

# Langley's 'Spelling Bee'

NEWS, PAGE 10

Logaine Schwartzandgrubenier, played by sophomore Camila Maric, during rehearsal for "The 25th Annual Putnam County Spelling Bee."

## Election Day Stories

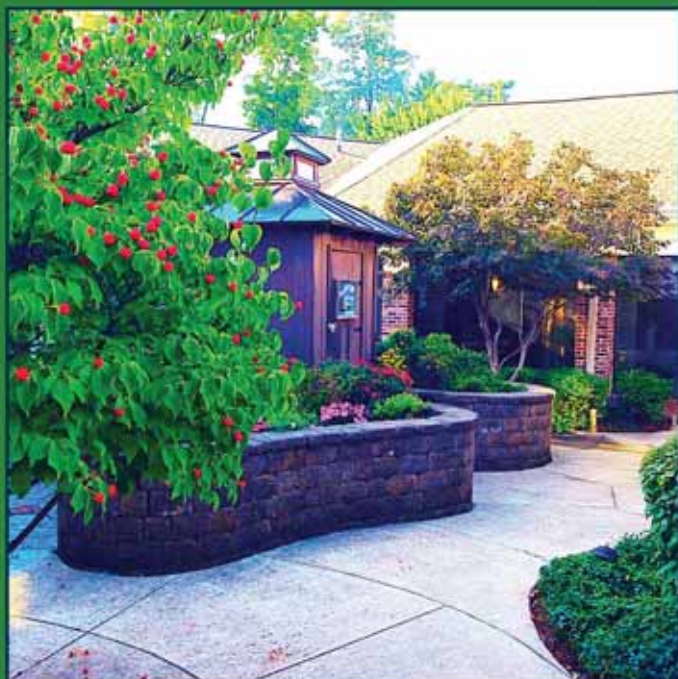
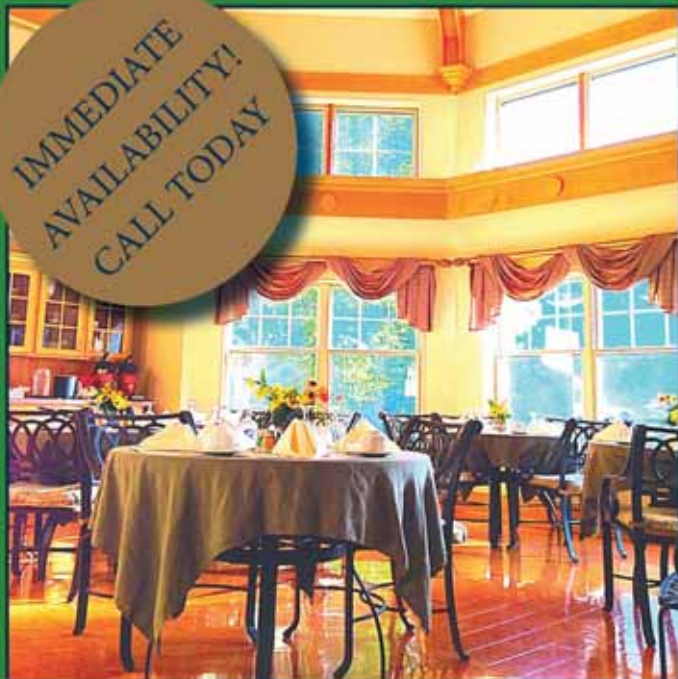
ELECTION 2014, PAGE 3

## Malaria Meltdown

NEWS, PAGE 4



IMMEDIATE  
AVAILABILITY!  
CALL TODAY



# The Care They Deserve. The Independence You Want To See.

The Renaissance Program at The Sylvestery is directed at those persons in the early phases of memory impairment. In a maintenance-free environment, our residents enjoy life at their own pace through engaging activities. We promote physical and spiritual well-being based on individual abilities and group interests. The Sylvestery was designed to provide comfort, safety, and freedom. The Sylvestery features an award-winning layout, where residents move freely through continuous walkways, and numerous courtyards which invite residents to enjoy safe outdoor experiences. Through partnerships and continual research, we bring breakthrough technologies and tools that help our residents get the most out of life. Our staff plans a calendar of events based on their particular needs which includes additional outings. Residents of the Renaissance Program enjoy lunch and dinner in our Compass Rose Café.

**The Sylvestery Memory Support is open to the community and does not require any military affiliation.**

**Contact Us For A Tour!**  
**703-538-2975**

**The Sylvestery Memory Support**

[www.vinsonhall.org](http://www.vinsonhall.org)  
1728 Kirby Road  
McLean, VA 22101



**VINSON HALL**  
**RETIREMENT COMMUNITY**

Supported by Navy Marine Coast Guard  
Residence Foundation



# ELECTION 2014

McLEAN CONNECTION EDITOR KEMAL KURSPAHIC  
703-778-9414 OR MCLEAN@CONNECTIONNEWSPAPERS.COM

## Steady Flow of Voters in McLean

**U.S. Senate elections bring voters out to McLean High School.**

BY REENA SINGH  
THE CONNECTION

**V**oter lines were short to nonexistent at McLean High School on Tuesday, Nov. 4. Voters trickled steadily into the school through the early morning hours to decide who will be their U.S. Senator. "So far, as of 8:12, we have had 174 (voters)," said Chief Election Officer Vicki Ream Herrmann.

For the senatorial election, residents were choosing between Democratic incumbent Sen. Mark Warner, Republican Ed Gillespie, or Libertarian Robert C. Sarvis. While the candidates for the 8th Congressional dis-

trict were Independent Gwendolyn Beck, Libertarian Jeffrey Carson, Independent Green Gerard Blais III, Republican Micah K. Edmond, and Democrat Donald S. Beyer, Jr.

Because of the way the precinct lines were drawn, the high school lies in the 8th Congressional district.

"This is a classic act of gerrymandering," Herrmann said. She has been chief election officer for the past three years and voted absentee in September so she could work the polls all day. Out of the 2,200 voters in the precinct, she said 5 percent also voted absentee.

Additionally, the ballot included whether to approve the 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.

Ruth McCully was working the Republican booth outside of the polls. She has been volunteering her time for the past two elections. "I think it's important that people exercise their privilege to vote," she said. "It's something I'm proud to participate in."

Nearby, Richard Curry was volunteering at the Democrat's booth. He couldn't remember an election he didn't vote in.

"It's a privilege," he said. "I think it's a duty to vote and be informed."



PHOTO BY REENA SINGH/ THE CONNECTION

**Republican volunteer Ruth McCully stands ready to hand out flyers during the election Tuesday.**

### VIEWPOINTS

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



**Valerie Sheridan Comer, McLean, Teacher**

"I voted for Gwendolyn Beck for gender support, I guess. I'm an independent."



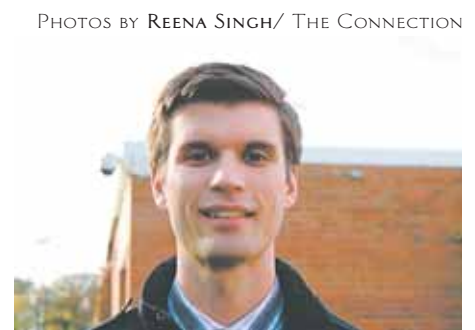
**Gerald Waid, McLean, D.C. Attorney**

"I voted for the Democrats and in favor of both the questions. I'm in favor of the Democrats' position on national issues."



