

Celebrating The Season In Vienna

HOLIDAY & GIFT GUIDE, PAGE 13

Mayor M. Jane Seeman and Santa Claus light the holiday tree to kick off the 2011 Church Street Holiday Stroll and Vienna's holiday season.

Living Life in 'The Dream Land'

FOCUS ON IMMIGRATION, PAGE 10

Silver Line Faces 'Daunting Issues'

NEWS, PAGE 3



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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.



Vienna resident Richard C. Kirkland in his home aviation museum.

A Witness to History

Vienna resident Richard C. Kirkland, an 89-year-old veteran pilot, author and artist joined the Army after the Pearl Harbor attack on Dec. 7, 1941, and flew 103 combat missions in the famous Flying Knights fighter squadron with America's greatest ace, Major Dick Bong. He also flew with Charles Lindbergh, and in the post-war atomic bomb tests. In the Korean War, Kirkland flew 69 helicopter rescue missions including the 8055 MASH, home of the "real" Hawkeye. After military service, he joined Howard Hughes' aircraft division as a demonstration pilot.

Kirkland speaks from personal experi-

ences in American history including his associations with personalities such as General Douglas MacArthur, Presidents Dwight Eisenhower and Harry Truman, Charles Lindbergh, Howard Hughes, and others. Kirkland has written numerous articles and books including his latest, *Wide Place in the Road*, a story of love and war during "The Greatest Generation," a period of American History he lived through and immortalized with his writing, on-scene paintings and sketches. These are part of Kirkland's home aviation museum, which attracts many visitors in the D.C. area.

WEEK IN VIENNA

Just Like New Re-opens on Church Street

Kathy Antal's Glyndon Street shop Just Like New, full of high quality, unique items, collectibles and fine jewelry from Europe, had a faithful following for its 30 years of operation since 1973.

When the shop closed customers pleaded with Antal, begging her to re-open. Banking on her consistent high standards, taste and trustworthiness, the customers couldn't find another shop like Antal's. In order to meet her customers' needs and gain new ones as well, Antal decided to re-open, but this time in the heart of historic Vienna.

Her new location will be nestled along Church Street, where her unique, high-quality items add to the selection of shops making the street quaint, chic and full of individuality.

For more information, call 703-938-8800. Just Like New is located at 145 Church Street NW, Vienna, at the corner of Church Street and Lawyers Road.

Persico Rug Company Opens in Vienna

Persico Rug Company, a direct importer and wholesaler of Persian and oriental rugs since the 1970s, has been working exclu-

sively with interior designers and traders from its warehouse in Tysons Corner. Now, Persico is opening to the public.

The rugs in the showroom at 303 Mill Street NE, Unit C in Vienna are priced competitively and offer a considerable selection to meet all kinds of oriental rug needs and tastes.

Persico Rug Company also offers rug cleaning, repairs and appraisal for all kinds of oriental rugs. They are also able to customize rugs as well as make any picture into a tapestry.

For more information, call 703-938-3838 or www.persicorug.com.

Celebrate the Holidays With Town Council

Mayor M. Jane Seeman and the Town Council invite the public to celebrate the holidays at the annual Holiday Reception on Friday, Dec. 14, from 4 to 6 p.m. at Town Hall, 127 Center Street S.

Enjoy the sounds of the holiday season with the James Madison High School Madrigals from 4 to 4:30 p.m. and the Green Hedges School Jazz Band from 5 to 5:30 p.m. Light refreshments provided by the Vienna Volunteer Fire Department Auxiliary. No RSVP required; free.

For more information, contact the Mayor's office at (703) 255-6311 or mayor@viennava.gov.



PHOTOS BY SYLVIA JOHNSON

From left: Sally Turner, of Vienna; Maureen Bunyan; Odelia Codrington; and Carol Loftur-Thun attend a benefit gala in McLean for The Women's Center.

Victims, Advocates Educate Public About Mental Health Resources

McLean gala event raises more than \$300,000 to provide counseling services at The Women's Center in Vienna.

