale.** Saturday 10 a.m - 6 p.m., Sunday 11 a.m. - 5 p.m. McLean Community Center, 1234 Ingleside Ave. \$10 good for both days. [www.mcleancenter.org](http://www.mcleancenter.org).

## SATURDAY/NOV. 8

**Annual Fall Bazaar.** 10 a.m. – 4 p.m. Vienna Fire Department, 400 Center Street, South, Vienna. The Auxiliary to the Vienna Volunteer Fire Department will hold their bazaar sale that includes crafts, holiday decorations and more. For information, or to reserve a space, please call Carol at 703-309-3468 or email [Dancers1023@aol.com](mailto:Dancers1023@aol.com).

**Great Falls Farmers Market.** 9 a.m.



**Trio Galilei is composed of Sue Richards, Celtic harp; Ginger Hildebrand, fiddle and guitar; and Carolyn Surrick, viola da gamba. Each a soloist in her own right, their repertoire ranges from the music of Ireland and Scotland, and Sweden, to music of the Baroque. Catch their benefit concert this Sunday, Nov. 9 at St. Francis Episcopal Church.**

– 1 p.m. Village Centre, 778 Walker Road, Great Falls. Bring recyclable bags. For more information visit [www.greatfallsfarmersmarket.org](http://www.greatfallsfarmersmarket.org).

Capitol Steps comedy troupe will be performing. Tickets: \$30.

## SUNDAY/NOV. 9

**Trio Galilei Benefit Concert.** 4 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. To support Trio Galilei's ongoing work with wounded warriors and their families. The concert is free and open to the community. Contributions are encouraged but not required.

**Capitol Steps Performance at Langley.** 7 p.m. Langley High School, 6520 Georgetown Pike, McLean. The nationally acclaimed

## SUNDAY/NOV. 9 - SUNDAY/NOV. 30

**Rumors of Another World.** Opening, Nov. 9, 2-4 p.m. JoAnne Rose Gallery, Lake Anne Plaza, 11404 Washington Plaza W, Reston. An exhibit of poured, not painted, works by Cape Breton Island artist Celeste Friesen. Free. 703-476-4500.

## MONDAY/NOV. 10

**GFL Read to the Dog.** 4:30-5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers can practice reading to a furry friend.

Call branch at 703-757-8560 to sign up.

## TUESDAY/NOV. 11

**CR Dance Lessons.** 6:30-10:30 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. \$12 per person includes lesson and snacks. Contact Ed Cottrell at 703-435-5620 or [EdCottrell@MACP.org](mailto:EdCottrell@MACP.org) for more information.

## WEDNESDAY/NOV. 12

**The History of the Mark Turner Family.** 7-9 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Mark Turner III presents a photographic history of his family across three generations from his perspective, presenting his family photo collection, then turns to historic sources to trace the family's ancestry.

**GFL 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/NOV. 13

**GF Rotary Club.** 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Great Falls Rotary Club Weekly Speaker Series. Download a membership form on their website. Open to anyone who has a personal connection to Great Falls and is interested in furthering Rotary's mission of Service Above Self.

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

SEE CALENDAR, PAGE 13

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# CALENDAR

FROM PAGE 12

## FRIDAY/NOV. 14

**GFL Drop-In Chess.** 4:30-6:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop in chess at the Great Falls Library Meeting Room. All ages are welcome.

## FRIDAY/NOV. 14 - SUNDAY/JAN. 4

**Meadowlark's Winter Walk of Lights.** 5:30 p.m. Meadowlark Botanical Garden, 9750 Meadowlark Gardens Court, Vienna. A winter wonderland, including a flowing stream of softly glowing lights, a two story animated fountain and a Gingerbread Village. Admission: \$13 adults, \$8 children ages 3-12; children under 3 are free.

