

WELLBEING

PAGE 10

Springfield
CONNECTION

Franconia ❖ Kingstowne
Newington

Fear a Good Cause

NEWS, PAGE 10

Nick Beck (left) in eighth grade at Washington Irving Middle School and Gabe Jacome in eighth grade at Lake Braddock Secondary School were volunteer scarers at the 2014 Interstate Haunted Maze.

Natural Treatments
for Anxiety

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Connolly Gets
Things Done

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ENTERTAINMENT, PAGE 10 ❖ SPORTS, PAGE 14 ❖ CLASSIFIED, PAGE 12

PHOTO BY TIM PETERSON/THE CONNECTION

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ELECTION 2014

SPRINGFIELD CONNECTION EDITOR KEMAL KURSPAHIC
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Gerry Gets Things Done

Democratic incumbent Connolly fends off Republican challenger Suzanne Scholte.

BY TIM PETERSON
THE CONNECTION

As Huey Lewis and the News' "Power of Love" poppy ballad led a soundtrack 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. 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 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



Gerry Connolly's wife Cathy and daughter Caitlin Rose joined him on stage at the Mark Warner party held in the DoubleTree Crystal City Hotel in Arlington.

PHOTOS BY TIM PETERSON/THE CONNECTION



Connolly defeated Republican Suzanne Scholte to secure a fourth term in the House of Representatives.

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 Em-

ELECTION RESULTS

U.S. Senate

U.S. Sen. Mark R. Warner (D), 1,066,783, 49.12%
Ed W. Gillespie, (R), 1,049,524, 48.33%
Robert C. Sarvis, Libertarian, 53,414, 2.46%
Write In, 1,968, 0.09%

VA 8th District U.S. House of Representatives

Democrat Donald S. Beyer Jr., 127,981, 62.95%
Republican Micah K. Edmond, 64,175, 31.56%
Independent Gwendolyn J. Beck, 5,420, 2.67%
Libertarian Jeffrey S. Carson, 4,403, 2.17%
Independent Green Gerard C. "Gerry" Blais III, 962, 0.47%

VA 10th District U.S. House of Representatives

Republican Barbara J. Comstock, 125,643, 56.50%
Democrat John W. Foust, 89,706, 40.34%
Libertarian William B. Redpath, 3,392, 1.53%
Independent Brad A. Eickholt, 2,433, 1.09%
Independent Green Dianne L. Blais, 942, 0.42%
Write In, 261, 0.12%

VA 11th District U.S. House of Representatives

U.S. Rep. Gerald E. "Gerry" Connolly (D), 106,726, 56.77%
Suzanne K. Scholte (R), 75,760, 40.3%
Marc M. Harrold (Libertarian), 3,263, 1.74%
Joe Galdo (Green), 1,737, 0.92%
Write In, 527, 0.28%

SOURCE: VPAP.org, unofficial results

Fairfax County Transportation Bond \$76 million for pedestrian projects; \$6 million for bike improvements; \$16 million for spot road improvements. \$100 million total.

Yes, 214,344
No, 83,999

City of Fairfax Advisory Referendum

regarding length of term for Offices of Mayor, City Council and School Board, and whether the term of office should be increased from two years to four years.

No, 4,600
Yes, 2,243

* All results unofficial as reported morning of Wednesday, Nov. 5, 2014.

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.

SEE ELECTION 2014, PAGE 4

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ELECTION 2014

Paper Trail

Single voting method helps streamline the process.

BY TIM PETERSON
THE CONNECTION

When it comes to voting, paper is the past, the present and the future. The assistant chief election officer at Robinson Secondary school James Emery Jr. of Fairfax said paper is too valuable as a voting record to abandon.

"It's so there's a verifiable means to do a recount," he said. "You can run it all through the machines again. There's a paper trail: It's in the box, saved and archived."

The touch-screen voting machines available in previous years made recounting much more difficult. And trying to facilitate voting with both options simultaneously led to confusion for some citizens, which slowed down the entire process.

This year, paper is king across Virginia.

"They feel like for accountability purposes that's the way to go," said Chief Election Officer at Robinson Teri Ayres of Fairfax.

Working with only paper ballots requires a little more labor on the part of the election staff to pre-



PHOTO BY TIM PETERSON/THE CONNECTION

Election officials at West Springfield High School wait to process voters. (From left) Chea Belfort of Burke, Pradeep Chaturvedi of Springfield, Jeanette Hantke of West Springfield, Vivina McVay of Burke, Chris Bolognese of Springfield and Nour Nourey of Alexandria.

pare and make sure no one gets a double ballot. But still, she said, "We've seen lines go a little bit faster."