BY MARILYN CAMPBELL
THE CONNECTION

Paige Meade has vivid memories of one day 20 years ago when she was sexually assaulted at the age of 19. She lived with that secret for 17 years. Three years ago, however, she says that she began receiving mental health counseling and embarked on a journey of healing.

"I found a safe place where I could talk about what happened, and I never thought that was possible. . . . It's important to have someplace to go, it's important to have a safe place and safe people," said Meade.

She received treatment at the Women's Center, in Vienna, and shared her story publicly for the first time during a fundraiser for the non-profit organization held earlier this month in McLean. Nearly 300 people attended the gala fundraiser, which garnered more than \$318,000 for the Women's Center.

Carol Loftur-Thun, CEO and executive director of The Women's Center, says that as a result of speeches by Meade and Amanda Tenerio, another victim of sexual violence, the group exceeded its fundraising goal by \$22,000, and was able to educate the public about the power of mental health counseling and the dearth of such services in Northern Virginia, particularly those with financial limitations.

"It can be difficult to get into any therapist no matter your income," said Loftur-Thun. "It can be especially difficult for people who are looking for help with a short-term crisis or an ongoing mental health issue, grief, a job loss, or a challenge with their children and the means to pay for high-quality mental health services."

THE WOMEN'S CENTER provides mental health treatment to more than 2,500 people each year. "We



From left: Jeff Bridges and Sally Turner, of Vienna, and Ed and Michelle Meehan, of Fairfax, attend a benefit gala for The Women's Center.

serve a diversity of clients," said Loftur-Thun. "We have a sliding scale and some clients who pay as little as \$20 which is much, much less than you would pay if you went to a private therapist. We even have clients at all income levels, some who pay the full fee and some who don't. We serve also children, adolescents and men. We even have clients who are in their 80s and 90s."

Janet Kimberling, Ph.D., vice president of clinical services and center programs at The Women's Center says that she and her team of therapists work to overcome misconceptions about the impact that mental health counseling can have on one's life.

"There is still a stigma," she said. "There are some people who have misconceptions about what therapy is, but we have therapists with a variety of specialized backgrounds who see people with issues ranging from a fear of flying to deep, serious depressions."

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

SEE CHALLENGES. PAGE 9

Avoiding Holiday Debt

Plan now to prevent post-holiday bills.

BY MARILYN CAMPBELL
THE CONNECTION

Festive store displays mean the holiday shopping season is in full swing. While a recent survey by the National Retail Federation is estimating that consumer spending will be conservative this year, the group predicts that the average shopper is planning to dole out \$421.82 on family members, \$75.13 on friends and \$23.48 on co-workers.

"The holidays bring on a feeling of consumption on the part of individuals to provide gifts to families and friends," said Charles W. Miller, associate professor of finance at Marymount University in Arlington. "Often, when monies are not available, people turn to the path of least resistance which is the credit card."

While the holidays mean increased spending for many, financial setbacks can be avoided. Local money experts offer strategies for those determined to emerge from the season with minimal or no debt.

McLean-based financial advisor Kristan Anderson said, "Avoiding holiday debt is all about setting a budget and being creative about gifting options," she said. "The budget should be an amount that does not require the additional use of credit cards for short-term financing."

Potomac, Md. resident Linda Berg-Cross, a researcher and professor of psychology at Howard University suggests, "Avoid developing a consuming style based on what the media is selling. Media literacy is critical for financial savvy in today's world."



To avoid accumulating credit card debt during the holidays, financial experts say plan ahead, develop a strict budget and stick to it.

professor of finance at George Mason University advises consumers against going shopping without a methodical plan. "Stores have colorful displays and holiday lights that lure shoppers," he said. "Before going shopping you have to sit down and decide how much money you are going to spend on each person. Make a list and take it with you to help resist overspending. Don't charge more on credit cards than you can afford to pay off easily in three months."

For those having financial difficulties Anderson says, "It is worth having a discussion with family members and opting to not exchange gifts outside the immediate family. Or just have a simple gift exchange where each person has only one person to buy a gift for. Don't underestimate the value of a homemade gift, either."

