



Great Falls CONNECTION

Searching for Man or Woman of the Year

NEWS, PAGE 16

WELLBEING

PAGE 14

Katie Simmons
Hickey of Great Falls
was Woman of the
Year for the Leuke-
mia and Lymphoma
Society in 2015.

Supporting All Things Great Falls

NEWS, PAGE 12

Madjesti Honored in Great Falls

NEWS, PAGE 17

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIEDS, PAGE 18

PHOTO BY STEVE HIBBARD/THE CONNECTION

NOVEMBER 2-8, 2016

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Matthew Godbout and Blue, his Australian cattle dog, are dressed up as a team: Disney's Snow White and Prince Charming.



The Hayre family is in Oz: Ava, 10, as Dorothy; Nicole as Glinda; Will as the Scarecrow; and Ginger, their 3-year-old miniature poodle, as a flying monkey.

PHOTOS BY FALLON FORBUSH/THE CONNECTION

Spooky Fun on a School Night

BY FALLON FORBUSH
THE CONNECTION

Not even a school night could keep kids from staying up late for a Great Falls tradition: the Halloween Spooktacular.

"It's a tradition that goes back about 20 years," says Erin Lobato, director of Celebrate Great Falls Foundation. "Homes are just not that close and it's hard for people with little legs. It's just a way for safe trick-or-treating."

Lobato has attended the annual Halloween gathering for the past four years and says that attendance has grown each year. Her foundation passed out over 1,000 glow stick necklaces last year and were prepared to accommodate another large crowd on Monday.

"We always give them out," she says. "We want to keep our little ones safe."

The festivities at the Great Falls Village

Centre kicked off before the sun went down with a pet parade and costume contest. Dogs were judged in Prettiest, Scariest, Best Team, Most Original and Best Show Off categories.

Angela Bongiorno, member of the Optimist Club of Great Falls and self-proclaimed dog lover, and Odiorne Beebe, member of the Great Falls Friends & Neighbors club, judged the contest and selected the winners for each category.

Kristie Kim and her dog Cece, a vizsla dressed in exercise wear, jazzercised their way across the judging table.

"That's how Cece stays in shape," says Kim.

Linda Waitkus, owner of Great Dogs of Great Falls, sponsored the pet pandemonium and was on hand to pass out dog treats and poop bags. After all, trick-or-treaters were on their way to the green and she said she didn't want any messes.

Meanwhile in the parking lot, the Lan-



Kristie Kim and Cece, her vizsla, jazzercise for the judges.

gley High School Marching Saxons and Color Guard performed in Halloween costume.

"Spooktacular gets us out in the community and it's fun for the kids— both them and the little ones," says Alexandra Singer, the band's program administrator.

Back on the green, Boy Scouts of America



Jamie Liu, 17, of the Langley High School Color Guard waits for the rifle she twirled into the air to return.

Troop 55 was setting up their haunted house in anticipation of all of the 12 and under children who were invited to trick-or-treat by the local merchants.

"We totally like to do this," says Gary Pan, the troop's scoutmaster.

This was his troop's third year creating their spooky experience. Nearly 800 kids walked through the haunted house last year and they were hoping for 900 this year.

As soon as they opened, there were long lines of children eagerly waiting with their parents to go through. Though it was a trickier process than usual, since the kids had school earlier in the day this time around.

"The kids set this up yesterday afternoon," Pan says while pointing to the haunted house. But strong winds that night blew down all of the walls and they had to rebuild.

"Or, we're thinking maybe it's really haunted."



Izabella Britton, who turns 1-year-old next week, was monkeying around with her dad, Don Britton.



From left — Angela Bongiorno and Odiorne Beebe are entertained by the dogs as they judge their costumes.

VOTE TUESDAY, NOV. 8!

CONGRESSWOMAN

BARBARA COMSTOCK

A LIFETIME OF SERVICE IN THE 10TH DISTRICT

For 35 years, Barbara Comstock has lived, worked, raised a family, started a business and served as both Delegate and Congresswoman in the 10th District. Whether it was her work as a senior Justice Department official, a small businesswoman, a Mom at home, a senior aide and counsel in Congress, a Member of the House of Delegates or now as our Congresswoman, Barbara knows the challenges facing the 10th District because she has lived them with us and fought for us to get results on our priorities.

SHE GETS RESULTS

- › Advance breakthroughs in 21st century cures for chronic disease such as cancer, Alzheimer's and diabetes.
- › A 5 year Transportation Bill, signed into law, which will help relieve traffic congestion, provide more transportation funds, and make Metro safer and more accountable.
- › A \$600 billion tax relief package, signed into law, for families, small businesses and our technology and defense businesses.
- › Increased defense and cyber funding to protect us from terrorism.
- › Human Trafficking legislation, signed into law, that cracks down on this growing crime and protects women and children.
- › Started two Heroin Task Forces to battle the heroin scourge in our communities and advancing legislation to increase education, treatment and prevention.
- › Started the "10th Congressional District Young Women Leadership Program" for junior high and high school young women.

**"I ask for your vote on
Tuesday, November 8th.**

As your Congresswoman, I will continue to work tirelessly to strengthen our national security and protect us from terrorism; advance breakthroughs in 21st century cures for chronic diseases such as cancer, Alzheimer's and diabetes; promote a 21st century economy with more opportunity and higher wage jobs; provide transportation funding and solutions; and fight the growing problem of human trafficking and heroin abuse in our community."

Barbara Comstock

703.731.4466 / info@barbaracomstockforcongress.com / www.BarbaraComstockForCongress.com

Paid for by Comstock for Congress

Registration Opens for Third Annual Youth Writing Contest

BY CHRISTINA TYLER WENKS

Sixth-graders again have an opportunity to write for fun, money, and bragging rights for being published. Online registration is now open for the Great Falls Writers Group's (GFWG) third annual Youth Writing Contest on Saturday, Jan. 21, 2017. Registration is first-come, first-served at <http://www.signupgenius.com/go/30e0845a4a82ba4fa7-great>.

