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# McLean CONNECTION

Quiet start to election day at  
the McLean High School poll  
location early Tuesday morning.



NEWS, PAGE 14

## Receiving Eagle Court of Honor

NEWS, PAGE 4

## Dinosaurs Appear At the Old Firehouse

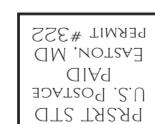
NEWS, PAGE 8

PHOTO BY ANDREA WORKER/THE CONNECTION  
OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 13 ♦ CLASSIFIEDS, PAGE 14

## WELLBEING

PAGE 9

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# Voting in the Rain

BY ANDREA WORKER  
THE CONNECTION

**E**lection Day 2018 has finally arrived. After months of contentious debates, rallies and advertising, it's time for the voters to have their say and a steady rain wasn't keeping the voters in Great Falls from doing just that.

At the Great Falls Library, in the hotly contested and widely-watched 10<sup>th</sup> Congressional District, the cars kept pulling in and the voters kept lining up.

The incumbent candidate herself, U.S. Rep. Barbara Comstock (R), made an appearance there in the early hours of voting, much to the delight of her campaign volunteer Matthew White, who was pleased to snap a photo with Comstock, who is facing Democratic challenger Jennifer Wexton to keep her seat in Congress.

White is not from Great Falls, but was working alongside Republican precinct chair Jeff Grieco at the booth in front of the library, handing out sample ballots and ready and willing to discuss the Republican platform.

"I'm from Arlington," said White. "I can't even vote for her, but I've done the door-knocking three times, maybe 300 doors. This is an important contest, and I wanted to do what I could to help out," he said.

Coming from outside the district "to help out" was also observed at the Democrats' booth, where a Restonian joined forces with locals Jennifer Bond, Don Lowry, and precinct captain Art Kingdom.

With high confidence that his candidate, Gerry Connolly, would win re-election in the 11<sup>th</sup> District which covers Reston, this poll worker from Reston decided to head over and help out "where there's a real fight and everyone is needed."

A number of Great Falls voters were willing to stop and answer a quick exit poll for the Connection.

Soo Walker, who works for a nonprofit in D.C., voted straight Democrat on her ballot, in large part due to her disapproval of President Donald Trump. "We need to send a message that his behavior is not okay. That's one reason I voted for Jennifer Wexton."

Ealene Bevans feels the same. The retired teacher, who "votes every time, no matter what, because voting is that important," also disapproves of the President's behavior and negative and divisive speech. She's hoping that the Democrats will "really work" for policies that support women, children, "real tax cuts" and education and better jobs for more people.

Tom Green works in IT for the government. Reasonable housing costs, transportation, lower taxes and maintaining economic growth are his local issues. He voted for Comstock for Congress, but split his vote and cast a ballot for incumbent Democrat Tim Kaine instead of Republican challenger Corey Stewart to represent Virginia in the



PHOTO COURTESY OF MATTHEW WHITE

**Comstock campaign volunteer**  
**Matthew White was thrilled when Congresswoman Barbara Comstock herself made an appearance at the Great Falls Library polling station where White was manning a Republican information booth. White is from Arlington. "I can't even vote for her" but he felt strongly that he needed to help in this "critical contest."**



**Tom Green works in IT for the government. Keeping the economy growing, working for affordable housing in the region, tax reform and transportation improvements are some of the local issues that get his attention. Since he says that he "couldn't vote for Corey Stewart if you paid me," Green voted for Democrat Tim Kaine for Senate, while casting his vote for Republican incumbent Barbara Comstock for Congress. "I think a balance of power between the parties is a good thing."**

U.S. Senate alongside Sen. Mark Warner. Green thinks a "balance of power" makes good sense.

"I think it will be a good thing if the Democrats take the House. It might lead to some real debate on the issues, and with some new people in Congress, getting different ideas out there." Green doesn't think that Corey Stewart could provide that moderate balance. In fact, he wouldn't vote for Stewart "if you paid me."

The rain kept pouring down, but Anna and Sia Kaviani were still willing to stop and talk about their political decisions.