Berg-Cross recommends that consumers use money-saving tactics like "holiday shopping at resale stores, waiting for sales, cutting coupons, and [internet] surfing to comparison shop."

Theresa Wansi, Ph.D., professor of finance at Marymount University adds, "You can go to a store like Bloomingdales and look around and then go to a discount store and find the same items at a much lower price."

Anderson says avoid waiting until the last minute to purchase gifts. "Starting early...allows you to spread the costs out over a few months or more," she said. "Some stores are offering layaway, which is another option that avoids increasing credit card debt."

Steve Pilloff, Ph.D., assistant

professor of finance at George Mason University advises consumers against going shopping without a methodical plan. "Stores have colorful displays and holiday lights that lure shoppers," he said. "Before going shopping you have to sit down and decide how much money you are going to spend on each person. Make a list and take it with you to help resist overspending. Don't charge more on credit cards than you can afford to pay off easily in three months."

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Before writing a check to a charity, experts say make sure that the organization is ethically and financially sound.

Tips for Year-End Charitable Giving

Financial experts offer suggestions for ensuring one's donations are well spent.

BY MARILYN CAMPBELL
THE CONNECTION

Tis the season for giving, and that includes donations to charities. According to a recent survey, charities report that year-end contributions make up nearly 40-percent of annual donations.

"With regard to your tax planning, if you're in a favorable position and can afford to do so, this is a good time to give to charity," said Charles W. Miller, associate professor of finance at Marymount University.

Money experts say there are a few things that one should consider before donating to a charity. Potomac resident Glen J. Buco, president, West Financial Services in McLean, says, "Your first thought with regard to charitable gifts is that you need to support charities and groups that you would like to support and the tax deduction should be a secondary factor."

Steve Pilloff, Ph.D., a professor of finance at George Mason University in Fairfax, encourages potential donors to make sure the charity's priorities are consistent with one's philanthropic goals. "Look at the mission of the charity," he said. "Does it feed hungry people? Does it provide funds for medical research? I am always more comfortable with a charity that I'm familiar with."

RESEARCH A POTENTIAL CHARITY to learn how one's donation will be spent. "There are websites where you can go to see how much of every dollar given goes to charity and how much goes



Steve Pilloff, Ph.D., a professor of finance at George Mason University in Fairfax, encourages potential donors to make sure the mission of the charity is consistent with one's philanthropic goals.

to administration," said Buco. "One more point to note, you need written acknowledgment from the charity for gifts over \$250 in order to deduct the donation."

Make sure the charity of one's choice has high ethical standards. "Unfortunately, you always read about scams," he said. "There are charities that are not fully legitimate, but have names that sound similar to established charities to try to confuse people. When someone is going to make a donation they should try to make sure that their money is going to where they think it is going."

Buco adds, "In the wake of [Hurricane] Sandy, you have to be especially careful of scams. The IRS (Internal Revenue Service) has a website called "[Exempt Organizations] Select Check" where you can look up a charity to see if they are registered with the IRS."

Consider local charities. "There are a lot of local organizations and groups that really don't get the funding that they need, so it is nice if you can support local charities," he said.

BULLETIN BOARD

To have community events listed in the Connection, send to vienna@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.mcleanchamber.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.

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.

'Tis the Season for Joyfulness

"Altar Boyz" at Tysons' 1st Stage.

BY DAVID SIEGEL
THE CONNECTION

There is a joyful noise full of tight harmonies backed by spot-on keyboards and percussion with lyrics full of universal positive messages at 1st Stage. It is a boisterous, full-octane, musical concert called "Altar Boyz" about a heartthrob Christian boy band's struggles in their last "Raise the Praise" concert.

"Altar Boyz" is driven by the very capable tenor voices of five actors-singers who with extraordinary, non-stop kinetic energy, power through a score of 13 songs. There is also well-synchronized hip-hop style choreography devised by Jeremy McShan, that would tax the lungs of a marathon runner.