Chief Election Officers Bill Patterson at West Springfield High School and Ravi Udeshi at Centreville High School experienced similar levels

SEE ELECTION, PAGE 5

VIEWPOINTS

What was the main issue for you in this election?
How did you vote and why?

Mauro Maldonado of Springfield

"For me it was economic issues. I'm concerned with the state of the so-called 'recovery,' that our 'leaders' have done nothing about. I voted republican down the line. Both sides have their cons, but the republicans seem to have a more natural edge when it comes to matters of the state versus matters of the heart like democrats do."



Anne and Joe Plummer of Burke

Anne said, "It's primarily a state election, so it's about who is going to advocate more for state issues. I like the way Warner has tried to reach across the aisle, to try to get something actually done." Joe said, "She's much loftier than I am. I don't want the republicans to get control. I'm more of a bare-knuckled in-fighter."



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Corey Wallach, MD, completed his spine fellowship at the prestigious UCLA Comprehensive Spine Center which specializes in minimally invasive, motion preserving and traditional treatment for the neck and lumbar spine. He completed his residency at the University of Pittsburgh Medical Center, where he conducted research on biologic treatment strategies for degenerative spinal disorders, earning both national and international recognition for his efforts. He now serves as a medical director for the Inova Spine Institute.



ELECTION

FROM PAGE 4

of smooth operation thanks to the single voting option.

"The ballot box is new, it's flawless," said Patterson, a Springfield resident. "Things have been pretty smooth, generally."

Ayres said despite sticking with paper ballots, a new counting machine is helping improve efficiency this year. The DS200 Digital Scan Voting Systems box doesn't just make a head count like previous machines; it actually creates a digital image of both sides of the ballot, and counts that.

None of the three locations' officials experienced many voters having trouble complying with the new identification legislation. "I think the majority of people were informed, but some just weren't sure what the law stated," said Patterson.

Fairfax County released its unofficial returns data after the polls closed. Official returns won't be available until later in the month. But according to the unofficial report, Braddock district had a 46 percent turnout, including 32,526 in-person votes and 2,975 absentees; Lee district saw 41.4 percent, with 25,815 in-person and 2,046 absentee; while Springfield notched 47.8 percent with 35,797 in-person votes and 3,659 absentees.

The county swung hard for incumbent democrat Senator Mark Warner, with (again the unofficial report from Fairfax County) 175,687 votes to republican challenger Ed Gillespie's 122,790 and libertarian Robert C Sarvis' 6,652.

AREA ROUNDUPS

Christmas à la Carte at Springfield Church

Concerts from Kirkwood presents Christmas à la Carte on Dec. 6, at 3 pm. at Kirkwood Presbyterian Church in West Springfield. The concert will feature "Classical FX," a talented vocal quartet ensemble that includes musicians Denise Gulley, Soprano, Terri Erchul Malone, Mezzo Soprano, Tim Augustin, Tenor and Matthew J. Minor, Bass- Baritone. The performers are very well known and frequently perform with the Washington National Opera, Wolf Trap Opera and Washington Concert Opera. Many of the members also enjoy solo careers, have toured worldwide, won numerous competitions and performed major roles in acclaimed opera houses.

The group will perform a mix of sacred and secular Christmas and holiday music. A sing-along of favorite carols is planned to help the audience get into the spirit of the holiday season. A brief reception will follow the concert at which the audience will have the opportunity to meet the artists. The concert is free (donations are welcome).

Kirkwood Presbyterian Church, 8333 Carrleigh Parkway, Springfield is located ne block north of the intersection of Old Keene Mill Rd. and Carrleigh Pkwy. 703-451-5320.

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Sunday 10-4: Silent Auction Closes at 1:00 pm.... Bazaar and events continue SUPPORT OUR ONGOING HOLIDAY FOOD DRIVE for local charities, your donation of non-perishable food will earn you raffle tickets or prizes throughout the weekend!!!

