

McLean
CONNECTION

Santa Claus hands out candy to children during the 5th Annual WinterFest Parade in McLean on Sunday evening.

Holiday
Entertainment
& Gift Guide 2012

McLean Kicks Off Holiday Season

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Ball in the House Comes to Alden

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Living Life in 'The Dream Land'

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DECEMBER 5-11, 2012

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While enjoying the 5th Annual WinterFest Parade in McLean on Sunday, Dec. 2, several children race to grab candy from a passing parade participant.



Hundreds of area residents braved the weather on Sunday evening to attend the 5th Annual WinterFest Parade in McLean.

McLean Kicks Off Holiday Season



Members of Girl Scout Troop 593 in McLean participate in the 5th Annual WinterFest Parade in McLean on Sunday evening, Dec. 2.

Hundreds of area residents braved the weather on Sunday evening, Dec. 2, to attend the 5th Annual WinterFest Parade in McLean.

PHOTOS BY ROBBIE HAMMER/THE CONNECTION



Sophia, Eva and a friend join hundreds of McLean residents while watching the 5th Annual WinterFest Parade in McLean.



Bilgen Urus with her daughter, Asya, 2, and family friend Bora Tekin, 7, watch the 5th Annual WinterFest Parade in McLean on the evening of Sunday, Dec. 2.



George C. Marshall HS would like to thank our generous sponsors and donors for a successful 50th anniversary celebration on November 9, 2012.

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Thank you to all the golf tournament sponsors who were recognized at the tournament on October 5, 2012.

Please support these businesses and organizations that care enough to invest in the success of George C. Marshall High School.

A huge thank you to the gala committee, parents, students, administration and staff, and to all the volunteers who in one way or another have contributed to the resounding success of the 50th anniversary celebration.

BULLETIN BOARD

To have community events listed in the Connection, send to mclean@connectionnewspapers.com. Deadline is Friday.

SATURDAY/DEC. 8

Donate a Bike. 10 a.m.-2 p.m., at James Madison High School, 2500 James Madison Drive, Vienna. The James Madison High School Environmental Club collects bikes for Africans in South Sudan's Mayom Primary School to help with transportation for food, water and medicine. \$15 donation for overseas shipping requested accompanying each bike. 703-919-0570 or d_duncan@comcast.net.

MONDAY/DEC. 10

Toy Donations. Accepted at the McLean District Police Station, 1437 Balls Hill Road, McLean. Bring a new, unwrapped toy, game or book for children who are critically ill and unable to return home; Dec. 10 is the last day to donate. 703-246-2253.

WEDNESDAY/DEC. 12

Networking Breakfast—The New Downtown Coming to Tysons. 7:30-9 a.m., at J. Gilberts Wood-Fired Steak and Seafood, 6930 Old Dominion Drive, McLean. Michael Caplin, executive director for Tysons Partnership, will be speaking. \$20 in advance for members; \$25 in advance for non-members; \$5 extra at door. Register online. www.mcleanchamber.org.

Milestones Meeting. 7:30 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. The General public, community stakeholder organizations and Tom Ward Reston Community Center's deputy director join together to understand the process and renovations for the McLean Community Center and to make a final decision for steps to be taken in January 2013. www.mcleancenter.org.

SATURDAY/JAN. 19

Oratorical Contest. 10 a.m., at the American Legion Post 180, 330 Center Street N., Vienna.

Students who wish to compete should submit their names by Jan. 11, 2013 to ronp555@yahoo.com. 703-867-1285 or <http://legion180.net/forms.htm>.

ONGOING:

Essay Contest, for third through 12th Grade. Essays answering the prompt "What freedom do I enjoy the most?" submitted to the American Legion Auxiliary Unit 180 of Vienna before March 1, 2013 will be considered in the competition. 703-242-7082.

Volunteer to serve as a table leader for the Tysons Regional Chamber of Commerce Ethics Day for George C. Marshall HS seniors on Friday, Dec. 7. JDLitz@fcpa.edu.

Everest College-Tysons Corner provides a free GED test preparation and credential completion program open to the public called GED Advantage. Call 1-888-201-6547 for more information.

Ongoing Coffee/Tea Poetry Group. Poets and poetry lovers in the McLean, Tyson's Corner, Falls Church and Vienna areas seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations.

If interested contact Lily at 703 819-1690.

Weekly TIPS Lunch. 12:15-1:30 p.m., at Shula's, 8028 Leesburg Pike, Vienna. Tyson's Regional Chamber of Commerce does lunch. 703-862-4895.

New Neighbors League Club (NNLC) of Northern Virginia is looking for women who are interested in meeting new people for fun and friendship. Bridge, mah jong, gardening, quilting and stitching, bible study, bowling, bunco, Southern living dining, movie outings, cards or board games, couples mixers, book club, nursing home sing-a-longs, and more. www.newneighborsvirginia.com.

Join Volunteers for Change, a program for adults which offers more than 50 weekend and evening volunteer opportunities per month. Visit Volunteer Fairfax for orientation dates, at www.volunteerfairfax.org.

Be a Part of CHILDREN'S (& TEENS') CONNECTION

Every year between Christmas and New Year's, The McLean Connection turns its pages over to the contributions of local students. We are seeking artwork, photography, poetry, opinions, short stories and reflections. We welcome contributions from public schools, private schools and students who are home schooled.

E-mail to: ChildrensNorth@connectionnewspapers.com, or mail (.jpg and text files on disc only) to 1606 King St., Alexandria, VA 22314. Please be sure to include the student's name, age, grade, school and town of residence along with each submission. For information, call 703-778-9410.



OPEN HOUSES SATURDAY/SUNDAY, DECEMBER 8 & 9

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

Burke

5491 Lighthouse Ln.....\$408,888..Sun 1-4.....Dan Mleziva.....RE/MAX.....703-380-9915

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6123 Stonepath Cir.....\$315,000..Sun 2-4...Donny Samson.....Samson Props.....703-864-4894

Clifton

6601 Newman Rd.....\$850,000..Sun 2-4.....Pat Fales.....RE/MAX.....703-503-4365

Fairfax

4102 Maureen Ln.....\$474,900..Sun 1-4....John Purvis...Jennifer Young Homes..703-927-6802

Fairfax Station

8030 Woodland Hills Ln..\$1,100,000..Sun 2-4.....Pat Fales.....RE/MAX.....703-503-4365

11215 September Ln.....\$642,500..Sun 2-4.....Pat Fales.....RE/MAX.....703-503-4365

McLean

1825 Westmoreland St.....\$619,900..Sun 1-4.....Kevin Canto.....Keller Williams.....703-338-9416

Vienna

502 Valley Dr SE.....\$1,299,000..Sun 1-4..Patrick Ohlhorst.....Solutions.....703-853-9300

1851 Abbotsford Dr.....Contact Agent..Sun 1-4....Casey Samson.....Samson Props.....703-508-2535

To add your FREE Realtor represented Open House to these weekly listings, please contact Trisha at 703-778-9419, or trisha@connectionnewspapers.com
All listings are due by Monday at 3 P.M.

