

Chantilly **CONNECTION** Fair Oaks ♦ Fair Lakes

WELLBEING

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At the Witches' Cove,
part of Westfield
High's Haunted
House and Carnival
on Oct. 29-30, are
Diana Witt (left) and
Gabby Moses.



PHOTO BY BONNIE HOBBS/THE CONNECTION

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Comstock Wins 10th District Race

Comstock scores resounding 17-point victory over Democratic opponent John Foust.

By VICTORIA ROSS
THE CONNECTION

Shortly after 10 p.m. Tuesday night, Republican Del. Barbara Comstock entered the Hilton ballroom in Ashburn to the tune of her favorite song - "This One's for the Girls" sung by Martina McBride.

The sassy, defiant country anthem – which tells girls to “stand your ground when everyone’s giving in” – struck the right chord with Comstock’s supporters, who chanted and clapped along with the music as Comstock took the stage to deliver her victory speech.

Comstock, 55, was clearly savoring the moment, defeating Democrat John Foust, by a resounding 17 points for the Northern Virginia Congressional seat held by retiring Rep. Frank Wolf, Comstock’s former boss and longtime political mentor.

Her decisive victory Tuesday ended one of the most contentious, expensive and closely-watched races in the Commonwealth.

When Wolf announced his retirement last December, the news sparked a flurry of speculation about the district’s possible po-



PHOTO BY VICTORIA ROSS/THE CONNECTION
Virginia Del. Barbara Comstock (R) delivered her victory speech shortly after 10 p.m. at the Hilton Garden Inn in Ashburn before a standing room only crowd of about 350 supporters.

litical shift, from solid Republican territory to more moderate “swing” district.

Democrats became bullish on the seat that had not been competitive for 30 years, and saw a prime pick-up opportunity.

In February, The Rothenberg Political Report rated the race as “leans Republican,” noting that in recent elections, the district supported both Republicans and Democrats in presidential and gubernatorial races. The

Washington Post ranked the seat as “the sixth most likely seat to flip control” in the 2014 election.

BUT COMSTOCK, according to both GOP and Democratic party insiders, ran an extremely disciplined campaign, and consistently delivered an appealing, moderate message to voters.

“It was her race to lose from the start,” said one longtime Democratic strategist.

As she addressed her supporters, Comstock thanked Wolf, and said she was “honored to follow in his footsteps.”

“We’ll take this great Virginia way and bring it to Washington for all of you.” Comstock said. “We know that government closest to the people is the government that works. The one thing I can promise you is that I’m going to work hard to push government down to you guys and gals in the 10th district.”

Then she took a final, defiant swipe at Foust.

“I guess I’m finally getting a real job,” Comstock quipped, referencing a comment Foust made during a debate about Comstock, a former Congressional aide and political lobbyist. Foust said his comments were taken out of context, but Comstock’s campaign accused Foust of being “sexist,” and repeatedly used the line against him in numerous campaign ads and stump speeches.

In his concession speech Tuesday before supporters at the Dulles Marriott, Foust, a Fairfax County Supervisor since 2007, alluded to the personal attacks and rancor that marked the contentious campaign.

“I think about the negative things my opponent said about me and the distortions,” Foust said, standing on the stage with his wife, Dr. Marilyn Jerome, and his two sons. “It was hurtful. I think about how I would feel if those things were said about my own father, and I’m sorry I put my sons through this...”

Foust said there were many more substantive issues the candidates “could have talked about,” and “so many things that remain to get done in Washington, things that led me to get into this race.”

In her victory speech, Comstock said she considered “hiring fabulous people” one of her best attributes, and brought her campaign manager – Susan Falconer – onstage to thank her.

“We beat the boys, didn’t we?” Comstock said.

AFTER HER SPEECH, Comstock left the stage as her theme song played again.

“I think it’s really cool that she played ‘This One’s for the Girls’ as she came in and left the stage,” said Eve Marie Barner Gleason from Loudoun County. “She has a remarkable ability to build coalitions. I don’t know anyone who can call her extreme.”

Democratic incumbent Connolly fends off Republican challenger Suzanne Scholte.

tenth of a percentage point update in the Mark Warner-Ed Gillespie race, incumbent congressman Gerry Connolly gave the blue population another reason to cheer.

“It is a great feeling,” he said after accepting the podium from Virginia Governor Terry McAuliffe, “to be able to say for the fourth time, I get to represent the wonderful people of the 11th district of Virginia.”

Though republican challenger Suzanne Scholte hung around in the early reports of voting returns, Connolly won comfortably with 56.77 percent of the vote to Scholte’s 40.30 percent, according to VPAP.

In Fairfax County, the unofficial returns showed Connolly receiving 82,034 votes and Scholte with 60,133. Libertarian candidate Marc Harrold garnered 2,605 and Green candidate Joe Galdo received 1,405. Scholte planned to hold a party at the Embassy Suites Springfield. She didn’t respond to a request to comment.