## FRIDAY/NOV. 14

**Field Trip: Double Feature at AMC Tysons.** 3:30-10 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Trip departs from and returns to teen center. \$30/20 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**Christopher K. Morgan & Artists: "Inconstancy."** 8 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden, Professional Artists Series. \$30/\$20 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**Gasland Part II Screening.** 7:30 p.m. Unity Church of Fairfax, 854 Hunter Mill Road, Oakton. Free screening of the film Gasland Part II, an explosive follow-up to the Oscar-nominated film Gasland. Filmmaker Josh Fox uses dark humor to take a deeper, broader look at the danger of

hydraulic fracturing, or fracking. Discussion following the film led by Dusty Horwitt, senior counsel, Environmental Working Group. For more information visit [www.fairforclimate.org](http://www.fairforclimate.org).

## SATURDAY/NOV. 15

**ThanksGIVING Toy Sale.** 9:30 a.m. - 12:30 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Items include: dolls, cars, trucks, legos, trains, games, puzzles, books, videos, bikes, sports equipment, strollers, holiday dresses, costumes and much, much more. Proceeds of the sale will go to sponsored charities and educational scholarships. In conjunction, we will also be collecting gently used coats to be donated to the broader D.C. community.

**Ballroom Dance.** 8 - 9 p.m. Cha-Cha Lesson. 9 - 11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music with Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome. \$15. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

**Amadeus Strings with Josef Spacek, violin soloist.** 4 - 6 p.m. Saint Francis Church, 9220 Georgetown Pike, Great Falls. This concert will feature works by Johann Sebastian Bach, Astor Piazzolla, and Dmitri Shostakovich. Tickets are \$30 at the door, and season passes are available for purchase at [www.amadeusconcerts.com](http://www.amadeusconcerts.com), or you can call 703-759-5334.

**Christopher K. Morgan & Artists: "Inconstancy."** 8 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. The

Alden, Professional Artists Series. \$30/\$20 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**The Mystery of Oolong Teas.** 1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Taste a variety of "wulong" teas as you learn how they are created and what makes each style special, while enjoying some tea infused treats. Advance reservations and payment (\$30 per person) required through the Mill at 703-759-2771.

**Model Railroad Open House.** 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trains. Free admission.

**Cars & Coffee.** 7-9 p.m. 760 Walker Road Great Falls. Gathering of cars at Katie's Coffeehouse. Antique, custom, hotrod, exotic, sports, etc.

**CR Social Ballroom.** 8 p.m. - 12:30 a.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Craig Bukowski's Ballroom Dance. \$15 includes lesson, dance, sodas and light snacks. Call Kathleen Milks at 703-759-2685 for more information.

## TUESDAY/NOV. 18

**Great Falls Writers Group Presents Jim Lehrer.** 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The veteran newsman, playwright and author will discuss his lifetime in words and his recent novel, entitled "Top Down," about the Kennedy assassination.

**CR Dance Lessons.** 6:30-10:30 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. \$12 per person includes lesson and snacks. Contact Ed Cottrell at 703-435-5620 or [EdCottrell@MACP.org](mailto:EdCottrell@MACP.org) for more information.

## WEDNESDAY/NOV. 19

**"Murder by Death."** 1 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden, Midday Movies. Free. [www.mcleancenter.org](http://www.mcleancenter.org).

**GFL 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-SATURDAY/NOV. 20-22

**Brethren's 21st Annual Christmas Craft Show.** Thursday and Friday: 10 a.m. - 7 p.m.; Saturday: 10 a.m. - 4 p.m. Oakton Church of the Brethren, 10025 Courthouse Rd., Vienna. Come browse around and find unique presents and stocking stuffers; cards and gift bags; seasonal décor; kitchen accessories; baby and children's items; scarves, hats and other attire; jewelry; pillows and linens; ceramics; fresh baked pies and cakes and much more.