The couple, who are in the printing industry, said that they were actually influenced to vote Republican by their 21 year-

## Great Falls voters head to polls in 10<sup>th</sup> District battleground.

PHOTOS BY ANDREA WORKER/THE CONNECTION



**Soo Walker voted for Democratic challenger Jennifer Wexton over Republican incumbent Barbara Comstock in the hotly-contested race for the 10<sup>th</sup> Congressional District. Walker, who works for a nonprofit in D.C., says "it's time for a change, and time to send a message that Trump's behavior and his policies and attacks are not acceptable. It's just not ok."**



**Ealene Bevans, a retired school teacher, voted "strict Democrat," as the party she believes appreciates her values of supporting children, "real tax cuts," and educational and employment opportunities for everyone. Disapproval of President Trump also factored into her political decision-making.**



**Anna and Sia Kaviani work in the printing industry. The husband and wife both voted Republican, primarily for "the growing economy and for immigration and security policies, doing things the right way."**



**"Jennifer Wexton," said Great Falls voter Doris Hoehn. "It's time for a new voice. We need someone more for sensible gun regulations, among other things." The floral industry member also sees Democrats as the party to better fight climate change and offer environmental protections.**



**Jennifer Bond, Don Lowry, and precinct captain Arthur Kingdom had the early shift at the Democratic booth outside the Great Falls Public Library on Election Day.**

old, recent graduate son. "He is able to get a good job in this economy," said his father. "He talked to us about his older cousins who couldn't find good employment for a long time, and not that long ago. We need to keep a good economy going."

"Security, and immigration the right way" also influenced the Kaviani's votes, said Anna, who think the Republican Party under Donald Trump will be the ones to ensure that.

Doris Hoehn works in the floral world, so maybe it's not unexpected that she also has an interest in environmental protections and fighting climate change – things she doesn't see any of the Republican candidates working for as much as the Democrats.

Women's issues and common sense gun regulations also spurred Hoehn to the polling place to vote for Jennifer Wexton and Tim Kaine.

Fairfax County officials reported at 10 a.m. on Election Day that an estimated 31.58 percent of the county's 702,745 active registered voters had already cast their ballots, either in person at one of the county's 243 precincts, or by absentee ballot.

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## NEWS

**Paige Farrington-Himes (mother); Michael Himes (father), Caleb Himes, Ethan Himes, Emily Himes, and Trinity Himes.**

PHOTOS  
CONTRIBUTED



## Caleb Himes Receives Eagle Court of Honor

For Eagle Scout Project, he built a Monarch Waystation for butterflies at Kent Gardens Elementary.

BY STEVE HIBBARD  
THE CONNECTION

After eight years of hard work, Caleb Himes, 18, of McLean received his Eagle Scout Court of Honor on Sept. 24, 2018. For his Eagle Scout project, the son of Michael and Paige Farrington-Himes, built a Monarch Waystation at Kent Gardens Elementary School, designed to protect and nourish the Monarch butterflies during their annual migration to Mexico. He officially became an Eagle Scout on Aug. 27.

"Receiving my Eagle Scout award and my Court of Honor felt very gratifying and rewarding. It gave me a lot of pride. The planning process to assemble and carry out my project took over 149 hours. It was tough and it was a lot of hard work and I learned a lot," said Caleb, a senior at

McLean High School.

The Court of Honor ceremony took place at St. John's Episcopal Church in McLean with about 40 family members, friends, troop members and acquaintances. Caleb's younger brother Ethan, who is on his way to become an Eagle Scout, served as the Master of Ceremonies.

Caleb started planning the Monarch Waystation project in August 2017, and with the help of 12-13 scouts last summer, spent hours building the 150-square-foot garden that will grow purple cone flowers, milkweeds, and Joe Pye weeds. "I enjoyed mentoring the younger scouts and helping them with my project; showing them how to use a drill and lay out the plants and carry out the project," he said.

Caleb's next step is becoming a member of NESA — the National Eagle Scout Association, which provides college scholarships to Eagle Scouts. "They do volunteer leadership to support districts and councils; they conduct committees regularly and the Courts of Honor Boards of Review," he said.

He has been in Scouting almost half of his life — he started Cub Scouts in 2010 when he joined Pack 1127 at Kent Gardens Elementary at age 9. He followed that in 2012 when he became a Boy Scout with

SEE COURT OF HONOR, PAGE 5



Caleb D. Himes next to his 'Journey to Eagle' trifold display.

## NEWS



PHOTO CONTRIBUTED

**Michael Turk, Scoutmaster; Chris Barre; Kyle Herbert; Caleb Himes; Jim McCleary, Eagle Scout Counselor; and Brian Le.**

# Court of Honor

FROM PAGE 4

Troop 128 at St. John's Episcopal, and he's been working on his Eagle Scout ever since.