Sixth-graders who reside in the 22066 ZIP code or attend public school in Great Falls may participate. Rules are on the registration webpage.

"Our goal here is not just to embrace and celebrate the bright young writers in the community but to validate and affirm the fact that their written words have a positive, lasting impact," said Kristin Clark Taylor, GFWG founder and facilitator. "That's what GFWG is all about — feeding that fire."

"Creators put a lot of thought into the contest format so that it welcomes all genres of writing," said Michael Cappitelli, contest committee chairman. "No warning of a writing prompt and no outside parental involvement or electronics level the playing field." Use of electronic equipment during the contest is prohibited.



PHOTO BY AMANDA PFEIFLE

Author Henry Cole, left, and Friends of the Great Falls Library President Michelle Miller, right, flank the ten finalists of the Great Falls Writers Group 2016 Creative Writing Contest on April 30, 2016. Finalists are, from left, Erin Kearns, Katherine Stockton, Julia Toloczko, Riley Luce, Miky Kassem, Julia Fremberg, Cecelia O'Sullivan, Elisabeth Anderson, Luke Tibbs, and Karma Kassem.

Feedback from students, parents and teachers persuaded GFWG to expand the contest site to the greater Great Falls com-

munity, shifting the contest site from classrooms to the Great Falls Public Library, 9830 Georgetown Pike, Great Falls, which also

GFWG Youth Writing Contest

WHO: All sixth-graders in Great Falls
WHAT: Youth Writing Contest hosted by the Great Falls Writers Group
WHEN: Saturday, Jan. 21, 2017. Students may participate in any of one of four times: 9 a.m., 10:30 a.m., 12 noon and 1:30 p.m.
WHERE: Great Falls Library, 9830 Georgetown Pike, Great Falls 22066
 Register online at <http://www.signupgenius.com/go/30e0845a4a82ba4fa7-great>

welcomes home-school and private-school students to participate. The contest provides four sessions accommodating students around other weekend commitments.

Entries are judged blindly and scored upon criteria such as creativity, originality, content, grammar, and story development. Published authors, college professors and librarians generously give of their free time to judge entries.

The Friends of the Great Falls Library is contributing prize money and hosting the GFWG Youth Writers Awards Gala where the winners will be announced on Saturday, April 29, 2017, at the Great Falls Library.

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Vote No Later than Tuesday, Nov. 8

Vote early (“absentee in person”) through Saturday, Nov. 5.

Who knows what will happen on Election Day? Voters can avoid the uncertainty of possible traffic gridlock, bad weather or other impediments by voting “absentee-in person.” If you work, you qualify to vote absentee because of the possibility you could be commuting and working for 11 hours on Election Day. There are many other reasons voters qualify to vote early in Virginia.

Voters can vote absentee-in person at Fairfax County Government Center, Conference Room 2/3, 12000 Government Center Parkway, Fairfax, now through Friday Nov. 4, 8 a.m. to 8 p.m. and Saturday, Nov. 5, 9 a.m. to 5 p.m.. Nov. 5 is the last day to absentee vote in-person.

Absentee voting is also available at 10 satellite locations, now through Friday, Nov. 4, 2-8 p.m. and Saturday Nov. 5, 9 a.m. to 5 p.m.

Satellite voting locations:

- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
- ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
- ❖ McLean Governmental Center - 1437 Balls Hill Rd., Community Room, McLean
- ❖ North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston

- ❖ West Springfield Governmental Center - 6140 Rolling Road, Springfield
- ❖ Mason Governmental Center - 6507 Columbia Pike, Annandale
- ❖ Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria
- ❖ Sully Governmental Center - 4900 Stonecroft Blvd., Chantilly
- ❖ Lorton Library - 9520 Richmond Hwy., Lorton, Saturdays only.

VOTING ON THE QUESTIONS:

Here are our recommendations:

Vote YES for the MEALS TAX. Fairfax County needs to find alternatives to the real estate tax, and in Virginia, there are not many options allowed to localities. This is one of the few alternatives available, and it requires a referendum.

Vote YES for the three Fairfax County Bond Questions: Vote YES for Transportation; vote YES for Parks; Vote Yes for Human Services.

Vote NO on on Question One. This anti-union language is already Virginia law; it doesn't belong in the Virginia Constitution.

For Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, or you face any other challenge to voting at your polling place, don't panic or give up. You will be given the opportunity to vote a provisional ballot. Ask for a provisional ballot if one is not immediately offered. You

will then have until Monday, Nov. 14 to resolve the issue and demonstrate your right to vote.

After completing the provisional ballot, you will be given written instructions from the election officials on how to submit a copy of your identification so that your vote can be counted.

A voter will have until noon on Monday, Nov. 14, following the election to deliver a copy of identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Monday, or the provisional ballot cannot be counted.

Also by noon on Monday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a temporary identification document. This document may be provided to the electoral board to suffice the identification requirement.

CORRECTION

Voters who do not present photo ID and vote by provisional ballot have until noon on Monday, Nov. 14 after the election to present their identification. Previous coverage reported that the cutoff was Friday.

— MARY KIMM
KIMM.MARY@GMAIL.COM

EDITORIAL

LETTERS TO THE EDITOR

Always Here and Always Working

To the Editor:

Throughout the campaign for Congress in Virginia's 10th District, I've been struck by the different tenor of the two campaigns. Challenger LuAnn Bennett is running a campaign based on rhetoric and soundbites. Congresswoman Barbara Comstock is running a campaign based on ideas and solutions.

LuAnn Bennett's case for her election has been weak at best. She's spent her time attacking Congresswoman Comstock, attempting to distort her record, and trying to use national politics to influence voters.