**Martha Gaston, McLean, Social Worker**

"I voted for Warner. I think Warner has proven he is the best for the job. I've looked at his history, and he makes sound decisions. He's willing to compromise."



**Philip Eaker, McLean, Accountant**

"I voted Republican and yes for the two questions. I've always been fiscally conservative, I guess. Those values hold true to me."

PHOTOS BY REENA SINGH/ THE CONNECTION



# Malaria Meltdown

Local teen educates peers on the disease.

BY REENA SINGH  
THE CONNECTION

**K**ritika Singh wants to eradicate malaria for good - one mosquito at a time.

The 16-year-old McLean resident and CEO of Malaria-Free World hosted the inaugural Malaria Meltdown conference at Nysmith School of the Gifted on Sunday to educate her generation on the dangers third world countries face with the disease.

"Once I realized what a big deal it was in other countries and how we don't know much about it in this country, I decided I was going to do something about it," she said.

Singh found out about this funding gap when she interned for a pharmaceutical company over the summer. Her malaria research was on a tight budget in the laboratory compared to research on other diseases and viruses.

She established Malaria Free World as an organization in August right before starting her school year at Thomas Jefferson High School for Science and Technology. She hopes it will both be used as an educa-

tional platform about the disease as well as a way to raise funds for research.

The free conference featured six experts in the field from all over the country, including another teen who started an organization after experiencing the disease for himself.

"It was like having the flu, but 10 times worse," said 14-year-old Alessandro Lauria, founder of the Malaria Defense Project.

Lauria, who traveled from Colorado for the conference, had malaria three times 10 years ago when his mother was stationed in Ghana and recalled extreme headaches and hallucinations. He also recalled, however, watching children from local orphanages suffering from the disease, but not having the money to recover from it like he did.

"Unfortunately, mosquito nets are not the most available or affordable to those who need them the most," he said.

During his last trip abroad, he raised enough money to hand out 481 nets, focusing his efforts on pregnant women and children, before starting his nonprofit.

"This gives me hope that this might be the generation that finally eradicates malaria from the planet," he said.

Johns Hopkins Malaria Research Institute Associate Professor Sean Prigge talked about what malaria needs from red blood

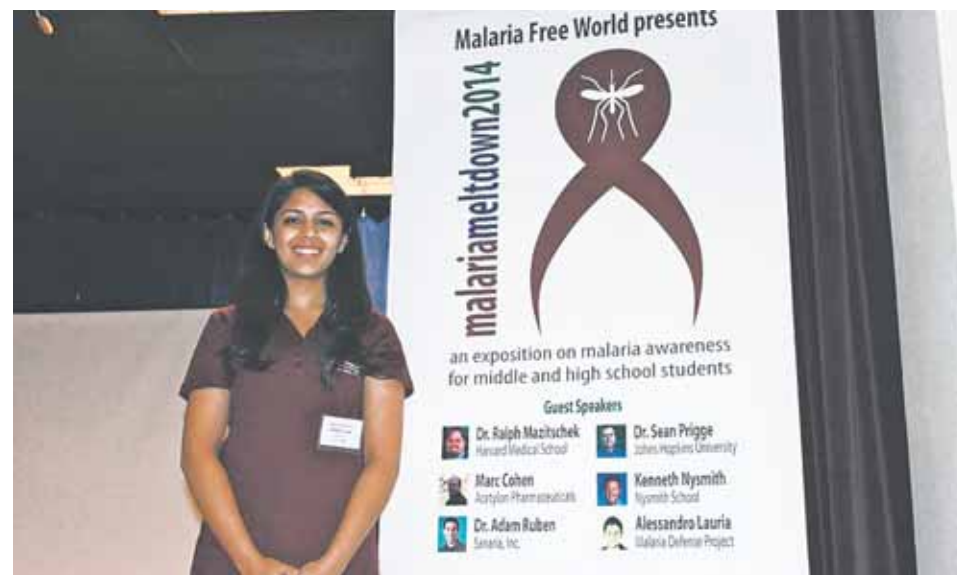


PHOTO BY REENA SINGH/ THE CONNECTION

**Malaria Free World CEO Kritika Singh, 16, hosted the organization's kickoff event, Malaria Meltdown, on Sunday.**

cells in order to survive - and what is needed to eradicate the disease from the planet.

"There are real problems in using old tools to fight malaria," he said.

Ten years ago, he said, only four strains of the disease were known. Today, there are more than 100 strains, five of which affect humans. Medicine for it dates back to the 1600s, but he said malaria is a disease that develops resistance very quickly.

What it needs during the blood cell stage of development, however, is iron. Without iron, he said, the parasite dies rather than infecting other red blood cells. Those who are anemic have less of a chance that malaria will survive in their body.

Likewise, a lack of biotin is important if

the parasite reaches the liver stage.

"There's a link between parasite growth and nutrition," he said.

Singh is already planning a fundraiser and awareness campaign that involves a dance and a science competition later in the school year. She hopes to work with the foundation beyond her high school years.

"I'd really love to go into research as well," she said.

She encourages the community to get involved with the organization by volunteering, applying to join their team or donating money.

For more information about Malaria Free World, visit <http://www.malariafreeworld.org>.

# Honored at Mason

McLean resident and former Rector of George Mason University C. Daniel Clemente receives Mason Medal.

**T**his past Wednesday, Oct. 29, dozens of notable people at George Mason University and in Northern Virginia community gathered at the Mathy House to honor former Rector C. Daniel Clemente and former Board of Visitors members Steven Mullins and Anthony Jimenez for their years of service at the university.

Remarks were given by University President Angel Cabrera, as well as former United States Representative and current Rector Tom Davis. The former members were honored for their service on the board for their term and their work in various committees and as a whole. Clemente, a McLean resident, was also given the Mason Medal.

"The Mason Medal is awarded to those who have a record of service in their community, state or nation consistent with the level and quality of [the man] George Mason's level of service," said Rector Tom Davis, upon awarding Clemente the medal. The Mason Medal is the university's highest honorary award.

"It's not me. I don't rise to the level that George Mason, the man, performed," Clemente said. "But, spread over the 16 people on the Board, all of whom helped

me, any of the things I've accomplished I could not have accomplished without all of those people supporting me and feeding me ideas and then voting with me." Clemente continued, "I feel like I took the medal on behalf of the board. To me, the medal belongs to the Board and I'm the person that represents them."

Clemente's accomplishments on the Board include, reducing proposed tuition increases by more than 80 percent, initiating a standing committee on the Board for funded research endeavors at the university, and continuing to build George Mason's achievements to benefit the Northern Virginia community.

"The success of a community revolves around its educational system, and in particular higher education," Clemente said. "I think the two most important events that have occurred over the past 50 years that makes Northern Virginia what it is today was building Dulles Airport and founding George Mason University."

Clemente also received a Legislative Joint Resolution recognizing his endeavors during his service. "It is an honor to be able to commend such an outstanding leader in Virginia," Virginia House of Delegates Mem-



PHOTOS BY NIKKI CHESHIRE/ THE CONNECTION

**From left: Former Rector C. Daniel Clemente and former Board of Visitors members Steven Mullins and Anthony Jimenez receive honors for their terms.**



**Natalie Crippen unveils former Rector C. Daniel Clemente's official portrait, a George Mason tradition.**

ber David Ramadan wrote to Clemente. Fellow House signers of the resolution included Delegate Barbara Comstock.