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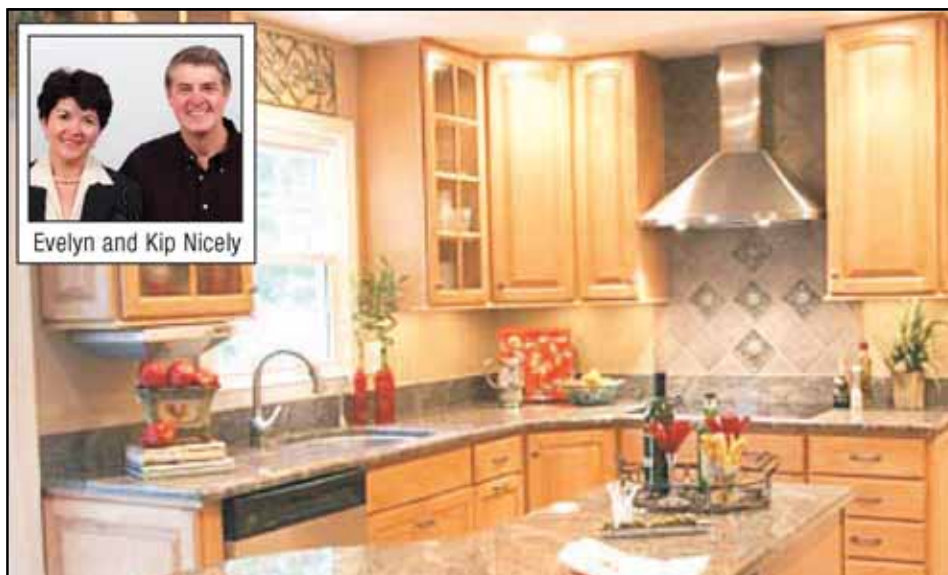
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Sometimes Perception Really Isn't Reality

By JOE MEYER
EXECUTIVE DIRECTOR/SHELTER
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COMMENTARY

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

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

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

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

Shelter House is working to cure the epi-

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

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

SHELTER HOUSE is also finding success in

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

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

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

If you want to be part of the solution in ending homelessness in your community please visit shelterhouse.org.

November Is Adoption Month

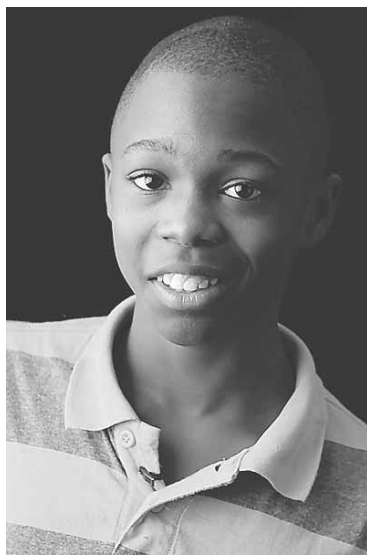
Here's how you can help find a forever family for children and teens waiting in foster care.

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

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

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

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



NEWS

Substance Abuse Forums to be Held Nov. 10 and 18 in FCPS

The signs and symptoms of teenage drug abuse, the actions parents can take, and where to find supportive resources will be shared at an upcoming "Protect Against Substance Abuse" community program, scheduled for Monday, Nov. 10, at South County High School, and Tuesday, Nov. 18, at Fairfax High School.

The nonprofit Unified Prevention Coalition of Fairfax County (UPC) and its work group, PROTECT (Parents Reaching out to Educate Communities Together), will present this educational program.

The Nov. 10 forum, hosted by the South County High School PTSO, begins at 7 p.m. in the silver box theater. The Nov. 18 program, hosted by the Fairfax High School PTSA, will begin at 7 p.m. in the choral room. Middle school and high school parents are encouraged to attend with their children.

"Our program makes an impact on each audience because of the very personal stories of the dangers of substance abuse told by our

panel of parents, young adults in recovery, and professionals working in this area," said Jennifer Lewis-Cooper, UPC's PROTECT coordinator.

Paula King, intake officer with Fairfax County Juvenile and Domestic Relations Court, will moderate both forums. Panelists will include Chris Leibowitz, a young adult in recovery; Bill Fulton, school resource officer coordinator, Fairfax County Police Department; and David Edleman, clinical supervisor, Fairfax-Falls Church Community Service Board Youth and Family Team.

Greg Richter, parent of a daughter in recovery, will participate in the South County event. Lori Shapiro, parent of a son in recovery, will take part in the Fairfax event.

UPC is a nonprofit organization made up of more than 60 community partners and members, including Fairfax County Public Schools and the Fairfax County Police Department. For more information, visit www.unifiedpreventioncoalition.org.

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WELLBEING

Natural Treatments for Anxiety

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

By MARILYN CAMPBELL
THE CONNECTION

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

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

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

"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

peutic 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.



PHOTO 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. Complementary treatments such as yoga and meditation can help alleviate anxiety.

"Over a matter of several months, it was a pleasure to see his countenance change dramatically and to see him functionally and obviously so much more relaxed and at ease within himself and with his surroundings."

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

NATURAL ANXIETY treatments can be created on an individual basis. "For some students, having a very vigorous practice, perhaps in a heated room, and then a time to meditate in savasana, [also known as] corpse pose, reduces anxiety," said VanderGoot, certified message therapist and registered yoga teacher "For others, deep breathing and the quiet repetition of an affirmation, such as 'I am relaxed,' does the trick. Either way, these practices must be done consistently over time. Scientific studies have shown that steady practice of deep breathing and meditation can significantly reduce levels of anxiety as well as aid in the healing of depression."