Congresswoman Comstock, on the other hand, has presented her record over the last two years. She's highlighted her work on human trafficking, drug addiction and intervention, and domestic violence. She's talked about the legislation she passed to increase STEM opportunities for young women and make it easier for college students to pay down their student debt. She's stood strong on

national defense and terrorism, opposing the Iran nuclear deal and other policies that make us less safe. She's run a campaign based on ideas and solutions. But most importantly, Comstock is always here and always working. She doesn't show up just when she needs our vote. She attends community events, meets with constituents, and responds to our concerns. She's not interested in headlines. She's interested in results.

The difference is clear. Vote Barbara Comstock on November 8.

Glen Sjoblom
Great Falls

Holding Line on Taxes

To the Editor:

Washington doesn't have a revenue problem; it has a spending problem. Try telling that to LuAnn Bennett though, who supports higher taxes and has criticized Congresswoman Barbara Comstock for fighting higher taxes in the state legislature. With health care premiums skyrocketing and wages stagnant, the last thing my

family can afford is to send more money to Washington. But I'm afraid if we elect LuAnn Bennett to Congress, she will be a blank check for a President Hillary Clinton.

We need someone in Congress with a proven record of holding the line on taxes. Congresswoman Barbara Comstock opposed the largest tax increase in Virginia history when she was in the state legislature. And she will be a check on higher taxes and spending in Congress. Vote Barbara Comstock on Nov. 8.

Carla Lanzara
Great Falls

Meals Tax: A Tool We Have

To the Editor:

As a fiscal conservative, to me it's pretty simple — the meals tax is one of the only tools we have as an alternative to property taxes. It's widely agreed that Virginia counties rely too heavily on property taxes for revenue, forced by state laws barring them from other sources that cities and towns have

(such as taxing alcohol or increasing tax on tobacco) and returning to us just 22 cents on every state revenue dollar generated in Fairfax County.

There's a reason why most Virginia counties have adopted a meals tax. It's why the McLean Citizens Association (no shrinking violet on fiscal restraint) and the venerable League of Women Voters are among the many groups that have analyzed it and support it. Every dollar collected this way is better (including almost 1/3 cheaper) than that dollar coming from real estate taxes.

Adopting it also will show Richmond that we're taking advantage of the one alternative revenue tool already available — rather than isolating ourselves in this predicament — bolstering our case in seeking a fairer share of state revenue returned to us.

People should not conflate the meals tax question with spending issues; a “no” vote on this does not promote fiscal restraint, or substitute for citizen vigilance and holding our elected officials accountable on program performance and

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Veterans' Day Ceremony at the Great Falls Freedom Memorial

On Friday, 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 country in the Armed Forces. The event will include a Marine Corps color guard, patriotic songs by the Langley Madrigals, and remarks by two-star General Julie Bentz. 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. Seating will be provided, but attendees are encouraged to bring their own portable chairs.

For more information, contact Bruce Ellis Fein, Friends of the Great Falls Freedom Memorial, 703-248-0390 or bruce@newdream.net.

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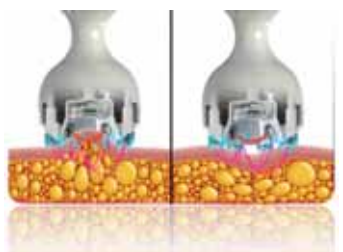


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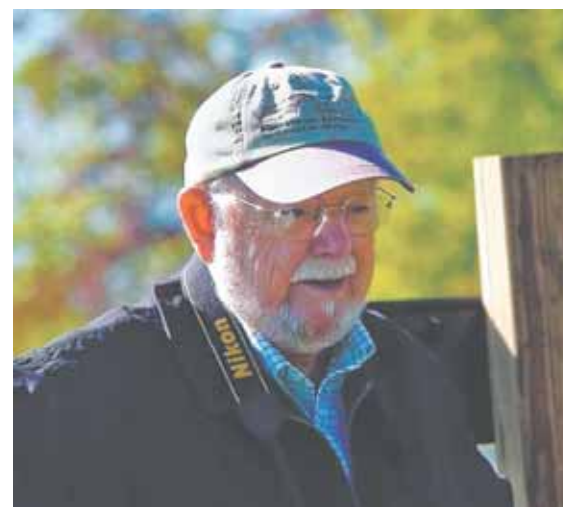
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OBITUARY

John Stitzer's birthday party at The Old Brogue/Katie's: on left - starting in front: Chuck Dorigan, David Pacelli, Toni Wheaton, Alison Stitzer, Steve Ihde, Tenby Ihde at end Ginny Sinclair; on right - starting in back: Richard Pariser, Linell Broecker, John Stitzer, Leigh Stitzer, Fred Weck.



John Stitzer

John Stitzer, 88, of Great Falls, Dies

John Mark Stitzer has died peacefully in his sleep. His wife of 37 years Alison Kern ("A") was at his side; awake earlier, he'd visited with his daughter Alison Leighton ("Leigh"). Born in Mahanoy City, Pa., on Jan. 12, 1928, John served in the U.S. Army in Korea and graduated from Kutztown State College. He enjoyed a long and successful career at the Defense Intelligence Agency, living first in Washington, D.C. and then Bethesda, Md.

His favorite sport changed from fresh water fishing and canoeing to — with his Alison and Leigh — cruising and sailing the Chesapeake on the family's sloop ACTIVE. He was a member of the West River (MD) Sailing Club and the Edgartown (MA) Yacht Club.

In the winter, he loved skiing the "black" trails of Canada, New England, Colorado, and Austria. His wit, warm smile for everyone, and ceaseless energy were so appreciated during his popular tenure as President of the Arlington Hall Ski Club. Later, he was a super "horse show Dad" for his Leigh. For the past decade, he has lived in Great Falls, where he enjoyed gardening, music, poetry, bird (and donkeys) watching - and morning coffees in town with his good friends.