FAITH

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

St. John's Episcopal Church, 6715 Georgetown Pike, in McLean, holds a Festival of Lessons and Carols sung by the choirs of St. John's Church, accompanied by organist Dr. John C. Wulff and the Sunrise String Quartet with Teri Lazar and Osman Kivrak on Sunday, Dec. 16 at 9 a.m. and 11:15 a.m. 703-356-4902 or www.stjohnsmclean.org.

Great Falls United Methodist Church is providing an Advent sermon series called "A Different Kind of Christ-

mas: Living and Giving Like Jesus", based on the book by Rev. Mike Slaughter. They will look at the celebration of Christmas and find ways to bring the focus of the season back to the reason we celebrate. Attendees will be encouraged to examine Christmas celebrations and to develop new Christmas traditions that focus on relationships and service. The series will be held on Sundays, Dec. 9, 16 and 23 at the 10 a.m. service held at 10100 Georgetown Pike, Great Falls. 703-759-3705 or office@greatfallsunc.org.

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The Rev. Richard A. Lord, Rector

CHRISTMAS EVE
MONDAY, DECEMBER 24:
11:00 a.m. Eucharist with Children's Living Crèche
4:00 p.m. Eucharist with Children's Living Crèche
7:00 p.m. Festival Choral Eucharist
10:00 p.m. Festival Choral Eucharist

CHRISTMAS MORNING
TUESDAY, DECEMBER 25:
10:30 a.m. Holy Eucharist (Episcopal)

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THE CONNECTION
NEWSPAPERS

NEWS

Silver Line Faces 'Daunting Issues'

Challenges planners face before cars get rolling.

BY NICHOLAS HORROCK
THE CONNECTION

In August, 2013, 55 years after construction began on the Dulles International Airport, the first phase of a \$7 billion Metrorail connection between Washington, D.C. and Dulles will be completed that will extend rail travel to five stops in Tysons Corner and Reston.

As Bob Chase, president of the Northern Virginia Transportation Alliance said gazing out his window at a giant part of the rail construction in Tysons Corner, "It's not a vision. It's here and now, the question is how to make it work." After nearly two decades of often acrimonious debate and "perils of Pauline" like stops and starts of the Dulles Metrorail project, the new Metro line, dubbed the Silver Line, will start running in early 2014, serving five new stations beyond West Falls Church.

It joins the second-busiest rapid transit system in the United States in passenger trips, after the New York City Subway. In 2008, for instance, Metro made 215.3 million trips or 727,684 trips per weekday. But it is a Metro system which must make vast upgrades to improve tracks and other safety systems after a horrendous accident in 2009 killed 29 people. Investigation disclosed that Metro had failed to take many steps mandated for safety and there was an absence of a "safety culture" at Metro.

For the planners at the Washington Metropolitan Area Transit Authority, getting the cars rolling means sorting out some daunting issues:

❖ **RIDERSHIP**—How many people will ride the Silver Line initially and how many will ride it as the years go forward is a moving target. Metro officials estimated in February 2012 that they could anticipate about 9 million passenger trips a year, plus about 5.4 million passenger trips that would shift from existing lines to the Silver Line. But it will take years, they said, before the Silver Line grows enough to match the 70 percent cost recovery rate from fares that exist on the rest of the system. Catherine Hudgins, chair of the WMATA Board of Directors (and Democratic county supervisor representing the Hunter Mill District), said she anticipates ridership to be higher.

❖ **STATIONS**—The Tysons Corner redevelopment plans envision a city of 100,000 residents with 200,000 visitors and workers arriving daily by 2040. The plan is to make Tysons Corner a pedestrian friendly

community so only one of the five Metro stops will have a parking garage, with a capacity of 2,300 cars. But the 2010 census found 19,267 residents in Tysons and Bob Chase and others wonder whether drivers from outlying areas will flock to the stops in the years before the population increases. The Fairfax Board of Supervisors earlier this year named the stations: Tysons East on Route 123 at Scotts Crossing Road and Colshire Drive in McLean; Tysons Central 123 on Route 123 at Tysons Boulevard; Tysons Central 7 on Route 7 just northwest of Route 123. There is relatively little street parking in any of these locations. Tysons West on Route 7 at Spring Hill Road is in the median of the Dulles Access Highway just west of the intersection with Wiehle Avenue. A parking garage for 2,300 cars is under construction at Wiehle Avenue.

❖ **ROSSLYN BOTTLENECK**—The Orange Line is Metro's second busiest and carries approximately 180,000 passenger trips on a typical weekday. It will share part of its route with the Silver Line. It enters Washington through a tunnel between Rosslyn Virginia and the Foggy Bottom area of Washington, but during rush hours the tunnel is at capacity with 26 trains in each direction at peak hours and there would be no room for Silver Line trains that would use the same tunnel. The Potomac crossing is already too crowded to accommodate sufficient Blue Line and Orange Line trains during the rush hours. Orange Line trains are so crowded that it is called "Orange Crush."

❖ **TRAIN REROUTING**—June 18, 2012, Metro began "Rush Plus," rerouting three Blue Line trains in peak hours each way over the Fenwick bridge that the Yellow Line uses to reach Washington. This means those Blue Line passengers for stations like Foggy Bottom and Farragut West would have to back track. But the change will benefit 46,000 Orange Line passengers during peak hours, according to a Metro news release.

❖ **TUNNELS**—There have been myriad suggestions on how to deal with this problem from building a new tunnel across the Potomac to building one for trains from the west to couple with the Blue Line track near Reagan National Airport. But none of these solutions are in the near term of budgetary possibilities.

❖ **EIGHT CAR TRAINS**—The priority solution under study now according to Metro General Manager Richard Sarles in an address to the Northern Virginia Transportation Alliance earlier this year is to run eight car trains with larger passenger capacity. Sarles said however that Metro does not have sufficient power to move those larger

SEE SILVER LINE, PAGE 7

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Sunday, Dec 16th | Noon - 5pm

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Silver Line Challenges Planners

FROM PAGE 6

cars and the cost of upgrading the power system would be \$1.5 billion. On Nov. 29, 2012, the Washington Post reported that Metro officials are worried that Silver Line trains will not be able to make a turn around at the stadium station in Washington and will have to go five additional stops to Largo, Md. at a cost of \$4.5 million a year.

❖ **METRO CARS**—Metro's fleet consists of some

1,126 rail cars, but many are of an older series 1000 and are a safety hazard. Metro has on order a 7000 series car that is larger, with larger passenger capacity and of that model has signed a contract for 428 new cars to serve the Silver Line.

❖ **OPERATING COSTS**—Metro has estimated that it will costs between \$20 million and \$45 million during the first three years of operation (2013, 2014, 2015) to recruit and train personnel.

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Donation Request for Lanigan Family Fundraiser

When: Friday, December 14, 2012

Time: 5 PM to 1 AM Happy hour 5 to 6

Location: Sully's Restaurant & Lounge,
14153 Lee Jackson highway, Chantilly, VA 20151

For those that know the story that devastated our friend and neighbor, Sean Lanigan and his family, there is a bright light at the end of this horrendous event. Sean is turning a page and celebrating the end of a nearly 3 year long fight for his reputation, freedom and family's financial well-being.

