

WELLBEING

PAGE 14

Great Falls
CONNECTION

Alexandra and
Seychelle Lawson-Baker
of Great Falls dressed
as Indians during the
Halloween
Spooktacular held in
the Great Falls Village
Centre Green last
Saturday, Oct. 31.

Halloween Spooktacular In Great Falls

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Election Day
In Great Falls

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Pets Parade in
Village Centre Green

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Lewinsville Center was the home of the McLean precinct Tuesday morning, in addition to a senior center and child care center.



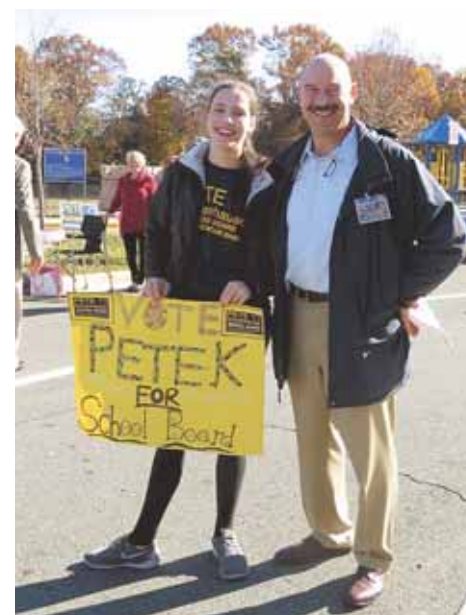
Dranesville races included Supervisor John W. Foust vs. Jennifer Chronis, Del. Kathleen Murphy (D-34) vs. challenger Craig Parisot, and School Board member Janie Strauss vs. challenger Peter Kurzenhauser, Sen. Barbara Favola (D-31) vs. George Forakis.

Election Morning in Dranesville

Barbara Hopkins has been voting "ever since I was 21." This year, she voted curbside in McLean with help from election officials and granddaughter Michaela.



PHOTOS BY
KEN MOORE
THE CONNECTION



Great Falls resident and School Board candidate Peter Kurzenhauser with daughter Ayn, a freshman at Langley High School, election morning at Great Falls Elementary School. Kurzenhauser challenged long-time Dranesville School Board member Janie Strauss. "Win or lose, I've thrown it all in," he said.



Elizabeth Poole, 88, has lived in McLean "all my life." Nothing would keep her from the polls.



Brian Dickson, husband of candidate Jennifer Chronis, and Peter Kurzenhauser greet voters at Great Falls Elementary School election morning, Tuesday, Nov. 3. By 10:07 a.m., 240 voters checked in, and more than 70 voters had voted absentee. The Great Falls precinct has 2,125 voters, according to election officials.



Six feet separated tables for the Democratic Party and for Republican candidates at Lewinsville Center. Andrea McGlinchey, who volunteers for the Democratic Party, and Paul Maloof, who volunteers for Jennifer Chronis' campaign, cross the great divide to pose for an Election Day photograph.



Voters come and go at the Lewinsville center on election morning, Nov. 3.



Members of Boy Scout Troop 55 with the Howling Haunted House they built. The troop is sponsored by St. Francis Episcopal Church of Great Falls.



At the Costa Family and Cosmetic Dentistry booth, Donna Palacios and Abby Kearns hand out candy to the visitors.

Halloween Spooktacular in Great Falls

Hundreds of people came out for the Halloween Spooktacular held on Saturday, Oct. 31 at the Great Falls Village Centre Green in Great Falls. Children dressed in Halloween costumes went trick-or-treating from merchant to merchant outside on the Green. For the second year in a row, a Howling Haunted House was set up on the Green by Boy Scout Troop 55 of St. Francis Episcopal Church. Adeler Jewelers also decorated their Spooky Porch and handed out candy along with other merchants, including The Old Brogue. A Pet Parade sponsored by Great Dogs of Great Falls was held on the grounds before the Spooktacular began. The Spooktacular was launched over 20 years ago by Great Falls Friends to provide younger children with a convenient place in Great Falls to have fun trick-or-treating.

— STEVE HIBBARD

PHOTOS BY
STEVE HIBBARD
THE CONNECTION



Rose and Pauleen Kabiling of Falls Church dressed as the Mad Hatter and Madeline Hatter.



Phillip Lopez of Great Falls waits for popcorn.

The Optimist Club of Great Falls' Linda Thompson (president), and Betty Swartz hand out candy to the children.



The Dahncke family of Great Falls: Ella, Mia, Talia, Bruno, Lukas, Mark, and Vizma dressed in costumes.

Remembrance Ceremony to be Held Nov. 11

On Wednesday, Nov. 11, at 11 a.m., the annual Veterans Day Remembrance Ceremony will be held at the Great Falls Freedom Memorial.

The ceremony will honor all who have served the United States in the armed forces.

The event will include a Marine Corps color guard, patriotic songs, and remarks by the Judge Advocate General of the U.S. Army, Lt. Gen. Flora D. Darpino, the first woman to hold that position.

The Freedom Memorial is located behind the Great Falls Library at 9830 Georgetown Pike. The ceremony is open to all.

Ample parking is available in the library parking lot. In case of rain, the ceremony will be held in the library meeting room.

Soon at Brightview in Great Falls

Brightview Great Falls is announcing the following upcoming events:

♦ Appraisal Roadshow — Saturday, Nov. 7, 10-11:30 a.m.

Join Paradigm Experts for a fun and educational morning looking at “what you have, what it’s worth, and what you can do with it.”

RSVP early to be get on the list of the 25 items to be appraised.

♦ Successful Transitions — Tuesday, Dec. 1, 8:30-10 a.m.

Join Gerontologist and Wellspring Village director, Mikki Firor, for an interactive discussion on understanding the fundamental aspects of dementia as well as signs, stages and supports. RSVP early.

♦ Holiday Open House — Saturday, Dec. 5, 1-4 p.m.

Join the Brightview Great Falls community in ringing in the Winter season. Enjoy the decorations, music, refreshments and good cheer.

‘Welcome to Our World’ at United Methodist Church

On Sunday, Dec. 13 at 10 a.m., the Chancel Choir, children and youth of the Great Falls United Methodist Church invite you to join them for worship as they offer “Welcome to Our World,” a musical for Christmas written by Claire Cloninger and Robert Sterling.

The musical includes traditional carols, newer praise songs and original material.

Robert R. “Mitch” Mitchell, Director of Music Ministries at Great Falls UMC, former U.S. Army Bandsman, and local area piano teacher/freelance Musician will be conducting the choir and narrators.

Church keyboardist Thomas Pandolfi will be accompanying the musical. Great Falls United Methodist Church is located at 10100 Georgetown Pike, right next to the Fire Station in the center of the village. All are welcome.

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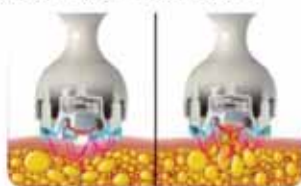
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Fontaine de Jeunesse, Great Falls MedSpa, is having an Open House on Thursday, November 12th, 2015 at 6:30 pm-9:00 pm.

We'll share knowledge and offer treatments on the "DoTerra" essential oils for hormone imbalance, menopause symptoms, weight gain, food cravings, sleep issues, depression, anxiety and fatigue; the Next Generation Chemical Peels "ViPeel"; MicroPen; Benefits of B12 Shots; Treatments for wrinkles, cellulite, age spots, sun damage, acne, acne scars, and to melt stubborn fat; Kybella injections to melt neck fat; Growth Hormone & SkinCeuticals Products.

Attendees will get \$50 off a "Vi Peel" treatment & a Goodie Bag of ViPeel products, \$50 off Fat Reduction Therapy, and 20% off on any SkinCeuticals purchase.