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

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

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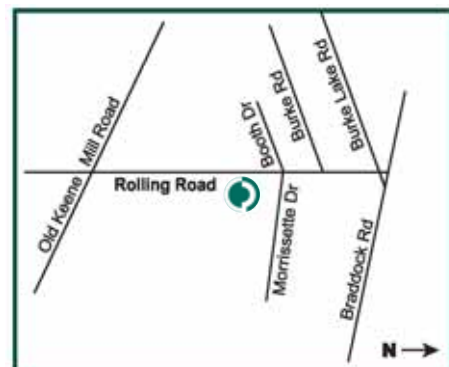
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Fear a Good Cause Interstate Haunted Maze in Springfield collects food for ECHO.

By TIM PETERSON
THE CONNECTION

Cabe Jacome is terrified of haunted mazes. But when the Lake Braddock eighth grader literally ran into some of his friends working at the Interstate Haunted Maze, he decided to join the scare team.

"In the maze, I stand right in front of people and then jump out when they least expect it," he said, decked out in a grey robe down to his ankles, with skeleton hands and a chilling ghoulish mask. "When I've really scared someone, it makes me laugh a lot."

The maze wrapped up its second year at the Interstate Moving Relocation Logistics storage facility on Morrissette Drive in Springfield on Nov.1. Haymarket resident Eric Fierst works for Interstate and created the maze in 2001.

A LIFELONG FAN OF HALLOWEEN and scary movie buff, Fierst initially built the maze inside a moving trailer he would park in his own driveway. The trailer and maze came along as Fierst and his family moved to Minneapolis, St Louis and then Virginia in 2011. While in St Louis, they had around 1,000 trick-or-treaters come through the maze in 2010.

Each year, Fierst adds props like severed



PHOTO BY TIM PETERSON/THE CONNECTION

(From left) Eric, Blake, Loan and Brooke Fierst all play a role running the Interstate Haunted Maze in Springfield.

feet, a zombie toddler hanging from a swing and caskets from Batesville Casket Company (St Louis). For 2014, he's built in pneumatic devices, air cylinders that make hands and body parts move.

And as the event became more popular, he decided it could be more than just a maze.

"It grew from trying to entertain people for Halloween to, 'Let's try to reach out and do something for the community.' And that's where we started the canned food drive."

Fierst's home owners association in

Haymarket wouldn't allow him to run the maze in the driveway, so he approached Interstate with an idea: Why not partner with the Springfield-based charity ECHO (Ecumenical Community Helping Others) and hold the event at the Springfield Interstate facility? "It just sounds to me it would be a fit," said Fierst. "Let's do this."

ECHO supports people in short-term emergencies with food and money, and helps low-income earners with clothing and home essentials.

FOR 2013, Fierst set up his homemade house of horrors at Interstate for a single weekend around Halloween. The maze covers an enclosed 20 by 28-foot structure, with rest of the path comprising shipping containers. Walking takes up to six minutes.

The first year in its new location, Fierst and company collected about 1,000 pounds of food for ECHO. Encouraged by the turnout, and perhaps the tradition of never-ending Halloween movie sequels, he decided to run the maze for two weekends in 2014: Oct. 24, 25, 31 and Nov. 1.

Fierst said total attendance for both weekends was 1,275, bringing in 1,940 pounds of food and \$250.50 in cash donations.

Irving Middle School eighth grader Nick Beck attended the maze in 2013, then asked if he could volunteer when he returned in 2014.

"It's for a good cause," he said. "I just wanted to help out, and I get some community service hours for my school."

Volunteers from Lake Braddock, West Springfield High School and Irving helped construct the maze beginning in early October, with anywhere from 10 to 25 students committing several nights per week. Then they got to be the maze's living (or dead) components. Beck's deranged clown costume was his own idea. "I'm just like a psycho clown killer guy," he said. "I just got some fake blood and put it on a lab coat, and got a chainsaw."

Beck was joined in the maze by Fierst's children Brooke,6, and Blake,8.

"It's a great touch, the mask with the princess dress," said Fierst's wife Loan, referring to Brooke. "The kids are completely into it; I sort of married into it, but it's a family tradition now."



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Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

FRIDAY-SATURDAY/NOV. 7-8

"Fiddler on the Roof JR." Friday: 7:30 p.m. Saturday: 5 p.m. The Loyal Order of the Moose Lodge, 9612 Fernedge Lane, Lorton. Set in the little village of Anatevka, the story centers on Tevye, a poor dairyman, and his five daughters. With the help of a colorful and tight-knit community, Tevye tries to protect his daughters and instill them with tradition in the face of changing social mores. The show features some of the most memorable roles in the musical theatre canon. Seating is limited. For tickets and information, please visit their website at NVPlayers.com. For group tickets or special needs and assistance, please call 703-866-3546.