The five members of the ersatz Altar Boyz group are BJ Gruber (Matthew), Edward C. Nagel



PHOTO BY BRAD KALBEFIELD

Cast of Altar Boyz, from left, Zack Powell as Abraham; Edward C. Nagel as Mark; Jonathan Walker as Juan; Derek Tatum as Luke; and BJ Gruber as Matthew.

(Mark), Derek Tatum (Luke), Jonathan Walker (Juan) and Zack Powell (Abraham). Yes, their names, except for one, are of the apostles, and they are spreading the good news message. They do so in their own non-preachy way.

Gruber is the handsome titular lead of the group and Nagel always has a sunny disposition even with some secrets of his own. Tatum is the "bad" boy with his baseball cap gently askew. Walker has a Latin-infused role and accent to match. Powell is the Jewish boy wondering how he ever got into

the group but readily fits in.

The production has a rock concert essence with pulsating lighting (David A. Sexton), sound (Derek V. Knoderer) and special effects (Zack Sanders) developed under Steven Royal, making his area directorial debut. Royal was also the set and costume designer.

The vigorous music under the direction of Walter Bobby McCoy and his four-piece band moves smoothly through the song-filled evening. Song titles give hints of the show's message including "I Believe," "Epiphany," "Something

Where and When

1st Stage production of "Altar Boyz" at 1524 Spring Hill Road, McLean. Performances now through Dec. 30. Performed Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m. and Sundays at 2 p.m. and 7 p.m. Tickets \$15-\$30. Call 703-854-1856 or visit www.1stStageTysons.org.

About You," and "Everybody Fits," to name a few.

With music and lyrics by Gary Adler and Michael Patrick Walker, and book by Kevin Del Aguila, the award winning "Altar Boyz" ran for 2,032 performances off-Broadway from 2005-2012. As the 1st Stage program notes indicate, the show "satirizes the phenomenon of boy bands and the popularity of Christian-themed music in contemporary America."

The show is cheerful and just this side of safely naughty, with its rock concert atmosphere. There are some saggy segments, especially those with lesser musical structure to fall back upon. The acting is not always subtle, and sometimes takes its over-the-top sensibilities too far, but so what. 'Tis the season for joyfulness.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@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 Christmas: 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@greatfallsumc.org.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer - both of which will include children's sermons. 703-356-3346.

Visit These Houses of Worship

To Highlight Your Faith Community, call Karen at 703-917-6468

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Assembly of God

Vienna Assembly of God ... 703-938-7736
Washington Christian Church...703-938-7720
Cristo Es Mi Refugio...703-938-7727

Baha'i

Baha'i Faith for Northern Virginia ... 703-821-3345

Baptist

Global Mission Church ... 703-757-0877
Peace Baptist Church ... 703-560-8462
Bethel Primitive Baptist Church
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Cartersville Baptist Church ... 703-255-7075
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Antioch Christian Church ... 703-938-6753

Episcopal

Church of the Holy Comforter ... 703-938-6521

Church of the Holy Cross ... 703-698-6991
St. Francis Episcopal ... 703-759-2082

Jehovah's Witness

Jehovah's Witnesses ... 703-759-1579

Lutheran

Emmanuel Lutheran Church...703-938-2119
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St. Athanasius Lutheran Church... 703-455-4003

Methodist

Andrew Chapel United Methodist ... 703-759-3509
Church of the Good Shepherd ... 703-281-3987
The Vine Methodist Church ... 703-573-5336
Epiphany United Methodist ... 703-938-3494
Great Falls United Methodist... 703-759-3705
Oakton United Methodist ... 703-938-1233
Vale United Methodist ... 703-620-2594
Smith Chapel United Methodist ... 571-434-9680
Wesley United Methodist ... 703-938-8700

Non-Denominational

Celebration Center for Spiritual Living
... 703-560-2030
Christian Assembly Church ... 703-698-9777

Presbyterian

Grace Orthodox Presbyterian Church ...
703-560-6336
Korean Central Presbyterian ... 703-698-5577
Vienna Presbyterian ... 703-938-9050

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Langley Hills Friends...703-442-8394

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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

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

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.