Other notable guests at the ceremony included Board of Visitors members Karen Alcalde, Buddy Beck, Reginald Brown, Kimberly Dennis, Anne Gruner, Dominion

Power CFO Mark McGettrick, Kelly McNamara Corley, Vice Rector Stuart Mendelsohn, Jon Peterson and Siddique Sheikh, as well as Til Hazel, the first recipient of the Mason Medal.

— NIKKI CHESHIRE



# WEEK IN MCLEAN

## MCA to Celebrate 100th Anniversary

The McLean Citizens Association is commemorating its 100th Anniversary with a celebration. The event has an admission charge and will feature heavy hors d'oeuvres and libations. The event will be held on Thursday, Nov. 20, from 7:30 to 9:30 p.m. at the McLean Community Center, 1234 Ingleside Avenue in McLean. RSVP by Nov. 11.

Admission: Paid-up MCA Members: \$20 per person, Others: \$30 per person.

Send checks (payable to MCA) and names of attendees to MCA, P.O. Box 273, McLean, VA 22101.

## Fundraiser Supporting The Safe Community Coalition

A fundraiser for Safe Community Coalition has been announced by HBC Realty Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, Nov. 11, from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support Safe Community Coalition. Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go to SCC, as long as the diner brings the flyer for the event. Contact HBC Realty Group at 703-734-0192 or visit [www.HBCRealtyGroup.com](http://www.HBCRealtyGroup.com) to receive a flyer.

The SCC is an all-volunteer organization dedicated to creating a safe and healthy environment for our youth. Their activities are supported by hundreds of volunteer hours and other in-kind donations, corporate and private donations, and various fund-raising

activities. The SCC invites everyone in the community to participate in building a better environment for our young people.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Realty Group of Keller Williams Realty, The Simmons Team of George Mason Mortgage LLC, Betty Sparkman and Chris Lara of Reveal Remodel, Kevin Dougherty of Pillar to Post Home Inspections, Marcus Simon with EKKO Title, and Moe Jebali of Pulcinella Italian Host.

## Registration Underway for McLean WinterFest

McLean WinterFest has opened registration for this year's holiday parade, which will be held on Sunday, Dec. 7 at 3:30 p.m. on Old Chain Bridge Road. Groups interested in participating in the parade should go to [www.mcleanwinterfest.org](http://www.mcleanwinterfest.org) to complete the registration information and submit it to parade officials. Each entrant will receive confirmation of their registration with this year's parade rules. Registrations will be accepted until Nov. 18.

This year's parade will start at Old Chain Bridge Road at Fleetwood Road and march to Elm Street, as it has in years past. Food trucks that have already confirmed their participation this year will be Mama's Donut Bites, Doug the Food Dude, and DC Sliders & Dogs. On-stage holiday acts will again precede the parade stepping off. Those interested in participating in the pre-parade entertainment should contact Maureen Scholz at [mscholz@mcleaninsurance.com](mailto:mscholz@mcleaninsurance.com).

For more information contact Trish Butler at 202-550-4019 or [emailtbutler@sagecommunications.net](mailto:emailtbutler@sagecommunications.net).

## Popular Throughout the Mid-Atlantic.

## Now Open in Great Falls.



**Vibrant Community**  
Great gathering places to connect and engage; transportation services offering you *freedom* to get out and about.



**Vibrant People**  
Everyone shares a *spirit of vibrant living*; programs to keep your mind, body and spirit at their best.



**Vibrant Lifestyle**  
High-energy *fun* to quiet relaxation and a social life as full as you want it to be.



**Vibrant Company**  
Proven track record and outstanding residents and associates.




**BRIGHTVIEW**  
GREAT FALLS  
ASSISTED LIVING

10200 Colvin Run Rd. • Great Falls, VA 22066

Please call for more information.

## 703-759-2513

[BrightviewGreatFalls.com](http://BrightviewGreatFalls.com)



## November 15th

## 10am to 4pm



REMODELER'S  
**CHARITY**  
HOME TOUR  
**CLIFTON**

Presented by

## SUN DESIGN

Design. Remodel. Relationships.

Join Sun Design, KohlMark Group, Daniels Design and Remodeling, and Eco-Nize Closets to **tour design trends of newly renovated homes and closet designs** on the scenic back roads of Clifton, Virginia.  
**Rain or Shine. IT'S FREE.**



Location: 12722 Clifton Heights Lane, Clifton, VA

[SunDesignInc.com](http://SunDesignInc.com)

**SUN DESIGN**

703.425.5588

design/build | additions | kitchens | baths | basements | outdoor spaces



Location: 12182 Queens Brigade Drive, Fairfax, VA

[KohlMark.com](http://KohlMark.com)

**KOHLMARK**  
GROUP

703.764.1200

Architects + Builders






Location: 11216 Hunting Horse Drive, Fairfax, VA

[DanielsRemodeling.com](http://DanielsRemodeling.com)

**DANIELS**  
DESIGN & REMODELING

703.239.2700

Location: 7500 Clifton Road, Clifton, VA

[EcoNizeClosets.com](http://EcoNizeClosets.com)

**eco-nize**  
CLOSETS

888.ECO.NIZE

## ABOUT THE TOUR

Visit the website for full details:

[RemodelersCharityHomeTour.com](http://RemodelersCharityHomeTour.com)



# Unlocking Potential: Helping Students Soar!

## Sixth Annual Cecily's Advocacy Workshop

**A Day of Workshops for Parents, Educators,  
Professionals, and Community**

**Saturday, November 22  
8:00 am to 3:00 pm**

### McLean School

8224 Lochinver Lane  
Potomac, Maryland 20854

#### WORKSHOPS

- Using Song Lyrics to Improve Reading Decoding
- Intrinsic Motivation and Balanced Technology Use
- Competition: Do Kids Need it?
- What Works With Teens?
- Thoughts on Medication
- Learning Differences and Family Stress
- Adoption, ADHD and Learning Disabilities
- College and the Student who Learns Differently

#### KEYNOTE SPEAKERS



**RICK LAVOIE**

**THE MOTIVATION  
BREAKTHROUGH: Turning  
on the Tuned-Out Child**



**DAVID FLINK**

**THINKING DIFFERENTLY:  
Reframing Learning for a  
New Generation**



**Register at [mcleanschool.org/workshop/](http://mcleanschool.org/workshop/)**

**\$25 includes Continental Breakfast & Lunch**

K-12 COLLEGE PREPARATORY SCHOOL SUPPORTING BRIGHT STUDENTS' INDIVIDUAL LEARNING



**Author and activist Holly Kearl will speak at the Nov. 18 AAUW meeting in McLean.**



## Focus on Stopping Street Harassment

Catcalls, sexual and sexist comments, following, flashing, and groping. Most women in the world have experienced unwanted sexual harassment in public spaces by strangers, or “street harassment.” More than half of harassed women say it began when they were a teenager.

Holly Kearl, an author and leading advocate for stopping street harassment, will be speaking about this issue – and what we can all do about it – at the AAUW McLean Area November Branch Event on Tuesday, Nov. 18, at 7 p.m. at the McLean Community Center.

Kearl is an expert on the topic of gender-based violence, including street harassment and sexual harassment in schools and on college campuses. She is the founder of the nonprofit organization, Stop Street Harassment and a consultant for organizations like the United Nations, the State Department, One World Education, and Change in our Lifetime.

She also works as a part-time facilitator for the Op-Ed Project’s

Public Voices Fellowship at Northwestern University, and an adjunct professor of Women’s Studies at George Mason University.