At McLean High School, Caleb is a member of the National Honor Society and is a trumpeter in the school's Marching Band, which just won the state championship in Group 6 Open category. He participated in the Cavalier Marching Band Leadership Camp last summer at UVA and remains active by doing more than 300 hours of community service. He aspires to become a

"change-maker" in the community, he said. For college, he plans on attending a Virginia school where he will study foreign policy, computer science, international business or psychology.

His Monarch Waystation will provide milkweed and shelter for Monarch butterflies during their Spring and Summer breeding season, and it is certified through MonarchWatch.org and included in the International Monarch Waystation Registry: <https://www.monarchwatch.org/waystations/index.html>.



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# OPINION

# Be Part of Children's Edition 2018

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**D**uring the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

**EDITORIAL** We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

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

## LETTERS TO THE EDITOR

### Urgent Warnings on Climate Change

Dear Delegate Plum:

I commend your attention to the topic of climate change, addressing it with urgent warnings as you did in your past two commentaries shared with newsletter subscribers and Connection newspaper readers. Any reader would agree with you that the politics of the issue present the greatest challenge. We can hope that the United States is moving closer to joining the rest of the world in seeing the climate as a non-partisan challenge that our elected officials must work on together to address for all our sakes.

Thanks for including pricing carbon in your state-level climate to-do list, and here's why I agree with you that it's important. It will drive all the other necessary actions and generate buy-in from every household, which is the level of engagement we need to be successful.

As you have previously endorsed, the carbon fee and dividend proposal of Citizens' Climate Lobby frames the pricing as a revenue neutral fee, not a tax. As demonstrated by our northern neighbors, successful introduction in British Columbia is now set to expand to all of Canada. Washing-

ton State has on the ballot this November an initiative that would put a steadily rising fee on carbon pollution emitters. Bill Gates and Michael Bloomberg are in support, with Gates writing in an open letter, "You may be skeptical about this idea. I know I was. How can one state make a difference on a global problem like climate change? But I overcame my doubts."

The signal, that pollution costs must be paid up front, will spur investment in the new energy economy both at the household and business scale. And while we might debate how much good can one state do, it also might be asked how much harm? That Virginians, as ratepayers beholden to Dominion Energy, will sink upwards of \$2 billion in the Atlantic Coast

Pipeline is unconscionable. All efforts at "greening" Virginia by enacting the other items on your climate to-do list cannot make up for this pipeline tragedy. The combined ACP and MVP fracked gas pipelines will generate greenhouse gas emissions estimated equivalent to that produced by 45-coal-fired power plants.

So it will take courage to act, to act without short-term gain, and against long-strategized opposition. You know what's at stake.

**Meredith Haines**  
Vienna

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 welcome.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends 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? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

❖ Your opinion (50 to 100 words) about traffic, 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.

❖ Were you involved in November's elections? What did you think?

To be published, we must have the full first

and last name of the student artist/writer.

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. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at [kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com).

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## McLean CONNECTION

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## NEWS



PHOTOS BY JACOB HISS/COURTESY MCLEAN COMMUNITY CENTER  
Cast "Hold on to Your Butts" appearing at Old Firehouse, McLean.

## Dinosaurs Appear at the Old Firehouse

BY DAVID SIEGEL  
THE CONNECTION

**B**efore the McLean Community Center (MCC) reopens after its renovations, there are several family friendly events at the Old Firehouse including a performance of "Hold on to Your Butts" by the comic "Recent Cutbacks."

"Hold on to Your Butts" is a two actor, live performance with a multitude of sound effects (called Foley in the movie business). It is a shot-by-shot remake of the blockbuster hit "Jurassic Park," a huge audience favorite. "Butts" is for families and children fascinated by dinosaurs and having them appear before their eye and ears with just actors and imagination.

"We scheduled 'Hold On To Your Butts' because it's hilarious!" said Sarah N. Schallern, MCC, Performing Arts Director. "This show is funny, clever, silly, imaginative, and just tons of fun. We think 'Hold on to Your Butts' is a great night out for the whole family. We've even decided to start the show at 6 p.m. to make it easier on families who don't want a late night."

"While the original Jurassic Park' may be terrifying to some, this 'two idiots and a Foley artist' recreation is terrifyingly funny," said Schallern. "The company uses props, action figures, cardboard cutouts, and even a traffic cone to create a world in which dinosaurs are funny. And all without really changing anything about the movie."

"This show is a perfect fit for our 'pop-up' black box theatre at The Old Firehouse Center," noted Schallern.