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Steven Kurtz Wins Great Falls Farmers Market's Healthy Snack Contest

Halloween fell on Saturday this year, and the farmers market was filled with vendors in costume with treats for everyone. Pumpkin was the theme, and Dor Niaz, owner/chef of Zamarod, Emily Doerman Frizell, owner/chef/dietitian of Nutritious and Delicious, and Lisa Jackson, owner of Carpe Diem Wellness demonstrated an array of pumpkin recipes, showing the many flavors, textures and aromas that can be enjoyed from a single vegetable.

At the second annual Healthy Snack contest, Steven Kurtz was the winner, as judged by Lisa Jackson and Pericles Silva of Greenfare, based on the healthy ingredients in the recipe - medjool dates used instead of sugar, almond and coconut flour instead of wheat flour - and the excellent shape and perfect degree of cooking, rendering a tasty, chewy and healthful cookie.

Thirteen-year old Great Falls resident, Steven Kurtz, has a passion for baking. He also has autism. By the age of seven, Steven knew that he wanted to be a professional baker.

His family took that passion and turned it into a homeschool curriculum to teach Steven math, science, life and social skills, geography, reading and writing. Steven researches recipes, shops for ingredients and bakes weekly as part of his homeschool program. His specialties include cookies, cup-



Steven Kurtz as 'Where's Waldo?' with his family and his winning healthy cookies at the Halloween farmers market.

cakes, quick breads and pretzels.

For the healthy baking contest, Steven used a recipe by Talia Fuhrman that his aunt introduced to him a few years ago. The original cookie recipe called for white beans. Steven replaced the white beans with pumpkin, a seasonal ingredient that was

being highlighted at the Great Falls Farmers Market.

Inspired by Steven, the Kurtz family has founded Whippourwill, a nonprofit bakery aimed at employing young adults with disabilities. Whippourwill will be selling Steven's creations just in time for the holi-



Steven Kurtz putting cookie dough on the baking sheet.

days in November and December at the Great Falls Farmer's Market. Visit www.whippourwill.org for more information.

—KATHLEEN MURPHY/MARKET MANAGER

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NEWS

Garden Mavens Honor 75 Years of Beauty and Service

The Great Falls Garden Club honored its founding in October 1941. The membership met over tea for its monthly meeting, many in costumes of the 40s, including hats and cotton gloves.

Club historian, Mimi Eldridge, presented a talk and an extensive display of high points from the Club's history using archived newspaper articles, photos, honors and awards.

Speaking of the special occasion, Candace Campbell said, "I think it gave us a new appreciation of all the club has accomplished in the past. I was most impressed by the role the club played in the creation of Great Falls National Park. With permission from the Fairfax County Park Authority, the club began its Nature Trail in 1955 at the site of what is now the Great Falls National Park. The Club's Trail project brought local and national attention to the 880-acre area property owned at the time by Pepco, and the resulting awareness ultimately helped in the dedication of the site as a National Park."

The club received two significant conservation awards for its Trail project.

Since its inception, the club has taken on varied civic projects. One member wrote a highly acclaimed and sorely needed history of Georgetown Pike. The club also received awards for designing, planting and maintaining the Great Falls Library perennial garden, the meadow garden and the Blue Star Memo-

rial garden.

Jo Sellers, director of the National Capital Area Garden Club, attended the meeting and presented the club with a certificate in honor of the anniversary. The club was a founding member of National Capital Area Garden Clubs, Inc. (NCAGC) in 1951, shortly before NCAGC joined National Garden Clubs, Inc. (NGC) in 1954.

The idea for this garden club sprouted in 1940 when several enthusiastic gardeners were volunteering for the Fairfax County Chapter of the American Red Cross, making dressings for the war effort. After multiple admonitions to "not talk so much," the ladies soon decided to form a garden club where they could pursue their botanical interests without being chastised. The official purpose of the Great Falls Garden Club is to improve the quality and character of gardens; to study subjects pertaining to gardening; to exchange experiences and information on gardening problems; and to encourage the protection of natural resources, native plants, wildlife, and scenery. The unofficial purpose of the club is to enjoy the company of other gardeners; to learn from each other; to expand our knowledge of gardening and garden design through informative meetings and field trips; and to help beautify and enhance our community through a range of projects. Anyone interested in becoming a member should contact the club at www.gfgardenclub.org.



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SCHOOLS

Forestville PTA Sets a Goal: Computer for Each Student

School to host first Indoor Street Market on Nov. 14.

"Renovation for Innovation" is the logo in the front of the red Forestville T-shirts all the staff and students wear on Spirit Day. Forestville kicked off this theme last year in an effort to incorporate the upcoming renovation into their everyday life. Within these efforts a new character trait campaign was incorporated, recognizing and rewarding students for showcasing good character-building traits.

Now that the renovation is finally set to start in February 2016 all impetus is set in renewing not just the character of their students and the school but also its computer inventory.

Over the past several months Forestville's PTA has been working, in the name of innovation and creativity to find creative ways to raise funds for computers in their school. Forestville parent, Niu-Niu Chen, member of the PTA board as VP of Curriculum Enhancement, conveyed his message via this "When Sharing is Not Good" painting as part of their computer replacement campaign.

FORESTVILLE'S GOAL is to meet a student to computer ratio of 1:1. "With an increasing number of online textbooks and web-based learning, computers have become a necessity in our schools. And a dedicated computer for each student will greatly improve their learning experience," said PTA President Julie Ryan, after elaborating on the features of three learning software licenses the PTA purchased this summer for math and reading; RAZ Kids, TenMarks and Dreambox.

Todd Franklin, Forestville principal added, "Our vision and mission is to bring fun and effective ways to teach math and reading into our classrooms. And, to offer the opportunity of this learning to continue at home via the web. Something like this would not be possible without the PTA's contribution and their most recent purchase of 90 computers and three computer carts".

Karen Deardorff, PTA's VP of Fundraising, complemented the "When Sharing is Not Good campaign's" creative efforts by coming up with the first ever Indoor Street Market coming this Nov. 14 from 9 a.m. to 4 p.m. at Forestville Elementary. Aiming both at meeting this year's



"Sharing is not always good" — artwork produced by Niu Niu Chen, Parent, PTA VP of Curriculum Enhancement at Forestville Elementary.

Forestville PTA goal of building community and raising funds for computers, the Indoor Street Market promises to be not just a place

where neighborhoods can gather, but a way to raise funds to achieve their 1:1 ratio of computer to student goal.

"I welcome the opportunity to be creative and to rise to the challenge we have set for ourselves at Forestville. In the Spirit of our Character Trait Campaign of the month, positive attitude, we are embarking on this and other new ideas to set an example to our students to believe they can be creative and try new things," said Deardorff. "It has been a marvelous journey to put together this Indoor street market. As a new family to our community I have fallen in love with the collaboration of our neighboring businesses and the interest our community shows in helping each other," she said.

THIS INDOOR STREET MARKET will showcase a warm and welcoming place to shop for the holidays. The market will feature a silent auction of close to 100 items, over 40 vendors, warm apple cider, baked goods and poinsettia sales. There will be music and entertainment from local performers. With a caricature of Forestville's principal to kick off the event, caricature artist Mikey Johnson will be there to serve young and old alike. Vendors will bring decorative pillows, jewelry, stationery, baked goods and so much more. More information can be found at www.forestvillepta.org.

Exceptional Schools for Exceptional Students School Fair

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SCHOOLS



PHOTO CONTRIBUTED

Panja Vij, right, of Great Falls, a student at the College of William and Mary, wins one of the biggest prizes in synthetic biology.