Tired of strange men whistling and honking at her, calling out to her, following her, and grabbing her when she was alone in public, Kearl wrote her master’s thesis in 2007 at GWU on gender-based street harassment and how women were using online websites to combat it.

She has authored two books, “50 Stories about Stopping Street Harassers” (2013) and “Stop Street Harassment: Making Public Places Safe and Welcoming for Women” (2010) and two national studies, Unsafe and Harassed in Public Spaces: A National Street Harassment Report (2014) and Crossing the Line: Sexual Harassment in Schools (2011).

Kearl received a master’s degree in Public Policy and Women’s Studies from George Washington University and bachelor’s degrees in history and women’s studies from Santa Clara University.

# join us today,

TO GET STARTED ON TOMORROW

- Challenging Curriculum
- World Language Program (PS - 8th Grade)
- Small Class Sizes
- 1:1 Middle School iPad Program
- Daily Physical Education Classes
- Extensive Before and After School Care
- Door-to-Door Bus Transportation

## OPEN HOUSE

Thursday, November 13th  
9:00 – 10:30 am



Caring for children | Celebrating learning | Collaborating for success

Nestled on over 40 acres, right inside the Capital Beltway, Congressional School’s programs reside at the intersection between challenging academics, caring staff and a community connected to a common vision; to provide our children with the highest quality educational experience available.



Congressional Schools of Virginia  
3229 Sleepy Hollow Road  
Falls Church, VA 22042

[www.congressionalschools.org](http://www.congressionalschools.org)

# KNEE PAIN?

**Advanced Non-Surgical Pain Relief  
including state-of-the-art, natural  
Regenerative Treatments**

**FREE KNEE  
ULTRASOUND  
(\$300 VALUE)**

Schedule an appointment  
with Dr. Anne Truong  
today for this  
limited-time offer.



**Dr. Anne Truong**  
Board-Certified Physiatrist

**540-374-3164**

**truong**  **REHABILITATION  
CENTER**

[truongrehab.com](http://truongrehab.com) • Fredericksburg, VA

## Do you love your Trees?

**Because we do! Protect  
your trees now and save  
money this spring.**

**-Free Estimates and  
Consultation**

**CONTACT US TODAY**

**703.450.1898**

**[contact@vicstreeservice.com](mailto:contact@vicstreeservice.com)**





# OPINION

## Sometimes Perception Really Isn't Reality

By JOE MEYER  
EXECUTIVE DIRECTOR/SHELTER  
HOUSE, INC.



### 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-

demic 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.

## 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)

## McLean CONNECTION

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to  
[connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

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

Kemal Kurspahic  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

Amna Rehmatulla  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

Reena Singh  
Community Reporter  
757-619-7584  
[rsingh@connectionnewspapers.com](mailto:rsingh@connectionnewspapers.com)

Jon Roetman  
Sports Editor ♦ 703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
[@jonroetman](https://twitter.com/jonroetman)

Victoria Ross  
County Reporter ♦ 301-502-6027  
[vross@connectionnewspapers.com](mailto:vross@connectionnewspapers.com)

ADVERTISING:  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

Trisha Hamilton  
Display Advertising  
703-778-9419  
[trisha@connectionnewspapers.com](mailto:trisha@connectionnewspapers.com)

Andrea Smith  
Classified Advertising  
703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

Debbie Funk  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

David Griffin  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

Editor & Publisher  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

Editor in Chief  
Steven Mauren  
Managing Editor  
Kemal Kurspahic  
Photography:  
Deb Cobb, Craig Sterbutzel  
Art/Design:  
Laurence Foong, John Heinly  
Production Manager:  
Geovani Flores

Special Assistant to the Publisher  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)







PHOTOS CONTRIBUTED

**Participants at a local fundraiser for Project Knitwell learn to knit after taking a yoga class at Penguin Studio in McLean**



**Richard Davis, owner of Penguin Studio, and Emily Boland, Project Knitwell volunteer, knitting after the yoga class.**

## Yoga and Knitting Fundraiser Held in McLean

On Saturday, Oct. 25, Penguin Studios brought together yogis and knitters alike to host the successful "Yarn Over Yoga" fundraiser benefiting local non-profit, Project Knitwell.

Both yoga and knitting share a myriad of therapeutic benefits including lowering stress levels and improving focus and concentration. "It's really a natural fit," said Penguin Studios owner, Richard Davis. "Yoga and knitting are both practices of rhythmic, repetitive movements that calm heart rate and breathing and result in a sense of calm and inner quiet. Both practices allow the mind to leave distractions behind."

Participants were treated to an hour-long yoga class followed by knitting instructions complete with knitting kits. McLean local and Project Knitwell founder, Carol Caparosa, was on hand with volunteers to teach

knitting and to educate participants about knitting's therapeutic benefits.

Caparosa founded Project Knitwell, a 501(c)(3) organization, in 2010, offering knitting instruction to patients at Georgetown University Hospital. Since then, Project Knitwell has grown to offer workshops to patients, family members and caregivers at Virginia Hospital Center, Alexandria Hospital, and the Children's Medical Center, as well as to at-risk children and teens in the Northern Virginia area. "We are grateful to Penguin Studios for partnering with us for this event," said Caparosa. "The funds raised through 'Yarn over Yoga' will help us to expand our programs."

One hundred percent of the participant fees went to fund Project Knitwell and there are plans to do another event with Penguin Studio next year.

# Thanks for Giving

## Holiday Marketplace

**Sunday, November 9**  
**5-9 p.m.**

Grevey's Restaurant and Sports Bar  
8130 Arlington Blvd.,  
Falls Church, VA

**10%** of proceeds will go to LDCRF!

*Get a head start on holiday shopping while helping us save and care for more rescued dogs and cats!*

**Vendors include:**  
Stella & Dot, Tupperware, Chloe & Isabel, Jam Berry, and more!

# surround your senses

Your senses come to life at every street corner in Stone Ridge! An award-winning community featuring schools from Toddler to Teen and the State-of-the-Art Gum Spring Library, as well as a Community Clubhouse with Fitness Center, Pools and Tennis, Trails and Parks, shopping, dining and entertainment. Live your life in high definition on the outside, and experience the new Samsung® Curved TV on the inside!

**watch**  
**unwind**  
**create**  
**thrive**  
**feel**

**SINGLE FAMILY HOMES**  
**CEDARWOOD**  
COMING SOON  
Luxury Single Family Homes with 1-Level Living  
**703-764-5466**

**TOWNHOMES AND VILLAS**  
**CEDARWOOD**  
MODEL GRAND OPENING!  
2-lvl. Villas with 2-car Garages  
Priced From the Low \$400's.  
**703-764-5493**

**CONDOS**  
**CENTRE PARK**  
NEW MODEL GRAND OPENING!  
Luxury Elevator Garage Condos  
Priced From the Low \$300's.  
**703-764-5487**

**MARRWOOD**  
NEW MODEL GRAND OPENING!  
Large Homesites with Main Lvl. Bedroom and Bath Available  
Priced From the Mid \$600's.  
**703-764-5414**

**TOWNE CENTRE CROSSING**  
GRAND CLOSE-OUT!  
2-lvl. Villas with 2-car Garages  
Main Lvl. Suites Available  
Priced From the Low \$400's.  
**703-764-5492**

**VILLAGE RUN**  
NEW MODEL GRAND OPENING!  
Luxury Homes with Main Lvl. Bedroom and Bath Available  
Priced From the Upper \$500's.  
**703-764-5462**

**VILLAGE SQUARE**  
GRAND CLOSE-OUT!  
3-lvl. Townhomes with 2-car Garages  
Priced From the Low \$400's.  
**703-764-5493**

**AT STONE RIDGE**

**StoneRidgeVA.com**

\*©2014 Samsung Electronics America, Inc. All rights reserved. Samsung is a registered trademark of Samsung Electronics Co., Ltd. and is not a participant or sponsor of this promotion. No employee(s) or anyone related to VanMetre Homes or any of their affiliated agencies or companies shall qualify for any prize. No purchase necessary. Only one prize per family. Receipt of prize must be 21 years of age or have a legal guardian present. Promotion ends November 30, 2014. One grand prize will be awarded the Samsung UN48UH8000 Curved 48-inch 1080p 240Hz 3D Smart LED TV. Prizes and promotion subject to change without notice. See Sales Manager for details.