Still \$60,000 in debt from defending himself and attempting to obtain reimbursement from the Fairfax County School Board, Sean's friends are holding a fundraising celebration event for him and his family on 12/14 @ Sully's. Silent Auction items are rolling in from David Beckham, Landon Donovan, signed Willie Mays baseball, a ski week, a beach week, golf packages and other great things for a great cause! Advance bidding for those that wish to, but cannot attend, can be made by contacting Beth Tweddle at bethtweddle@cox.net or by visiting the Facebook page at <http://www.facebook.com/SeanLaniganSilentAuction>.



If you cannot attend but would like to help Sean and his family, please follow this PayPal link and accept our most heartfelt gratitude for your kind donation.

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Sunday

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OPINION

Holiday Revels With a Safety Net

A serious backup, but seriously, make a plan ahead of time.

There is a little life in the economy this year, and that is quite likely to allow some to be the life of the party.

You know the drill, the five-to-seven or six-to-eight drop-in happy hour, you've been invited to five of them, and you could attend an infinite number of these between now and the second day of 2013. And there are many other varieties of holiday festivities, many involving more than a drink or two.

So make a plan. Plan for a designated driver. Plan to celebrate at home. Plan to spend the night. Plan to take public transportation. Plan to call a friend for a ride home. But if the best laid plans go awry, Washington Regional Alcohol program has a safety net for you.

LETTERS TO THE EDITOR

Tax Cuts for Wealthiest: Not Right and Not Smart

Right now in D.C., our representatives are trying to find a solution to keep us from going over the "fiscal cliff." But too many congressmen are attempting to hold the negotiations hostage, insisting everyone's taxes go up unless President Obama and the Senate agree to extend tax breaks to the wealthiest 2 percent.

I'm among that wealthiest 2 percent of Americans, so I have skin in the game, so I speak. Yet I strongly oppose prolonging the special tax breaks for the wealthiest. We need such breaks the least, as we have been the largest beneficiaries of the tax cuts over the past 10 years. Moreover, our income has grown while the average American's has not, so we need to start paying our fair share. Not since the early 20th century has our country experienced a wage gap between the best-paid Americans and average wage earners as large as the one that exists today.

I am willing to pay my fair share to support the country that has given me so much and provided opportunities for me to succeed. It's only fair to expect that I will chip in to make sure that others have the same opportunities I have had. The Bush tax cuts that only go to the richest 2 percent give an

The annual Holiday SoberRide program will operate 10 p.m. to 6 a.m. Friday, Dec. 14, 2012 until Tuesday, Jan. 1, 2013 as a way to keep impaired drivers off the road during this traditionally high-risk holiday period.

Residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to \$ 30 fare) safe ride home. Last holiday season, more than 2,000 people used the service.

Local taxicab companies will be providing this no-cost service to local residents age 21 and older who otherwise may have attempted to drive home after drinking.

More information at www.soberride.com.

Parents can encourage their young adult children who are over 21 to carry the number with them if they are celebrating. It's probably more important to talk to their underage revelers about moderation and contingency plans to avoid drinking and driving, or risking getting into a car with an underage driver who might have been drinking.

average tax break of nearly \$150,000 to each household that makes more than \$1 million a year. We've been getting this extra break for a decade.

Ending the Bush tax cuts for the wealthy would save nearly \$750 billion over the next 10 years—money desperately needed to put fiscal house in order. Bankrupting the government by providing endless tax cuts for the wealthiest is not right and is not smart. It will lead to the regression in economic growth we are seeing in Europe, and will only fuel conservative cries to cut social safety net programs while the rich enjoy continued expansion of their income and wealth as has been true over the last ten years. Business owners like me know that restoring taxes to Clinton-era rates on the portion of our profits above \$250,000 in household income would have no effect on our decisions about whether to hire additional workers.

Our country faces a choice. It can ask the wealthiest 2 percent to accept tax rates closer to what other Americans pay so we can shrink the deficit while protecting middle-class priorities such as education and Medicare from deep cutbacks. Or we can slash investments vital to our nation's future in order to be even more generous to those of us who need tax breaks the least. That shouldn't be a hard choice.

Joel Kanter
McLean

Correction

Last week's editorial included information about upcoming community meetings on the search for a new superintendent of Fairfax County Public Schools. Thank you to School Board member Cathy Smith for noticing that we omitted one meeting, Dec. 5 at Chantilly High School. Here are the meeting dates and places repeated, including Chantilly:

Dec. 4—7 p.m., cafeteria, Langley High School, 6520 Georgetown Pike, McLean, VA 22101.

Dec. 5—7 p.m., cafeteria, Robinson Secondary School, 5035 Sideburn Road, Fairfax, VA 22032

Dec. 5—7 p.m., cafeteria, Chantilly High School, 4201 Stringfellow Road, Chantilly, VA 20151.

Dec. 6—10 a.m. Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, VA 22042 Room 1600.

Dec. 6—7 p.m., cafeteria, Annandale High School, 4700 Medford Drive, Annandale, VA 22003.

Dec. 6—7 p.m., cafeteria, Groveton Elementary School, 6900 Harrison Lane, Alexandria, VA 22306.

Dec. 7—1 p.m., Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, VA 22042 Room 1600.

Opposing Tysons' Service District Tax

To the Editor:

As a member of the Tysons Land Use Task Force involved in writing the Comprehensive Plan, and speaking on behalf of existing residential neighborhoods in the area, I am compelled to express total opposition to the Planning Commission's recommendation to fund 50 percent of Tysons Transportation costs from a "service district tax" on existing residential property owners.

This notion was never even suggested by county officials nor introduced for discussion during more than four years of public hearings and Task Force sessions related to drafting of the Comp Plan.

I am amazed that only two members of the Board of Supervisors have opposed this proposal on behalf of the residents they represent. The rest should be aware that while it is Tysons today, it could be their districts in the future that

will bleed tax dollars for the future profits of developers.

Existing residences have been and will continue to be the victims of continued disruption, construction pollution, and deterioration or destruction of our residential atmosphere in and around Tysons for many years to come. To add insult to injury, the board is looking to tax us to pay for developer benefits.

We have already contributed, and continue to contribute, to necessary improvements for infrastructure and services in the county. Costs, instead, should properly be allocated to those entities that will benefit most from newly created neighborhoods and business locations.

The Board of Supervisors needs to be more creative and assertive in working with the General Assembly to get legislative authority to exempt residences from a special district tax as recommended by the Planning Commission.

Amy L. Tozzi
McLean

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor

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1606 King St., Alexandria VA 22314

Call: 703-917-6444.

By e-mail: mclean@connectionnewspapers.com

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American Conversations from Nepal

BY KRISHNA SHARMA

Although it is a little over six years since I first landed in the USA from Nepal, it is not too early to say that I am living the dream. For me, the American dream is not about amassing money and living in luxury, but about living freely and fully in mutual harmony in a community. It is about happily raising a family in a peaceful and safe environment, giving kids the best education possible, and adapting to the American culture of “giving.”