## THURSDAY/NOV. 20

**James Cotton.** 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Widely regarded as one of the best harmonica players of all time, this instrumentalist and blues legend has made his mark on music history. Tickets: \$25. For more information, visit [www.wolftrap.org](http://www.wolftrap.org).

**GF Rotary Club.** 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Great Falls Rotary Club Weekly Speaker Series. Download a membership form on their website. Open to anyone who has a personal connection to Great Falls and is interested in furthering Rotary's

mission of Service Above Self. **Artists Meet for Coffee.** 8:30-10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local artists meet for coffee. All are welcome to drop in.

## FRIDAY/NOV. 21

**Quote-Along Film: "A Christmas Story."** 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. Yell along to your all-time holiday favorite. Free.

**GFL Drop-In Chess.** 4:30-6:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop in chess at the Great Falls Library Meeting Room. All ages are welcome.

## FRIDAY/NOV. 21 - SATURDAY/NOV. 22

**Chris Smither & The Motivators.** The Barns at Wolf Trap, 1645 Trap Road, Vienna. Tickets: \$30-\$35. For more information, visit [www.wolftrap.org](http://www.wolftrap.org).

## SATURDAY/NOV. 22

**Andes Manta in Concert.** 8 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Live @ The Alden. \$20/\$15 MCC district residents. [www.mcleancenter.org](http://www.mcleancenter.org).

**Cars & Coffee.** 7-9 p.m. 760 Walker Road Great Falls. Gathering of cars at Katie's Coffeehouse. Antique, custom, hotrod, exotic, sports, etc.

**CR Dance for Everyone.** Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. \$12 per person includes lesson dance, soda and snacks. Contact Ed Cottrell at 703-435-5620 or [EdCottrell@MACP.org](mailto:EdCottrell@MACP.org) for more information.

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# WELLBEING

## Natural Treatments for Anxiety

Experts say complementary medical treatments can help relieve anxiety and other mental disorders.

BY MARILYN CAMPBELL  
THE CONNECTION

When 35-year-old Andrea Evenson decided to try meditation, exercise and yoga to deal with her anxiety, she had already been on a myriad of anti-anxiety medications. The Alexandria resident had seen several psychiatrists, who'd prescribed a variety of anti-depressants and anti-anxiety medications with side effects that ran the gamut from weight gain to lethargy, but never quite controlled her symptoms, which included irritability and mood swings.

"Some of the medication helped with some of the symptoms, but I was never able to find the right combination to help me feel like my old self again," said Evenson. "I tried a combination of meditation and exercise along with medication, and that is when I began to see a difference."

Mental health professionals say anxiety is a normal human emotion everyone ex-

periences at one time or another. Common anxiety often manifests itself in the form of a nervous feeling that many experience when faced with common life difficulties. However, anxiety disorders such as Evenson's can interfere with a person's ability to lead a normal life; they can be crippling, serious mental illnesses.

"Anxiety is a feeling similar to worry or nervousness," said clinical psychologist Stacie Isenberg, Ph.D. "To a lesser degree it is adaptive and serves the purpose of keeping us alert and aware so that we perform at our best. For example, having some anxiety about a test can motivate one to pay close attention to the question. To a greater degree, it causes intense discomfort and can be overpowering for example freezing on the test and not completing it, or avoiding the test altogether."

"Complementary treatments such as meditation, mindfulness, yoga, massage and exercise can also be effective in managing anxiety," Pamela Schultz, an Arlington-based psychotherapist. "That doesn't



PHOTO COURTESY OF MIND THE MAT YOGA AND PILATES

**Laura Schwartz, a yoga instructor at Mind the Mat Yoga and Pilates in child's pose. Complementary treatments such as yoga and meditation can help alleviate anxiety.**

mean that these treatments should be used instead of traditional medicine, especially for a person with anxiety that has reached the level of mental illness and affects their ability to function."