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

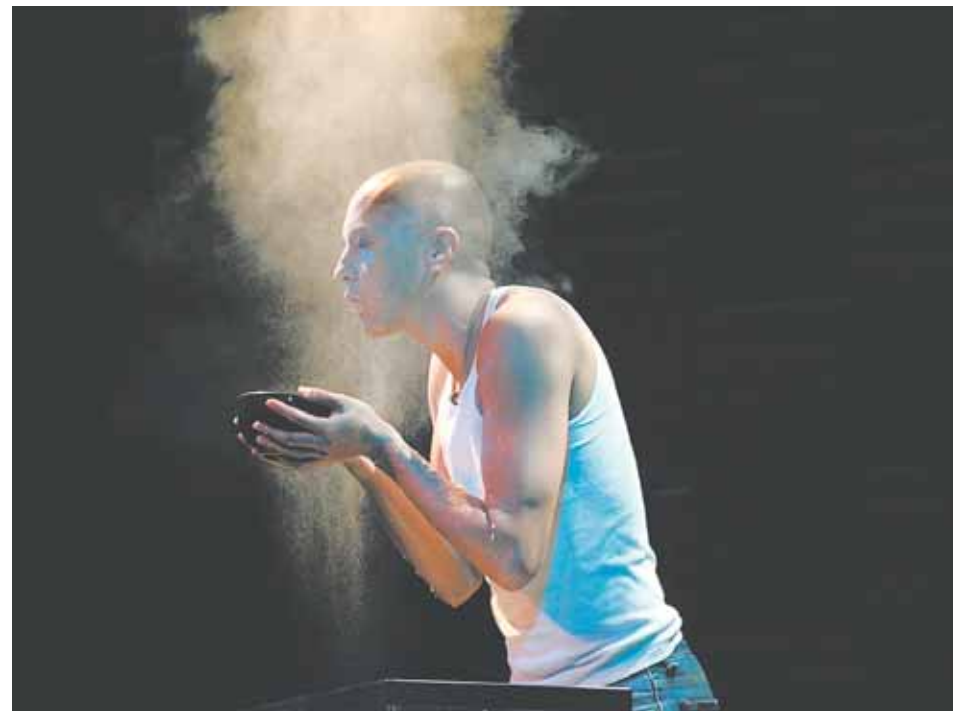


PHOTO BY STEVEN SCHREIBER/COURTESY OF CHRISTOPHER K. MORGAN AND CKM&A  
**Christopher K. Morgan in "Rice."**



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

## Beyond Limitations

BY DAVID SIEGEL  
THE CONNECTION

### Where and When

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, CKMA&A will have two hot-ticket performances with a mixed repertory of thoughtful and humorous dance and insightful narrative.

CKM&A's contemporary dance work is described as "gorgeous, visceral and evocative" by Sarah N. 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

## 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.



**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.



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



Developing character, faith and life-long learners in the Salesian tradition

## Our Lady of Good Counsel School

Established 1957

8601 Wolftrap Rd.  
Vienna, VA 22182  
703.938.3600

We have been providing a quality Catholic education for over 50 years...



Full Day Grades K-8

Nationally recognized for academic excellence



Come to our **OPEN HOUSE** Sunday, November 16, 2014, 10 a.m.-1 p.m.

Find out why **OLGC School** is the right choice for your children.

[www.olgcschool.org](http://www.olgcschool.org)

## Regency Salon



## Come Get Pampered for The Fall

**Highlight Special**  
**\$69<sup>00</sup>**  
normally \$139  
New clients only.

Mention this ad and receive 20% OFF any one service.

The Regency Salon  
1800 Old Meadow Road  
McLean, Va. 22102  
**703-448-7790**

[www.regencysalonva.com](http://www.regencysalonva.com)  
Follow us on Facebook: Regencysalonva



# 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).

## 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

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

## 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

# I AM A JOYFUL SPIRIT. A MATH LOVER. A TRUE FRIEND.

# I AM A STONE RIDGE GIRL.

♥ Empowering leaders to serve with faith, intellect, and confidence.

## OPEN HOUSES

ALL-SCHOOL · November 11,  
December 10, January 16,  
8:45 AM

Stone Ridge School of the Sacred Heart is a Catholic, independent, college preparatory school for girls, Grades 1-12, with a co-educational Preschool, Pre-Kindergarten, and Kindergarten, located in Bethesda, MD. Bus transportation available in DC, MD, and VA.

[www.stoneridgeschool.org](http://www.stoneridgeschool.org)

## The Magic of Christmas Comes to Life

Nov. 14 - 16 & Nov 20, 2014 - Jan. 4, 2015

Packages from \$259\* including UNLIMITED ENTRY to ICE! and a \$100 Resort Credit.\*\*

Book your holiday getaway today!  
[ChristmasOnThePotomac.com](http://ChristmasOnThePotomac.com)  
(301) 965-4000

KOT PRESENTED BY

CHRISTMAS ON THE POTOMAC PRESENTED BY

Conveniently located just 8 miles south of downtown Washington D.C. and across the Potomac River from Old Town Alexandria, in National Harbor, MD. \*Valid for one night stay. Price is per room, plus tax, resort fee, ticket handling fees and parking for standard accommodations. Not valid in conjunction with groups or other offers. Not retroactive. Package pricing, components, show schedules and entertainment subject to change without notice. \*\*One (1) \$100 resort credit per night, applied upon arrival and valid toward your purchase of DreamWorks Experience activities, dining or seasonal spa treatments. Other restrictions may apply. Frosty the Snowman TM & © Warner Bros. Entertainment Inc. & Classic Media, LLC. Based upon the musical composition FROSTY THE SNOWMAN © Warner/Chappell. Sheek, Madagascar, Kang Fe Panda and all related characters and properties © 2014 DreamWorks Animation L.L.C. Pepsi and Pepsi Globe are registered trademarks of PepsiCo, Inc.



# 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.

**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.

**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.faithforclimate.org](http://www.faithforclimate.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.

## Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

## TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates  
703-999-2928



Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed  
Est. 1999



## SHOP THE COMPETITION FIRST!

703-938-3160



Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.

FREE ESTIMATES ON INSTALLATIONS

SE HABLA ESPAÑOL

## VIENNA FLOORS

ESTABLISHED IN 1984

208 DOMINION ROAD • VIENNA, VA

HARDWOOD-CARPET-WOOD LAMINATES-CERAMIC TILE-SHEET VINYL

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

Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm

## Pasha Cafe

3911 Lee Highway • Arlington, VA

703.528.1111

## A Neighborhood Restaurant Mediterranean Cuisine

### Menu Items

Moroccan Chick Pea Stew with Curried Cauliflower

Mango Chicken w/Fried Brie

Greek Veggie

Eggplant Zucchini Moussaka

Fettuccine Aurora

Beef & Lamb Moussaka

Pasha's Sautéed Shrimp

\$5 OFF

LUNCH

With 2 lunch entrees.  
Not valid with other offers.