An interdisciplinary team of William and Mary students have brought home one of the biggest prizes in synthetic biology, an honor that has been called the World Cup of Science.

Panja Vij, '17, of Great Falls, was part of the eight-member team that won the Grand Prize in the Undergraduate Division at the iGEM Grand Jamboree held Sept. 24-28 in Boston. Vij is a neuroscience and computer science major at the College of William and Mary in Williamsburg.

More than 250 teams from five continents entered the competition, and William and Mary's was the only North American entry

among the finals.

The winning team worked on their project throughout the summer under the mentorship of Chancellor Professor of Biology Margaret Saha and William Buchser, visiting assistant professor of biology.

The team also included Andrew Halleran, '16, who is working on a double major in mathematical biology and biology; Caroline Golino, '17, a computer science major; John Marken, '17, a mathematics major; Elli Cryan, '18, mathematical biology; Taylor Jacobs, '16, chemistry and biology; Michael LeFev, '16, mathematical biology; and Joe Maniaci, '18, chemistry.

SCHOOL NOTES

Send school notes to vienna@connectionnews.com by Friday.

Brendan Mullen, Langley HS grad class of 2011, son of Mike and Debbie Mullen of Great Falls, graduated Magna Cum Laude, with Distinction from the Pennoni Honors College, Drexel University in Philadelphia, Pa. Brendan earned a Bachelor of Science degree in Biological Sciences and will be attending Drexel College of Medicine in the fall. While at Langley, Brendan played goalie for the Langley Saxons Ice Hockey team and at Drexel, played on two inline teams, one of which won the Philadelphia College Roller Hockey League championship this spring.

Dylan Maxwell Phillips, of Great Falls, has been named to the president's list at James Madison University for the spring 2015 semester. Students who earn president's list honors must carry at least 12 graded credit hours and earn a GPA of 3.90 or above. Phillips is a senior whose major is Computer Info Systems - BBA.

George Mahaney-Walter, son of Mary Claire Mahaney and Herbert Walter of McLean, was awarded the degree of Master of Business Administration in recent commencement exercises at the Simon School of Business of the University of Rochester.

Northern Virginia Community College is preparing to welcome 17 incoming Honors Program Scholars for the start of the 2015-2016 academic year, which begins Aug. 24. The schol-

arship provides \$10,000 to be divided into fall and spring semesters for two years, at \$2,500 per semester. It will assist students with the cost of tuition toward a NOVA degree. **Natalia Chavez Choque and Benjamin Atherton, of McLean High School**, received this scholarship.

Victor Zheng, 21, of McLean, is among five University of Virginia scholars who have received Critical Language Scholarships to assist them in pursuing their love of language. They will spend seven to 10 weeks in intensive language institutes this summer in one of 13 countries to study languages the U.S. government has deemed "critical." Zheng will study Chinese in Dalian, China. He is a third-year history and Chinese major who is learning Mandarin Chinese.

"I applied out of a desire to have another opportunity to go back to China and be immersed in its environment," he said. "I also just inherently love being abroad where I believe I learn the best and the most." Zheng, who is a member of U.Va.'s Virginia Glee Club, plans to pursue a master's degree in international relations.

Graham P. Lobel, the son of Doug and Betsy Lobel of McLean, received a Bachelor of Science degree cum laude, from Haverford College, in Haverford, Pa., at the school's 177th Commencement on Sunday, May 17. Lobel graduated with High Honors in Chemistry. At Commencement, Lobel also received The George Peirce Prize in Chemistry, for excellence in undergraduate research. Lobel graduated from the Thomas Jefferson High School for Science and Technology in 2011.

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OPINION

Coming: Children's Connection 2015

Get ready to send your submissions soon.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. And even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

EDITORIAL

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

Editor's Note on Election Coverage

Eight of the 15 Connection Newspapers go to press during the day on Tuesdays, this paper among them. While reporters visited polling places and filed photos and short stories during the day on Election Day, election results were not yet available when this paper went to press. See www.ConnectionNewspapers.com for results, and next week's papers for more insight.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

come.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?
- ❖ Your opinion (50 to 100 words) about traf-

fic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Email submissions for the Children's Connection to editors@connectionnewspapers.com.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 4.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD or flash drive to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 4. The Children's Connection will publish the week of Dec. 28, 2015.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

COMMENTARY

Real Solutions for Real Problems on Roads

The truth behind I-66 inside the Beltway.

BY AUBREY LAYNE
SECRETARY OF TRANSPORTATION FOR THE
COMMONWEALTH OF VIRGINIA

Virginians deserve a healthy public discussion about how best to improve our transportation system. But that discussion must also be grounded in fact, not political rhetoric. Unfortunately, the leadership of the House Republican Caucus is engaged in a campaign of misleading and flatly incorrect information on the McAuliffe administration's proposal to improve I-66 inside the Beltway. So in the interest of good public policy, here are the facts.

- ❖ Fact 1: Despite unfounded claims to the contrary, dynamic tolling on I-66 will reduce congestion.

In 2013 the McDonnell Administration released a study on reducing traffic congestion in the I-66 corridor. It was the third such study in 15 years.

The study stated that dynamic tolling and multi-modal improvements could move 40,000 more people a day through the I-66 corridor, which is equivalent to 10 additional interstate lanes in the morning and another 10 in the evening. The proposal would increase travel speeds from today's low of 5 miles per hour to a more reliable pace of 45 miles per hour or

faster.

The tangible congestion alleviation benefits this proposal will generate have led the Fairfax and Loudoun County Chambers of Commerce to express support for the proposed improvements. We are working collaboratively with Fairfax, Arlington and Falls Church on the proposed project. Just recently the Washington Metropolitan Council of Governments' Transportation Planning Board approved adding this project to the region's Constrained Long Range Plan.

- ❖ Fact 2: The McAuliffe administration's proposed changes will only add more choices for I-66 commuters without impacting current HOV commuters.

If you currently carpool through the corridor, you will ride free as you always have. If you are a solo driver who used to have to exit I-66 and take secondary roads to and from work, you will now have the option to pay a toll and remain on I-66 all the way into the city. Despite the disinformation political opponents are disseminating, tolling would only be in effect during peak hours, and this proposal offers more drivers the option of a fast and reliable trip without impacting current HOV commuters.

- ❖ Fact 3: Travel times on parallel routes will either improve or stay the same.

Studies show dynamic tolling will manage traffic more efficiently on I-66 inside the Beltway and parallel roads. In fact, this proposal will reduce traffic on parallel routes heading to D.C. in the morning, by offering more

solo drivers the choice of paying a toll and staying on I-66.

VDOT has conducted a detailed analysis that shows no impacts on parallel routes, meaning that drivers who take Route 50 can expect roughly the same travel times in 2017 as they can today.

- ❖ Fact 4: Toll revenues will be used to help move even more people through the corridor.

Studies reveal that dynamic tolling itself is a mechanism for managing congestion and reducing travel times – and every cent from that tolling on I-66 will be used to even further reduce congestion in that corridor. This is a self-financing project and will not take funding away from other transportation improvements.

Again, contrary to what House Republicans have conjured, it would be against the law to use those revenues for bike paths in the woods or road improvements in other parts of Northern Virginia or the state.

Since the state will own and operate the facility and collect tolls, excess revenues will not go to the profit of large corporations. All monies will directly benefit the corridor to enhance motorist through-put.

- ❖ Fact 5: Widening I-66 inside the Beltway will take place – if necessary.