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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OPINION

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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Vienna Fire Red Wins U9G Hunt County Classic Fall Tournament

The Vienna Fire Red U-9 Girls Travel soccer team won the Elite Division of the 2012 Hunt Country Fall Classic in style, tying Sterling, Fredericksburg and beating McLean in the preliminary rounds. Vienna then defeated Sterling in a very tightly contested championship final 1-0. The only goal came from a penalty kick early in the first half. The tense game ebbed back and forth with a number of scoring opportunities for each team but a solid defensive performance by Vienna won the day.



PHOTO CONTRIBUTED

The Vienna Fire Red U-9 Girls Travel soccer team, front row (L-R): Sarah Doane, Ella Martin, Erin Garvert, Katy Edgar, Kennedy Hayward, Kit Shiells. Second Row: Nadia Garcia, Claire Feidler, Mia Gerock, Shalini Jagannathan, Tessa Perry. Not pictured are Coaches Dave Shiells and Aravind Jagannathan and Team Manager Ken Martin.



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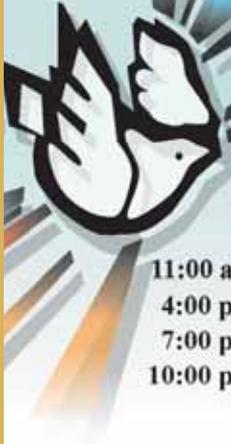
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NEWS

Silver Line Challenges

FROM PAGE 3

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 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 cost 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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A Life Lesson in Giving Back

An immigrant's son becomes state delegate and introduces the Virginia DREAM Act.

By ALFONSO H. LOPEZ
STATE DELEGATE (D-49)



My father was born in a small town in the Andes mountains region of Venezuela. He was one of 22 brothers and sisters from the same parents. At the age of 19 he came to this country with \$280 in his pocket and the dream of a better life. He worked as a bus boy and waiter, learned English, and went to school. He graduated from Northern Virginia Community College when I was 5 years old. He then took one class a semester at George Mason University every year, until he graduated from college one month before I graduated from Robinson High School in Fairfax. As a result of his achieving the American Dream, my father was able to change the lives of my entire family in Latin America.

My mother was a teacher and guidance counselor in Arlington Public Schools for over 20 years. For most of her career she worked with ESL and immigrant children at Washington & Lee High School. As a direct result of her efforts, over 1,000 children, who might have otherwise fallen through the cracks, were able to continue their education after high school and graduate from college.

Throughout my life, my parents reminded me of the value of public service and taught me that if you have the opportunity, you should always give back to your community. My father also never hesitated to remind me that in the U.S. it is possible for the son of an immigrant to have the opportunities I have had—to work for the governor of Virginia, as a presidential political appointee, and to be elected to the General Assembly.

My mother and father touched the lives of countless people in our community. Every day I hope to honor them and live by their example.

With that in mind, I have fought efforts to pass anti-immigrant legislation in Virginia. Today, everyone agrees that we

need comprehensive immigration reform that is tough, fair and practical. However, that reform must come at the federal level. We do not want or need a patchwork of immigration laws from state to state—nor do we want an unworkable patchwork of rules from locality to locality. These attempts in Virginia to pass constitutionally questionable Arizona or Alabama-style legislation only serve to unnecessarily make us appear less tolerant and put us on a slippery slope towards hurting business and lowering state revenues.

I am proud to have introduced the Virginia DREAM Act. This legislation would allow undocumented children—who in many cases know no other home than Virginia—to receive in-state tuition if they meet certain strict criteria. Similar language was included in executive orders by Governors Warner and Kaine and similar legislation recently passed the State Senate. I will continue to fight for the DREAM Act until it becomes the law in Virginia.

Working with House Republicans I am also happy to have helped pass legislation allowing legal immigrants who have lived in Virginia for less than five years to receive prenatal health care coverage under the state Medicaid and FAMIS (Family Access to Medical Insurance Security Plan) programs. Prenatal care improves the health outcome of the child and reduces the neonatal and long-term health costs for the commonwealth.