The American dream does not come easily, as some people think, since it is about relentlessly engaging in fields of endeavor with utmost honesty and diligence. I remember my wife and I being carless, near penniless, and spending half the days transferring buses and trains to get to assignments or training school. Had we been a little languid during those hard times, we would not be who and where we are today. We were equally happy to celebrate our daughter's fourth birthday in our new homeland although we did not have a camera to capture the birthday moments.

There are nations where hard



PHOTO CONTRIBUTED

Krishna Sharma (right) with Marybeth Markey, president of International Campaign for Tibet in Washington D.C.

work is not always rewarded, due to deeply disturbing socio-political environments. There are cultures with dutifully resilient people whose dreams are forever out of reach. I discovered America as a place where people can actually achieve their dreams by discovering and rediscovering their respective places in the society, utilize America's freedom, liberty and vast support resources, and

constantly improving themselves.

Working at The Washington Post was rewarding in many ways. The best lesson I learned while at the Post was that I needed to unlearn first and then seek a niche acceptable to tomorrow's market.

Hosting the TV talk-show, “American Conversations: Connecting Frontiers”, and interviewing experts and expat community leaders on issues that matter the most to the Nepali Diaspora community is a pleasant experience. And this was made possible because of the resourceful public and private American dynamics. Specifically, Fairfax County, where I live, provided me almost everything—opportunity, basic training, a platform to grow and a pat on the back from friends like Hans Sawyer who is a life-long friend of Nepal and Tibet.

My other profession takes me to almost all the wonderful states on the East Coast and some in the Midwest. I was offered a move to Atlanta for a job with more money. But we loved Fairfax so much that we decided to make it our hometown.

Krishna Sharma is president of the Vision for Nepal Foundation.

FOCUS ON IMMIGRATION

Schools Attract Immigrants to Fairfax

BY KIRK RANDALL

Our community of 200 single family homes in central Fairfax is far more culturally diverse than when Hickory Farms was built while the first wave of refugees from the Vietnam War resettled in the Washington area in the late 1970s. While the Vietnamese led the way, the biggest impact on our community has been the second wave of Indian, Pakistani and Korean immigrants who have sought out new lives in Fairfax County.

What attracts immigrants to our community? While we may boast of our nicely maintained, affordable homes, what really brings them in is our public schools. The immigrant community's emphasis on education can be seen in the proliferation of college prep tutoring businesses in nearby shopping centers. We have even had homeowners purchase houses in our community sight-unseen, before they even arrived in America. Now, that speaks worlds about the desirability of Fairfax County as a place in which to raise a family.

America has always been a na-



Kirk F. Randall resides in Fairfax.

tion of immigrants, and it continues to attract the best and brightest and most ambitious from these countries. We need them to fuel our growing local economy and keep Virginia and America competitive in the world market.

Is there a downside to so many foreign speaking neighbors? Only in the short term. As a member of my community's board of directors, I get occasional complaints from old timers that the newcomers don't volunteer for the board

of directors or committees, neighborhood watch, don't read the community newsletter which reminds residents of community rules, etc. There may be many reasons for this; English language difficulties, long work hours, or cultural backgrounds that don't value community or school participation by elders. That problem will pass, as we see decades later that the children of the first wave have fully assimilated in our communities. America's history has shown that our immigrants eventually assimilate, and our country is for the better. When my great grandfather and his family immigrated from Italy in the 1890s, it took them a few decades to fit in. It's no different today.

Meanwhile, we get to enjoy the benefits immigrant diversity brings to the community, be it being exposed to new foods or hearing first hand stories of life in other lands.

So, the next time your community plans its Independence Day potluck picnic, please ask your new neighbors to bring along a special dish from their homeland to share.

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FOCUS ON IMMIGRATION

Social Programs Adapt to Fulfill Immigrant Needs

Fellowship House, Interfaith help immigrants on their way to self-sufficiency.

BY AMIEE FREEMAN
THE CONNECTION

A visitor to Hunter's Woods Fellowship House in Hunter's Woods Square in Reston could hear 21 different languages. Residents speak every Middle Eastern language, Russian, German, Polish, Filipino and several Asian languages, said Fellowship Square Housing and Services Executive Director Jana Broughton.

Fellowship Square Housing and Services, a charitable, not-for-profit organization, offers affordable housing for elderly people and for people with disabilities in the D.C. Metropolitan area. Fellowship Square runs four Fellowship Houses: Hunter's Woods and Lake Anne in Reston, Lake Ridge in Woodbridge and Largo Landing in Largo, Md. In recent years, said Broughton, there has been an uptick in the number of immigrants on the waiting list for affordable housing in Fairfax County and specifically for apartments at the Lake Anne and Hunter's Woods Fellowship Houses.

"The resident population in the Lake Anne and Hunter's Woods Fellowship Houses really matches the demographics of Fairfax County," said Broughton.

According to a 2011 American Community Survey for Fairfax County compiled by the Fairfax County Department of Neighborhood and Community Services and based on statistical data from the 2010 U.S. Census, 29 percent of the people living in Fairfax County were foreign born. Of that percentage, 51.5 percent hailed from Asia, 31.5 percent from Latin America, 8.8 percent from Africa, and the remaining 8.2 percent from Europe, Canada or Oceania.

COMPLICATING ISSUES FOR IMMIGRANTS, Fairfax County is one of the most affluent counties in the country, according to census data. In recent years the cost of housing has increased despite the housing crisis and economic turmoil. In 2009, the last year for which this data was available, the average monthly rent in Fairfax County was \$1,375.

"There is a huge need for affordable housing in Fairfax County," said Broughton.

Fellowship House does not give preference based on immigrant or non-immigrant status, said Broughton. They provide housing based on a first come, first served policy. The waiting list for an apartment at one of the Fellowship Houses is six to eight years.

Most of the immigrant residents at the two fellowship houses in Reston have family who immigrated to the U.S. for better schooling or for better economic opportunities, said Broughton.

"With housing so expensive here, if you are a young immigrant family you cannot afford to house grandma or aunt and uncle. It is important that we offer affordable housing to immigrants. Many of these immigrants bring very important family values with them and we as a society need to respect those values."

Broughton remembered one example of an Iranian family who escaped political retaliation with "only the clothes on their back." This family was well-to-do in their home country, but here they became part of the immigrant poor. Many families, regardless of their reason for immigrating to the U.S. become the immigrant poor as the cost of living is so high, said Broughton.

"By providing affordable housing to immigrants, we are fulfilling part of [the] American dream that we are a home for all," said Broughton.

Reston Interfaith, a Reston-based nonprofit that promotes self-sufficiency through direct support and advocacy, does not specifically direct services to immigrants, but feels that their mission statement requires them to provide services to everyone.