Danielle Van Hook, MCC, Director of Youth Programs, said there will be another family centered event at the Old Firehouse the same day as "Butts." It is a "Family Fun with Foley" workshop.

"This workshop is for those who have ever seen a show and thought, 'I can do that.' Well yes, you can!" said Van Hook. "We wanted to set up a hands-on workshop. How often are Foley sound effect artists in



Cast "Hold on to Your Butts" appearing at Old Firehouse, McLean.

## Where and When

McLean Community Center presents "Hold On To Your Butts"

at the Old Firehouse, 1440 Chain Bridge Road, McLean. Performance: Saturday, Nov. 17 at 6 p.m. Tickets \$14 MCC Tax District/\$19 non MCC. Call OvationTix customer service toll-free: 866-811-4111 or visit [www.McLeanCenter.org](http://www.McLeanCenter.org)

\* McLean Community Center presents "Family Fun with Foley" workshop at the Old Firehouse, 1440 Chain Bridge Road, McLean. Performance: Saturday, Nov. 17 at 2 p.m. Tickets \$8 MCC Tax District/\$12 non MCC. Call OvationTix customer service toll-free: 866-811-4111 or visit [www.McLeanCenter.org](http://www.McLeanCenter.org). Note: This class is designed for those 8 and up, and for families to participate together. Children under 14 must have a parent register with them.

Note: A "Hold on to Your Butts" and "Family Fun with Foley" Workshop ticket combo is available: Combo tickets: \$18 MCC tax districts/\$26 non MCC. Call OvationTix customer service toll-free: 866-811-4111 or visit [www.McLeanCenter.org](http://www.McLeanCenter.org).

town?! The way that these artists create feeling with sound is in a league of their own. What is even more incredible is that they do it with everyday objects."

In the Foley workshop families will explore sound and use their own creativity for storytelling. No tablet or cell phone needed.

Latest information is that the McLean Community Center renovation is expected to be completed fairly soon; and the facility once again brightly lit and open to the public. The re-opening date is Saturday, Jan. 5, 2019. Save that date.

## WELLBEING

# A Good Night's Sleep

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D., professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

**Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.**

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

## The impact of sleep deprivation and how to avoid it.

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

**ADEQUATE SLEEP** can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big issue is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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## NEWS

# Langley High Orchestra Goes Bananas for Halloween

BY ANANYA AMIRTHALINGAM  
LANGLEY HIGH SCHOOL SENIOR

**O**n the eve of All Hallow's Eve, Langley High School's orchestra gathered for Spookfest IV. Gone were the orchestra's typical emerald gowned and tuxedo wearing teenagers. In their place was a sea of ghouls, goblins, grim reapers, onesies and a bunch of crazy bananas, all eager to thrill a full house.

The concert began with the Concert Orchestra's eerie rendition of Andrew Lloyd Webber's "Phantom of the Opera," with a special sighting of the phantom (Dr. Scott McCormick, the orchestra's director) himself. Channeling their inner Tim Burton, the Concert Orchestra continued with "This is Halloween" from the movie "The Nightmare Before Christmas," and finished with "Ghost Carnival."

**IN A LANGLEY'S FIRST**, a 28-person cello choir filled the stage. With some dressed as witches and others as warlocks, they performed Eduard Greig's iconic "In the Hall of the Mountain King."



Pedro Petcov Neto, a junior in the Symphonic Orchestra, put aside his violin to thrill the audience with iconic Michael Jackson dance moves.

Originally background music for a play, the piece increased in intensity and speed, displaying the breadth of talent of the orchestra's cellists, who worked on the music in separate rehearsals, outside of normal class time.

Next, the Philharmonic Orches-

tra, joined by several band members, stunned the audience with Camille Saint-Saëns' "Danse Macabre," literally speaking the Dance of Death. Legend has it, on Halloween, the Devil calls forth the dead by playing on his fiddle. Madeline Yu, the violin soloist and



PHOTOS BY HELEN BECKNER

As part of their Halloween-themed routine for "Totentanz," Philharmonic Orchestra members outmaneuver each other to wickedly play the piano. From left: Cellist Cao Linh Pham (junior), pianist Lauren Cain (senior), and violist Alex Tran (senior).

honorary devil, played on a purposefully mistuned violin.