CONNOLLY ECHOED Moran’s acknowledgement of the Senate turnover, but alluded to hope for a Warner win.

“It may be a long night,” he said, “but we’re going to have another victory at this podium.”

The re-elected congressman then addressed the need for more unity, across the board. “We’re a divided country,” said Connolly. “It’s not just Congress that’s divided; our communities are divided, our

states are divided, and that’s because we share some values and we differ in a lot of others. The elections are always about contrasts and choices.”

In an interview after his speech, Connolly said he believes he was running more against a “climate than an opponent,” one which he said was full of contrasts.

“Do we believe it’s a woman’s right to make choices about her own body or not?” his speech continued. “Do we think we need to revamp the immigration system in America and make it fair for everyone or not? Do we believe in global climate change or not? Because if the answer is yes to those and many other questions, then actually we have a responsibility to do something about it.”

Delegate Mark Sickles was among numerous elected officials and staffers in the crowd. “Gerry was real strong, and it’s been a tougher year for democrats,” he said. “He’s working hard for our region and I’m just thrilled for him really.”

Connolly candidly remarked after his speech, “Hubert Humphrey once said, ‘Defeat, like victory, is a passing phenomenon in politics.’ You have to have that perspective.”

Warner and Gillespie were still less than one point apart by the end of the event, with Warner clinging to a paper-thin lead. He declared victory, though Gillespie didn’t concede the race.

Connolly Gets Things Done

By TIM PETERSON
THE CONNECTION

As Huey Lewis and the News’ “Power of Love” poppy ballad led a sound track infused with ’80s pop and modern country music, the mood at the DoubleTree Crystal City hotel in Arlington ebbed and flowed between elated cheers and frustrated boos.

Supporters, families and campaign staff of democratic candidates Mark Warner, Gerry Connolly and Don Beyer packed the rectangular event hall on Nov. 4. Two massive projection screens on either side of the main stage depicted race results from around the country, gradually revealing the outcome that republicans had gained control of the Senate.

VICTORIES in the flesh answered the blow to democratic dominance. An impassioned Congressman Jim Moran started the evening introducing Don Beyer, who won the 8th District representative seat with 62.95 percent of the votes, according to the Virginia Public Access Project (vpap.org).

“Regardless of what may happen tonight, we don’t know what the composition of the senate is going to be,” said Moran.

“But what we do know is that this great nation will become more inclusive,” he continued. “We will become more just. We will become more environmentally sustainable.



PHOTO BY TIM PETERSON/THE CONNECTION
Connolly defeated Republican Suzanne Scholte to secure a fourth term in the House of Representatives.

Because it is our optimism, the optimism of the democratic party, our perseverance, that will continue to push this country forward.”

While the onlookers and multimedia journalists from around Virginia hung on every

'We're Trying To Serve Over 1,600 Families'

WFCM's Holiday Food Program needs community's help.

BY BONNIE HOBBS
THE CONNECTION

Western Fairfax Christian Ministries' Holiday Food Program helps those in need in Western Fairfax County. All year long, WFCM fights to end hunger in the community via its food pantry; and during Thanksgiving and Christmas, it provides local families with holiday meals.

Trouble is, the situation is dire, so this nonprofit organization is turning to area residents, businesses and civic groups for aid.

"We urgently need sponsors for families for Thanksgiving and Christmas holiday food," said WFCM Community Outreach Manager Jennie Bush. "We're trying to serve over 1,600 families this year – our largest number ever – and still so many are being turned away in Fairfax County."

"The county referral program closed last week, so many school counselors and county social workers have no options to find help for families in greatest need in our community," she continued. "We want to serve everyone in the Centreville, Chantilly, Clifton, Fair Oaks and Fairfax Station area, but we need help to do it."

Even though Northern Virginia is considered one of the wealthiest jurisdictions in the country, it still has a poverty rate of about 5 percent. "This means, based on U.S. Census figures, that more than 90,000 people are living in poverty and 30 percent are children," said Bush.

"One in four children attending Fairfax County Public Schools is on the free-and-reduced lunch program, and many children are hungry on the weekends and over holiday breaks," she continued. "And with so many people struggling financially in these tough, economic times, more and more families are coming to WFCM for help."

That's why WFCM's Holiday Food Pro-



PHOTO COURTESY OF JENNIE BUSH

Members of the Knights of Columbus delivered 130 turkeys and boxes of food last Thanksgiving to WFCM clients.

gram is so important. It gives families in need holiday food baskets or a grocery-store gift card to purchase food for a Thanksgiving or Christmas meal. But to carry out the task of feeding so many families, it desperately needs community members to join its "Neighbors Helping Neighbors" Holiday Food Program.