It is the Secretary of Transportation's job to ensure that transportation funds are spent wisely. In the case of I-66, that means implementing the most cost-effective solutions first, before we consider spending over \$100 mil

SEE REAL SOLUTIONS, PAGE 17

Great Falls CONNECTION

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NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

Kemal Kurspahic

Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla

Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Ken Moore

Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

Jon Roetman

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

ADVERTISING:

For advertising information
sales@connectionnewspapers.com
703-778-9431

Salome Howard-Gaibler

Display Advertising
703-778-9421
salome@connectionnewspapers.com

Andrea Smith

Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Debbie Funk

National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher

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

Executive Vice President

Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Photography:

Deb Cobb, Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly

Production Manager:

Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426

circulation@connectionnewspapers.com



PEOPLE

Korade Named Branch Manager of Long & Foster's Great Falls Office

Lisa Korade, a real estate professional for 16 years, has been named branch manager of the Great Falls office of Long & Foster Real Estate, the nation's no. 1 family-owned residential real estate company and the exclusive affiliate of Christie's International Real Estate in Virginia. Korade, who brings significant career achievements to her new position, is well respected in the local realtor community.

Korade has been in the real estate industry since 1999, and she most recently worked as a sales associate with Long & Foster's



Korade

McLean office.

Korade comes from a military family, and as a military wife, she's had the opportunity to list and sell

in different markets around the country and in a multitude of price points.

For more information, visit www.LongandFoster.com.

FAITH NOTES

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

Requiem will be offered at **St. John's McLean** on Sunday, Nov. 1, during the 5:30 pm service of Holy Eucharist. The St. John's Choir will be joined by choristers from St. Dunstan's Church in McLean and St. Peter's in the Woods, Fairfax Station. The Choir will be accompanied by flute, harp, oboe, timpani, and organ. Featuring Requiem by John Rutter.

Location: St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Free. All welcome. For more information, please call 703-356-4902, or visit www.stjohnsmclean.org.

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

The Antioch Christian Church

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

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

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

McLean Bible Church Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

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

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



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Gearing up for Thanksgiving Turkey Trots

Local fitness experts suggest a training plan that will get you off the couch in time for Turkey Day.

BY MARILYN CAMPBELL
THE CONNECTION

When many of us are still in bed early Thanksgiving morning, Susan Colarco will be lacing up her shoes, joining a group of friends and getting ready to hit the road for the Arlington Turkey Trot as she has done for many years past.

"I've run this race more times than I can count and it's always a great time," said Colarco, a Road Runners Club of America certified running coach.

On a day as notorious for sloth and gluttony as it is for gratitude and family, hundreds of thousands of runners across the country pound the pavement to raise money for charity, burn off calories and spend time with friends in what have become known as turkey trots. Running USA, a nonprofit organization for the running industry, reports that the number of people entering races on Thanksgiving Day now surpasses those who race on July 4th.

"[These races] are a great opportunity to get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed po-

Locate a Local Turkey Trot

<http://www.runningintheusa.com> or <http://www.runnersworld.com/race-finder>



Arlington running coach Susan Colarco will run in the Arlington Turkey Trot on Thanksgiving Day.

tatoes," said Colarco, who also works as a coach for True Health and Wholeness in Arlington.

While Colarco and her running mates train year-round, there's still time to get in shape and choose a turkey trot this year. "Many competitive and enthusiast runners start with 3 or 5K races," said Richard L. Steele, assistant dean of physical education at Northern Virginia Community College in Alexandria. "I tell most people to pick race that is conveniently located ... or has special meaning to them personally, [like] a charity."

Preparing for a turkey trot usually con-

sists of dietary retooling, aerobic exercise and strength training.

"Typically, the folks I work with run be-

"Get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes."

— Susan Colarco, certified running coach

tween three and five times a week with some weight training and ... cross-training worked into the schedule," said Colarco.

"The distance and intensity vary based on the experience and fitness level of the runner, the goal they are aiming for and any injuries they may be working through."

Colarco tailors her training regiment to the environment of the chosen race. "For example, if it's a hilly race, we'll definitely work some hills into the training plan," she said. "If it's a trail race, we'll leave the nice paved running routes behind and head off road."

"Up your training distance each week, but do it in small amounts," said Steel. "A new runner should aim for three to five days per week of training," he said.

Creating a realistic training schedule that works in harmony with one's daily schedule is the key to becoming race-ready on Turkey Day, says Colarco. "I really try to take into account the fact that most of the runners in this area are working professionals with a lot on their plates. I work with my clients to determine not just what they should be doing, but realistically, what they can do given the stresses of everyday life."

Diet, both on the day of the race and the days and weeks leading to it, is an often-overlooked component of race training. "Eat a high-energy meal about an hour before the race," said Steel.

"Eating within an hour can lead to upset stomach. ... You may need to increase your calories, but don't go crazy. If you are eating natural foods, free of artificial fats, added sugars and other chemicals, your body will respond in an amazing way."

Protecting against injuries that can be sustained from the unrelenting pounding of the pavement, is another important, but often overlooked part of running. "You get an average of about 4,500 blows to your joints over the course of a 5K," said Christian

SEE WELLBEING, PAGE 15

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Nov. 10, 7-8 p.m.** Register beforehand at www.fairfaxcounty.gov/olderadults and click on Caregiver Support.

Northern Virginia Caregivers Conference — "Prepare to Care: Getting Your Ducks in a Row," Wednesday, Nov. 11, 8 a.m.-3:30 p.m. at the Korean Central Presbyterian Church, 15451 Lee Highway, Centreville. Speakers share their extensive knowledge on topics important to caregivers of persons with dementia. \$30 includes continental breakfast, lunch, and materials. Register at <http://states.aarp.org/nov11/>. For more information call **703-324-5425**, TTY 711.

Fairfax County is offering a free presentation on **Medicare 101** on **Wednesday, Nov. 18, 11:30 a.m.-1:30 p.m.** at McLean Community Center, 1234 Ingleside

Ave., McLean. To register call Sydney Duberstein at **703-790-0123**, TTY 711. Visit www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Fairfax County's free **Seminars for Family Caregivers of Older Adults** are held throughout the county in November:

♦ **Strategies for Difficult Conversations** take place on **Monday, Nov. 2, 7-8:30 p.m.** at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Learn how to have conversations with an older family member about driving, accepting help in the home or moving to a safer environment. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **AARP's Prepare to Care Workshop** takes place on **Thursday, Nov. 5, 3-4:30 p.m.** Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria.

Learn how to care for yourself and your loved ones. Register at www.fairfaxcounty.gov/olderadults and

click on 2015 Caregiver Seminars.

♦ **Scams and Financial Crimes against Seniors** takes place on **Tuesday, Nov. 10, 3-4:30 p.m.** at the North County Governmental Center, 1801 Cameron Glen Drive, Reston. Older adults as well as family members, caregivers, and service providers are welcome. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **Five Questions to Consider About Paying for Long-Term Care** — **WEBINAR, Wednesday, Nov. 18, Noon-1:00 p.m.** Register beforehand at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars. Call **703-324-5484**, TTY 711.

The **Hollin Hall Senior Center** in Alexandria needs a volunteer to help with **fish aquarium upkeep** and instructors for the following classes: **Basic Guitar, Italian, Pottery and Ballroom Dance**.

For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

solutions.htm.

The **Herndon Adult Day Health Care Center** needs a **Bingo Caller** and an **Art Therapy Assistant**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Kingstowne Center for Active Adults** in Alexandria needs a **Hula Hoop Class Leader** and instructors to teach **Country Western Line Dance, African Style Dance and Mosaic Art or Jewelry Making**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Lewinsville Senior Center** in McLean needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Sully Senior Center** in Centreville needs a **certified personal trainer**, preferably with experience working with older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Herndon Senior Center** needs **Social Visitors** and a **Baked Goods Table Manager**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

Fitness Experts Suggest Training Plan

FROM PAGE 14

Elliot, a personal trainer and founder of True Health and Wholeness. "Strength training helps your body handle the blows, and there's no downside to having strong muscles."