One dance of death wasn't enough, as the Philharmonic Orchestra continued with Franz Liszt's "Totentanz," accompanied by a trio of pianists: seniors Alex Tran and Lauren Cain, and junior Cao Linh Pham (a junior cellist), who dressed up as an angel, vampire, and grim reaper re-

spectively. The three had been working in partnership for two months, operating as a "tag team" as Cao Linh Pham put it. Literally a tag team, the pianists would pounce on each other, as they transitioned between their roles.

Wrapping up the concert was the Symphonic Orchestra, led by the

SEE LANGLEY, PAGE 11


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# News

## Langley Orchestra in Concert

FROM PAGE 10

new assistant director Adam Willett. Disguised as Mario from the Nintendo video game of the same name, Willett was excited for the first concert, remarking: "Even though I've worked in other high schools this is the best group I've worked with."

However, as the orchestra ascended the stage, it was clear that nearly half of the students were missing. It was then that Caitlin Gerrard, a senior cellist dressed as a spoof of the book "Crazy Rich Asians," shouted "Where is everyone?"

Her question was met with a cheer of applause, as the missing orchestra students stampeded through the auditorium, all dressed up as neon yellow bananas. A moment several weeks in the making, George Janke, a senior cellist in Symphonic Orchestra, and Riker Wilson, a sophomore cellist also in Symphonic, came up with the idea on a whim and persuaded "a few" of their friends to join them.

The grand banana entrance was followed "Psycho" from Alfred Hitchcock's movie of the same name, and a Spookfest favorite, Richard Meyer's "Incantations."

**THE HIGHLIGHT** of the night for many was the Symphonic Orchestra's version of Michael Jackson's "Thriller." Langley's very own Man in the Mirror, Pedro Petcov Neto, a junior vio-



PHOTO BY HELEN BECKNER

**Cao Linh Pham draws eerie sounds from his cello in the Langley HS Orchestra's Spookfest concert.**

listin in the Symphonic Orchestra, donned a red leather suit and showed off his smooth moves, much to the delight of the audience.

Mihika Khubchandani, a sophomore violinist in the Concert Orchestra, commented that she was "really excited to hear and see the Symphonic Orchestra's "Thriller."

Michelle Ascrizzi, a senior violist in the Philharmonic Orchestra, reminisced about her eight years in orchestra, nostalgically noting: "One of the first orchestra concerts I remember going to [at Langley] ... was a Halloween one and I remember wanting to do one and now we are and it's perfect!"

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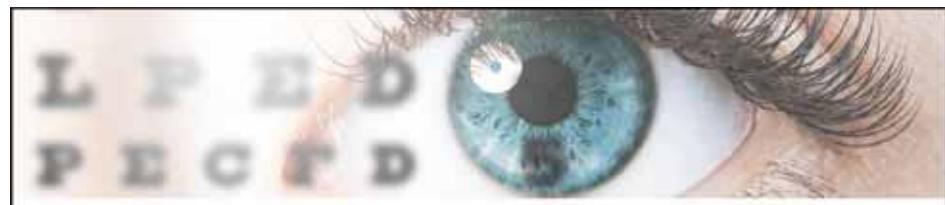
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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

## FRIDAY-SATURDAY/NOV. 9-10

**Ronnie and the Ronettes.** At The Barns of Wolf Trap. Ronnie and the Ronettes are back on the road, marking the first appearances of the 'Ultimate Girl Group' since the 1970s. Fans can expect "Be My Baby," "Walking In The Rain," and "Baby I Love You." Visit [www.wolftrap.org/tickets/calendar/performance/1819bars/1109show18.aspx](http://www.wolftrap.org/tickets/calendar/performance/1819bars/1109show18.aspx). Also visit [www.ronniespector.com/shows](http://www.ronniespector.com/shows).

## NOV. 10-DEC. 24

**Santa HQ.** Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. HGTV's Santa HQ is located in Fashion Court near Nordstrom on the Lower Level. Santa is all about the experience and this year Tysons Corner Center is again partnering with HGTV to present the incomparable, immersive "Santa HQ." Families are invited to explore the wonder of Santa in the digital age. Interactive technology transforms and customizes the experience. Guests can make reservations to spend less time in line. Shoppers are invited to bring an unwrapped toy and participate in the 'Help Through Holiday Giving' toy drive benefitting Second Story (formerly Alternative House). Visit [www.santa-hq.com](http://www.santa-hq.com) for more.

## SUNDAY/NOV. 11

**Traditional Celtic Music.** 5 and 7 p.m. at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. The Old Brogue Irish Pub of Great Falls and Barnaby Productions, Inc. present Maggie Sansone, Sharon Knowles, Karen Ashbrook, Paul Oorts and Linda Rice-Johnston in concert. Tickets must be purchased in advance at [oldbrogue.com](http://oldbrogue.com) - \$18 general admission/\$12 children. Visit [oldbrogue.com](http://oldbrogue.com) or call 703-759-3309.