This year, Bush reached out to community organizations previously untapped to help feed the large number of families. "We've been blessed to have the Sully District Police Station, Justice Federal Credit Union and Westfields Marriott hold food drives, assemble food boxes and agree to deliver to families they've sponsored for Thanksgiving," she said. "A few SYA travel soccer teams will also sponsor families in need. Doing so helps these young people understand the huge need in our community and provides them a hands-on way to help others."

But WFCM is still looking for additional



A row of food bins being packed at Centreville United Methodist Church, which sponsors 150 families each year for Thanksgiving and Christmas.

family sponsors. If people can sponsor a family with a food basket, Bush will match them up with a recipient and give them a list of suggested items to include. The sponsors will shop for the items for a holiday

meal and put together the basket(s) or food boxes themselves. Then they'll deliver this food, plus a turkey (or other meat) to the family.

For those unable to provide an entire holiday meal, or who just don't have the time to go shopping, they can still help out by contributing grocery-store gift cards in \$25 or \$50 amounts so families who aren't sponsored may purchase their own food for the holidays.

"All families who'll be receiving baskets or gift cards have been pre-screened for eligibility," said Bush. "If there are children in the family, all of them already qualify to receive free or reduced-cost lunches at school. If a family doesn't have children, they've had to provide sufficient proof of income to document that their need is real and be referred to the program by a social worker."

To sponsor a family or families for holiday food, or for more information, contact Bush at jbush@wfcmva.org. Go to www.wfcmva.org to obtain a list of suggested food to include in the food baskets or boxes.

Grocery-store gift cards may be dropped off at the WFCM food pantry at 13888 Metrotech Drive in Chantilly (near PetSmart and Papa John's), Monday through Friday, from 9 a.m.-2 p.m. (No cash donations). Or mail grocery-store gift cards, with a note saying "Holiday Food Program," to: WFCM, P.O. Box 220802, Chantilly, VA 20153.

"We'd like to receive grocery-store gift cards from local stores by Wednesday, Nov. 19, for Thanksgiving assistance," said Bush. "We'll be distributing cards and food to clients on Monday, Nov. 24." Grocery cards will also be used for the Christmas food assistance and will be accepted through Dec. 22.

"WFCM's Holiday Food Program gives our community a unique opportunity to help others truly in need and elevates an act of generosity into a blessing for all involved," said Bush. "It's my goal that every family in WFCM's service area be served holiday food. But to do so, we need a tremendous amount of support from our community."

ROUNDUPS

Robbery in Sully Station II

Fairfax County police are looking for two men who robbed a female in Centreville's Sully Station II community. The incident occurred Oct. 28, at 10:05 p.m., at Belcher Farm Court/Belcher Farm Drive.

According to police, the victim was walking there when she was approached by the men. One of them displayed a handgun and the other took property and cash from her. They then fled on foot. The suspects were described as black, in their 20s and between 5 feet 5 inches and 5 feet 8 inches tall.

Focus on Pedestrian Safety

Fairfax County police have just begun a new pedestrian-education initiative. Officers will distribute safety fliers to residents they observe violating pedestrian -safety laws.

Over the past three years, more than 400 pedestrians have been struck and injured in crashes on county roadways. Typically, October is the highest month for pedestrian-involved incidents.

According to Capt. Mike Grinnan, commander of the Traffic Unit, "This increase is likely due to a combination of factors, including decreased daylight hours." He urges walkers, motorists, and bicyclists to pay close attention to pedestrian-safety rules, such as crossing with a light and using a crosswalk.

Grinnan also noted that some residents are running in the roadway where there are sidewalks, sometimes two or three people abreast. "This simply isn't a safe practice," he said. "Wherever there are sidewalks available, they should be used."

However, police stress that pedestrians and motorists are equally responsible for observing laws and safety practices related to pedestrian right-of-way. For more information

about pedestrian safety, go to <http://www.dmv.virginia.gov/safety/#programs/pedestrian/index.asp>.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Nov. 6, from 5 p.m. to dusk, at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. (The inspection may be cancelled in the event of inclement weather). Call 703-814-7000, ext. 5140, to confirm dates and times.

Westfield's Haunted House and Carnival

Screams and laughter were both part of Westfield High's Haunted House and Carnival, Oct. 29-30. Students Catherine Crossett and Morgan Perigard organized the carnival, which included games, face painting, stories and balloon animals.



From left are Meagan Morrison and Maggie Deely.