Over 100 languages are spoken in the 49th District. There are 58 languages spoken at my local high school. This amazing, vibrant tapestry of cultures enriches our community and the commonwealth immeasurably. We should do everything we can to embrace these new immigrants who bring so much to Virginia.

Alfonso Lopez is the first Latino Democrat ever elected to the Virginia House of Delegates.

FOCUS ON IMMIGRATION

Living Life in 'The Dream Land'

Jorge Adeler shares his story of the American Dream coming true.

By JENNIFER BENITZ
THE CONNECTION

Part three of an ongoing series.

The American Dream has been shared for generations—some call it an idea; others call it a reality. Many people come leaving behind former lives in search for better ones, not only for themselves but also for their children.

Jorge Adeler is one of those people. Businessman, optimist, entrepreneur and enthusiast are just a few ways to describe the Argentine immigrant.

"I learned to look for ways to make a living by using my imagination," said Adeler. "That helped me envision opportunities as they crossed in front of me."

At 27 years old, in 1975, Adeler moved to the United States with his wife and two young daughters after visualizing the direction Ar-

gentina was heading in as a nation and not liking what he saw. With only \$450 in his pocket and unable to speak English, he faced a rough transition but took on the challenge with fierce and hopeful drive. Now a successful, internationally recognized jeweler, he has a story unlike any other.

"The price was high, but it was the best decision I've ever made," he said. "I'm delighted here."

THE ROAD TO SUCCESS was a difficult one for the self-taught master designer, but neither the challenge nor the fear of failure stopped him. Growing up in Mar del Plata, Argentina, Adeler helped his parents run their hotel and restaurant business. Consequently, he came to the U.S. with

the intentions of continuing in the same business, but soon found it wasn't for him.

Instead, Adeler decided to pursue his own business in the form of trade. He took out a credit line worth \$1,000 with Woolworth to

buy basic necessities, such as pocket knives, fishing hooks and light coats, before traveling to Argentina and setting up camp in a small village in the mountains of Córdoba to trade for stones. Upon return from his trades, he carved

it, he slowly made the transition from stones to jewelry.

It wasn't long before Adeler opened his first jewelry store, selling mostly pendants and other small items in Ocean City, Md. As his business expanded, so did the

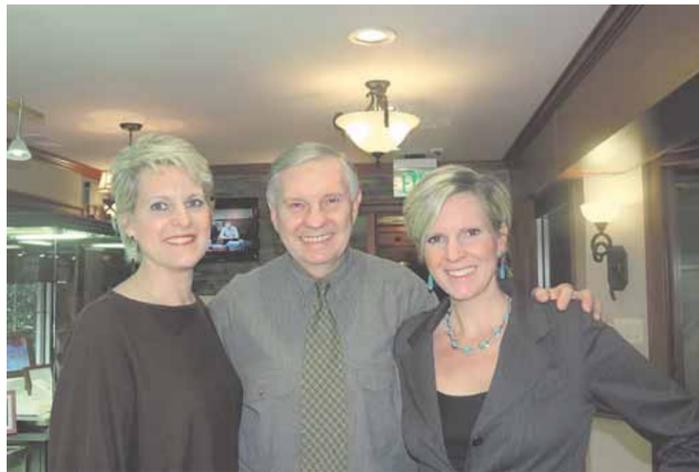
number of stores. Within a few years, he had five jewelry stores in Ocean City under his operation.

His success came with his drive to go against the mainstream of popular demands. While most jewelry stores were selling turquoise stones, something Adeler couldn't yet afford, he sold other gems that often caught the attention of those looking for something different. One of those out-of-the-ordinary stones was rhodochrosite, the pink national Argentine gemstone.

"When you have something you're selling that would be much more different because it is something people aren't looking for, I realized it has its virtues," Adeler said. "You'll always have customers searching for something original or different. I began my career doing something different than the rest of the industry."

FROM THEN ON, Adeler focused on what no one else was selling, forcing him to be more creative and look into new ideas. With an overall goal to do what no one else was doing and present it in a way that would attract the minority of customers looking for something dif-

SEE DREAM LAND. PAGE 17



Jorge Adeler stands between his daughters, Valentina Adeler Armour (left) and Wendy Adeler Hall (right), both of whom work in the family business. Valentina is the appraiser and apprentice designer while Wendy is the vice president of marketing and philanthropy for Adeler Jewelers.