"Our services are open to everyone. We try to provide a diversity of programs that help facilitate access to the community," said Bill Threlkeld, division director of



Every other month at Hunter's Woods Fellowship House in Reston, residents attend an International Tea and share dishes from their country of origin, with one such function pictured here. At Hunter's Woods Fellowship House, 50 percent of the residents are Asian, 21 percent are from Middle Eastern countries and the remainder are Russian, Caucasian and Hispanic.

PHOTOS CONTRIBUTED



Residents at the Lake Anne Fellowship House also gather for similar events and celebrate holidays. At Lake Anne, 53 percent of the residents are Caucasian, 35 percent are Asian and the remainder are African American, Indian and Hispanic.

Neighborhood Resources at Reston Interfaith.

RESTON INTERFAITH offers job and housing assistance. They offer programs on foreclosure prevention. Through their community centers they offer legal clinics and try to provide a lawyer who is familiar with immigration issues as there is a high demand for that service. They also offer English as a Second Language classes. This is the only program that is geared specifically for immigrants, said Threlkeld.

Reston Interfaith also offers programs on new life skills. "The person attending this program might be new to the community or new to the country," said Threlkeld.

Threlkeld said that Reston

Interfaith's programs need to be responsive, so they can work toward meeting the needs of anyone who comes into their offices. "These are folks that are part of our community. We want to help them integrate. They want to be able to do what everyone else is doing. We try to help them do that," said Threlkeld.

The goal of many of Reston Interfaith's programs is to promote self-sufficiency. "We don't want people to fall from a position of self-sufficiency to dependency. We want to keep them going on [a] self-sufficient path. If we can keep someone in their home through our intervention, then we do that. The work we do here at Reston Interfaith helps provide stability in our community," added Threlkeld.

Dream Land

FROM PAGE II

ferent, he stopped carrying designer pieces in his stores and began making all of his own.

"I placed goals for myself, from challenge to challenge," Adeler said. "I make mistakes and I learn from them. I don't have much fear of failure."

By 1980, Adeler decided to combine his family-run businesses under one roof. Great Falls was the place he chose to call home for his business and family. "Great Falls ended up being one of the most fantastic communities I've ever lived in," Adeler said.

Adeler Jewelry has provided services to 3,500 of the 7,000 households in Great Falls since it opened its doors over 30 years ago and continues to grow each year. Recently, Adeler won the 2012-2013 International Pearl Design Competition Designers Award as well as placing in the top competitors at the JCK "Jewelers Choice Awards."

In recent months, the internationally recognized jeweler has received requests from various magazines to showcase his designs to Hollywood stylists and celebrities asking to wear his designs, including Sally Fields in the movie Lincoln this year.

Adeler is so appreciative of the opportunities he has been given to succeed in the country he calls "the dream land," that he makes it a point to give back to the community as much as he can through various donations and volunteer work.

"We believe that if you don't give back to the community, you break the rules in how society should be."

His long list of community partnerships include everything from the Red Cross to various organizations benefiting diabetes, veterans and Inova Hospital, and he continues to reach out.

"I have so much to be grateful for," Adeler said. "Every single day I have everything to be grateful for. Life has been extraordinary to us."

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the following property being the property contained in said Deed of Trust, described as follows:

Lot 9, Resubdivision of Parcel 1A, Foster Subdivision, as the same appears duly dedicated, platted and recorded in Deed Book 11178 at page 1032, among the Land Records of Fairfax County, Virginia.

Commonly known as 8894 Windy Ridge Way, McLean, Virginia 22102.

TERMS OF SALE: A deposit of \$100,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 7.125 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

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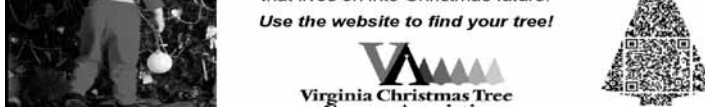
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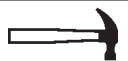
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By KENNETH B. LOURIE

As a stage IV non-small cell lung cancer diagnosee/patient/survivor/anomaly, living long – whether prospering or not, is not the simple and presumptive proposition I had anticipated. No more do I anticipate living the same number of years and in the same relative good health that my parents (both deceased), experienced well into their 80s. Now, my life revolves around my oncologist and the CT Scans and lab work that precede our recurring appointments. Whether I think I feel, or hope I don't feel, or worry about what I do feel, or wonder if what I felt meant that my greatest fear has been realized: tumors growing, moving, medication not working and/or causing collateral damage to internal organs, visits (and I use that term loosely) with my oncologist will certainly cut through any emotional clutter.

Presuming that this cancer thing (routine I now live) is unlikely to change, I probably need to enjoy the good reports/appointments as much as possible, because let's face it: this is an extremely serious situation I find myself in. However, just as it is said that fame is fleeting and money can't buy happiness, one "stable" CT Scan followed up by a widely grinning oncologist saying how "pleased" he is with my results does not a future guarantee or remission make. It is what it is: good, make that excellent news, but it's hardly a corner that's being turned, it's simply a road less traveled: that being a lung cancer patient outliving his original prognosis and beyond any protocols/clinical studies available to determine a prescribed/acceptable course of treatment. The short version: I'm still alive. Now what?

"Now what," for me, since I don't worry or second guess what my oncologist is advising/how I am being treated, is to embrace the highs more (and no, I've never been prescribed medical marijuana) and stop being so damn neutral anticipating the next low (tumors growing/moving) trying to maintain my even disposition. Intellectually, logically, it makes sense. Still, I can't get a particular Henny Youngman joke out of my head, that in my head, seems/feels relevant, especially given the various intervals of scans and appointments and all the associated medical expenses that I incur: "A doctor gave a man six months to live. The man couldn't pay his bill; the doctor gave him another six months."

Every day, every symptom, every lab result, every diagnostic scan might cause my doctor to tell me – as he did originally back in late February, 2009 ("13 months to two years") that I only have so many more months to live. And presumably, he won't be joking. For me however, finding humor somewhere, anywhere, during this whole cancer business has been how I've rolled. Perhaps it's time, 45 months post diagnosis, to consider the seriousness of my situation and when I receive some less-than-distressing-better-than-I have-a-right-to-expect scan results: love it, live it, appreciate it; don't joke about it. My oncologist was smiling when he saw me. That's not funny. That's amazing. I can worry – and be negative about, later – later. Right now is what counts. Tomorrow is promised to no one, especially terminal cancer patients. The future will get here soon enough. I need to savor the present. It probably won't kill me to do so.

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

HOLIDAY ENTERTAINMENT

Send announcements to vienna@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/DEC. 5

Photography Lecture by Bob Meyers. 7:30-9:30 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. Bob Meyers, photographer for Green Peace, will speak at the Dec. 5 meeting of the Vienna Photographic Society on his journey from photojournalism to documentary photography. 703-451-7298 or www.vps-va.org.

THURSDAY/DEC. 6

46th Annual Holiday Homes Tour. 10 a.m.-3 p.m., various locations in northwest McLean between the Beltway and the Potomac River. Four large houses on Rivercrest and Live Oak Drives each reflect a distinct architectural style; their natural beauty is played up with festive seasonal decor. \$25 in advance; \$30 day of (tickets available at the MarketPlace, Karin's Florist of Vienna, Mesmeralda's Gifts of McLean and Great Dogs of Great Falls). www.mcleanwc.org.