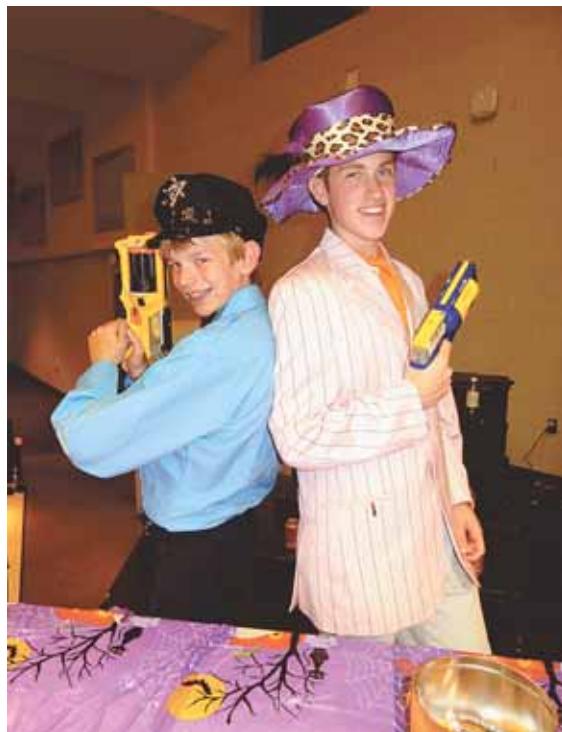
From left are sisters Porsche and Wednesday Amaya.



From left are Charlie Parsons and Rachel McKenna.



From left are Aubrey Cervarich as Anna from "Frozen" and Catherine Crossett as Mary Poppins.

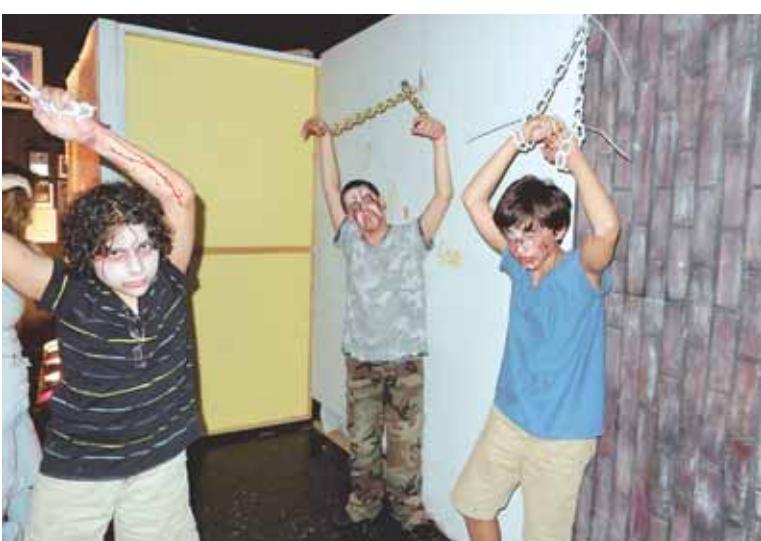


Striking a pose are Wade Parker (left) and Connor Rudy.



From left are Jessica Swanson and Ryan Kirby.

PHOTOS BY
BONNIE HOBBS



From left are Nick Kedge, Chase Leslie and Kion Islampoer.



Telling corny jokes and fortunes is Andrew Sharpe.



Manning Pirates' Cove are (from left) Morgan Perigard, John Coughlin, Ian Balderston and Misha Mullany.

NEWS

Steady Voter Turnout at Greenbriar East

More than a third of those registered there voted Tuesday.

BY BONNIE HOBBS
THE CONNECTION

Most voters at Greenbriar East Elementary (GBE) didn't want to reveal specifics about which candidates they voted for on Tuesday, but they did share their reasons for casting their ballots, in general.

Greg McTure, of the North Lake community, said he's always voted. "Growing up in Atlanta, my mom used to take me with her when she voted," he said. "And I took my daughter, too, except for today. She turned 20 on Saturday, and voted on her own, for the first time. She was very excited about it."

As for himself, McTure doesn't necessarily vote according to political party. Instead, he said, "I've always voted for the candidate I feel best communicates their understanding of the issues – and agrees with the ones I believe in."

The main concern of Fair Ridge's Erich Klaus was transportation. "When I got to the transportation referendum, I wondered



PHOTOS BY BONNIE HOBBS/THE CONNECTION

From left are Greenbriar East election officers Rebecca Gotwalt, Joel Dougherty and Margarita Morales.

how much they wasted building the HOT lanes and toll roads, while taking away lanes from me," he said. "Those roads were originally built with our taxes, and now they've been taken away."

Walking into the school with his two, young children was Alan Tong of Fair Lakes. "I'm voting for [Mark] Warner [for senator] for health-care spending; that's the major issue I'm interested in," he said. "I have kids, and I want to show them it's important to vote."

Greenbriar's Shaun Garrison voted yes on both referendums. "Anybody who serves the country should get rights above and beyond what I get," he said. "And transportation around here [is terrible], so anything that can help with it, I'm definitely for." He also said he and his wife, Eyang, came out to vote because they "care how the Senate



GBE chief election officer Sue Marcus points at directions in Spanish on the ExpressVote screen.

ends up."