**ONE OF THE MOST COMMON** complementary treatments for anxiety is yoga. "Just one yoga class has proven to lower ... stress

SEE REMEDIES, PAGE 15

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# Natural Remedies

FROM PAGE 14

levels,” said Luann Fulbright, director, certified yoga instructor and therapist at Dream Yoga Studio and Wellness Center in McLean. “I also have worked privately with many students on anxiety and panic disorders [called] therapeutic yoga with success. This is a dominant reason folks come to yoga.”

“I’ve had clients who’ve used Reiki, a treatment where a practitioner lays his or her hands on or just above a person, and reported experiencing a sense of calm,” said Schultz. “I’ve also had clients report that yoga nidra, a sleep-like state where a client experiences extreme relaxation, is helpful.”

Exercise, both strength training and aerobic, helps manage anxiety, said

Christian Elliot, founder and CEO of True Health and Wholeness in Arlington. “A lot of it has to do with the chemicals that exercise releases in your brain. They help with mood and digestion” he said. “[Exercise] has benefits across the hormone spectrum. There are not many hormones that it doesn’t benefit positively. Exercise is your body’s way of saying ‘This person is serious. I’m going to have to shut down the system and clean it up.’”

Elliot adds that exercise not only improves sleep, it enables deeper sleep. “Some of my clients will come in feeling grumpy and come out feeling a lot more positive.” Elliot

recommends exercising at least three to four times each week.

Bodywork and therapeutic massage therapist Bud Earley, said, “I try to promote ease and responsiveness in my clients by utilizing an eclectic blend of massage techniques geared toward the individual’s needs. I will also employ ... breathing techniques to help relax the client and to support the changes from the bodywork.”

Earley says that when a person experiences anxiety of any degree, “their functional field becomes more limited, and thus, more narrow and rigid,” he said. “The ‘fight or flight’ response kicks in in response to threats, real or imagined. The response can become chronic, where the sympathetic nervous system is continually discharging hormones to keep the individual prepared to respond to perceived threats.”

Early says he has seen complementary medical treatments help clients first hand. “I had a client who was an expert in a particular type of kung-fu,” he said. “However, a high level of stress and anxiety prevented him from functioning at the level he desired.”

“I did intensive work with the client, in conjunction with a therapist experienced in neurofeedback, which teaches self-regulation of brain function,” he said. “Over a matter of several months, it was a pleasure to see his countenance change dramatically

**“I try to promote ease and responsiveness in my clients by utilizing an eclectic blend of massage techniques geared toward the individual’s needs.”**

— Bud Earley, Annandale

and to see him functionally and obviously so much more relaxed and at ease within himself and with his surroundings.”

Sara VanderGoot, co-owner of Mind the Mat Pilates and Yoga in Alexandria and Arlington, teaches clients to use meditation and mindfulness, a practice of keeping one’s thoughts in the present moment. “Our team has worked with clients with [post-traumatic stress disorder], as well as terminally ill clients,” said VanderGoot. “In both cases, the practice of yoga, deep breathing and meditation have reduced the stress response significantly, and, in many cases, have been the only practices that these clients could turn to for relief.”

**NATURAL ANXIETY** treatments can be created on an individual basis. “For some students, having a very vigorous practice, perhaps in a heated room, and then a time to meditate in savasana, [also known as] corpse pose, reduces anxiety,” said VanderGoot, certified message therapist and registered yoga teacher “For others, deep breathing and the quiet repetition of an affirmation, such as ‘I am relaxed,’ does the trick. Either way, these practices must be

done consistently over time. Scientific studies have shown that steady practice of deep breathing and meditation can significantly reduce levels of anxiety as well as aid in the healing of depression.”

“Yoga, breath practices and meditation curb the flight or fight response of an activated sympathetic nervous system and aid the practitioner to shift into a state of awareness, where he/she can observe what is happening in his or her body without judgment or a need to change it,” said VanderGoot. “From awareness, a natural sense of well-being often arises and the need to fight or flee disappears. Then the practitioner is able to enjoy full presence in the moment regardless of what sensations arise in the body.”