Weight training exercises for the legs should be done two to three days per week, advises Steel. "You can hit the weights at the gym, do Pilates or use body weight, whatever you enjoy. Focus on light to medium resistance with higher repetitions to build muscle endurance; 12 to 15 repetitions, two to three sets for each exercise works well."

"It has been proven that runners who do strength training have fewer knee injuries," added Chance Heare, of Koko FitClub in Herndon, Reston and Great Falls. "Strength training builds the stabilization muscles to support the joints and runners who strength train tend to get fewer injuries and have

better endurance."

The most common injuries associated running are ankle and knee sprains, shin splints, stress fractures, runner's knee and plantar fasciitis. "Sprains and blisters are very common during races," said Steel.

Running shoes play an important part of injury prevention, but "by itself can't prevent all injuries," said Nelson Cortes, Ph.D., an associate professor in the Sports Medicine Assessment, Research & Testing Laboratory at George Mason University in Fairfax.


"Everyone has different foot and lower body morphology and it's important that running shoes are appropriate."

In addition, a daily full-body stretching routine "will help with injury prevention and performance," said Steel. "You'll be surprised how much better you feel in general after doing this for about a week or two."

"Up your training distance each week, but do it in small amounts."

— **Richard L. Steele, assistant dean of physical education, Northern Virginia Community College**

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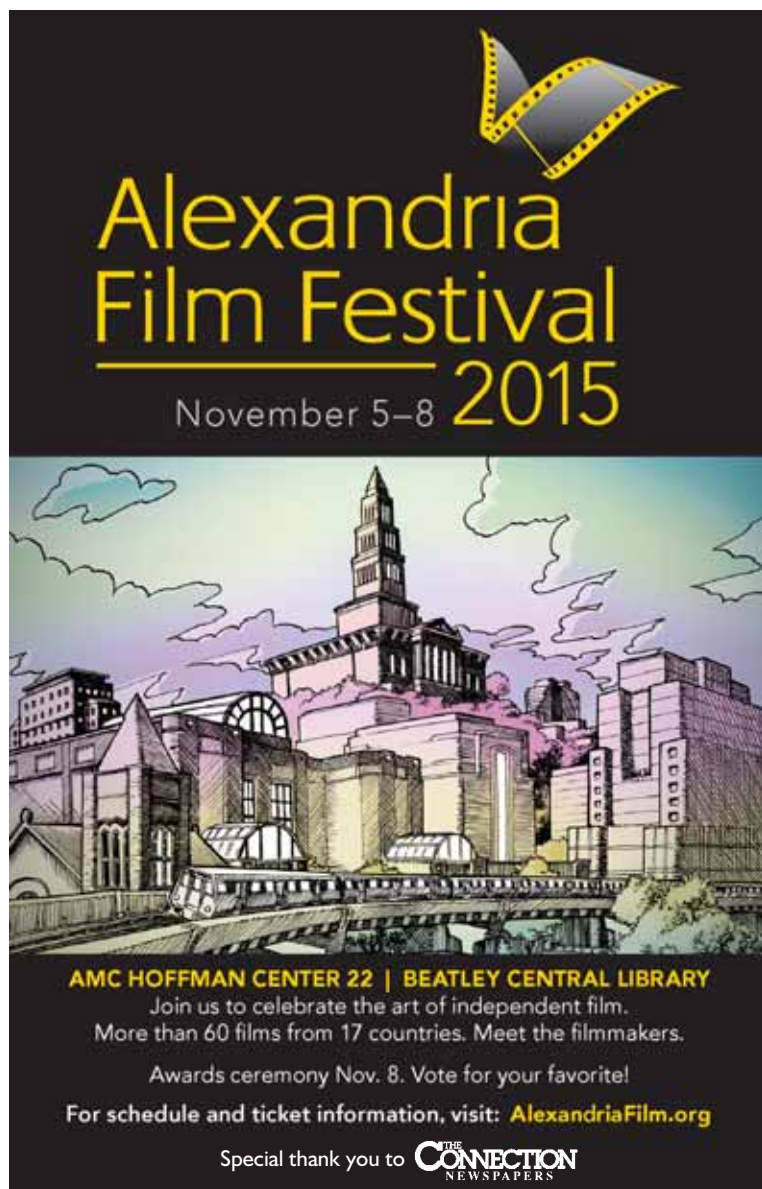


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Special thank you to **THE CONNECTION** NEWSPAPERS

NEWS

A Taste of Distant Lands

Zamarod Afghan Cuisine celebrates October in Great Falls with fresh home-cooked meals.

Dor Niaz, owner and chef at Zamarod Afghan Cuisine restaurant, serving the classic favorite, Kadu Chalaow.

PHOTO CONTRIBUTED



BY LISA STEWART

The long, lazy days of summer have quickly been replaced by cooler days packed with school, homework and activities. Despite best intentions, family meals are often rushed with too little time to sit down and enjoy a home cooked meal. Zamarod Afghan Cuisine specializes in family meals cooked on-premises from natural ingredients, making it a great option for families on the run this fall.

According to Dor Niaz, owner and chef at Zamarod, fall is the most seasonal time of year for Afghan food. “Many of our dishes incorporate traditional autumn ingredients, such as pumpkin, apples, nuts and warming, fragrant spices. Rich stews featuring slow cooked meats in a savory sauce are comforting dishes well suited to cooler days. And, of course, the classic Afghan favorite, Kadu Chalaow, with sautéed pumpkin topped with seasoned yogurt and a tomato sauce is perfect for October.”

Offering meals for either take-

out or to be enjoyed in the cozy dining area, Zamarod’s menu features Afghan specialties including grilled meat kabobs, thick fragrant stews, as well as a wide variety of vegetarian and gluten-free options. Almost all of the soups, sauces and main dishes are made in-house, which helps ensure they are fresh and healthy with a fraction of the salt and fat often found in other restaurants.

Zamarod’s large portions and simple flavors make it a popular stop for families trying to keep up with the voracious appetites of young athletes after a practice or game at nearby Great Falls sports fields.

“Afghan cuisine uses spice blends to add dimension to a dish but not heat so they suit a wide variety of palates, even young picky eaters. We either marinate or slow cook our meat ensuring that the result is tender and juicy. All of my dishes are made from recipes passed down through my family for generations. I wanted to create a place to enjoy simple home cooked meals that the whole family can enjoy together,” Niaz

adds.

Niaz follows Halal, which means animals were treated humanely and not procured from commercial meat processing plants, and vegetarian dishes are truly vegetarian with no meat-based broth.

“Zamarod is Great Falls’ best kept secret,” Hillary Facchina said. “We love that just five minutes away we can enjoy a homemade meal in a relaxing atmosphere. Although it is not food I grew up with, the fact that it is made fresh in the restaurant makes it taste like home.” Facchina adds, “It’s also a great value. The portions are huge. We never leave hungry and always have enough leftovers for another meal the next day.”

Zamarod Afghan Cuisine (www.zamarodafghancuisine.com), located at 10123 Colvin Run at the corner of Walker Road, is open for lunch Monday to Friday from 11:30 a.m. to 2:30 p.m., and dinner Monday to Saturday from 5-10 p.m., Sunday until 8 p.m.