Kimberley Lohmann of Gray's Pointe didn't mind sharing her thoughts on the election. "I don't like the economy and the way the government's going," she said. "I want to see some change, so I voted Republican."

Greenbriar's Debra Popoli said she came "to participate in the voting process. It's important to exercise our democratic right to do so."

Russell Stromberg of Fair Lakes was happy with the status quo. "I like our current senator and congressman, so I wanted to make sure they stay in there," he said. "And I voted yes on both the referendums – you've got to have decent roads, and you can't do enough for the veterans."

Leigh Ann Bishop of Greenbriar said she believed it was her civic duty to cast her

ballot. "I feel like an off year is the most important time to come out and vote because not enough people do it then," she said.

Election officer Margarita Morales said voters came to GBE all day at a "pretty steady pace." She and her co-workers checked them in. "We ask for a photo ID and we confirm [via computer] that they're registered to vote in this precinct," said Morales. "Then they go get a paper ballot, which is fed into a digital machine for scanning."

But that's not all. "We also have an ExpressVote machine which people with certain disabilities, such as hand tremors and vision problems, or language issues, can use," said GBE chief election officer Sue Marcus. "If they can't fill in little ovals on a sheet, they can press a large bar on this screen. And if they're blind, they can use the Braille touch pad."

Besides all that, she said, "We can make the screen larger, change the contrast or change the [ballot] questions and directions into Spanish. We were told to think of this as a 25-pound pencil because it prints out people's completed ballots, which can then be fed into the regular, voting machine."

Overall, Marcus was pleased with the number of residents who voted at GBE. "We had 12 people in line when we opened at 6 a.m.; but after that, things slowed down," she said. "However, by 5:40 p.m., of the more than 3,000 people registered to vote here, 1,013 had voted – which is a pretty good turnout for a midterm election."

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!



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OPINION

Sometimes Perception Really Isn't Reality

BY JOE MEYER
EXECUTIVE DIRECTOR,
SHELTER HOUSE, INC.

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-



COMMENTARY

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

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 foster care. About 300 teenagers



See more about (clockwise)
Krishana, Jaheim and Anna at
thepicmoproject.wordpress.com

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 rudderless 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

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

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NEWS

Boy Scout Food Drive Is Nov. 8

It's tough being hungry – and especially in an affluent place like Fairfax County. So each year, local Boy Scouts conduct a food drive to help families in need will have something to eat.

Last weekend, they delivered empty grocery bags throughout the Centreville and Chantilly area. Now, they're hoping the residents who received them will fill them up with lots of food for Western Fairfax Christian Ministries' (WFCM's) food pantry, and place the bags outside their front door, this Saturday, Nov. 8, before 9 a.m., for pickup.

The Scouts will be collecting non-perishables items, such as canned soup, meats, vegetables, fruit, cereal, rice, oatmeal, macaroni and cheese, pasta and sauce (no glass jars), peanut butter and jelly, dried beans, canned tomatoes, etc. Scouting for Food is the largest food drive of the year for WFCM's food pantry, as the Scouts go through the neighborhoods and bring approximately 50,000 pounds of food to WFCM on that one day.

However, it's a big job and a great deal of territory to cover, so more than 150 youth and adult volunteers are needed to help throughout the day with this Sully District area Scouting for Food drive. Shifts are available for set up and tear down, sort-



From left: Westfield High freshmen Sarah Pak, Nicole Ruckert, Lauren Peters and Summar Morgan sort donated canned goods.

ing, crating and transporting of food on Friday-Saturday, Nov. 7-8.

Volunteers are also needed to help with the final clean-up of the borrowed, parking-garage facility in Chantilly where the collected items will be brought on Saturday for sorting. Youth may work with a team of friends and earn community-service hours. For more information and to sign up, contact WFCM's Volunteer Manager Annette Bosley at abosley@wfcmva.org.

— BONNIE HOBBS



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SPORTS

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Chantilly's McGorty Has Big Day at Conference 5 Meet

Centreville's Bailey, Horoho, O'Shea qualify for regionals.

BY JON ROETMAN
THE CONNECTION

Chantilly's Ryan McGorty entered the Conference 5 meet on Oct. 30 with aspirations of producing the second-fastest time in school history.

The goal: beating Eric Post's time of 14:48, which would leave only McGorty's brother, former state champion Sean McGorty, ahead of him on the list of top Charger performances.

At the end of the race, McGorty fell just short of his goal, finishing in 14 minutes, 49 seconds at Burke Lake Park. But there was no need to feel bad for the senior harrier. McGorty still finished with the third-best time in school history, the 13th-best time in the history of the Burke Lake course, an individual Conference 5 championship and a team title.

"I'm going to be honest," McGorty said, "I'm very excited." McGorty was the only Conference 5 runner to break 15 minutes on Oct. 30. His performance helped two-time defending state champion Chantilly earn a first-place score of 47. Oakton finished runner-up with 52, followed by Robinson (62) and Centreville (86).