\$8 OFF

DINNER

With 2 dinner entrees.  
Not valid with other offers.



# 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

**garai**  
ORTHODONTIC  
SPECIALISTS  
BracesVIP.com



**Dr. Allen S. Garai**

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Premier Invisalign Provider
- Attending Faculty— Orthodontic Department Children's/Washington Hospital

"BEST ORTHODONTIST"  
Washingtonian Magazine  
Families Magazine  
"TOP ORTHODONTISTS"  
Northern Virginia Magazine  
Virginia Living

## Exceptional Smiles, Exceptional Service

Dr. Garai is a Board Certified Orthodontist with more than 18 years of experience creating beautiful smiles for families in Vienna and the surrounding area.

- The American Association of Orthodontics recommends children see an orthodontist at the age of 7. Early orthodontic treatment in children is shown to:
- Reduce treatment time required for comprehensive braces
  - Reduce the need to extract teeth
  - May eliminate the need to replace missing teeth
  - Improve long term health of teeth and gums

### How to tell if your child may need early orthodontic treatment:

- Early or late loss of baby teeth
- Difficulty chewing and/or biting
- Mouth breathing
- Your child sucks his or her thumb
- Speech impediments
- Protruding teeth
- Teeth that don't come together in a normal manner or even at all
- Shifting of the jaw when your child opens or closes his or her mouth (crossbites)
- Crowded front teeth around age seven or eight



Please call our office today to schedule your **Complimentary Consultation**

**Vienna**  
427 Maple Ave, West  
Vienna, VA 22180

703.281.4868  
BracesVIP@gmail.com  
www.BracesVIP.com

**Great Falls**  
9912D Georgetown Pike  
Great Falls, VA 22066



# 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.”

## Exceptional Schools for Exceptional Students School Fair

Showcasing the many wonderful school choices available to families of children with learning differences. Find out about individualized programs that will help your child thrive both academically and socially.

**Sunday, November 16, 2014 • 11:00am-1:00pm**

**Katzen Art Center, American University @ Ward Circle**  
Massachusetts Ave and Nebraska Ave NW DC

Sponsored by  
The American University School of Education, Teaching and Health

Parking is FREE in the Katzen Center • Tenleytown Metro on the Red Line

Admission is FREE and Open to the Public

### PARTICIPATING SCHOOLS

The Auburn School  
Brehm School  
Chelsea School  
The Children’s Guild  
Commonwealth Academy  
The Diener School  
Eagle Hill School  
The Foundation Schools  
The Frost School  
The Gow School  
The Howard Gardner School  
Ivymount School  
The Katherine Thomas School

Kingsbury Day School  
The Lab School of  
Washington  
Landmark School  
The Leelanau School  
Little Keswick School  
The Maddux School  
MANSEF  
Middlebridge School  
National Child Research  
Center (NCRC)  
The Newton School  
The Nora School

Oakwood School  
Oxford Academy  
Parkmont School  
PHILLIPS School ~  
Annandale & Laurel  
Purnell School  
Riverview School  
The Siena School  
Sulam School  
Wye River Upper  
School



For more information, please contact:  
**Bekah Atkinson** at 301-244-3600 • [exceptionalschoolsfair@gmail.com](mailto:exceptionalschoolsfair@gmail.com)  
[www.exceptionalschoolsfair.com](http://www.exceptionalschoolsfair.com)



## “EXQUISITE THAI CUISINE”

★★★ *Conde Nast Traveler*

“50 Best” *Washington Post*

“.. Would be equally hip in Paris, Bangkok or Soho.”  
The New York Times March, 1998

[www.busara.com](http://www.busara.com)



Photo by Kenneth M. Wyner

## Join Us For Lunch & Dinner

Open Daily: Mon – Sun  
11964 Market Street (Reston Towncenter) Reston • 703-435-4188  
8142 Watson St. (Tysons) McLean • 703-356-2288

**FREE Delivery Available**  
Please call for details for each location.





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.



# Stage Presence

Cappies recognized among arts leaders at Arts Council awards.

By TIM PETERSON  
THE CONNECTION

After Bill Strauss first approached Judy Bowns about creating a student-driven arts awards and journalism organization 16 years ago, the ensuing creative partnership resembled a pair of cartoon characters.

"We called ourselves Wallace and Gromit," said Bowns, now international and program director for the Critics and Awards Program (Cappies of the National Capital Area) as well as a Fairfax County Public Schools theater resource teacher. "Wallace, the idea man, and then there would be this follow up phone call of, 'So how do we do this?'"

What developed was a comprehensive theater education program that involves the entire cast of performers, technicians, musicians and dancers, as well as peer critics who attend performances and write reviews.

Cappies received the Arts Education Award on Oct. 24 at the third annual Arts Awards of the Arts Council of Fairfax County. They were recognized along with other area arts leaders at the Fairview Park Marriott Hotel in Falls Church.

"The award really recognizes the students we serve, the students that drive this program," said Browns. "Just the acknowledgment of this, it really means a lot to us."

In the greater Washington area



(From left) Arts Council of Fairfax County President and CEO Linda Sullivan, Cappies international chair Jane Strauss, Cappies international and program director Judy Browns and Arts Council Chairman Joe Ritchey pose after recognizing the Arts Education Award.



PHOTOS BY TIM PETERSON/THE CONNECTION

(From left) George Mason University Dean of the College of Visual and Performing Arts Bill Reader, emcee Robert Aubry Davis, Arts Council of Fairfax County President and CEO Linda Sullivan, Director of GMU arts management master's degree program Richard Kamenitzer and Arts Council Chairman Joe Ritchey applaud Reader and Kamenitzer receiving the Jinx Hazel Arts Award.

(the organization has spread to Canada) around 3,200 public, private and homeschooled students from Fairfax County, Fairfax and Falls Church participate in the Cappies program. This school year 50 performances will be eligible for awards.

Ultimately, student journalists select winners in a range of categories for an annual awards show held at the Kennedy Center con-

cert hall.

"We're like the Tony Awards," said Bowns, "with a lot less jewelry but a great deal more noise."

"The quality of the program, its integrity, rests on the shoulders of the kids," said Cappies international chair Jane Strauss. "It means that we trust these students to write well, produce well, to be responsible. And the kids rise to the occasion."

**Now's A Great Time for Your Landscape Project!**  
**Free Estimates**  
Patios, Walkways, Retaining Walls, Landscaping & so much more!