Lisa Stewart is a FamilyandForks.com food blog writer.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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11/18/2015.....A+ Camps & Schools

11/19/2015..Holiday Entertainment & Gift Guide I

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DECEMBER

12/2/2015.....Wellbeing

12/9/2015...Holiday Entertainment & Gift Guide II

12/9/2015...HomeLifeStyle; Home for the Holidays

12/16/2015.....A+ Camps & Schools; Holiday

Entertainment & Gifts Pages

12/23/2015.....Special Issue – Safe for the Holidays

12/30/2015.....Children’s Connection

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BULLETIN BOARD

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

THURSDAY/NOV. 5

Blanket and Children's Winter Coat Drive Kickoff. 11 a.m.-12:30 p.m. Fairfax Government Center Press Room, 12000 Government Center Parkway, Fairfax. Area residents of all faiths and backgrounds will unite for the third annual Blanket Drive for Syrian Refugees. Region-wide effort to help more than 4 million refugees fleeing from Syria and Iraq due to ISIL and civil war violence. Gently used blankets and children's winter coats will be collected at various locations throughout Northern Virginia from Nov. 7-Dec. 5 and will be shipped to refugees who have fled to Turkey. www.helpsyrianrefugees.us

WEDNESDAY/NOV. 4

McLean Newcomers and Neighbors Monthly Coffee. 11 a.m.-noon. Take 5 Boutique, 2905 District Ave., McLean. Non-members are invited to come meet the club members and to hear about their various activities. For further information contact: Elaine Varner, emvarner@verizon.net.

SATURDAY/NOV. 7

CPR/First Aid Certification. 11:30 a.m.-5:30 p.m. St. Francis Church Hall, 9220 Georgetown Pike, Great Falls. The class will be taught by American Red Cross certified trainers and will cover CPR and First Aid for both children and adults. \$75. www.celebrategreatfalls.org

TUESDAY/NOV. 10

Red Cross Blood Donation. 8:30 a.m. - 2 p.m. Long and Foster Realtors, 1355 Beverly Road, McLean. McLean is holding a blood drive. Please sign up today at www.redcrossblood.org and search by Sponsor Code: LONGANDFOSTERMCLEAN or call 1-800-REDCROSS for an appointment.

Fire Station Open House. 10 a.m. - 4 p.m. Great Falls Volunteer Fire Station, 9916 Georgetown Pike, Great Falls. Firefighter demonstrations, station tours and fun instructional activities will be available for children and adults alike. Come learn about fire safety and why it's so important.

NARFE Meeting. 1 p.m. American Legion Post 180, 330 North Center St., Vienna. National Active & Retired Federal Employees Association (NARFE) Meeting. Guest speakers, Leonard Ignatowski and Jay Kalner - members of VVA Chapter 227. Come and hear from two Army Veterans who served our country in Vietnam. Free. Members and guests are welcome. Refreshments served. Call Ralph Dantine at 703-938-9757.

THURSDAY/NOV. 12

Tech Thursday - Technology to Support Executive Functioning. 10 a.m.-noon. Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. This workshop will focus on strategies and technology tools that can help support students with executive function deficits. Presented by the Office of Special Education Instruction, Assistive Technology Services. Free. Visit www.fcps.edu/dss/osp/prc/index.shtml to register.

COMMENTARY

Real Solutions

FROM PAGE 10

lion to perform even a limited widening of I-66.

The Governor's proposals for I-66 will better manage traffic flow at a fraction of the cost of widening the road. We owe it to taxpayers to exhaust low-cost solutions, but, if after 5 years, vehicles are not traveling at free flow on I-66 during rush hour, then toll revenues will be used to widen the road.

❖ Fact 6: Doing nothing is not an option.

Opponents of the Governor's proposal for I-66 have a host of complaints. What they have yet to put forward are facts to back those claims, or real ideas for moving Virginians through the I-66 corridor more quickly. I am confident that this plan meets the transportation and political realities of this corridor – and that allowing campaign gamesmanship to block progress is not an option.

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ENTERTAINMENT

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

ONGOING

Two Simultaneous One Man Shows. Through Saturday, Nov. 14. 10 a.m.-5 p.m. The Frame Factory, 212 Dominion Road NE, Vienna. Figurative artists David Cochran's and Joseph Sheppard Rogers' work will be on display.

Weekly Storytime. Wednesdays and Saturdays at 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

WEDNESDAY/NOV. 4

"The Legacy of Faith: Great Falls Churches - 1850s-1940s," Great Falls Historical Society Program. Great Falls Library Meeting Room at 7 p.m. The history of eight of the oldest churches in Great Falls will be presented by a member of each church. www.gfhs.org.

THURSDAY/NOV. 5

Sister Sparrow and the Dirty Birds. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road Vienna. Formed in 2008 by lead singer Arleigh Kincheloe, Sister Sparrow delivers high-energy anthems with her Dirty Birds. The band is currently touring behind its new release, *The Weather Below* (2015), a collection of hard-soul anthems that further bolsters the group's self-penned catalogue of hits. Tickets: \$20 advance; \$25 day of. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

FRIDAY AND SATURDAY/NOV. 6-7

"Eclectic Essentials." 8 p.m. Vienna Baptist Church, 541 Marshall Road, SW, Vienna. The Vienna Theatre Company will maintain its presence through the Vienna Community Center renovation starting with an evening of one act



plays presented at the Vienna Baptist Church. From plays that touch the core of new and old friendships to zany plays bordering on absurdity to a new play from Singapore that was recently performed at the Kennedy Center, VTC is bringing together a diverse evening of short pieces for your entertainment. Tickets available at the door or at vtcshows@yahoo.com. \$15.

"The Brothers Grimm Spectaculathon." 7:30 p.m. Olson Theater, Flint Hill School, 3320 Jermentown Road, Oakton. Two narrators and a large cast will attempt to recreate all 209 of the fairy tales of the Brothers Grimm in a wild, fast-paced extravaganza. To make it more difficult, they will attempt to combine them into one gigantic fable. Free. www.flinthill.org.

tmitchell@flinthill.org.

SATURDAY/NOV. 7

Bruce Vilanch and Judy Gold. 9 p.m. The Alden, McLean Community Center, 1234 Ingleside Ave., McLean. "An Evening with Bruce Vilanch and Judy Gold," the comedians pair up for separate stand-up sets united by their gay, Jewish identities and raunchy, sidesplitting observations. Mature audiences. \$20/\$35. www.aldentheatre.org. 703-790-0123.

Flicker of Hope Foundation 5k Walk. 10 a.m.-noon. Fire Station, 400 Center St. S, Vienna. The walk starts and ends at the Vienna Volunteer Fire Department, Engine 402. Register online as a walker, sponsor or donor. The walk will be followed by refreshments and a raffle with items supplied by area merchants. Benefits survivors of traumatic burn injuries. www.flickerofhope.org.

Lecture/Book Signing. 2:30-4:30 p.m. Barnes and Noble/Tysons Corner, 7851 L Tysons Corner Center, McLean. Brian Kilmeade of "Fox and Friends" discusses his new book "Thomas Jefferson and the Tripoli Pirates: The Forgotten War that Changed American History." Free.

Appraisal Roadshow. 10-11:30 a.m. Brightview, 10200 Colvin Run Road, Great Falls. Join Paradigm Experts for a fun and educational morning looking at "what you have, what it's worth, and what you can do with it". RSVP early to be one of the 25 items to be appraised. www.BrightviewGreatFalls.com. 703-759-2513.

Children's Flea Market. 11 a.m.-1 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Come scope out the bargain prices at the Children's Flea Market. Do young sellers have things to sell? Register for a booth. Find out more at <http://mcleancenter.org/kids>.

SUNDAY/NOV. 8

Filene Center Backstage Tour. 2 p.m. Wolf Trap National Park for the Performing Arts, 1635 Trap Road, Vienna. Stand on a world-class stage, learn how a theater runs, and get a sneak peek at where the stars get ready. Tours are limited to 30 participants. 703-255-1827 to RSVP or for additional information.