"Ryan has had a tremendous season," Chantilly head coach Matt Gilchrist said. "This is his fourth win. ... He's also been getting better. Winning is great, and this is a major win for him ... but he has taken a step forward. Last year, he was the team leader and he was third in state, but he's taken it to that next level. When you're running in the 14-anythings, you're in rare company."

Chantilly sophomore Brandon McGorty earned all-conference with a seventh-place finish and a time of 15:38.

Evan Compton finished 11th with a time of 15:52, Christopher Wigle took 12th (15:54) and Nicholas Marotta finished 16th (16:07).

Each of the Chargers' top five produced a



The Chantilly boys won the Conference 5 cross country team title on Oct. 30.



Chantilly senior Ryan McGorty won the boys' individual Conference 5 championship on Oct. 30 at Burke Lake Park.



Westfield junior Sara Freix finished runner-up at the Conference 5 championship meet on Oct. 30.



Centreville junior Brent Bailey finished sixth at the Conference 5 meet on Oct. 30.

personal-best time.

The Chantilly boys' team "met and exceeded all expectations," Gilchrist said. "...We've been looking all year for the postseason. This is the approach we've taken the last few years and it's been suc-

cessful."

Westfield senior Johnny Pace finished runner-up with a time of 15:04. Centreville had two individuals earn all-conference: Brent Bailey (sixth, 15:36) and Dan Horoho (13th, 15:57).

The Chantilly girls' team qualified for regionals with a fourth-place finish despite injuries to multiple key athletes.

Oakton won the event with a score of 30, followed by Robinson (49), Westfield (83) and Chantilly (116).

"We sort of had to re-adjust our goals midseason," said Gilchrist, who added that one of the team goals was to qualify for regionals.

Christie Murray, a junior, was Chantilly's top finisher, placing ninth with a time of 18:28.

Robinson senior Lauren Berman won the individual title with a time of 17:39. Westfield junior Sara Freix finished runner-up with a time of 17:44. Centreville's Jackie O'Shea earned all-conference with a seventh-place finish and a time of 18:18.

The 6A North region meet was held Wednesday, Nov. 5, after press deadline.

The 6A state meet will be held Saturday, Nov. 15 at Great Meadow.

SPORTS BRIEFS

Chantilly Field Hockey Earns State Berth

The Chantilly field hockey team knocked off defending state champion Westfield 1-0 in the 6A North region semifinals on Nov. 4, earning the Chargers a trip to the region championship game and a berth in the state tournament.

Westfield Football To Host Chantilly

The Westfield and Chantilly football teams will close their respective regular seasons with a matchup at 7:30 p.m. on Friday, Nov. 7 at Westfield High School.

The Bulldogs improved to 8-1 with a 38-0 win over Oakton on Oct. 31. Chantilly is

5-4 after a 28-9 victory over Robinson.

Centreville Football To Face Robinson

The Centreville football team will close the regular season with a road game against Robinson at 7:30 p.m. on Friday, Nov. 7. The Wildcats (7-2) have won three straight since losing to Westfield, 42-41 in double overtime. The Rams (6-3) have dropped three in a row since starting 6-0.

NEWS

PHOTO BY JEANNE THEISMANN/THE CONNECTION



Trick or Treat

The John family of Chantilly spent the afternoon of Oct. 31 trick-or-treating on the South Lawn of the White House as part of a special Halloween event for military families and area schoolchildren. Enjoying the display of 200 pumpkins, acrobats, jugglers and other assorted costumed entertainers were Becky and Josh John with Everett, 2, and Rylee, 6. Rylee is a student at Lees Corner Elementary School.



PHOTO CONTRIBUTED

Tea Party Fundraiser

Ally Kammerman in the Judy Ryan of Fairfax store in the Twinbrook Shopping Center looks at a display for the shop's Oct. 22 tea party fundraiser for Breast Cancer Awareness. Specialists from the Tea Forte and Brighton companies participated.



PHOTO CONTRIBUTED

Eagle Scout

An Eagle Court of Honor was held for James Pesce of Troop 160, Franklin Middle School, at Reston Bible Church. His Eagle Project was a grass volleyball court for the church for their youth and young adults programs. The Pesce family has been a member of Troop 160 for 14 years and has had the honor of celebrating two other Eagle Scouts in their family, their sons Phil and Frank Pesce, who participated in their brother's ceremony.



Correction

Senior Court members Bela Davila and Mackenzie Kirkham at Westfield High School's homecoming parade on Friday, Oct. 17. The wrong photograph was published in the Oct. 23 edition.