**Tree Clearance Sale**  
**30% OFF**  
All Trees 2013 & Prior

**Get Your Fall Color**  
Pansies, Mums, Cabbage, Kale

**60-75% Off Pottery**  
Lowest Prices Since 2008!

**10% Off All Citrus Plants**

**FREE Fill** Playground Chips & Organic Compost **\$29.99 cu. yd.**

**Bagged, Shredded Hardwood Mulch \$3.49**

**Bulk Mulch \$24.99 cu. yd.**

**Cravens Nursery & Pottery**  
9023 Arlington Blvd., Fairfax, Virginia  
2 miles west of I-495 on Rt. 50.  
1 mile from I-66 (Vienna Metro)  
**703-573-5025**  
Open 7 days a week  
Visit our new Web site: [www.cravensnursery.com](http://www.cravensnursery.com)

Follow us:

**New Custom Home \$1,199,999**

**OPEN HOUSE NOV 9, 1-4**

**7409 Nigh Road • Falls Church**  
Gorgeous 7 bedroom, 5.5 bathroom home featuring hardwood floors, granite countertops and stainless steel appliances. Master bedroom with sitting room and two walk-in closets. Master bath has dual vanities, jetted tub and custom shower. View virtual tour at [www.circlepix.com/home3/PQ3547](http://www.circlepix.com/home3/PQ3547)

**Kathy Preston**  
**703-503-4231**  
Burke Centre Pkwy.  
Burke, VA 22015

**RE/MAX Allegiance**

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)

**THE CONNECTION NEWSPAPERS**

**Saint Ann Catholic Church**

**SUNDAY LITURGY SCHEDULE:**  
Saturday Vigil: 5:30 PM  
Sunday: 8:00, 9:30, 11:00 AM  
1:30 PM Spanish Liturgy  
5312 North 10th Street  
Arlington Virginia 22205  
Parish Office: (703) 528-6276

**DAILY EUCHARIST:**  
Weekdays  
Monday-Friday, 6:30 AM & 8:30 AM  
Saturday, 8:30 AM

**All Are Welcome!**

**PARISH WEBSITE:**  
[www.rc.net/arlington/stann](http://www.rc.net/arlington/stann)

**To highlight your Faith Community, call Karen at 703-778-9422**



# 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.

ZONE 6: • ARLINGTON • GREAT FALLS  
• McLEAN • VIENNA/OAKTON

# CLASSIFIED

703-778-9411

ZONE 6 AD DEADLINE:  
MONDAY NOON

THE CONNECTION  
NEWSPAPERS

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All  
Your  
Advertising  
Needs...

It Works.  
Week  
After Week.

703  
917-6400

Place  
Your  
Ad  
Today!

THE CONNECTION  
to your community

## 6 RE Wanted

We Buy Houses  
Any Condition, Area or  
Situation  
Fast Cash! Call 610-451-6610

## 21 Announcements

**ABC LICENSE**  
PVT Arlington LLC, trading as  
Pizza Vinoteca, 800 N. Glebe  
Road Ste 110, Arlington,  
Arlington County, Virginia  
22203-2149. The above estab-  
lishment is applying to the  
VIRGINIA DEPARTMENT OF  
ALCOHOLIC BEVERAGE  
CONTROL (ABC) for a Wine  
and Beer On Premises/Mixed  
Beverage Restaurant license  
to sell or manufacture  
alcoholic beverages.  
Andrius Pranskevicius,  
Managing Member  
NOTE: Objections to the is-  
sue 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](http://www.abc.virginia.gov)  
or 800-552-3200.

## 21 Announcements

**ABC LICENSE**  
Y&J Chung, Inc. trading as  
Lee Graham Sunoco, 7301  
Lee Hwy, Falls Church, VA  
22042. The above establish-  
ment is applying to the  
VIRGINIA DEPARTMENT OF  
ALCOHOLIC BEVERAGE  
CONTROL (ABC) for a Beer  
off Premises license to sell or  
manufacture alcoholic  
beverages. Yun Wook Chung,  
President  
NOTE: Objections to the is-  
sue 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](http://www.abc.virginia.gov)  
or 800-552-3200.

## 26 Antiques

**FALLS CHURCH ANTIQUES**  
**Best Kept Secret of The Metro Area!**  
Unique collection of antiques and collectibles,  
including furniture, jewelry, glassware, pottery,  
sterling silver, paintings, prints and more!  
Fun home and gift ideas!  
**Christmas Shop Now Open!**  
**Falls Church Antique Co.**  
250W. Broad St. Falls Church, Va • 703-2419642

## 26 Antiques

We pay top \$ for antique  
furniture and mid-century  
Danish/modern  
teak furniture, STERLING,  
MEN'S WATCHES, jewelry  
and costume jewelry,  
paintings/art glass/clocks.  
Schefer Antiques @  
703-241-0790.  
[Email:theschefer@cox.net](mailto:Email:theschefer@cox.net)

## 101 Computers

**HDI COMPUTER SOLUTIONS**  
**JENNIFER SMITH** ♦ Serving the Area Since 1995  
➤ Speed up Slow Computers  
➤ Troubleshooting  
➤ Virus Removal  
➤ Computer Setup  
(571) 265-2038  
[jennifer@HDIComputerSolutions.com](mailto:jennifer@HDIComputerSolutions.com)

## 21 Announcements 21 Announcements

## 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.**

## 26 Antiques

**LIFETIME METAL ROOFING**  
by VA CAROLINA BUILDINGS  
45 Year Warranty  
Financing Available  
Licensed & Insured  
Local Contractor  
**1-800-893-1242**  
Call For Your Free Roof Inspection!

## 28 Yard Sales

**Kenmore Craft Fair & Flea!**  
Nov. 15 VENDORS wanted!  
Lmt'd Space avail @ \$30  
Call now  
To reserve 202.352.7209

THE CONNECTION  
NEWSPAPERS **CLASSIFIED**

Classified or Home • Lawn • Garden:  
703-917-6400

Employment: 703-917-6464

E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

## 21 Announcements

## 21 Announcements

## OBITUARY

**FRANKLIN, Patricia Ann TUTHILL (PAT),**  
On November 3, 2014, formerly of Falls Church and Vienna, Virginia, most recently residing in Warrenton, Virginia. Beloved 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, Virginia, Trudy Franklin of Warrenton, Virginia, Debby Fischer and Husband Doug Fischer of Centerville, Virginia, John (Jay) Franklin of Annandale, Virginia. Also survived by brother Robert F. Tuthill, Sr. and wife Marge Tuthill of Woodstock Virginia, 5 Grandchildren and 2 Great Grandchildren, and many Nieces, Nephews, Aunts and Cousins.

Family and Friends may call at Money and King Funeral Home, 171 Maple Ave. W., Vienna, VA 22180. 703-938-7440

Visitation November 7, 2-4 pm and 6-8 pm, Funeral on November 8 at 10:00 a.m.

Interment at Oakwood Cemetery in Falls Church, Virginia.

In lieu of flowers, contributions may be made to The American Heart Association, or the American Cancer Society.

## 21 Announcements

## 21 Announcements

# SUPERMAN HAD FOSTER PARENTS

Kids in our community need  
super parents like you.

Call us today!  
855-367-8637  
[umfs.org](http://umfs.org)



**UMFS**  
Unwavering support  
for children and families.

## 21 Announcements

## 21 Announcements

## 21 Announcements

**LIFETIME METAL ROOFING**  
by VA CAROLINA BUILDINGS  
45 Year Warranty  
Financing Available  
Licensed & Insured  
Local Contractor  
**1-800-893-1242**  
Call For Your Free Roof Inspection!

## 21 Announcements

## 21 Announcements

## 21 Announcements

# IF YOU USED THE BLOOD THINNER XARELTO

and suffered internal bleeding, hemorrhaging,  
required hospitalization or a loved one died while  
taking Xarelto between 2011 and the present  
time, you may be entitled to compensation.

**Call Attorney Charles H. Johnson 1-800-535-5727**



ZONE G: • ARLINGTON • GREAT FALLS  
• McLEAN • VIENNA/OAKTON

# HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

703-778-9411

ZONE G AD DEADLINE:  
MONDAY NOON

## BULLETIN BOARD

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

### 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](mailto: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](http://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](http://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.