Elska. 2 p.m. The Alden Theatre, 1234 Ingleside Ave., McLean. Hiddi Hiddi! That's how to say hello on the Island of Elska, the imaginary volcanic island off the coast of Iceland that is home to the singer Elska and a small population that includes her two-foot-tall best friend the Goobler, an arctic fox and a colony of lost socks. Ages 4+. \$10, \$15. www.aldentheatre.org. 703-790-0123.

Living for 32. 7-9 p.m. Emmaus United Church of Christ, 900 Maple Ave., East. Vienna. This 40-minute film tells the story of Colin Goddard, a 2007 VA Tech massacre survivor. Goddard and the mother of another victim will present what can be done to stem further gunviolence. Discussion follows. Free. www.emmausucc.org. 703-281-2432.

Men's National Choir. 4 p.m. St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The choir will open it's 17th season with "Songs of

Totally Amazing Elska comes to The Alden, Sunday, Nov. 8 at 2 p.m. During her live show, a blend of theater, storytelling, and musical performance, Elska whisks away children and families on a musical tour of her Arctic home and introduces them to the island's wonderful inhabitants.

the Spirit," a program spanning five centuries of European and American sacred music. \$20 at the door. Students and children free. www.nationalmenschorus.org. 202-244-7191.

TUESDAY/NOV. 10

Paul Thorn. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Paul Thorn, who has a unique background as a former professional boxer, brings to the Barns lively music. As a son of a Pentecostal preacher, gospel has strongly influenced Thorn's sound, and he explores the dichotomy of the sacred and the profane in his 2010 album *Pimps and Preachers*. Tickets: \$25-\$27. For more information, visit <http://www.wolftrap.org> or call 703-255-1900.

WEDNESDAY/NOV. 11

Veterans Day Ceremony. 11 a.m. at the Great Falls Freedom Memorial, behind the Great Falls Library, 9830 Georgetown Pike.

California Guitar Trio. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. California Guitar Trio brings music in a variety of repertoires spanning jazz, classical, rock, world music. Their most recent album, 2014's *Masterworks*, focuses exclusively on classical music from composers such as Bach, Beethoven, Schubert, Vivaldi, and Arvo Pärt. Tickets: \$25. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

THURSDAY/NOV. 12

Debby Boone. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. As a three Grammy Awards winner, Debby Boone, the prolific musical theatre actress, starred as Rizzo in the Broadway revival of *Grease*, Maria in Lincoln Center's 30th Anniversary production of *The Sound of Music*, and has had roles in other major productions. Tickets: \$35-\$40. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

THURSDAY/NOV. 12-SUNDAY/DEC. 20

"Harvey." Check for show times. 1st Stage, 1524 Spring Hill Road, Tysons Corner. Winner of the Pulitzer Prize for Drama, this beloved classic is a treat for the whole family. Veta Simmons and her daughter Myrtle Mae have just moved back into town and are making quite a splash on the social scene. Gatherings and engagements abound as Myrtle Mae peruses for a viable suitor. \$15-\$30. www.1ststagetysons.org. 703-854-1856

FRIDAY/NOV. 13

Kuok-Wai Lio and Zoltán Fejérvári, Duo Piano. 7:30 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. The young piano duo that made a huge splash at the Marlboro Music Festival in 2014 comes to The Barns days before their Carnegie Hall Debut—hear these award-winning musicians present captivating solo and partner arrangements. Tickets: \$35. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

SATURDAY/NOV. 14

Indoor Street Market. 9 a.m.-4 p.m. Forestville Elementary School, 1085 Utterback Store Road, Great Falls. Start your Holiday shopping and get in the spirit of the giving season! This is a one day Super Sale event featuring over 35 local vendors, entertainment by young local artists, baked goods, caricature artists, a raffle and silent auction that will surely keep the attention of all ages. Free. www.forestvillepta.org.

SATURDAY/NOV. 14-MONDAY, JAN. 4, 2016

Meadowlark Gardens' Winter Walk of Lights. A half-a-million colorful LED lights span the lakeside and gardens of Meadowlark Botanical Gardens off Beulah Road in nostalgic and fairytale scenes of the holiday season. <http://winterwalkoflights.com/>.

FRIDAY/NOV. 20

McLean Art Society Meeting. 10 a.m.-noon. McLean Community Center, 1234 Ingleside Ave., McLean. Sue Moses, a watercolorist whose work is defined by strong values, light and shadow and emphasis on composition, will be the featured artist. She will be doing a painting

SEE ENTERTAINMENT, PAGE 19



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GRAPEVINE, TX



ENTERTAINMENT

FROM PAGE 18

demonstration. Guests are welcome.
703-790-0123.

THURSDAY/NOV. 26

Wildfire Thanksgiving. 10:30 a.m.-8:30 p.m. Wildfire, Third floor, Tysons Galleria, 2001 International Drive, McLean. A special family style menu featuring spit roasted turkey and all the traditional Thanksgiving dishes. \$45.95 per person, \$19.95 for children 12 and under. Portion of the day's proceeds will be donated to Food for Others. 703-442-9110. www.wildfirerestaurant.com/mclean.

FRIDAY-SUNDAY/NOV. 27-29.

33rd Annual Thanksgiving Art and Craft Show. Friday-Saturday, 10 a.m.-5 p.m. Sunday, 11 a.m.-4 p.m. Spring Hill RECenter, 1239 Spring Hill Road, McLean. Featuring original, handmade craft and artwork of approximately 80 local artists and artisans. \$5. www.nvhg.org.

THURSDAY/DEC. 3

Holiday Homes Tour. 10 a.m. - 3 p.m. Lewinsville Road, McLean. The four homes are all large, elegant houses on half- to one-acre lots and are easily accessible from Lewinsville Road and other local arteries. Each house will be decorated with the holidays in mind and will highlight family life in McLean. www.mcleanwc.org.

FRIDAY/DEC. 4

An Acoustic Evening with Over the Rhine. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Music of



Maine, by Doreen Montis.

Doreen Montis Exhibits at Katie's Coffee House

From Fields to Shores, a collection of fine art photography by Doreen Montis, will be on display at Katie's Coffee House in Great Falls, during the month of November.

The photographs in the exhibit capture the beauty found along back roads and shores. From scenic views to macro details, Montis captures beauty in things often overlooked. Her images have received top honors at several exhibitions and contests. They have appeared in magazines and are in personal and corporate collections nationwide. Katie's Coffee House is located at 760 Walker Road in Great Falls. To see more of Montis's images, visit her website at www.dmontisphotoart.com.

the duo singers Linford Detweiler and Karin Bergquist is marked by literary influences by Lewis, Dylan Thomas, and T.S. Eliot. Detweiler and Bergquist released albums and have performed with Bob Dylan, Ani

DiFranco and others. Tickets: \$25-\$28. For more information, visit <http://www.wolftrap.org/tickets/calendar/performance/1516barns/1204show15.aspx> or call 703-255-1900.


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McArthur Leads McLean Volleyball to Regional Berth

Highlanders looking for first conference/district title since 2001.

BY JON ROETMAN
THE CONNECTION

The McLean volleyball program hasn't won a district/conference title since 2001.

This year's team won 20 matches during the regular season and earned the No. 2 seed in the Conference 6 tournament, giving the Highlanders hope of ending their lengthy championship drought.