John also leaves a daughter Beth Ross of Martinez, Calif.; a sister Barbara (Mrs. Louis) Greis of Crystal Beach, Fla.; numerous nieces and nephews (and grands); and Abby, Kensi, and Skit -adoring canines. He was predeceased by his parents, Mr. and Mrs. Wayne D. Stitzer; two brothers, Wayne and Harry (Pete) and a sister, Marbeth.

The family plans a private burial and a memorial celebration of his life at a later date. In lieu of flowers, a donation to the Mahanoy City Historical Society is suggested.

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Families of an aging loved one often reach a point where they *know* their loved one needs a lifestyle change. Glaring signs of decline—such as poor hygiene, frequent falls or social withdrawal—beg for attention. Memory loss or other dementias can be cause for even greater alarm. Unfortunately, guilt, grief, confusion or overwhelm can leave families feeling stuck when looking for care options, before they ever get started. All the while, the deterioration continues.


Join us for advice, information and reassurance from a housecall physician who specializes in working with homebound older adults and those with complex medical needs; an eldercare industry leader who specializes in helping seniors and their families make ideal

lifestyle decisions; and a colleague who experienced the process with her own family and has helped hundreds of others as they've done the same. You'll learn how to:


- Understand the main challenges of making transitions
- Anticipate where transition points are likely to be, and how to incrementally plan for them
- Realistically assess your resources (including time and money) and seek financial assistance
- Get "unstuck" when you find yourself immobilized
- Manage stress effectively and care for the caregiver
- Identify and implement a "good" decision



**Steve Simmons, MD,
DocTalker Family Medicine**
Dr. Steve is a physician who makes housecalls to bring medical care to homebound adults.




**Jodi Lyons
CEO, Senior Sherpa**
Jodi is an eldercare consultant who helps older and special needs adults across the country find care.



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- **Supporting Bipartisan Transportation Solutions** to invest in our roads and bridges and improve the safety, management, and oversight of Metro

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**McLean
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The Center of It All



Here's What's Happening at MCC

Children's Flea Market
Saturday, Nov. 5, 11 a.m.-1 p.m.
Patron admission is free.

Onstage @ The Alden
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Brothers**

Sunday, Nov. 6
1 and 4 p.m.
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**McLean Antiques
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Art Walk in the Village: First

Fridays beginning Sept. 9, 6 - 9 p.m. through Dec.31 at 756 Walker Road, Great Falls. Admission free and open to the public. greatfallsart.org/artwalk/

SATURDAY/NOV. 5

Stop Hunger Now Meal Packaging

Event 8 a.m. - 4:30 p.m. Redeemer Lutheran Church 1545 Chain Bridge Rd McLean. To donate to Stop Hunger Now McLean or to register to volunteer for the November 5th Meal Packaging Event go to <http://events.stophungernow.org/McLeanRotary2016>

SCA Alumni Event at Great Falls Park in Virginia 9 - 1p.m. Great

SEE CALENDAR, PAGE 11

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CALENDAR

FROM PAGE 10

Falls Park, 9200 Old Dominion Drive, McLean. Connect with SCA and learn about SCA programs in DC and Explore the natural and historical resources of Great Falls Park via a ranger-led guided hike. SCA alumni, staff, current members, family, friends, and supporters throughout the DC metro area. Guests welcome. Bring a reusable water bottle and dress for the weather. Please wear sturdy hiking shoes appropriate for a 3-mile hike. Lunch will be provided. mcronin@thesca.org

Wishes Wills and Wealth 10 - 11 a.m. at Brightview Great Falls, 10200 Colvin Run Road. Learn about several tools that exist to preserve wealth and protect assets. This seminar is complimentary, but an RSVP is requested as space is limited. 703-759-2513 cpennington@bvsl.net.

Children's Flea Market 11- 1 p.m. McLean Center 1234 Ingleside Avenue. There will be bargain prices at the Children's Flea Market. Children's toys, clothes, games and other items will be sold by those who know them best...the kids. Help support our local youths' entrepreneurial venture. Admission: free. www.mcleancenter.org

SUNDAY/NOV. 6

All Saints Sunday at 5:30 p.m. St. John's Episcopal Church located one mile east of Beltway Exit 44, at 6715 Georgetown Pike. Requiem in D Minor will be offered at St. John's Episcopal Church The St. John's Choir will be joined by choristers from St. Dunstan's Church and will be accompanied by three trombones, a french horn, and an organ. 703-356-4902 www.stjohnsmclean.org.

3rd annual McLean Interfaith Choral Concert 7 p.m. at Temple Rodef Shalom 2100 Westmoreland Street, Falls Church. The concert will feature choirs from local faith communities. Admission: free. Just bring Thanksgiving food items for the food pantry.

TUESDAY/NOV. 8, 2016

Election Day. General election. Visit: sbe.virginia.gov/ and fairfaxcounty.gov/elections/upcoming.htm

FRIDAY/NOV. 11

Everything Christmas Sale Preview Sale: 4 - 7 p.m. Main Sale is 9 a.m.-noon on Saturday. At The First Baptist Church of Herndon 681 Elden St. There will be holiday decorations and a variety of gift options. The proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students.

SATURDAY/NOV. 12

Everything Christmas Sale 9 a.m.-noon At The First Baptist Church of Herndon 681 Elden St. There will be holiday decorations and a variety of gift options. The proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students.

Vienna Volunteer Fire Department Fall Bazaar and Craft Show 10 - 4 p.m. held in the Flame Room at the fire department, located at 400 Center Street, South. The craft show features crafts and home based businesses. Admission: Free. Proceeds from the rental of the table spaces and raffles benefit the fire department in their effort to raise



PHOTO BY STEVE HIBBARD/THE CONNECTION

The lighting of the Christmas Tree during the 25th Annual Celebration of Lights and Great Falls Holiday Fest on Dec. 6, 2015 at the Great Falls Village Center in Great Falls. This year's celebration takes place on Dec. 4 at the village Center in the heart of Great Falls 4:30 - 6:30 p.m. rain or shine.