SATURDAY/NOV. 8

Christmas Craft Fair and Bake Sale. 9 a.m.-2 p.m. New Hope Church, 6905 Ox Road, Lorton. Begin your holiday shopping early. Crafts, artwork, holiday items, inspirational items, soaps/scrubs, jewelry, baked goods, jams/jellies, candies/nuts/fudge, raffles, stuffed animals, food, etc. Free. Doris Lama, 703-644-0139/571-234-7322.

Annual Christmas Craft Bazaar. 10 a.m. - 3 p.m. Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Handcrafted jewelry, ornaments, glass art, bath and body, purses, Spirit wear, pins greeting cards, needle work, children clothes, fabric art and blankets.

2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Guests can tour seven unique studio buildings, mix and mingle with artists, buy original works of art, experience ever-changing exhibitions and meet featured artists, all while enjoying light refreshments and music. Free. 703-584-2900. www.workhousearts.org.

Art Auction. 6:30 p.m. King of Kings Lutheran Church, 4025 Kings Way, Fairfax. There will be art for everyone's taste and budget, in all media and price ranges. Event benefits the Preschool Scholarship Fund and the youth program. Admission: \$20 per person - \$35 per couple. For more information or to reserve your tickets call Judi Cooper at 703-378-7272, ext. 225 or email jhanger@kofk.org.

Teen Author-Kristin Bailey. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Young adult author of the Secret Order trilogy, teaches the art of storytelling through the power of Disney. Story structure of Disney's Tangled, Frozen, and Wreck-It-Ralph will be analyzed to see what works, what doesn't, and how you can apply Disney's story-telling techniques to your own writing. This workshop is designed for teen writers. It is recommended that participants watch all three movies before attending the workshop. Age 13-18. 703-249-1520.

SUNDAY/NOV. 9

Taste of Greater Springfield. 3-7 p.m. Embassy Suites, 8100 Loisdale Road, Springfield. Will feature cuisine from 20 local restaurants. Tickets for adults are \$30 at www.togs.us Sponsored by the West Springfield Rotary Club Foundation.

"Hands On" Modeling Day. 1-4 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Learn about railroading and the Fairfax Station through hands on modeling activities. You may also bring your own model train items that need work. Admission is free for children under 5 and Museum members; \$2 ages 5-15; \$4 ages 16 and over. www.fairfax-station.org, 703-425-9225.

SEE CALENDAR, PAGE 11

CALENDAR

FROM PAGE 10

Thanks for Giving Holiday

Marketplace. 5-9 p.m. Grevey's Restaurant and Sports Bar, 8130 Arlington Boulevard, Falls Church. Get a head start on holiday shopping while helping save rescued cats and dogs. Ten percent of proceeds will go to Lost Dog & Cat Rescue Foundation.

MONDAY/NOV. 10

39 Clues Book Club. 4:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. The 39 Clues series follows Amy Cahill and her brother Dan as they travel the world to hunt for Clues. The third adventure is The Sword Thief by Peter Lerangis. Activities and discussion. Age 9-12. 703-249-1520.

WEDNESDAY/NOV. 12

S.T.E.M. Storytime. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Science, Technology, Engineering, Math (S.T.E.M.) Each month we will focus on one of the STEM subjects with stories, songs, and activities for preschoolers. Age 4-5 with adult. 703-249-1520.

THURSDAY-SATURDAY/NOV. 13-15

"A Midsummer Night's Dream." 7 p.m. South County High School, 8501 Silverbrook Road, Lorton. Tickets are \$10 for general admission, and \$8 for students and seniors. southcountytheatre.org

SATURDAY-SUNDAY/NOV. 15-16

28th Annual Holiday Craft Show.

Saturday: 10 a.m.-5 p.m. Sunday: 10 a.m.-3 p.m. Artisans from all over the United States, including many local artists, are participating in this year's show and are delighted to be able to offer you so many wonderful holiday gift choices. Admission: \$5 per day or \$8 for a two-day pass. No charge for children under 18 years.

"The Nutcracker." 2 & 6 p.m. Ernst Community Cultural Center, 8133 Little River Turnpike, Annandale. Come share in the magic of the holiday tradition and celebrate Burke Civic Ballet's 21st Anniversary Season. Featuring 3 year old miniature dolls to professional dancers courtesy of Colorado Ballet, this production will enchant all ages. Be mesmerized by a growing tree, magic tricks, leaping mice, toy soldiers, falling snow, authentic costumes made in the Ukraine, 75 dancing flowers and delectable confections from the Kingdom of the Sweets. Purchase tickets online at <http://www.buffas.com/burkecivicballet.html> or group sales email burkecivicballet@gmail.com.