**ELECTRICAL ELECTRICAL**

**K & D ELECTRIC**  
**COMMERCIAL / RESIDENTIAL SERVICE**  
Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654  
Mobile 703-499-0522  
[lektrkman28@gmail.com](mailto:lektrkman28@gmail.com)

**GUTTER GUTTER**

**GUTTER CLEANING**  
Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards

**PINNACLE SERVICES**  
lic/ins 703-802-0483 free est.  
email [jamie@lawnsandgutters.com](mailto:jamie@lawnsandgutters.com)  
web: [lawnsandgutters.com](http://lawnsandgutters.com)  
Friendly Service with a Friendly Price!

**IMPROVEMENTS IMPROVEMENTS**

**The HANDYMAN**  
A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,  
PAINTING, CERAMIC TILE, CARPENTRY,  
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!  
Proudly serving Northern VA - 46 yrs. exp.

Licensed We Accept VISA/MC  
Insured 703-441-8811

**Picture Perfect Home Improvements**  
(703) 590-3187 [www.pphionline.com](http://www.pphionline.com)

**Remodeling Bathrooms, Kitchens & Basements**

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services Available  
"If it can be done, we can do it"

Licensed — Bonded — Insured

**R.N. CONTRACTORS, INC.**

Remodeling Homes, Flooring,  
Kitchen & Bath, Windows,  
Siding, Roofing, Additions &  
Patios, Custom Deck, Painting

We Accept All Major Credit Cards  
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849  
E-mail: [rncontractorsinc@gmail.com](mailto:rncontractorsinc@gmail.com)  
[www.rncontractors.com](http://www.rncontractors.com)

**A&S Landscaping**

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

**703-863-7465**  
LICENSED  
Serving All of N. Virginia

**IMPROVEMENTS IMPROVEMENTS**

**R&N Carpentry**

♦BASEMENTS ♦BATHS ♦KITCHENS  
Foreclosure specialist/Power washing  
♦Exterior Wood Rot More!  
Deck & Fence repair, Screen Porches  
No jobs too large or small  
Free est. 37 yrs exp. Licensed, Insured  
703-987-5096

**LAWN SERVICE LAWN SERVICE**

**PINNACLE SERVICES, INC.**  
**LAWN SERVICE**

**MOWING, TRIMMING, EDGING,  
MULCHING & TRIM HEDGES**  
Friendly Service for a Friendly Price  
703-802-0483

**MASONRY MASONRY**

**BRICK AND STONE**

**Custom Masonry**  
703-768-3900  
[www.custommasonry.info](http://www.custommasonry.info)

Patios, Walkways, Stoops, Steps, Driveways  
Repairs & New Installs • All Work Guaranteed

**PAVING PAVING**

**GOLDY BRICK CONSTRUCTION**  
Walkways, Patios, Driveways,  
Flagstone, Concrete  
FREE ESTIMATES  
Licensed, Insured, Bonded  
703-250-6231

**TREE SERVICE TREE SERVICE**

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured

**Leaf Removal  
Gutter Cleaning**

25 years of experience  
Free estimates  
703-868-5358  
24 Hour Emergency Tree Service

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured

**Spring Cleanup...**  
Tree removal, topping & pruning,  
shrubbery trimming, mulching, leaf  
removal, planting, hauling, gutter cleaning,  
retaining walls, drainage problems, etc.

25 years of experience — Free estimates  
703-868-5358  
24 Hour Emergency Tree Service

**HAULING**

**ANGEL'S HAULING**  
Junk Trash Removal,  
Yard/Construction  
Debris, Garage/Base-  
ment Clean Out,  
Furniture & Appl.

703-863-1086  
703-582-3709  
240-603-6182

**LANDSCAPING**

**A&S CONSTRUCTION**  
Bathrooms, Kitchens,  
Flooring, complete  
remodeling.  
703-863-7465

An expert  
is someone  
who knows  
some of the  
worst mistakes  
that can be  
made in his  
subject and how  
to avoid them.  
-Werner  
Heisenberg

**LANDSCAPING**

**JUNK HAULING**  
Junk, Rubbish,  
Homes, Offices,  
Commerical,  
Yard/Construction  
Debris, Lot Clear  
out, 24 hrs day,  
General Hom Work.

703-520-3205 N-VA

**PAVING**

**Joseph Sealcoating  
Specialist**

**PAVING**  
35 Years  
Experience! Free  
Estimates!  
703-494-5443

**TREE SERVICE**

**ANGEL'S TREE REMOVAL**  
Brush & Yard Debris  
Trimming & Topping  
Gutters & Hauling  
[Angeltreeslandscaping-hauling.com](http://Angeltreeslandscaping-hauling.com)  
703-863-1086  
703-582-3709  
240-603-6182

## EMPLOYMENT

**BUSINESS OPP BUSINESS OPP**

**TELEPHONE**  
A great opportunity to  
**WORK AT HOME!**  
NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
301-333-1900  
Weekdays 9-4

**Educational Internships**  
Unusual opportunity to learn  
many aspects of the newspa-  
per business. Internships  
available in reporting, pho-  
tography, research, graphics.  
Opportunities for students,  
and for adults considering  
change of career. Unpaid.  
E-mail [internship@connec-  
tionnewspapers.com](mailto:internship@connectionnewspapers.com)

**THE CONNECTION  
NEWSPAPERS**

**HOW TO SUBMIT ADS TO  
THE CONNECTION  
Newspapers & Online**

**CLASSIFIED • CHOOSE 1 TO 6 ZONES**  
E-mail [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)  
or call Andrea @ 703-778-9411

**EMPLOYMENT • CHOOSE 1 TO 6 ZONES**  
E-mail [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)  
or call Andrea @ 703-778-9411



# OVER 80 HOMES SOLD SO FAR THIS YEAR!



## JD CALLANDER

Top 1% of Realtors Nationwide  
Wall Street Journal - Top 100 Agents

(703)606-7901

JD@newNOVAhome.com  
www.newNOVAhome.com

Get JD's  
unique analytic  
approach to  
selling your  
home!

## # 1 AGENT - COMPANYWIDE



#1 Listing Agent    #1 Selling Agent  
#1 Total Volume    #1 Total Transactions  
Weichert, Realtors (Dolley Madison Office)



**YOU'RE INVITED to the JD Callander**  
**\*Real Estate Market Update Seminar\***

Thursday, November 6th, 2014 7:00-8:30pm at  
Weichert, 1313 Dolley Madison Boulevard, McLean

Answering ALL of your real estate questions, JD along with  
Mike McBride of Wells Fargo will cover:

For Sellers:

- Market housing trends in the Northern Virginia/DC area
- Planning NOW for the spring market
- Navigating our real estate market
- Renovations to sell your home fast

For Buyers:

- New information on mortgage availability/latest on interest rates
- How much house can you afford?
- Closing costs explained



**#1 Agent, Companywide**



**LIGHT FOOD and  
BEVERAGES PROVIDED!**

**RESERVE YOUR SPACE TODAY!**  
Please call: 703-821-1025

www.newNOVAhome.com  
JD@newNOVAhome.com



**CALL ME TODAY TO SCHEDULE A PRIVATE SHOWING OR  
FOR A FREE ANALYSIS OF YOUR HOME'S VALUE! (703) 606-7901**