While Schultz said complementary practices can be effective, she offers a caveat. “The key is complement,” she said. “I would recommend these modalities be used while also working with a licensed mental health professional.”

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Langley quarterback Jack Anderson led the Saxons on a game-winning drive in the final two minutes against Madison on Oct. 31.



Langley running back Tyler West ran for 220 yards and a touchdown against Madison on Oct. 31.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## Dramatic Drive Keeps Langley Playoff Hopes Alive

### QB Anderson leads Saxons on game-winning march against Madison.

BY JON ROETMAN  
THE CONNECTION

Facing fourth-and-10 and a seven-point deficit with 40 seconds remaining and Langley's season on the line, junior quarterback Jack Anderson couldn't find an open receiver.

Rather than panic, Anderson, a first-year varsity starter, made a play, scrambling for 17 yards and a first down against the Madison defense.

It was only one play, but for now, it saved the Saxons' season.

Three plays later, Anderson connected with Daniel Salamone for an 11-yard touchdown, running back Tyler West converted the ensuing two-point attempt and the Langley football team held on for a 21-20 come-from-behind victory over Madison on Oct. 31 at Langley High School.

The victory extended Langley's winning streak to three, improved the Saxons' record

to 5-4 and kept their postseason hopes alive entering their regular-season finale against rival McLean on Nov. 7.

Madison scored the go-ahead touchdown on a 9-yard pass from Jason Gastrock to Matt Bacigalupo, giving the Warhawks a 20-13 lead with 1:55 remaining. After a touch-back on the ensuing kickoff, Langley took over at its own 20.

The Saxons proceeded to march 80 yards in 13 plays, led by the legs and right arm of Anderson.

Anderson completed 5 of 11 passes for 59 yards on the Saxons' final drive, including the 11-yard scoring strike to Salamone with 17 seconds remaining. The biggest play, however, was Anderson's 17-yard scramble on fourth-and-10 at the Madison 29.

"You know that you have to get it," Anderson said of the team's mentality during the game-winning drive. "It's desperation, so you're just looking for any little thing. ... All we were really thinking is we've just got to end this game and win so we can hopefully beat McLean and get to the playoffs."

For the game, Anderson completed 13 of 27 passes for 134 yards, with two touchdowns and an interception.

"First-year starting quarterback, young kid, that was incredible," running back Tyler

**"You know that you have to get it. It's desperation, so you're just looking for any little thing. ... All we were really thinking is we've just got to end this game and win so we can hopefully beat McLean and get to the playoffs."**

— Langley quarterback Jack Anderson

West said. "The way he stepped up ... to run the two-minute drill at any level is tough."

After Anderson's touchdown pass pulled Langley within one, head coach John Howerton elected to go for two and the win. West took the direct snap in Langley's "Ram" formation and crossed the goal line.

"I'm not big on kicking," Howerton said. "That's kind of backfired on us in the past. I figure we've got maybe the best back

around. We give it to him, and he either makes it or he doesn't."

West made Anderson's job easier throughout the night as the senior carried 31 times for 220 yards and a touchdown. His 56-yard scoring scamper cut Madison's lead to 13-7 in the first quarter.

"I think the kid," Howerton said, "is the best back in the area."

Madison continued to fight after Langley's go-ahead touchdown, using a hook-and-ladder play to get the ball to the Saxon 32-yard line, but the Warhawks missed a 49-yard field goal as time expired.

Madison led 13-0 in the first quarter, including a 59-yard touchdown pass from Gastrock to Nate Williams on the first play from scrimmage. The Warhawks defense stepped up throughout the game, holding Langley scoreless in three separate trips inside the red zone. The Saxons' final trip into the red zone, however, produced the game-winning score.

"We were able to punch it in," West said, "in the pressure situation."