Woman's Club MarketPlace. 10 a.m.-3 p.m., at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Lunch, dessert concession, a silent auction of merchandise and services, vendors and Homes Tour tickets for sale; all proceeds benefit local charities and nonprofits or go to scholarships and education. 703-356-9646 or 703-556-0197.

Les Miserables, the School Edition. 7 p.m., at McLean High School, 1633 Davidson Road, McLean. The play lead, Damian Leverett, won the 2012 National Capitol Area Cappie for Best Actor and the 2012 McLean HS Idol competition; see the classic on the struggle against adversity in France during the early 1800s. \$10 in advance; \$8 at the door. www.brownpapertickets.com.

Schooner Fare. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. The folk music band based out of Portland, Maine, plays country-style songs and maritime themed-folk. \$25. www.wolftrap.org.

FRIDAY/DEC. 7

Schooner Fare. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. The folk music band based out of Portland, Maine, plays country-style songs and maritime themed-folk. \$25. www.wolftrap.org.

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Altar Boyz. 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A cheeky, pop-rock musical comedy about a boy band of singing dancing heartthrobs from Ohio on the last night of their national tour. \$30; \$15, students. 703-854-1856 or www.1ststage Tysonson.org.

SATURDAY/DEC. 8

Annual Holiday Art Show and Sale. 10 a.m.-5 p.m., at Village Green Day School, 790 Walker Road, Great Falls. Oil and watercolor paintings, pottery, photographs, jewelry, layered paper works, art



PHOTO BY ALEX McVEIGH/THE CONNECTION

From left, Brad Moore talks books with Judy Norrell and Sandy Warhol at the Old Book Company in McLean.

Hot Gift Spots in McLean Child's Play, Old Book Company offer holiday gift ideas.

BY ALEX McVEIGH
THE CONNECTION

This holiday season, almost every toy store is brimming with toys that are made to smash, bang and boom. But at Child's Play in McLean, their shelves are stocked with toys aimed to make playtime fun, but also educational.

"We always try to get our grandson more than just something that explodes from the latest movie, we try to look around for something that will challenge him at least a little bit," said Gretchen Moll of McLean. "We found Child's Play a few years ago, and that's been our number one stop since then. And we don't ever have to make a second one."

Open since 2010, the store's staff pride themselves on knowing what toys will best fit the interests and age group of a certain child. Though sometimes they don't even have to go that far.

"I think it's fun to come in and play around with stuff rather than look at pictures online," said James Foster of McLean. "We bring our son and daughter in to try out toys for their two cousins in North Carolina, who are the same age, and they always make a good pick."

Child's Play is located at 1382 Chain Bridge Road in the Langley Shopping Center, and can

be found online at www.barstonschildisplay.com.

For those interested in more intellectual gift ideas, the Old Book Company of McLean is overloaded with them. Boasting thousands of books crammed into every square inch of the store. Much of their selection is rare, out-of-print books.

"They get a lot of interesting stuff in there, it's always worth a look. I used to scour a lot of rare book sites for one of my friends, and would end up paying a fortune for some book I'm sure he didn't ever read," said Stephanie Johnson of McLean. "The problem is, for every book I get as a present, I end up picking up two or three for myself." The store has an especially large selection of military history and intelligence books, which staff attribute to McLean's large intelligence community.

"My son started getting very interested in military history around middle school, and five years later, he's still interested, which makes the Old Book Company one of the must-stop locations during the holiday season," said Graham Ball of McLean. "The store is filled with books that anyone interested in politics, intelligence and military history would love."

The Old Book Company of McLean is located at 6829 Redmond Drive.

quilts, weaving, woodcarving, and artful gifts and cards—all from Great Falls artists. 703-442-9251 or www.GreatFallsStudios.com.

Gingerbread House Decorating Class. 10 a.m., 1 p.m., at the Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Children ages 3-12 can explore the life-size gingerbread

house at the hotel, then make their own sugary homes in a decorating class taught by the pastry chefs; includes all ingredients as well as a souvenir. \$70 per child. www.ritzcarlton.com/tysons.

The Nutcracker Tea. 10 a.m., 1 p.m.,

SEE ENTERTAINMENT, PAGE 16

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Ball in the House Comes to Alden Theatre

Group brings musical entertainment, a cappella-style.

BY DAVID SIEGEL
THE CONNECTION

An evening of lively, fun a cappella-style singing will be in store for audiences at the Alden Theatre. Without musical instrument accompaniment, the classic harmony, five-member Ball in the House will be performing from a wide-ranging play list. It will be a vocal feast.

This is the first appearance of Ball in the House at the Alden, said Kathleen Herr, director of Youth Programs, McLean Community Center.

"Anyone who enjoys music will love them. Those between 16-30 may have a particular affinity for the group," said Herr. "I've seen them perform several times... I thought they were wonderful."

Ball in the House is a soul-pop/R&B vocal group. They tour the US extensively. Over the years, the group has been an opening act and performed with the Jonas Brothers, Gladys Knight, Lionel Richie, Jessica Simpson, The Temptations, and Smoky Robinson, and KC & The Sunshine Band and others. They appeared on the NBC Today show and even did a Cool Whip commercial.



PHOTO BY DRAGONFLY PHOTOGRAPHY

The Ball in the House group.

"The guys in the group are very engaging as well as wonderful singers. They perform a wide variety of songs," said Kerr. "I know everyone who attends will have a fun evening of music." Some may remember a cappella singing that is often associated with doo-wop and even perhaps Barbershop groups.

Ball in the House is composed of Ryan Chappelle (vocal bass), Dave Guisti (tenor), Suranjan Sen (tenor), Nels Urtel (baritone) and Jon J Ryan (beatbox). If you are not familiar with the beatbox, it is vocal percussion producing the sounds of drum beats. The group members hail from many different parts of the United States; each brings his own flair.

"We want our shows to be a place where audience members are able to escape for two hours into a world of music, harmony and laughter. When they leave our show, we hope they leave a bit lighter than when they came in, with a bounce in their step," said Guisti.

Ball in the House is expected to perform covers of any number of well-known hits along with some originals. There might even be audience participation with songs such as "Signed, Sealed, Delivered" or perhaps "Summer Breeze" according to Urtel.

As for the group's name, well there is a Brady Bunch television episode where a ball goes astray breaking a favorite vase.

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SUNDAY/DEC. 9

The Handmaid of the Lord. 9 a.m. 11 a.m., at Immanuel Presbyterian Church, 1125 Savile Lane, McLean. A holiday cantata about Mary mother of Jesus featuring Ave Maria; the cantata is composed and conducted by Brian E. Wilhour. www.ipcmclean.org.

Annual Holiday Art Show and Sale. 10 a.m.-5 p.m., at Village Green Day School, 790 Walker Road, Great Falls. Oil and watercolor paintings, pottery, photographs, jewelry, layered paper works, art quilts, weaving, woodcarving, and artful gifts and cards—all from Great Falls artists. 703-442-9251 or www.GreatFallsStudios.com.