Plan Ahead Great Falls

FRIDAY-SUNDAY/NOV. 25-27

Thanksgiving Art and Craft Show presented by The Northern Virginia Handcrafters Guild (NVHG) at the recently renovated Spring Hill RECenter, 1239 Spring Hill Rd., McLean. The show will feature the original handmade craft and artwork of approximately 80 juried artists and artisans offering original jewelry, woodworking, photography, painting, fiber art, pottery, fused and stained glass, and much more. Friday and Saturday 10 a.m. to 5 p.m. and Sunday, 11 a.m. to 4 p.m. Admission is \$5 for adults (free for children 12 and under) and includes free return and free parking. For more information, visit www.nvhg.org.

FRIDAY-SUNDAY/ DEC. 2-4

McLean Holiday Crafts Show. 11 a.m.-7 p.m. Friday, 10 a.m.-6 p.m. Saturday, 11 a.m.-4 p.m. Sunday. McLean Community Center, 1234 Ingleside Ave. McLean, VA 22101. This highly regarded, juried show features fiber arts, wood, ceramics, pottery, jewelry, glass, holiday decor, fashion, items for children, gourmet foods, paper art, photography, sculpture, paintings and more. Cost: Adults \$5, children free. Visit <http://www.mcleancenter.org/>.

SUNDAY/DEC. 4

Great Falls Celebration of Lights 4:30 - 6:30 p.m. rain or shine. at the village Center in the heart of Great Falls. Celebrate the season with our Annual Christmas Tree Lighting. Hot cider and cocoa will be served next to the fire. Seasonal music will be performed by the local children's choral groups. The petting zoo and pony rides will be open for kids until Mr. and Mrs. Claus arrive by antique fire truck. www.celebrategreatfalls.org/celebration-of-lights

SUNDAY/DEC. 18

Living Nativity at Great Falls United Methodist Church. Three 20 minute, one act plays of this glorious event will begin at 5 p.m. and end at 6 p.m. Come listen to the story, sing some carols, pet the animals, enjoy refreshments, and rekindle your joy for Christmas. 10100 Georgetown Pike Great Falls, www.greatfallsumc.org. Questions? Call 703-759-3705.

funds for lifesaving fire and rescue equipment. To reserve a space call Carol at 703-309-3468 or email Dancers1023@aol.com.

Model Trains and Thomas Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model

trolleys and steam and diesel trains plus Thomas and some of his friends. layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free. nvmmr.org. 703-938-5157.

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PEOPLE

1929 Ford Model AA postal truck



PHOTOS CONTRIBUTED

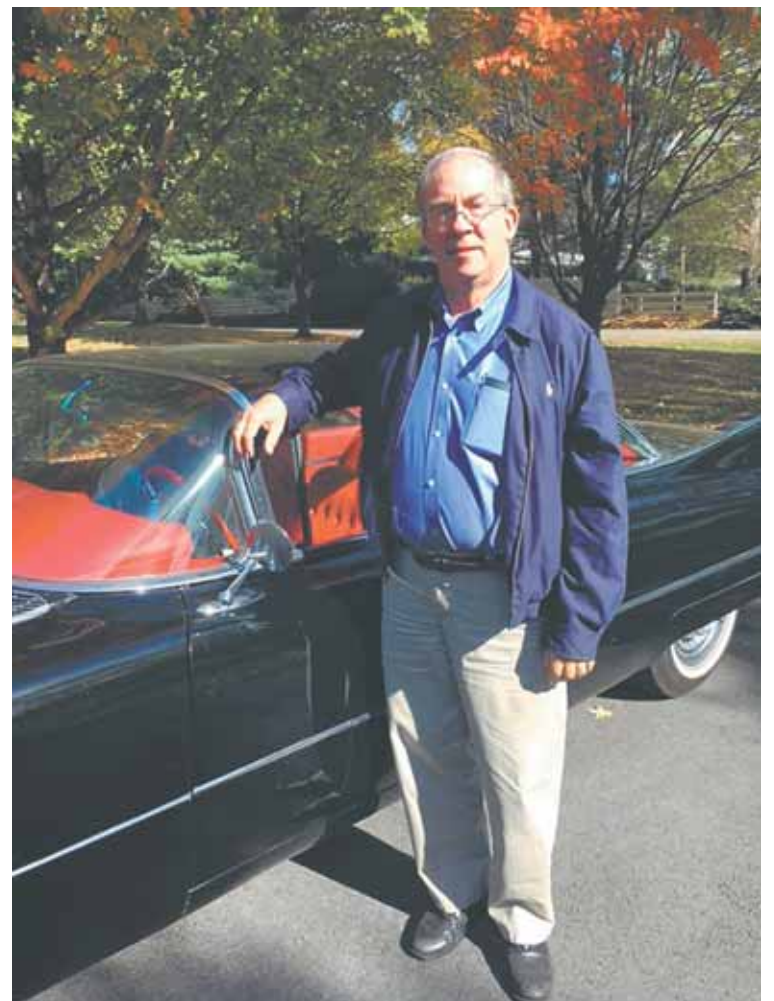
Supporting All Things Great Falls

Dean Edmonds preserves symbols of small-town America.

BY ADRIENNE WEST
THE CONNECTION

Dean Edmonds is the first one to tell you that he is living a dream. "If you dream big, you never know what will happen. If you [told] me 1.5 years ago that I would help buy a big steamboat like the Delta Queen, I would have said you were crazy. Well, I am now a token owner, but owner I am. That is amazing," Edmond says.