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Dos, Don'ts and What-Ifs

By KENNETH B. LOURIE

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

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

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

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



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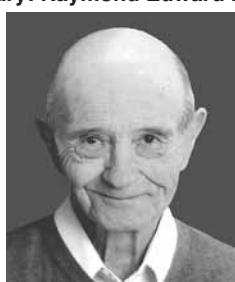
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Obituary: Raymond Edward Lang



Ray "Dubby" Lang, age 84 of Clifton, Virginia passed away on Tuesday, October 28, 2014, at the Adler Center for Caring in Aldie, Virginia after a long and courageous battle with cancer.

Born in Plentywood, Montana on December 31, 1929, Ray graduated from Poplar High School and received his Bachelor's Degree in Business Administration with a major in Labor Economics from Gonzaga University and completed Officer Candidate School in Newport, Rhode Island. After serving as an officer on a minesweeper in the United States Navy during the Korean War, Ray worked as a Personnel Officer for Los Angeles County until his retirement in 1988. Ray spent his retirement years traveling, listening to radio, telling stories, and spending time with family.

Survivors include his two daughters Kelley Lang Helms and her husband Ray of Clifton, Virginia and Kim Lang and her spouse Nadine Bennett of Sunnyvale, California; and his four grandchildren, Madeleine, Noah, Julia and Olivia. Ray was the beloved husband of Katherine Pereira for more than 51 years. He was preceded in death by his parents Raymond Edward Lang, Sr. and Hazel Isabelle Dugan; and loving sisters Olive Ferestad and Margaret Zimmerman.

Ray touched the lives of many people with his easy smile, kind heart, and tremendous sense of humor. The family will receive friends on Thursday, November 6, 2014 from 6-8 P.M. at Pierce Funeral Home, 9609 Center Street, Manassas, Virginia. Funeral services will be conducted on Friday, November 7 at 10:00 A.M. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton, Virginia with Associate Pastor Darcy Percy officiating. Internment will immediately follow at Quantico National Cemetery in Triangle, Virginia.

In lieu of flowers, the family suggests contributions be made to Capital Caring's Adler Center Fund at <http://capitalcaring.org/join-us/donate/>

Online condolences can be sent to <http://www.piercefh.com>

To send flowers or a memorial gift to the family of Ray Lang, please contact <http://www.piercefh.com>

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Natural Treatments for Anxiety

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

BY MARILYN CAMPBELL
THE CONNECTION



COURTESY OF MIND THE MAT YOGA AND PILATES

Laura Schwartz, a yoga instructor at Mind the Mat Yoga and Pilates demonstrates half lotus position, which is one of the traditional seats taken to prepare for meditation and breathing.

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 experiences 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 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 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.'"

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.

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."

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."

ENTERTAINMENT

Email announcements to chantilly@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

The Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center, 14390 Air & Space Museum Parkway, is showing movies including "Interstellar", "D-Day: Normandy 1944", "Hubble," "Fighter Pilot," "Hidden Universe" and "The Dream is Alive." Visit [airandspace.si.edu/udvarhazy](http://airandspace.si.edu/) or call 703-572-4118 for the movie schedule or to schedule an IMAX On Demand show for groups of 50 or more.

Sully Historic Site. 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

Exhibit of Colorful Nutcrackers at Historic Sully. Nov. 22 through Jan. 31. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an array of nutcrackers, both old and new, in a colorful case exhibit. This holiday exhibit is included in a guided tour of the 1794 house. Sully, the home of Richard Bland Lee, northern Virginia's first congressman, will be decorated for the holiday season from Dec. 3-22. 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully

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includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

PET ADOPTIONS

Adopt a Dog. Fridays, 6:30-8:30 p.m. and Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

SATURDAY/NOV. 8

Bazaar and Craft Fair. 9 a.m.-3 p.m. at Centreville United Methodist Church, 6400 Old Centreville Road, Centreville. More than 50 local craft vendors will be selling their items. Proceeds will benefit eight United Methodist affiliated charities at the local, state and international level. Email novemberbazaar@hotmail.com for more.

Fairfax County's Tenth Annual History Conference. 8:30 a.m.-3:30 p.m. Stacey C. Sherwood Community Center, 37410 Old Lee Highway, Fairfax. "Fire, Flight and Fury!" www.fairfaxcounty.gov/histcomm/event.htm

Song and Comedy Show. 7-8 p.m. The Epicure Cafe 11104 Lee Highway, Fairfax. Show about the state of our union. Tickets free, reservations recommended as seats are limited. www.brownpapertickets.com/event/907728 or info@harridamericans.com

Art Auction by Marlin. 6:30 p.m.

King of Kings Lutheran Church and Preschool, 4025 Kings Way, Fairfax. Art for everyone's taste and budget, in all media and price ranges, will be live-auctioned by Marlin. Event benefits the Preschool Scholarship Fund and youth program. Admission: \$20 per person /\$35 per couple. Light refreshments. Contact Judi Cooper at 703-378-7272, ext. 225 or at jhangen@kofk.org.