Gingerbread House Decorating Class. 10 a.m., 1 p.m., at the Ritz-Carlton Tysons Corner, 1700 Tysons

SEE ENTERTAINMENT, PAGE 17

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HOLIDAY ENTERTAINMENT

FROM PAGE 16

Blvd., McLean. Children ages 3-12 can explore the life-size gingerbread house at the hotel, then make their own sugary homes in a decorating class taught by the pastry chefs; includes all ingredients as well as a souvenir. \$70 per child. www.ritzcarlton.com/tysons.

The Princess Tea. 11 a.m., 2 p.m., at the the Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Disney princesses, treats and a special teatime make it a magical day; holiday gift bag and photo with princesses included. \$75. www.ritzcarlton.com/tysons.

Talk for Writers: "Getting Publishers to Say, 'Yes!'" 1:30 p.m., at Katie's Coffee Shop, 760 Walker Road, Great Falls. David Hazard, publishing consultant and best selling author, shows how to create willing proposals to help writers break into publishing. Hazard has launched nearly 250 authors. Walk-in or RSVP at ascent@itsyourlifebethere.com or 540-454-4495.

Altar Boyz. 2 p.m., 7 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A cheeky, pop-rock musical comedy about a boy band of singing dancing heartthrobs from Ohio on the last night of their national tour. \$30; \$15, students. 703-854-1856 or www.1ststage.com.

Young Soloists Recital. 3 p.m., in the Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. Bach, Liszt, Grieg, Mozart and others grace the instruments of pianists and one violinist at this concert showcasing the young musicians' talent. 703-620-9535.

O Light of Life: A Christmas Festival. 5-6 p.m., at Lewinsville

Presbyterian Church, 1724 Chain Bridge Road, McLean. The choirs and handbell ensembles of Lewinsville Presbyterian church play with organ and chamber orchestra for an evening of music and caroling. 703-356-7200, Michael@lewinsville.org or www.lewinsville.org.

Holiday Magic. 8 p.m., at Oakcrest School, 850 Balls Hill Road, McLean. A concert of favorite holiday selections, including selections from the Nutcracker, O Holy Night, Christmas Festival Overture and more featuring soprano soloist Melissa Mino and the Oakcrest School Girls' Chorus. \$30, adults; \$20, seniors; youth 18-and-under, free. 703-893-8646 or www.mclean-orchestra.org.

TUESDAY/DEC. 11

Orchestra Concert. 7 p.m., in the Langley High School Auditorium, 6520 Georgetown Pike, McLean. Come early to the high school orchestra concert and sign up for silent auction items. www.fcps.edu/LangleyHS/.

McLean Woman's Club Chorale Holiday Concert. 1 p.m., at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. The 30-member group sings popular and semiclassical selections; free, reservations requested. 703-356-0089 or www.mcleanwc.org.

THURSDAY/DEC. 13

The Sixth Annual Non-Profit Forum. 8:15 a.m.-3 p.m., at the Gannett Conference Center, 7950 Jones Branch Drive, McLean. Networking opportunities, a keynote speech from ALSAC/St. Jude Children's Research Center, the second-largest health charity in the

country, resources galore and lots of learning on the theme of "Telling Your Story to the Right People." Registration required. \$25, members; \$40, non-members. 703-356-5424 or www.mcleanchamber.org.

Mason Madrigals with Santa Claus. 11:30 a.m.-1 p.m., at the Tower Club's Fairfax Room, 8000 Towers Crescent Drive, No. 1700, Vienna. A seasonal musical performance from the Mason Madrigals and Madison High School warrant a special appearance from Santa. Bring an unwrapped toy for the Toys for Tots drive. www.vtrcc.org.

Alice in Winter Wonderland. 7 p.m., at Chesterbrook Elementary School, 1753 Kirby Road, McLean. McLean High School Theatre Company's traveling children's theatre production offers a new twist to an old tale for the holidays; donations support the McLean HS theatre program. www.mcleandrama@gmail.com.

FRIDAY/DEC. 14

Southern Comfort Dinner. 5:30-8 p.m., at the American Legion Post 180, 330 Center Street N., Vienna. Bring all your friends and family for shrimp or chicken creole, or red beans and rice with sausage. \$8-10 per plate. 703-938-9535.

Sounds of the Season Concert & Live Nativity. 6:30-8:30 p.m., at Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean. Uplifting music from bell and voice choirs and sing-along carols at the 7:30 p.m. concert, live baby animals including a donkey, sheep, goat, calf and bunnies at the live nativity; treats like hot chocolate and bake sale items available. 703-356-6537.



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L.C. Bird RB Robertson Torches Oakton

Senior rushes for 426 yards, five touchdowns in playoff win.

BY JON ROETMAN
THE CONNECTION

A gritty toughness drove the underdog Oakton football team to a berth in the state playoffs. Once there, an elusive running back wearing pink socks with bunnies on them ended the Cougars' season.

L.C. Bird senior Paul Robertson rushed for 426 yards and five touchdowns and the Skyhawks defeated Oakton, 41-17, in the Division 6 AAA state semifinals on Saturday, Dec. 1 at Oakton High School. L.C. Bird will face Ocean Lakes in the state championship game on Saturday, Dec. 8, while the Cougars' postseason run, which included knocking off the top three seeds en route to a Northern Region title, came to an end.

After struggling at the end of the regular season, the Oakton defense limited opponents to 14 points per game during three regional playoff contests, holding Lake Braddock (13), Centreville (13) and previously undefeated Westfield (16) to season-low point totals. Against L.C. Bird, however, Oakton allowed Robertson to produce the 11th greatest single-game rushing total in state history, according to the football records section at vhs1.org.

Robertson referred to his pink socks as his "good-luck" socks, saying he has totaled more than 250 yards each time he's worn them.

"We all saw [the Cougars] put their heads down," said Robertson, describing how the Skyhawks' ground game affected Oakton, "so we knew we had to keep going and just get this game over with."

A 78-YARD TOUCHDOWN run by Robertson gave L.C. Bird a 27-3 lead with 3:48 remaining in the second quarter. Oakton responded with an 11-play, 65-yard drive, capped by a 1-yard touchdown run by quarterback Kyle Downer. The score cut L.C. Bird's lead to 27-10 with 29 seconds remaining in the first half and gave the Cougars a glimmer of hope as they would receive the second-half kickoff. But the Skyhawks quickly squashed that hope on the next play from scrimmage as quarterback Terrance Ervin threw deep to Darius Hawkins for a 49-yard gain down to the Oakton six-yard line. Robertson scored on the next play, extending the Skyhawk lead to 34, 10 seconds before halftime.

"Coming out of this game, I really have no regrets," Oakton senior defensive lineman Joe Allely, a team captain, said. "I played my heart out. I believe that our defense, even though we made mistakes, we all



Oakton defensive lineman Joe Allely reaches for L.C. Bird running back Paul Robertson during the Division 6 AAA state football semifinals on Saturday, Dec. 1 at Oakton High School.

played our hearts out. . . . [Robertson is] a fast kid. He definitely delivers a blow. He's good with his cuts and he can make a play when his blocks aren't there. But you can't let that get to you as a defensive player and you've got to compete with him."