He never expected to be involved in saving a piece of Americana in the form of a steamboat or a train car or a postal truck, and he is passionate about all three endeavors. Likewise, he is just as passionate about keeping the "real hometown" feeling to Great Falls, his home since 1993. He and his wife Lynn Ann moved here from Alexandria because her parents were here and for the better schools and neighborhoods. They began supporting a number of community organizations and



SEE AMERICANA, PAGE 13

Dean Edmonds with his 1959 Cadillac.

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Delta Queen steamboat

PEOPLE

Preserving Americana

FROM PAGE 12

have become known for their philanthropy.

Edmonds sums it up well. "I never really think about what I do for the community; I just enjoy doing it. I first became involved with the community through the Amadeus Orchestra and Great Falls Concert Series before we even moved here. I was active supporting the Boy Scouts, and since moving to Great Falls, I have supported the Great Falls Volunteer fire department. I do not know when I first started supporting the local Brogue Charities that Mike Kearney started. From there that lead to my support of Celebrate Great Falls and the July 4th celebration to include the fireworks."

When asked why it's important for Great Falls to continue the fireworks tradition, he had a few reasons. "First of all, I love the big show." Lynn Ann calls it the "hometown special." Edmonds also likes that the community is like a family and people know him here. He helps the Friend of the Fireworks organization through

financial support and volunteering. He and his wife feel the fireworks event is one of the things that make Great Falls special, and they have no desire to go to D.C. and get lost in the shuffle. Edmonds says he likes "knowing that what I do here makes a difference."

As curator of the Postal Service's oldest active mail truck, a 1929 Ford Model AA, he has driven it in the July 4th parade for the last few years. Other vehicles he has brought to the festivities include his 1977 Ford pickup and a 1959 Cadillac.

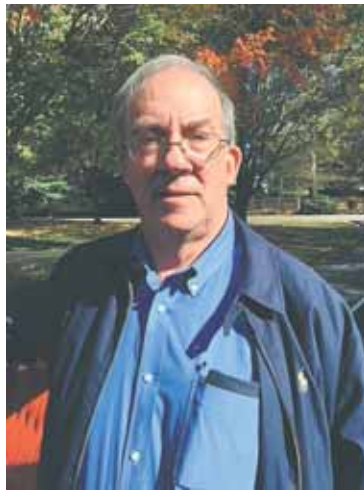
With the Pullman train car, Dover Harbor, he introduces younger generations "to how travel once had grace and civility." Then there is his biggest preservation effort, rescuing the Delta Queen steamboat from the scrap yard with plans to return her to service on inland waters.

Dean Edmonds continues to make a mark in the community by helping those that strive to preserve small-town America, and by showing us the value of appreciating our heritage.



1934 Pullman car Dover Harbor

PHOTOS CONTRIBUTED



Dean Edmonds



1959 black Cadillac (second from right)

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WELLBEING

Managing Holiday Weight Gain

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL
 THE CONNECTION

Holiday weight gain between Halloween and New Year's Eve is not only common, a new study published in the New England Journal of Medicine found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?'"

What different ways can I celebrate?"

In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

"Some people ... just give up on [weight management] during the holiday season. ... Some people say, 'I'm just going to deal with it in the New Year.' It's easy to get derailed that way."

— Domenica M. Rubino, M.D.

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon, she said. "It forces a kind of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?'" said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said. "It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it."

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."

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STEVE HIBBARD/THE CONNECTION

Katie Simmons Hickey of Great Falls was Woman of the Year for the Leukemia and Lymphoma Society in 2015.



PHOTO CONTRIBUTED

(From left to right): Katie Simmons Hickey with Jean Paul Achour and his wife Fatima of the Dolce Vita Salon and Spa in McLean.

Searching for Man or Woman of the Year

Katie Simmons Hickey is looking for candidates to raise money for Leukemia and Lymphoma Society.

BY STEVE HIBBARD
THE CONNECTION

Katie Simmons Hickey, age 35, of Great Falls works on the retail side of mortgage banking with The Simmons Team with her sister Lindsay at their office in the Village Green. With a passion to help raise funds for cancer research, she hosted 14 events, raising \$277,000 in 10 weeks during her reign as Woman of the Year for the Leukemia and Lymphoma Society (LLS) in 2015.

The Man and Woman of the Year campaign is a national fundraising competition in which participants build fundraising teams to raise funds for LLS blood cancer research in honor of local children who are blood cancer survivors, the Boy and Girl of the Year.

"There were 27 candidates and I was the woman who raised the most money in this area and the first runner up in the country," she said. "The campaign was monitored over 10 weeks so we knew exactly how much we raised. It's just a fun and exciting time and a great thing to do."

She added: "Now I'm on the leadership team looking for candidates for 2017 Man and Woman of the Year competition; it's a 10-week campaign and competition to raise the most money. It's going to kick off in March 2017, with the Grand Finale on June 3. "The candidate from either Great Falls or McLean must be committed to raising the minimum of \$20,000 in 10 weeks for LLS.

"My definition of success is achieving goals that are completely ridiculous — doing things that no one else has done or would dream of doing.... Just finding the opportunity, and how we can give back. I'm in it until we can find a cure," she said.

As far as her fundraising goal, she said:



Participants at the Dolce Vita Salon and Spa hair and fashion show at the Ritz Carlton in Tysons Corner that raised \$11,000 for cancer research.

"My goal for every year that I continue to stay on the leadership team is \$2.5 million dollars in 10 weeks, March 23 thru June 23," she said. "There will be 25-30 male and female candidates."

On Thursday, Oct. 6, the Dolce Vita Salon and Spa on Elm Street in McLean, did a hair and fashion show at the Ritz Carlton in Tysons Corner that raised \$11,000 for cancer research. "We had a silent auction and live auction, and about 100 people attended."

"I did it to raise money for my goal and teamed up with them in hopes of finding a candidate to mentor this year," she said. The money will be going to the Leukemia and Lymphoma Society's Circle of Hope.