Langley will close the regular season with a home game against rival McLean at 7:30 p.m. on Friday, Nov. 7 as the Saxons fight to make the playoffs.

"To pull that one out," Howerton said, "was certainly huge."

#### SPORTS BRIEFS

### Herndon's Butler, Morris Earn Regional Berth

Herndon harriers Lauren Butler and Jack Morris placed in the top 15 in their respective races at the Conference 5 meet on Oct. 30 at Burke Lake Park, earning each a berth in the 6A North region meet on Nov. 5.

Butler was the lone Hornet to place in the top 15 during the girls' race, placing 12th with a time of 18 minutes, 43 seconds.

Herndon finished fifth in the team standings with a score of 126. Oakton won the team title with a score of 30, followed by Robinson (49), Westfield (83) and

Chantilly (116). The top four teams qualify for regionals.

Herndon's Gabby Bustamante finished 20th with a time of 19:45. Hannah Wolfe came in 26th (20:08), Lauren Lamoglia was 32nd (20:33) and Lindsey Rogers finished 36th (21:13).

Morris finished 15th in the boys' race, punching his ticket to regionals with a time of 16:02. Morris helped Herndon place fifth with a score of 120. Chantilly won the team championship with a total of 47, followed by Oakton (52), Robinson (62) and Centreville (86).

Herndon's Sean Hagerup finished 23rd with a time of 16:29. Logan Burns was 26th (16:34), Jeremy Levine finished 27th (16:36) and Jacques Durand was 29th (17:01).

### South Lakes Boys', Girls' XC Teams Qualify for Regionals

The South Lakes boys' and girls' cross county teams earned regional berths with top-four finishes during the Conference 6 meet on Oct. 29 at Burke Lake Park. The boys' team finished third with a score of 88. Washington-Lee won the event with a score of 38, followed by Madison (61). The Seahawks had a pair of top-10 finishes, led by runner-up Andrew McCool, who crossed the finish line with a time of 16 minutes. Sean Miller finished ninth with a time of 16:18. The South Lakes girls' team took fourth with a score of 106.



PHOTOS CONTRIBUTED

**Lisa Stewart, author of the [www.FamilyandForks.com](http://www.FamilyandForks.com) blog and Isabelle Saba, Cadet at Girl Scout Troop 1991 taste the Protein Balls.**



**Alex Bartolozzi, the winning healthy snack chef, receives his first place certificate and box of nutritional goodies including \$25 Market Bucks.**

## Alex Bartolozzi Wins Healthy Snack Contest

BY KATHLEEN MURPHY.  
MARKET MANAGER

Isabelle Saba, a cadet in Girl Scout Troop 1991, wrote to the farmers market about an idea she had to teach young children about nutrition and healthy living at the farmers market. Some

lessons she suggested stressing are “what foods are in season, how buying local is better, the importance of knowing what you eat, where the food comes from, and why the farmers market is always the best choice.”

Based on her suggestion, and noting that other young people

have expressed their longing to participate in some way in the farmers market, we held the very first “Healthy Snack Contest” this past Saturday for 8 to 12 year olds. We know it was a rough day to get up and prepare a recipe after an amazing Halloween celebration in the Village Centre and elsewhere

on Friday night, so if you missed the chance to show your chef abilities, we will be holding another contest real soon. ([www.greatfallsfarmersmarket.org](http://www.greatfallsfarmersmarket.org) or [www.facebook.com/GreatFallsCommunityFarmersMarket](http://www.facebook.com/GreatFallsCommunityFarmersMarket) for information.)

We are pleased to announce that Alex Bartolozzi won the contest with his “Protein Balls.”

Thanks to Isabelle Saba (Girl Scout Troup 1991) and Lisa Colburn Stewart ([www.FamilyandForks.com](http://www.FamilyandForks.com)) for serving as judges of this first event.