On offense, Downer carried 19 times for 72 yards and two touchdowns. He completed 13 of 22 passes for 135 yards and was intercepted once. Bobby Lam carried four times for 36 yards. Mike Wandey rushed for 23 yards on 10 carries and caught five passes for 51 yards.

"I felt like, offensively, we had some things working," Oakton Head Coach Jason Rowley said. "We had a hard time getting off the field on defense."

Oakton starting left tackle Chris Durant missed the game due to a knee injury, Rowley said.

OAKTON FINISHED THE SEASON with a nine to five record. The Cougars started six to zero before closing the regular season with a four-game losing streak. Oakton finished fifth in the six-team Concorde District and entered the playoffs as the No. 7 seed in the Northern Region. The Cougars beat No. 2 Lake Braddock, No. 3 Centreville and No. 1 Westfield to win the region title.

"It was unbelievable," Wandey said about the Cougars' run to a region championship and trip to states. "It was an amazing feeling, a great ride. We never gave up. We kept believing and we knew that we were a great team."

Oakton captured its first region championship since 2008 and reached the state playoffs for the fourth time since 2002.

"I've been a part of four state playoff teams [with Oakton]," said Rowley, who was the team's defensive coordinator before taking over as head coach in 2011, "and these guys . . . battled and clawed and scraped their way to that more so than any of those others that we've been a part of in the past."

Langley Dominates Centreville in Opener

Head Coach Hess said Saxons will try to capitalize on team's "beef."

BY JON ROETMAN
THE CONNECTION

Six-foot-6 center Brad Dotson and 6-foot-3 forward Philip Novacki, a pair of sturdy, paint-patrolling post players, combined to score 10 of Langley's first 11 points in the third quarter of its season opener on Nov. 29. Later in the period, 6-foot-4 guard Justin Galiani got the ball on a breakaway and threw down a one-handed dunk, causing Head Coach Travis Hess to get fired up in front of the Saxons bench.

The Langley boys' basketball team has six players on its roster listed at 6-foot-3 or taller, a luxury to which the Saxons aren't accustomed, and Hess said the team is going to enjoy it.

Langley defeated Centreville, 54-36, during the first night of the Readers are Leaders Tip-Off at South Lakes High School. The Saxons showed off their size and athleticism, building a 26-point second-half lead. Galiani scored a team-high 15 points and grabbed six rebounds. Dotson scored 14 points, grabbed seven rebounds and blocked six shots. Novacki finished with six points and three rebounds, and 6-foot-2 guard Garrett Collier scored six points and grabbed eight rebounds.

Langley out-rebounded Centreville, 35-19.

"We're a totally different team than what we've been in years past," Hess said. "In years past, we've kind of been a four-guard or five-guard offense, spread the floor and been more of a finesse team. But this year, we've got beef inside and we're going to take advantage of that. We're going to try and pound the ball inside and beat people up on the glass and play a totally different style. We're looking forward to it."

Dotson made an impact at both ends of the floor. At 6-foot-6, he has the size to be a defensive and rebounding presence. He also has the athleticism to be an offensive force. Dotson will play collegiate lacrosse at



Senior guard Justin Galiani led Langley with 15 points during a Nov. 29 victory against Centreville.

Bucknell University.

"First of all, he brings a championship mentality and leadership," Hess said. ". . . The kids respect him, he's an incredible leader and he brings a work ethic every day to practice—he forces guys to work hard every day, so that really, really helps."

Dotson said the Saxons are focused on controlling the paint.

"We want to stay solid," he said. "If somebody's beating us inside, we're not going to win anything. That's our game."

Galiani, who will play soccer at Bucknell, is offensive threat with the ability to attack the rim.

"He's kind of our X factor," Hess said. "He won a lot of games for us last year. . . . He has a knack for making big plays."

Galiani's dunk was part of a 22-6 Saxon run.

"I haven't really had a chance [to dunk]," he said. "I was trying to break away and I figured it would be a momentum changer; get us fired up, and it led to a good run for us."

Langley defeated Oakton, 54-49, on Nov. 30 to improve to 2-0. The Saxons traveled to face Potomac School on Tuesday, which was after The Connection's deadline. Langley will travel to face Woodson at 7:30 p.m. on Friday, Dec. 7.

WELLBEING

Keys to Staying Healthy During the Holiday Season

Finding balance can preserve one's well-being.

BY MARILYN CAMPBELL
THE CONNECTION

Food, festivities and friends are synonymous with the holidays. However, celebrations can take a toll on your health.

"The holidays are times of rush and chaos and of thinking of everyone but yourself," said Michelle Walters-Edwards, department chair and association professor of health and human performance at Marymount University in Arlington.

Health and fitness experts say that even during the hustle and bustle of the season, it is possible to stay healthy and energized. It just takes a little focus.

"I may be stating the obvious, but exercise is the key to staying healthy during the holidays," said Rosa Ganey, a nurse health educator for Fairfax County Health Network and a Burke resident.

Between shopping, parties and decorating, many people feel pressed for time and exercise can fall by the wayside. Here are a few creative ways to sneak in some fitness:

Incorporate exercise into holiday shopping. "You can walk at the mall and do some window shopping or use your home as an exercise base: the stairs can be used as a perfect location to get your blood pumping," said Walters Edwards.

Make it a family affair. "If you have kids at home, maybe you can play exercise or dance videos or CDs and try the moves together," said Ganey.

Celebratory gatherings can offer opportunities for exercise as well. "Dance at your holiday party," said Michelle Walters-Edwards. "Thirty minutes of moderate dancing can burn around 200 calories in a person [who weighs] 150 lbs."

If there's no time for the gym, improvise, say experts. "Sometimes it can be challenging to find time to make it to the gym, but there are quite a few bodyweight exercises you can do at home," said Joel Martin, an assistant professor of kinesiology at George Mason University in Fairfax. "Most people think of pushups and sit-ups when they hear the words 'bodyweight exercise.' However, there are quite a few other exercises like air squats, burpees, planks, mountain climbers."

Accommodate for less workout time during the holidays. "Probably the most important piece of advice

I would give, since your workout will most likely be shorter than usual, is try to maintain a high intensity for the duration of the workout and minimize the time you spend resting," said Martin.

Break up a workout routine. "Doing several 10-15 minute workouts throughout the day using only body weight movements at home may be another solution for someone crunched for time," said Martin. "I recommend pick-

ing three or four movements or exercises and doing several sets of each with less than a minute of rest between sets."

Above all, say experts, balance is vital to preserving one's health and well-being during the holidays. "Maintain a focus on balancing your stress, eating and exercise year-round. Extremes of each of these factors are not healthy. Remember, moderation is key," said Walters-Edwards.



PHOTO BY MARILYN CAMPBELL

Exercise is the key to holiday health preservation, say experts.



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