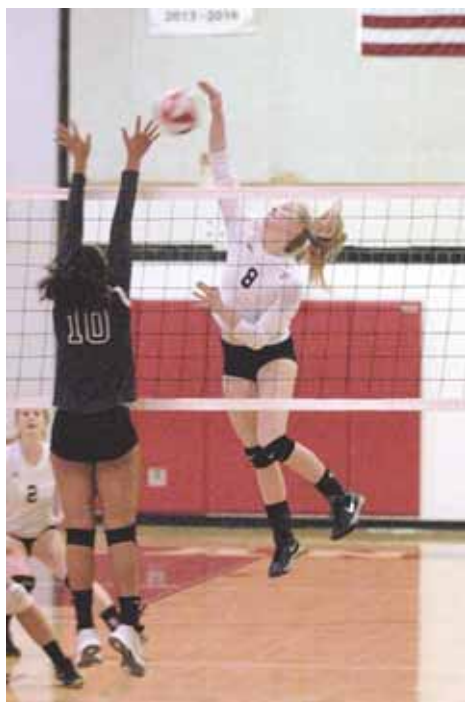
Oh, and they have Maddie McArthur, as well.

The sophomore sensation tallied 23 kills on Monday night as No. 2 McLean defeated No. 7 Washington-Lee 3-0 (25-17, 25-22, 25-20) in the Conference 6 tournament quarterfinals at McLean High School. The Highlanders advanced to the semifinals, where they faced No. 3 Madison on Tuesday, after The Connection's deadline. McLean also earned a berth in the 6A North region tournament for the first time in Bill Musgrove's three seasons as head coach.

McArthur took control early, totaling 12 kills in the opening set. After W-L cut the McLean lead to 20-16, the Highlanders scored five of the final six points, including a pair of kills from McArthur.

"That makes life easy," Musgrove said.

No. 8 continued to dominate. Her 20th



McLean sophomore Maddie McArthur tallied 23 kills during the Highlanders' sweep of Washington-Lee on Monday during the Conference 6 volleyball tournament quarterfinals.

kill of the evening finished off a pesky W-L team in the second set, 25-22.

What makes McArthur such a dangerous hitter?

"I think just the explosiveness," Musgrove said. "She hits the ball as hard as anyone I've ever coached and she's still just a sophomore. She jumps out of the gym for some-



McLean's Sierra Spraker (12) and Maddie McArthur attempt to block a Washington-Lee attack on Monday night.

one her height."

McArthur had three kills in the final set, including two after W-L had cut the McLean lead to 21-17.

"She's awesome," senior Sarah Park said. "I'm so happy. She was on the team as a freshman last year and just seeing her grow, even more through club season than this season, is amazing."

Karen Shedlock and Leona Ng each had five kills for McLean and Josephine Oakley had four kills and three aces.

McLean entered the regular-season finale against rival Langley with a chance to earn the No. 1 seed in the conference tournament, but suffered a three-set loss to the Saxons, who went undefeated during conference play. If the Highlanders can get past

Madison, the defending state runner-up, they could again face Langley in Thursday's championship match at Washington-Lee High School in Arlington.

"I think that we didn't play our best volleyball against Langley," Musgrove said. "We know that. We'd like another shot at them. We're going to be playing Madison, probably, [on Tuesday], so I'm sure they're thinking they'd like another shot at us."

What would it mean for the Highlanders to break their championship drought?

"It would mean the world," McArthur said. "I would be so happy."

She wouldn't be the only one.

"I would probably cry for weeks," Park said, "... tears of joy running down my cheeks."

SPORTS BRIEFS

Madison Football Has Shot at Outright Title

The Madison football team will host Hayfield at 7 p.m. on Friday, Nov. 6, with an opportunity to secure an outright Conference 6 championship.

The Warhawks enter Friday's contest with an 8-1 record, including 6-0 in the confer-

ence. The Warhawks have already secured at least share of the conference title, with Hayfield and South Lakes one game behind at 5-1. If Madison loses to Hayfield, the teams will be co-champions. If Hayfield wins and South Lakes beats Fairfax, there will be a three champs. But if the Warhawks beat the Hawks, they will be outright champs.

Madison defeated Washington-Lee 21-13 on Oct. 30, giving the Warhawks eight straight victories after losing their opener to Oakton.

Madison is No. 4 in the latest VHSL 6A North region power rankings. South Lakes is No. 6 and Hayfield is No. 9. The top 16 teams make the playoffs.

Oakton Football Beats Falls Church

The Oakton football team beat Falls Church 41-7 on Oct. 30, improving its record to 4-5.

The Cougars will conclude the regular season with a road game against Herndon at 7 p.m. on Friday, Nov. 6.

Oakton is No. 11 in the latest VHSL 6A North power rankings. The top 16 teams

make the playoffs.

Madison Volleyball Earns Regional Berth

The Madison volleyball team swept Yorktown on Nov. 2 in the Conference 6 tournament quarterfinals, earning a berth in the 6A North region tournament.

The Warhawks faced McLean in the conference semifinals on Tuesday, after The Connection's deadline. The championship match is Thursday at Washington-Lee High School in Arlington.

Langley Volleyball Beats Hayfield

The No. 1 Langley volleyball team swept No. 8 Hayfield on Monday in the Conference 6 tournament quarterfinals. The Saxons advanced to the semifinals, where they faced South Lakes on Tuesday, after The Connection's deadline.

The championship match is Thursday at Washington-Lee High School in Arlington.

Langley finished the regular season with an 18-4 record and went undefeated in con-

ference play.

Langley Football Beats Yorktown

The Langley football team improved to 2-7 and snapped a three-game losing streak with a 48-23 home victory over Yorktown on Oct. 30.

The Saxons will wrap up the regular season with a road game against rival McLean at 7 p.m. on Friday, Nov. 6.

Langley is No. 19 in the latest VHSL 6A North region power rankings. The top 16 teams make the playoffs.

Oakton Volleyball to Host Centreville

The Oakton volleyball team will face Westfield in the Conference 5 tournament semifinals at 5 p.m. on Wednesday, Nov. 4 at Centreville High School.

Oakton finished the regular season with a 19-5 record and went undefeated in conference play, earning the No. 1 seed and a first-round bye in the conference tournament, along with a regional berth.



John DeSciociolo and the Madison football team will host Hayfield on Friday with a chance to win the Conference 6 championship.



Tom and Genny Dalrymple of Great Falls with their dog Skipper. Dressed as Superman, Skipper won the award for "Best Show-Off."



Rachel Coe of McLean and Zoe Bredezen of Great Falls with their dog Sophie, dressed in an "Alice in Wonderland" theme. Sophie won the award for "Prettiest Dog."



Tracy Hays with Keno and Allyson Roach with Brinkley. Dressed as lobsters, they tied for the prize for "Best Team Effort."

Halloween Pet Parade in Great Falls

A Pet Parade was held on Saturday, Oct. 31, at the Great Falls Village Centre Green and sponsored by Great Dogs of Great Falls. People dressed up their dogs in Halloween costumes and paraded them around the Green before the judges. Prizes were awarded for Prettiest, Best Team Effort, Best Show-Off and Scariest pets, among others.

PHOTOS BY
STEVE HIBBARD
THE CONNECTION



Ava and Nicole Hayre of Great Falls with their dog Ginger. Dressed as pirates, they won the award for "Best Team Effort."



Amelia Vallone, Will and William Logan of Reston with their dog Victoria during the Dog Parade.



The start of the Pet Parade at the Great Falls Village Centre Green in Great Falls last Saturday, Oct. 31. The event was sponsored by Great Dogs of Great Falls.

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Capital Food Partners, LLC trading as Culinaria Cooking School, 110 Pleasant Street, NW, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on and off Premises license to sell or manufacture alcoholic beverages.

Stephen P. Sands, CEO
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered to www.abc.virginia.gov or 800-552-3200

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