Day Shifts, Night Shifts On the Road to Success

By ANAGHA SRIKANTH
THE CONNECTION

When the chain pharmacy he worked for opened a drive-through pharmacy, it was the final straw for Amit Shah of Fairfax.

"I thought, 'we are becoming Taco Bell,'" Amit said. "So I said 'I'm going to open my own store.'" The chain had moved away from taking care of customers. They were more like a machine playing a number game. You went there, they filled your prescription but they counted numbers more than people and it wasn't something I liked."

Having arrived in America from India in 1987 with only \$20 and a green card in his pocket, it wasn't going to be easy. For over a decade he had worked day shifts at pharmacies and the night shift as a technician at George Washington Uni-

versity hospital, all the while studying to earn a bachelors degree in pharmacy from Howard University and a license to practice pharmacy in New York, Maryland and Virginia.

IN THOSE YEARS, before Google or smart phones, information was scarce, and it took him over a year just to figure out how to obtain a pharmacist's license. His wife Kamini Shah gave up her hopes of pursuing further education in psychology to take computer courses at a local university and become a technician.

During all that time, however, they were learning lessons that would prove invaluable in the future. Amit said communication was one of the biggest challenges he faced as an immigrant and it took years of interacting with customers to earn their trust and acceptance. He had to overcome his ac-

cent and learn to talk slower, use less medical jargon and listen.

Kamini, who had earned a masters degree in psychology and sociology from India, found she could use her education to reach out to customers.

"Our customers are all sick people and in their difficult times it helps to have someone to listen to their problems," she said. "I might not be able to do anything but just listening to them makes them feel a little better. Especially when they are all alone by themselves, seniors and single parents taking care of little kids, [they] have a lot to handle. It makes you feel like you can give back to society by helping them."

Providing the best services they could to the community has been one of their main priorities since they opened their first store in 2001. Even when it was just the two of them working seven days a week, they would make deliveries

An Indian immigrant's story: Making it and giving back.



Amit Shah checks an order for a customer during a busy Friday morning at his Woodbridge Pharmacy.

PHOTOS BY ANAGHA SRIKANTH/
THE CONNECTION



Kamini Shah greets customers at the pick-up desk and said she enjoys interacting and developing relationships with them.



From left—Sarah (William & Mary), Sophia (junior, Westfield High School), Kamran (fifth grader, Cub Run), Robin and Bob Zahory.

Building a Better Life

An Afghan immigrant's story: From Soviet war to American Dream.

By HANNAH BUNTING
THE CONNECTION

Personally, I never think anyone is better than me, and I never think I'm better than anyone," Bob Zahory of Centreville says with a chuckle as he offers up another pomegranate lemonade.

Mahboob "Bob" Zahory moved to America 31 years ago from Afghanistan, ready to work and begin a new life. At just 21 years old, Zahory and his three brothers left their homeland behind to escape the Soviet War. The brothers soon settled in Northern Virginia, with their first priority being to learn English.

"I knew the better you can communicate, the easier it will be to succeed," Zahory said.

So Zahory enrolled in one year of English at Northern Virginia Community College, where he also studied hotel management for two years. Right from the start, the Zahory family worked full-time for a better future.

According to Zahory, the family also refused to accept anything from the U.S. Government to assist them. They each had a job after a month, and worked in addition to their schooling. As for Bob, he worked for two years at the Marriott, focusing on food and beverage management. Zahory said he valued his time there and learned a lot, but still aspired to someday work for himself and make his own decisions for a business.

Eventually Zahory achieved the dream of owning his own restaurant, and opened what is now Mazadar Restaurant at 11725 Lee Highway in Fairfax, an establishment specializing in Middle Eastern cuisine. Mazadar means delicious.

Through his hard work, Zahory was able to combine his past with his future.

However, this success did not come about easily. Family proved to be a bit of a sacrifice Zahory had to make when building his business. He described the process as constant work, planning and management through long hours and late nights.