## SUNDAY-WEDNESDAY/NOV. 11-28

**Chanukah Bazaar.** At Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. Ready, Set, Go to Chanukah Bazaar sponsored by Women of TRS. Choose from a large assortment of menorahs, Safed and beeswax candles, dreidels, books, crafts and toys, party goods and nut-free gelt. Hot items such as Chanukah socks and slippers plus fun children's menorahs have been restocked. Shop early – popular items go quickly. Proceeds from this event are donated to the Temple as well as Jewish and community charitable organizations. Dates and times: Sun., Nov 11, 18 and Dec. 2, 8:45 a.m.-2

p.m.; Tues., Nov 13, 20, 27, from 5:30-7:30 p.m.; Wed., Nov. 14 and 28, from 4:15-6:30 p.m. Contact: [treasures@templerodefshalom.org](mailto:treasures@templerodefshalom.org).

## SUNDAY-SUNDAY/NOV. 11-DEC. 2

**Holiday Gift Shopping.** At Judy's Place, Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. Judy's Place, a Temple Rodef Shalom tradition for 20 years, provides a non-denominational and convenient shopping experience for children ages 2-13 that lets your child, with the help of volunteers, choose from among over 100 gift items ranging in price from \$1 to \$15 to surprise parents, siblings, grandparents and pets. Proceeds go to charities supported by The Women of Temple Rodef Shalom. Dates and times: Sun., Nov. 11, 8:30 a.m. to 2 p.m.; Tues., Nov. 13, 8:30 a.m. to 9:45 a.m. and 4:30 to 7 p.m.; Wed., Nov. 14, 12 to 2:30 p.m. and 4:30 to 6:30 p.m.; Sun., Nov. 18, 8:30 a.m. to 2 p.m.; and Sun., Dec. 2, 10 a.m. to 2 p.m. Contact Jackie Rockman at [jackie.rockman@gmail.com](mailto:jackie.rockman@gmail.com).

## TUESDAY/NOV. 13

### Great Falls Historical Society Program.

7 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Speaker Elaine McRey presents "A Little History of Matildaville and the Patowmack Canal" and how to convert your old fashioned slides/tapes/photos at the library. Free and open to the public. Visit [gfps.org](http://gfps.org).

## THURSDAY/NOV. 15

**Tree Lighting.** 6-8 p.m. Celebrate WASH-FM's Kick off to Christmas and the annual lighting of Tysons Corner Center's signature 51-foot Christmas Tree. The Tree Lighting Ceremony will be on the elevated outdoor Plaza and will be emceed by Lance Bass from \*NSYNC. Check out [www.tysonscornercenter.com/events](http://www.tysonscornercenter.com/events) for other festive events.

## FRIDAY/NOV. 16

**McLean Art Society Meeting.** 10 a.m.-noon in rooms 1 and 2 at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Jackie Saunders, a local watercolor artist and teacher will demonstrate painting flowers at the monthly meeting of the McLean Art Society. Saunders has an M.F.A. from the University of Arkansas and belongs to the Virginia Watercolor Society and the Art League of Alexandria. Guests are welcome. Call 703-356-2998 for more.

## SATURDAY/NOV. 17

**Tea Tasting Seminar.** 1-3 p.m. at

Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Pairing Premium Teas and Cheeses – Wine isn't the only beverage that complements cheese. Learn pairing techniques with Certified Tea Specialist Chef Laurie Bell. Tea and cheese infused treats and a take home tea sampler included. \$35. Use class activity code 266 407 0601 and visit [www.fairfaxcounty.gov/parks/parktakess](http://www.fairfaxcounty.gov/parks/parktakess) or call 703-222-4664 to register.

**"Hold On to Your Butts."** 6 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Sixty-five million years ago, dinosaurs ruled the earth... Twenty years ago, a movie about dinosaurs came out that ruled the box office. Now, two actors and two Foley sound effects artists perform a live, "shot-for-shot" remake. Come at 2 p.m. for a Family Foley Workshop with the experts from Recent Cutbacks. Cost is \$19/ \$14 MCC tax district residents. Visit [www.aldentheatre.org](http://www.aldentheatre.org).