SUNDAY/NOV. 9

The Nothing But Net 5k Run, 9 a.m./ Burke Lake Park. Funds are being raised through the registration fees and sponsorship to benefit the Girls HS Basketball Teams at Chantilly, Oakton, Westfield and Centreville High Schools. Participants can also mingle with Master of Ceremonies Ryan McElveen, School Board Member at Large both before and after the race. This is a fun, stroller and pet friendly course with great post-race food. Race t-shirts for each registrant and random prize giveaways. Learn more and register at www.nothingbutnet5k.com. Select a particular high school when registering.

Modeling Day. 1-4 p.m. at 11200 Fairfax Station Road, Fairfax Station. Learn about railroading and the Fairfax Station through hands on modeling activities. Participants may also bring their own model train items that need work. Call 703-425-9225. or visit fairfax-station.org.

THURSDAY/NOV. 13

Joseph Ribkoff Trunk Show. 3-7 p.m. at Judy Ryan of Fairfax, 9565 Braddock Road, Fairfax. Play dress-up while planning holiday parties. Meet a Joseph Ribkoff specialist, try

on samples and sneak a peak at Spring 2015. Call 703-425-1855.

SATURDAY/NOV. 15

Charity Home Tour. 10 a.m.-4 p.m. 12722 Clifton Heights Lane, Clifton. Residents will hold an open house of newly remodeled homes. Proceeds will benefit a widow who operates one of the local day care centers. Call 703-425-5588 or visit RemodelersCharityHomeTour.com.

WEDNESDAY/NOV. 19-SUNDAY/JAN. 4

Lights Festival. 7700 Bull Run Drive, Centreville. Almost two and a half miles of light displays and a Holiday Village to celebrate the season. Visit www.bullrunfestivalsflights.com.

SATURDAY/NOV. 22

Christmas Decorating Tips. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. Learn how to create holiday displays that will wow guests. Call 703-968-9600 or visit merrifieldgardencenter.com for more.

SATURDAY/NOV. 29

Fairfax Ballet's "The Nutcracker." 2 and 7 p.m. at W.T. Woodson High School, 9525 Main St., Fairfax. Members of the Fairfax Ballet's Company, along with students from the Russell School of Ballet and guest artists from around the world will perform. Tickets are available for purchase at fairfaxnutcracker2014.brownpapertickets.com. Tickets will also be available at the door one hour before each show. Email events@fairfaxballet.com or call 703-439-9788 for more.

BULLETIN BOARD

Email announcements to chantilly@connectionnewspapers.com.

THURSDAY/NOV. 6

Power Mixer. 5-8 p.m. at Westfields Marriott, 14750 Conference Center Drive, Chantilly. National Fox News Reporter Kelly Wright and former NFL All Pro Ken Harvey will speak, addressing success secrets for business-minded professionals. Tickets are \$25. Visit touchingheart.com/networking-power-mixer for more.

FRIDAYS/NOV. 7-DEC. 19

Temple Beth Torah, a reform Jewish congregation and member of the Union for Reform Judaism holds services and religious school at 4212-C Technology Court, Chantilly. The congregation offers spiritual, educational, support and social opportunities for member children age 3 through Bar/Bat Mitzvah and confirmation. All community members welcome. Call Jennifer Harding 703-217-8938 or visit www.BethTorah.net for more.

SATURDAY/NOV. 8

Leaders Conference. 8 a.m.-1:30 p.m. at The Waterford, Springfield 6715 Commerce St., Springfield. This conference will help parents, school leaders, emerging minority leaders and community advocates in outreach to their diverse communities. All attendees will receive a \$10 gift card to a local restaurant. Visit www.fccta.org/fccpta-programs/emerging-minority-leadership.html for more.

SUNDAY/NOV. 9

Veterans Sunday Patriotic Services. 8:45 and 11 a.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Jubilee is having special Veterans Sunday patriotic services featuring U.S. Army Brass music. The public is invited. Call 703-383-1170 or see www.jccag.org.

Author Talk. 7 p.m. at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike. Three writers will share unique and universal stories about their personal journeys. email boxoffice@jccnv.org.

TUESDAY/NOV. 11

Veterans Day Celebration. 9:30 a.m. at Bull Run Elementary School, 15301 Lee Highway, Centreville. Bull Run invites Veterans in the Centreville community to be honored guests at the school's annual Veterans Day Ceremony. Veterans who would like to attend RSVP at 703-227-1400.

WEDNESDAY/NOV. 12

Clifton Academy Open House. 9:30-11:30 a.m., 14315 Compton Road, Centreville. Bring children to tour the school for afternoon and full day preschool classes. Call 703-968-8455 for more information or see www.childrensacademy.com.

Sully District Community Meeting. 2:30 p.m. Join the Office of Emergency Management at the upcoming Citizen Advisory Committee meetings to learn about Fairfax Alerts and emergency preparedness. Contact 571-350-1000 or oem@fairfaxcounty.gov for more.

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

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