## SPECIAL CONNECTIONS CALENDAR

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### DECEMBER

Wellbeing.....12/3/14  
 HomeLifeStyle: Home for the Holidays... 12/10/14  
 Hanukkah begins December 16.  
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# Dos, Don'ts and What-Ifs



By KENNETH B. LOURIE

Instinctively, I am not the most open-to-new-ideas/new-things kind of person. However, an unexpected diagnosis of stage IV, non small-cell lung cancer (NSCLC) at age 54 and a half – along with its equally unexpected “13-month to two-year prognosis,” changes a few things. And thanks to a great friend, Rebecca Nenner, whom I have written about previously, I have/have had to become more open, and consequently, have assimilated into my life many non-Western, non-traditional alternatives (pills, supplements, super foods, activities/behaviors, etc.) with which I was totally unfamiliar (I’m a sports and chocolate kind of person), in an attempt to outlive my prognosis. And nearly six years later, I am here to say: been there, still doing that; by following many of Rebecca’s suggestions. Moreover, as a passionate health and fitness advocate, and now “Certified Holistic Health Coach,” Rebecca has guided me through the maze which characterizes life living with cancer. Presumably, given the fact that I’m still in the game, it’s likely her recommendations have contributed to my overall good health and unexpected life expectancy.

Nevertheless, stories abound electronically and in literature, of cancer patients who have eradicated their tumors in unconventional ways; ways that I’m not at present pursuing. Rebecca, for one, has regularly provided me with an evolving array of information/success stories for my consideration. In spite of it all, I don’t, generally speaking, feel compelled to add as many new things as I once did; finally, the point of this column: I want to feel good about what I’m already doing, rather than feel bad about what I’m not doing. Heck, I should be one of those success stories with patients wanting to know what I’ve accomplished.

Even though being alive 68 months post-diagnosis is a “miracle,” according to my oncologist, I really shouldn’t/can’t rest on my still-alive laurels and close back up again. I’d like to think I’ve learned something from my survival. Yet I don’t want to feel as if I have to add something new because something old might not be working anymore. Part of my hesitation is, “if it ain’t broke,” why should I fix it? Maybe my thinking should be: just because it was broke, don’t mean it can’t be fixed. If I don’t add/dare I say, upgrade – or worse, subtract and start following my not-very-open instincts – I may be closing the only opening I have left. Or, and here’s where the problem/decision on how best to proceed gets muddled (at least in my head), might I be affecting my status as quo, which given the February, 2009 prognosis, is pretty amazing? My worry is: if I added some new things, would I be threatening my present or securing my future? Unfortunately, there’s no way to know. Whatever I do/don’t do however, my goal is to feel good about what I’m doing/not doing, not bad about it. And as I’m sure you all can imagine, as a characterized-as-terminal cancer patient, there’s already plenty to feel bad about. The trick is...heck, there is no trick. It’s just mind over matter, and try not make matters worse while somehow not being afraid to make matters better.

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

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OBITUARY

**Eleanor Kress Werthmann, 74, of McLean, VA, died peacefully on October 21, 2014 while vacationing in North Myrtle Beach, SC. She was born in Newark, NJ, was a graduate of St. Michael's School of Nursing and worked at St. Michael's Hospital where she met Dr. Milton Werthmann whom she married on June 1, 1963. They made their home McLean, VA in 1972. Eleanor was an avid sports fan and the first female president of McLean Little League Baseball. She was actively involved in St. Charles Borromeo Catholic Church in Arlington where she served on several ministries. She was preceded in death by her daughter, Tiffany, and is survived by her husband, Milton, her sons, Owen and Kevin, her daughter, Danielle, two daughters-in-law, and eight grandchildren whom she adored. A memorial mass to celebrate her life will be held on November 22, 2014 at 11 am in St. Charles Borromeo Catholic Church in Arlington, VA. In lieu of flowers, the family requests that donations be made to The St. Jude Children's Research Hospital.**