**"Jehovah's Jammin' Jazzers."** 7:30 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Concert featuring a Reunion of Army Band Veterans; meet and greet reception with refreshments to follow. Tickets: \$40/ advance purchase only; \$45 at the door. Visit [www.greatfallsumc.org](http://www.greatfallsumc.org).

## SUNDAY/NOV. 18

### An Afternoon of Opera and Song.

4 p.m. at Saint Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Frank Conlon, Amadeus pianist-in-residence, serves as the host for this wide-ranging afternoon of music for the solo voice. Tickets are \$40 and may be purchased at the door or online at [www.amadeusconcerts.com](http://www.amadeusconcerts.com). Students 17 and under and active military are admitted free of charge. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 and a reception will follow the concert.

## THURSDAY/NOV. 22

### Community Thanksgiving Dinner.

Noon-2 p.m. at The Lewinsville Retirement Residence, 1515 Great Falls St., McLean. Community Thanksgiving Dinner hosted by Lewinsville Presbyterian Church. New and old friends are invited to the table. Young adults, including college and graduate students, singles, families, children and our elderly who are far from home or without family are welcome, whether or not they are members of the church. Free (donations welcomed). RSVP to attend and/or volunteer/donate at [www.lewinsville.org/event-items/thanksgiving](http://www.lewinsville.org/event-items/thanksgiving). Call 703-356-7200 or visit [lewinsville.org](http://lewinsville.org).

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**Employment**

**Caregiving help needed in McLean VA.** 75 yr old male with advanced degenerate nerve disease who is wheelchair bound. Assistance is needed with bathing, dressing, using the bathroom and light meal preparation. Familiar with Hoyer lift is a plus. Shifts needed: Tuesday, Wednesday and Friday 2:30 - 6:30 pm. Hourly pay is negotiable based on experience. If interested, please email annegasho@yahoo.com

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**Need assistant** to handle invoicing and receivables; no formal accounting background required, just good organizational skills; some Excel would help; you can pick your hours. In McLean on Old Dominion.  
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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
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**Announcements**

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## NEWS

# Letting Their Votes Do the Talking

**Voters not saying much for the record at high school polling station on mid-term Election Day.**

BY ANDREA WORKER  
THE CONNECTION



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Catherine Sheeran a consultant from McLean cast her ballot for the Democrats, in particular her incumbent Congressman Don Beyer. "I think he really tries to get things done in a bipartisan way. We really should not be a nation so divided." Sheeran also voted Democrat because of her stance on gun control. I'm tired of the 'thoughts and prayers' response. It hasn't gotten us anywhere. É We need common-sense gun ownership reform."**

**E**lection Day 2018 has finally arrived. After months of contentious debates, rallies and advertising, it's time for the voters to have their say.

At the polling station at McLean High School in the 8<sup>th</sup> Congressional District, the voters weren't saying much out loud or for the record.

Erin McCluskey ("no photos, please!") wouldn't discuss her ballot choices except to say "I'm letting my vote do my talking for me."

"They split up the polling places in McLean," said the contingent manning the "get your Democratic Ballot here" booth. "That could be why there's been no line, but it's steady. Even with the rain."

"Don't worry," said voter William E. Pickens III, a retired Air Force vet. "Lot's of the folks around here come later, like my wife, who's sleeping in! There will be a good turn out, I'm sure."



**Saad Ahmed, a software consultant, says he generally "leans fiscally conservative and socially liberal." In the past, Ahmed said that could have meant more Republicans among his votes, but he thinks the GOP's more measured social platform might be part of a "bygone era." "With a leader like Donald Trump, it pushes me into the Democratic side. In the end, it's about voting for who will respect us, our rights and our lives."**



**William E. Pickens III is retired from Air Force military service. "Corey Stewart (the Republican candidate for Senate) is just too far right for me, but I couldn't vote for Tim Kaine, even though I think he has a lot of the right ideas and generally does a good job." To Pickens' way of thinking, the fact that Kaine aligned himself with Hillary Clinton during the 2016 Presidential race, puts him outside "ever voting for him again." Pickens went with Libertarian candidate Matt Waters since "not voting is not an option in my opinion."**

**AHMED** struggled with the bond issues before him, but voted in support of tax exemptions in certain circumstances for real property subject to recurrent flooding and for extending partial tax exemptions for the widowed spouses of veterans who move from their primary residence.

"I guess, a lot of my vote is about who will respect our rights and our lives," Ahmed summed up.

In that short, two-hour window, 6-8 a.m., there were no other voters who could be convinced to share their opinions.