After that experience, she's looking for qualified candidates that she can mentor now for 2017 so that she can break some records. "My goal is to continue to mentor people. We are actively looking for candidates to kick off the campaign in 2017," she said. "I want to get candidates — whether male or female — to represent Great Falls."

"My personal goal is to set a leadership team record with dollars raised, and the most rewarding result of these campaigns is the research grants that you earn with the name of your choice," she said.

One of her research grants in 2015 was named for Elizabeth Ellickson, who died in 2007 of leukemia at age 14. Her mother



One of the hair models at the Dolce Vita Salon and Spa hair and fashion show at the Ritz Carlton in Tysons Corner.

Carol is a real estate agent in Great Falls. "I raised \$277,000, and for every \$50,000 raised, you could get a research grant," she said. "After I raised the money, I got to raise three grants, and she was one of the girls that I chose to raise it for."

The reason she's so passionate about helping is because her husband Brendan's father Marty passed away from cancer and she was looking for something to preoccupy her mind. Her best friend also had lymphoma, but is in remission now and recently bought a house in Great Falls. She started by raising a little money — \$100 here and there — but really got the fever when she became Woman of the Year.

Katie is married to husband Brendan; the couple has two children: Rylie, age 6, and Blake, age 4. If you are interested in becoming Man or Woman of the Year for the Leukemia and Lymphoma Society, email KatieSimmonsHickey@gmail.com to set up a meeting. For more details, visit the website at: www.mwoy.org.

NEWS

Madjesti Honored in Great Falls

Mine Detection Dog of the Year recognized at Seneca Hill Animal Hospital.

BY PEYTON JACOBS
THE CONNECTION

The Seneca Hill Animal Hospital honored an incredibly brave hero on Thursday, Oct. 29 named Madjesti, or "Arvin" to his handler and team back in Sri Lanka, the Marshall Legacy Institute's Mine Detection Dog of the Year. Madjesti is a 7-year-old Belgian Malinois who was donated by the Homan family, faithful patrons of Seneca Hill Animal Hospital for years. He is also sponsored by the U.S. Department of Defense, along with many of these dogs overseas. Madjesti works as one of the 218 Mine Detection Dogs around the world that have been provided to armies by the Marshall Legacy Institute. This organization seeks to relieve suffering and provide hope, progress, and stability in war-torn countries through providing Mine Detection Dogs, as well as through the Survivors' Assistance Program which has helped hundreds of landmine survivors receive prosthetic limbs, medical assistance, and vocational training.

The dogs are trained intensively for 18 months to safely and effectively search for explosive odors, and for other signs of these dangerous landmines that were left behind after conflicts in countries such as Sri Lanka, Lebanon, Angola, Iraq, and Afghanistan. "Each dog receives an army identification number and is given the same benefits as any other human soldier," said Brig. Amith Seneviratne, Commander of the Engineer Brigade within the Sri Lankan Army. "After seven years of work, they retire and live with their handler for the rest of their lives. When the dog passes away, we hold a special funeral ceremony and I have a plaque [honoring the dog] made for them."

Since 2004, the Mine Detection Dogs and their handlers have searched and cleared over 95 acres of land in Sri Lanka, allowing hundreds of displaced Sri Lankans to return safely to their homes. Madjesti has been working with his team of twelve dogs for about five years, and will continue to do so until his retirement. "These dogs are extremely effective in this process," said Perry F. Baltimore III, President and CEO of the Marshall



Perry F. Baltimore III, President and CEO of the Marshall Legacy Institute (center), presents award to Dr. Janice Homan and John Homan at Seneca Hill Animal Hospital.

PHOTOS BY PEYTON JACOBS/THE CONNECTION



From left — Dr. Janice Homan, Corp. Nawarathne, Madjesti/Alvin, John Homan, and Brig. Amith Seneviratne at the ceremony.

Legacy Institute. "They are very good. But the handlers have to be perfect, and that's what we have here. These two work perfectly."

If you would like to learn more about MLI and how you can donate, volunteer, or sponsor a dog, visit their website at www.marshall-legacy.org.



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Not a Week In the Knees



By KENNETH B. LOURIE

This is an easy week. No 24-hour urine collection on Tuesday. No pre-chemotherapy lab work on Wednesday. No stress on Thursday waiting for the lab results (to determine if I go in for chemotherapy on Friday). No chemotherapy infusion on Friday. No subsequent side effects: fatigue, general discomfort, eating challenges, etc., for the following Saturday to 10-days-later-Monday. No CT Scan. No P.E.T. Scan. No M.R.I. of the brain and/or liver. No anxiety concerning the results, and no follow-up appointment with the oncologist to assess the damage/discuss the results from all of the above. And most importantly, no strategy session (with my oncologist) to consider the treatment options because things have changed for the worse, which at least for this quarterly moment in time, they have not! For a cancer patient undergoing treatment for an incurable disease, this week is as good as it gets.

Given my chemotherapy infusion intervals: alternating between four and five weeks; my CT Scan intervals: occurring quarterly; my P.E.T. Scan and M.R.I. intervals: every six months — and not every infusion/scan is on a similar day/date schedule, I probably experience the kind of relative calm I described in the opening paragraph, one to two weeks out of every four or five weeks (depending on my infusion schedule) per quarter. Every third month, this 'relative calm' is interrupted by my recurring scans and M.R.I.s. To try and summarize, I would say there's probably three to five of these one-to-two-week intervals over the course of six months when I can semi inhale and breathe normally (lung cancer-related issues notwithstanding). Hey, I'm not complaining; it's a living and one I'm incredibly lucky to still have, nearly eight years post diagnosis. I'm just saying.

And though I'm generally not in the chicken-counting business (nor am I in the collecting my eggs-in-one-basket business, either), I am happy take my life one day at a time, and count myself fortunate to do so, never presuming any facts not in evidence. Nor do I expect any guarantees or clarification concerning my present/future treatment and/or any side effects, challenges, compromises, relating to yours truly having cancer. As Linda Hunt as Stella, a k a "The Midnight Star" (she "always shines at night") said to Kevin Kline — as Paden, in a bar scene from the movie "Silverado": "The world is what you make of it friend. If it doesn't fit, you make alterations."