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**FRANKLIN, Patricia Ann TUTHILL (PAT),**  
On November 3, 2014, formerly of Falls Church and Vienna,  
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daughter of the late Floyd G. Tuthill (Tut) and Gertrude Tuthill  
of Falls Church, Virginia. Beloved wife of the late John Gilbert  
Franklin, Loving Mother of Penny Franklin of Falls Church, Vir-  
ginia, Trudy Franklin of Warrenton, Virginia, Debby Fischer and  
Husband Doug Fischer of Centreville, Virginia, John (Jay)  
Franklin of Annandale, Virginia. Also survived by brother Robert  
F. Tuthill, Sr, and wife Marge Tuthill of Woodstock Virginia,  
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### THURSDAY/NOV. 6

**GF Rotary Club.** 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Great Falls Rotary Club Weekly Speaker Series. Download a membership form on their website. Open to anyone who has a personal connection to Great Falls and is interested in furthering Rotary's mission of Service Above Self.

### FRIDAY/NOV. 7

**"Forecasting Weather and Life in Times of Turbulence."** 12-1:15 p.m. Maggiano's Little Italy, Tysons II Galleria Mall, 2001 International Drive, McLean. Enjoy lunch while hearing a business leader discuss integrating faith and spiritual values with work and life. Register by Nov. 5 to phil.kratovil@viennapress.org.

### SATURDAY/NOV. 8

**Be Fit McLean Saturday 55+ Lecture Series.** 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Exercise is Medicine - Part 2. \$7/\$5 MCC district residents. www.mcleancenter.org.

### MONDAY/NOV. 10

**Alzheimer's Association "Know the 10 Signs: Early Detection Matters."** 10 - 11 a.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. This free workshop is for anyone who would like to know more about Alzheimer's disease and related dementia. The warning signs of Alzheimer's often are dismissed as side effects of normal aging. Early detection provides a chance to begin drug therapy, enroll in clinical studies and plan for the future. To register, call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

### TUESDAY/NOV. 11

**NARFE(National Association of Active and Retired Federal Employees)Vienna-Oakton Chapter 1116 Meeting.** 1:30 p.m. Vienna Community Center, 120 Cherry Street, Vienna. The guest speaker will be Tammy Flanigan, Senior Benefits Director, National Institute of Transition Planning, Inc, discussing Medicare Issues. The meeting is free and is open to all members and their guests. For further information please call 703-938-9757.

### SATURDAY/NOV. 15

**Be Fit McLean Saturday 55+ Lecture Series.** 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Medication Safety. \$7/\$5 MCC district residents. www.mcleancenter.org.

**NAACP Branch Election.** 10 a.m.-12 p.m. 9002 Burke Lake Road, Burke (behind Kings Park Library). Election of branch officers and at-large members of the Executive Committee. To vote, you must be a member in good standing and your branch membership must be dated before Oct. 16, 2014. A form of ID is required. 703-591-4488.

### MONDAY/NOV. 17

**Vienna/Oakton Vision Impaired Resource Group Meeting.** 10:15 a.m. - Noon. Patrick Henry Library, 101 Maple Avenue East, Vienna. Ms. Doherty will cover issues related to Metro Access, as well as Free Travel Training and the Reduced Fare Program. If you live in the vicinity and need a ride, please call: The Shepherd Center at 703-281-0538 (3 days advance notice required) or Steve Sedgwick 703-255-0515.

### FRIDAY/NOV. 21

**McLean Art Society Meeting.** 10 a.m. - Noon. McLean Community Center, 1234 Ingleside Avenue, McLean. Jamaliah Morais, a teacher and oriental brush painter who is a resident artist at the Torpedo Factory in Alexandria, will be the featured presenter. Morais is a member of the Sum-e Society of America which supports the ancient Chinese and Japanese technique. She has exhibited at the Audubon Society, the University Club and the Embassy of Malaysia as well as the World Bank.



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