"Sadly, it's not really surprising, I guess," said the woman who was the sole Republican greeter during that time slot. "More than ever, people don't want the hassle if their view is different from a friend, or neighbor, or worse, a client that could affect their business. It's not the way it should be, but it's the way it is right now."

Fairfax County officials reported at 10 am on Election Day that an estimated 31.58 percent of the county's 702,745 active registered voters had already cast their ballots, either in person at one of the county's 243 precincts, or by absentee ballot.

# BULLETIN

*Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.*

## HOLIDAY DONATIONS

**Food Drive.** Through Nov. 9. Drop-off canned goods at Sheehy INFINITI of Tysons, 8527 Leesburg Pike, Vienna. Sheehy Auto Stores will collect canned goods and non-perishable food as part of the company's annual Fall Harvest Food Drive to benefit food banks serving each community. Benefiting food banks include the Oxon Hill Food Pantry, ECHO, Manna Food Center, Central Virginia Food Bank, Ashland Christian Emergency Services (ACES), Fauquier Food Bank, House of Mercy, Emmaus Center, Samaritan Project, The Light House, Western Fairfax Christian Ministries, Perry Hall United Methodist Church, SERVE, Fredericksburg Regional Food Bank and Food for Others.

**Scouting for Food.** Starting Nov. 3, Scouts will post reminder flyers to homes throughout area, then return to collect non-perishable food items that will nourish the area's hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock their shelves for the upcoming holiday months, when food demands are the greatest. Items in highest demand include: canned protein (tuna, salmon, chicken, peanut butter); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals, oatmeal); canned vegetables; canned fruits; condiments; and hygiene products (diapers, toilet paper, tissues, soap, toothpaste). Visit [www.ncacbsa.org](http://www.ncacbsa.org) for more.

**Food Collection.** Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations. PenFed, NBC4, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit [PenFed.org](http://PenFed.org). PenFed branch locations collecting donation items include:

- ❖ Items include:
    - ❖ Fort Myer – 2nd St. & McNair, Building 450, Fort Myer
    - ❖ Kingstowne – 5775 Barclay Drive, Alexandria
    - ❖ Pentagon City – 701 S. 12th St., Arlington
    - ❖ Fort Belvoir – 9651 Gunston Road, Bldg 1152, Fort Belvoir
    - ❖ National Geospatial-Intelligence Agency – 7500

- ❖ National Geospatial-Intelligence Agency – 7500 Geoint Drive, Springfield
- ❖ Tysons Corner – 7940 Jones Branch Dr., McLean

**Food for Fines.** Through Nov. 30, Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron's overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit [www.fairfaxcounty.gov/library/food-fines](http://www.fairfaxcounty.gov/library/food-fines) for more.

**WEDNESDAY/NOV. 7**

**Tree Talk in Tree Town.** 7 p.m. at Town Hall, 127 Center Street S., Vienna. Trees provide cover, shade, protection, property value, habitat, and a feast for all of the senses. Learn just how "tree-mendous" trees are at the Hunter Mill District Tree Forum. This joint program with the Town of Vienna, Fairfax County agencies, and Reston Association is free and open to the public. Contact the Hunter Mill District Office, 703-478-0283 or [huntermill@fairfaxcounty.gov](mailto:huntermill@fairfaxcounty.gov) or visit [fairfaxcounty.gov/huntermill](http://fairfaxcounty.gov/huntermill).

**FRIDAY/NOV. 9**

**Collaborative IEP Meetings: Parents as Partners.** 10 a.m.-noon. At Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Parents are essential partners in the Individual Education Plan (IEP) process. Join us for this important workshop for parents of children receiving special education services. Participants will explore the IEP process and its components, your role in the IEP meeting, responsibilities of the IEP team members, and planning for your child's IEP meeting. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) to register.

# BUSINESS DIRECTORY

CALL 703-549-0004 FOR ADVERTISING INFORMATION

A collage of various local service advertisements. It includes:

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- K & D ELECTRIC**: COMMERCIAL / RESIDENTIAL SERVICE. Family Owned & Operated. Services: Recessed Lighting, Ceiling Fans, Phone/CATV, Computer Network Cabling, Service Upgrades, Hot Tubs, etc... Licensed/Bonded/Insured. Office 703-335-0654, Mobile 703-499-0522, lektrkman28@gmail.com
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# *Sounds Not So Silent*



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccuping, coughing, "expectorating," wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me then when I'm listening to what I'm hearing.

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



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