SATURDAY/NOV. 15

The 15th Annual Taste of Fall with FACETS. 7 p.m. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Sample delicious food and drinks from local restaurants, wineries and breweries; enjoy live musical entertainment; bid on unique items in the silent and live auction. Tickets are \$50 and include tastings of all food and beverages, including wine, beer and sodas. Register online at www.FacetsCares.org or at the door.

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The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
- Zone 3:** The Alexandria Gazette Packet
The Mount Vernon Gazette
- Zone 4:** Centre View North
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

BULLETIN BOARD

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD
• FAIRFAX STATION/CLIFTON/LORTON

CLASSIFIED

703-778-9411
ZONE 2 Ad DEADLINE:
TUESDAY NOON

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

pm. Insight Memory Care Center, 2812 Old Lee Highway, Suite 210, Fairfax. Come for a panel discussion with caregivers and professionals that will discuss timing and what's involved with transitioning to a long-term care facility. Call 703-204-4664 to RSVP and for more information.

FRIDAY/NOV. 7

Teen Advisory Board (TAB) Meeting. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Board members meet biweekly to plan and implement projects and programs that will enhance library services for teens. Ages 13-18. 703-249-1520.

SATURDAY/NOV. 8-SATURDAY/NOV. 22

NVRC Collecting Blankets for Refugees. Several Fairfax County locations. Northern Virginia Regional Commission will collect blankets to help Syrian refugees. For more information, go to www.helpsyrianrefugees.net/

SUNDAY/NOV. 9

Recycling Event. noon-5 p.m. Petco, 13053 Lee Jackson Memorial Highway, Fairfax. Recycle outdated electronics and save a dog's life. Questions on what to bring, info@aforeverhome.org. www.facebook.com/events/362845497196002/

MONDAY/NOV. 10

Library Resource 411. 6:30, 7, 7:30, 8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Sign up for one-on-one time to get help with using the library's physical and online resources for fun or to do research. Adult, all ages. 703-249-1520.

English Conversation Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice your English. Adult. Gloria Monick, gsmonick@aol.com, 703-250-0877.

THURSDAY/NOV. 13

Library Resource 411. 6, 6:30, 7, 7:30, 8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Sign up for one-on-one time to get help with using the library's physical and online resources for fun or to do research. Adult, all ages. 703-249-1520.

SATURDAY/NOV. 15.

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 in the branch election, you must be a member in good standing and branch membership must be dated before Oct. 16, 2014. A form of ID is required. 703-591-4488.

Teen Advisory Board (TAB) Meeting. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Board members meet biweekly to plan and implement projects and programs that will enhance library services for teens. Ages 13-18. 703-249-1520.

MONDAY/NOV. 17

English Conversation Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice your English. Adult. Gloria Monick, gsmonick@aol.com, 703-250-0877.

One-on-One English Practice. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice speaking, reading and writing English with a volunteer partner. Ages 8 through adult are welcome. 703-249-1520.

TUESDAY/NOV. 18

Connected to the Homefront. 7-9 p.m. Immanuel Bible Church, 6911 Braddock Road, Springfield. Monthly meetings that provide dinner, fellowship and guest speakers to minister to wives of active duty, reservists and retired military. This month, Leah Raley is speaking on being pure, from Philippians 4:8-9. Visit www.immanuelbible.net or 703-941-4124.

Library Resource 411. 6, 6:30, 7, 7:30, 8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Sign up for one-on-one time to get help with using the library's physical and online resources for fun or to do research. Adult, all ages. 703-249-1520.

WEDNESDAY/NOV. 19

When Home is No Longer An Option. 1:30

SATURDAY/NOV. 22

Saturday Morning Coffee with Del. David Bulova. 9-11 a.m. Main Street Bagel, 10268 Main Street, Fairfax. Delegate Bulova represents Virginia's 37th House District, which includes the City of Fairfax and portions of Fairfax County. He serves on the General Laws, Education, and Agriculture, Chesapeake and Natural Resources committees. He is also a member of the Chesapeake Bay Commission, the State Water Commission, the Joint Commission on Health Care, and the Housing Commission.

THURSDAY/NOV. 20

Library Resource 411. 6, 6:30, 7, 7:30, 8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Sign up for one-on-one time to get help with using the library's physical and online resources for fun or to do research. Adult, all ages. 703-249-1520.

MONDAY/NOV. 24

Library Resource 411. 6, 6:30, 7, 7:30, 8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Sign up for one-on-one time to get help with using the library's physical and online resources for fun or to do research. Adult, all ages. 703-249-1520.