As a cancer patient, 'alterations' is exactly what you make. Every day. Every night. Every lab. Every infusion. Every scan. Every appointment with your oncologist. Change, as has often been said, is the one constant. To expect consistency or predictability — or dare I say, normalcy — in your cancer life, is out of the question and beyond the realm of possibility. Thinking otherwise is creating additional stress regarding an outcome/eventuality which not only is beyond your control, but totally unrealistic, too.

Cancer is like a roller coaster, but one without any tracks; and one that rarely returns to the station to allow you to get off and get your bearings. For cancer patients, the trip is non-stop, with few opportunities to change direction. All you can do is buckle up and enjoy the ride, sort of. Much easier said than done, I admit.

Nevertheless, viewing one's circumstances without any hope or humor is hardly the positive attitude worth embracing. There's good, as this column seeks to highlight; and more than enough bad, as any cancer patient/others impacted by this terrible disease knows, to go around. As much as I wish it had gone around somewhere else, the reality is, it hasn't and it looks as if it's here to stay; just like me (from my pen to God's eyes).

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

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LEGAL NOTICE
State Water Control Board Public Notice
An enforcement action has been proposed for Virginia Electric and Power Company for violations of state water control law that occurred in Arlington VA and Augusta County, VA. A description of the proposed action is available online at www.deq.virginia.gov. Lee Crowell will accept comments by e-mail, Lee.Crowell@deq.virginia.gov or postal mail, PO Box 1105, Richmond VA 23219, from October 31, 2016 through November 30, 2016.

21 Announcements

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K. Rob Krupicka, Jr. trading as Sugar Shack Donuts, 1014 S. Glebe Rd. Arlington, VA 22204. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer On Premises license to sell or manufacture alcoholic beverages. K. Rob Krupicka, Jr., Managing Member
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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Light tomorrow with today!
-Elizabeth Barret Browning

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OPINION

Reject the Meals Tax

“A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering.”

By TOM DAVIS
FORMER U.S. REPRESENTATIVE

On Nov. 8, Fairfax County voters have an opportunity to cast a powerful vote for themselves, and for better government by voting “no” on the proposed Meals Tax. A “no” vote will send a message to the county Board of Supervisors that higher taxes should not be routine, and that county leaders must focus on better management, and more importantly, the School Board, more efficiency, and greater respect for taxpayers.

The ballot language for the meals tax referendum was carefully worded to avoid guarantees for how the money will be spent, while pro-tax forces want voters to believe it will be used for teacher pay raises and property tax relief.

In fact, there are no guarantees for this at all. To remedy this glaring political error, a public relations campaign has been launched, partially at taxpayer expense, by teacher unions and some on the county board, to try to convince voters that the board’s intentions are to use the new revenue for teacher pay hikes even though no such requirement exists.

Voters shouldn’t buy the argument, and they shouldn’t approve the new tax.

A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering. One example, is their recent release of an RFP to identify a community convener to “study” and bring about the name change of Jeb Stuart High School, despite the fact that the Stuart-area population and students oppose the change.

There are a number of problems with a

new tax on prepared foods and meals, but most troubling is the very regressive nature of this proposed new tax. The tax would be imposed on all meals at restaurants and carry-out, in addition to prepared food sold at convenience stores, food trucks, etc. — meals that are necessities, not luxuries, for many working men and women, and busy families. The new tax would also be levied on all ready-to-eat foods including a long list of items such as deli foods and grocery store rotisserie chickens.

While there are many other problems with the proposed tax, it’s also troubling because it confirms an unhealthy focus by county leaders on higher taxes and more revenue as opposed to better management.

Earlier this year, county leaders passed a \$100 million increase in property taxes — also presumably to fund education. Now, they’re back in front of voters asking for another \$100 million in the form of the Meals Tax.

Easy money makes for bad management. In 1992, as board chair, I supported a meals tax. The county budget was in terrible shape coming off a real estate depression that saw our commercial tax base collapse. Voters rejected the tax, we took the opportunity to reorganize our budget from top to bottom and two years later were named the Best Financially Managed County in America. The budget problems today are nothing of that magnitude. And with no guarantees as to how the money will be spent, plus the current School Board’s spending proclivities. I am voting no.

It’s important that voters reject this, join me in voting “no” on the Meals Tax.

Tom Davis is former U.S. representative and past chairman of the Fairfax County Board of Supervisors.

New Gallery Exhibit in Great Falls Village

The artist members of Art Happens Here! (AHH!) Studios will be exhibiting in The Arts of Great Falls Gallery in November (Nov. 3 – 30). The five Great Falls artists — Julie Dzvonik, Lori Goll, Mary Ellen Mogee, Ann Noel, and Jay Pigeon—are painters in different media including acrylic, oil, and pastel, and different styles from abstract to representational. Visit the exhibit and meet the artists on Friday evening, Nov. 4, 6-9 p.m. as part of First Friday Art Walk in the Village. The Arts of Great Falls Gallery is on the Village Green at 756 Walker Road, in the same building as the Artists’ Atelier. Open hours after the Art Walk are Wednesdays 2-4 p.m., and Saturdays 10 a.m. – 1 p.m., with entry through the Atelier. Details on the Art Walk can be found at www.greatfallsart.org/artwalk/



Mixed Media art created by Mary Ellen Mogee, AHH! Studio artist.

LETTERS

FROM PAGE 6

spending. This referendum is NOT the logical or useful place to register concerns about spending and fiscal restraint. Those matters need to be addressed con-

tinually in their own right, via political scrutiny of the budgets and spending and operations.

William Andrie McLean



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