English Conversation Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice your English. Adult. Gloria Monick, gsmonick@aol.com, 703-250-0877.

One-on-One English Practice. 7 and 8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice speaking, reading and writing English with a volunteer partner. Ages 8 through adult are welcome. 703-249-1520.

TUESDAY/NOV. 25

Library Resource 411. 6:30, 7, 7:30, 8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Sign up for one-on-one time to get help with using the library's physical and online resources for fun or to do research. Adult, all ages. 703-249-1520.

SATURDAY/NOV. 29

Teen Advisory Board (TAB) Meeting. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Board members meet biweekly to plan and implement projects and programs that will enhance library services for teens. Ages 13-18. 703-249-1520.

Teen Writer's Club. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Do you enjoy writing fiction, poetry, non-fiction and/or memoirs? Join us for sharing, discussion and feedback of works in progress. Teen volunteer facilitates. Age 13-18. 703-249-1520.

THURSDAY/DEC. 4-SUNDAY/DEC. 7

Huge Holiday Book Sale. Times vary. Richard Byrd Library, 7250 Commerce Street, Springfield. Come and find those perfect books, CDs and DVDs for the holiday. Call for hours, 703-451-8055.

ONGOING

Volunteer Fairfax seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at www.volunteerfairfax.org or call 703-246-3460.

Singers Wanted for the Celebration Singers. The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email gparsons3@cox.net.

Online Scavenger Hunt. Visit Fairfax tasks those interested in becoming "citizen ambassadors" to the county (those informed on fun, creative weekend outings in the area) to find two Fairfax County Ambassador icons hidden throughout the fxva.com website in order to join the ambassador team; those who find all five hidden pins will receive a complimentary gift. www.fxva.com/online-ambassador.

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SPORTS

Corbett First Bruin Boy to Run Sub-15

Lake Braddock senior, Bruins win Conference 7 titles.

BY JON ROETMAN
THE CONNECTION

The smile on Alex Corbett's face was never-ending in the figurative sense.

The senior's place in Lake Braddock history, however, is permanent.

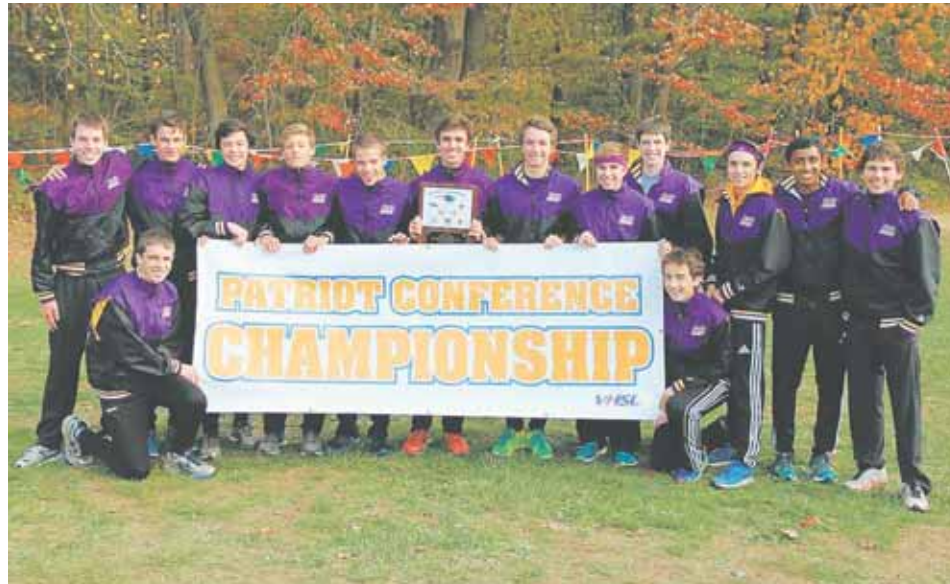
Corbett became the first Lake Braddock boys' harrier to break 15 minutes, turning in a time of 14:47 at the Conference 7 championship meet on Oct. 30 at Burke Lake Park. Corbett's effort secured him the individual conference title and helped the Bruins win the team championship, as well.

Corbett, who finished state runner-up in 6A last year, broke the previous school record of 15:03 by 16 seconds.

"I came here with a goal to break the school record and the 15-minute barrier," Corbett said. "When I came down the straightaway, I was pleasantly surprised [by the time]. I was really happy with today's performance. ... I don't think it's totally hit me yet, but it's pretty hard to keep the smile off my face."

Corbett's time was the 11th-fastest in the history of the Burke Lake Park course.

"That kid has worked so hard for four years," Lake Braddock coach Michael Mangan said. "It's awesome to get to see



The Lake Braddock boys' cross country team won the Conference 7 title on Oct. 30 at Burke Lake Park.

him have his moment."

Corbett wasn't the only Bruin to turn in a stellar performance. Colin Schaefer, a junior, and Kevin Monogue, a senior, finished second and third, respectively, and each broke the previous school record of 15:03. Schaefer finished in 15 minutes, and Monogue turned in a time of 15:02.

"We talk about it as coaches all the time:

I can't believe we've never had a boy break 15 before," Mangan said. "To get one, and almost two and almost three on the same day, [it is] pretty phenomenal."

Lake Braddock, which finished state runner-up in 2013, placed first with a team score of 22. Each of the Bruins' five point-scoring harriers placed in the top 10, and the team had seven runners finish in the



PHOTOS BY ED LULL

Alex Corbett won the Conference 7 championship on Oct. 30 and became the first Lake Braddock boys' harrier to break 15 minutes.

top 13.

Ben Fogg placed sixth for Lake Braddock with a time of 15:21. Cavanaugh McGaw finished 10th (15:50), Evan Chase came in 12th (15:55) and Tommy McArdle finished 13th (15:57).

West Springfield finished runner-up with a score of 58. Woodson (96) and T.C. Williams (107) also earned regional berths.

The 6A North region meet was held Wednesday, Nov. 5 at Burke Lake Park, after The Connection's deadline.

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

Lake Braddock Girls' XC Dominates Conference 7 Meet

Sophomore Murphy wins, six Bruins finish in top eight.

BY JON ROETMAN
THE CONNECTION

Lake Braddock sophomore Kate Murphy finished 28 seconds faster than her nearest competitor during the Conference 7 championship meet on Oct. 30 at Burke Lake Park.

While it took some time for others to arrive at the finish line, Murphy would soon be greeted by a group of familiar faces.

The Lake Braddock girls' cross country team dominated the competition at the Conference 7 meet, producing the top three finishers, six of the top eight and seven of the top 11 en route to winning the team title.

The Bruins produced a score of 19, followed by South County (70), West Springfield (75) and West Potomac (91).

Lake Braddock graduated four key contributors from last year's team, including two of the state's top three finishers in 6A, and has just one senior among its top harriers this season. But that didn't stop the Bruins from turning in an impressive performance at Burke Lake Park.



PHOTOS BY ED LULL

The Lake Braddock girls' cross country team won the Conference 7 championship on Oct. 30 at Burke Lake Park.

"We thought this was kind of a rebuilding year," Lake Braddock head coach Michael Mangan said. "... We graduated four really important seniors. This young crowd has just gone after it."

Murphy led the way for Lake Braddock, winning the meet with a time of 17 minutes, 37 seconds. She was the only runner to break 18 minutes.

"I knew she was running fast," Mangan said, "but I didn't realize she was running that fast."

A pair of juniors, Daly Ferguson (18:05)

and Sonya Butseva (18:09), finished second and third, respectively, for Lake Braddock. Freshman Sarah Daniels placed sixth (18:20), senior Sarah Riley finished seventh (18:25), sophomore Taylor Kitchen placed eighth (18:28) and sophomore Madison Tippet came in 11th (18:44).

"That was amazing," Murphy said. "That was the best feeling. It's even better to know all your teammates are right behind you and we all did so well."

South County sophomores Faith Zolper (18:16) and Louisa McPherson (18:19) fin-



Lake Braddock sophomore Kate Murphy placed first at the Conference 7 meet on Oct. 30 and was the only runner to break 18 minutes.

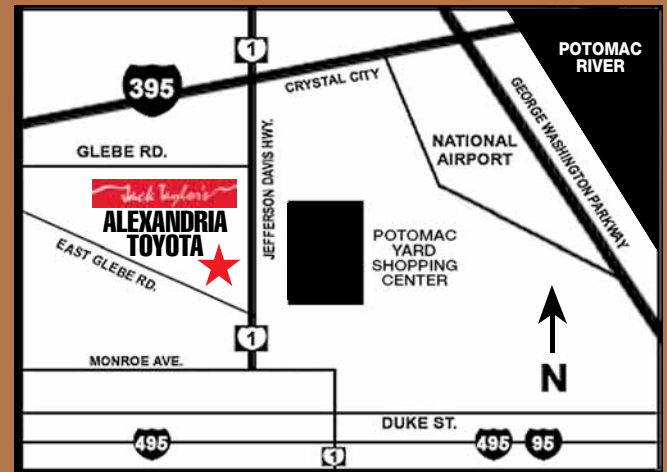
ished fourth and fifth, respectively.

The 6A North region meet was held Wednesday, Nov. 5 at Burke Lake Park, after The Connection's deadline.

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

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