Zahory's daughter Sarah, who now studies at The College of William & Mary, shares her father's hardworking personality. "I'm really proud of her and how hard she works. That is your goal as a parent, to give your child a better life than you had," Zahory said.

Another obstacle Zahory had to overcome was xenophobia.

"There is some discrimination in the beginning, especially when they hear your accent. Those are some of the challenges you have," Zahory said.

Zahory elaborated on the fact that sometimes people will talk with their hands when explaining things to him; patronizing him while assuming he would not understand.

"At least four or five times, I've actually taken their hands and put them down. I asked them, do you honestly talk to everybody like that?" Zahory said.

Zahory said he has never felt like a minority; however there have certainly been issues of discrimination over the years. These have been demonstrated in subtle ways such as being seated in the back of the restaurant near the bussing station, or assuming him to be an unskilled worker.

Zahory said, "Because I've been through it, I never want anyone to be treated less. In my business that's very important to me. I make sure my employees feel equal and I try to help them wherever I can."

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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. 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. 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.

Les Miserables, the School Edition. 7 p.m., at McLean High School, 1633 Davidson Road, McLean. See the classic on the struggle against adversity in France during the early 1800s. \$10 in advance; \$8 at the door. www.brownpapertickets.com.

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.1ststageTysons.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 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



PHOTO BY KATHLYN BURNELL

Chorale of the Woman's Club of McLean.

McLean Woman's Club Chorale Holiday Concert

The McLean Woman's Club Chorale presents a Holiday Concert at 1 p.m. on Tuesday, Dec. 11, 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.

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., at the Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Enjoy the Nutcracker Ballet with afternoon tea and treats while members of the Creative Dance Center put a contemporary twist on the beloved classic and the pastry team tantalizes palates with tea sandwiches, pastries and sweets. \$75 (includes nutcracker doll for all children). www.ritzcarlton.com/tysons.

Mister G: Chocoolala Holiday Concert. 10:30 a.m. Jammin Java Music Club and Cafe, 227 Maple Ave E, Vienna. Come see Mister G, a children's musician, perform bilingual songs that blend Latin rhythms, traditional instruments, and Mister G's uniquely catchy song-writing for children. \$8. jamminjava.com/home/kids-events/mister-g or <http://soundcloud.com/mister-g-kids-music/sets/chocoolala-1>.

Santa at the Freeman Store. 1-3 p.m., 131 Church St., N.E., Vienna. Assisted by his elves, Santa sits upstairs in his traditional chair beside the Christmas tree, happy to talk to children and smile with them for a photo. 703-938-5187 or www.historicviennainc.org.

Skippyjon Jones. 2 p.m., at McLean Community Center, 1234 Ingleside Ave., McLean. A play based on the book by Judy Schachner, a little kitten with big ears and bigger dreams transforms himself into Skippito Friskito, the greatest sword fighter in Old Mexico, but is challenged by a bullying bee. \$10, general; \$15 for MCC residents. www.aldentheatre.org.

Altar Boyz. 2 p.m., 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.1ststageTysons.org.

Les Miserables, the School Edition. 2:30 p.m., 7 p.m., at McLean High School, 1633 Davidson Road, McLean. See the classic on the struggle against adversity in France during the early 1800s. \$10 in advance; \$8 at the door. www.brownpapertickets.com.

Holiday Magic. 8 p.m., at Oakcrest School, 850 Balls Hill Road, McLean. A McLean Orchestra 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. \$40, adults; \$30, seniors; \$15, youth 18-and-under. 703-893-8646 or www.mclean-orchestra.org.

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 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 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.1ststageTysons.org.

HOLIDAY & GIFT GUIDE

Celebrating the Season in Vienna

Music, street parties and Santa visits highlight the season.

BY DONNA MANZ
THE CONNECTION

The heart of Vienna may be small geographically, but Vienna manages to pack a lot of special events into its heart. The town, during the fall holiday season, shines particularly brightly.

There are activities and celebrations appealing to children, to families, to grown-ups who remember being kids.

Here's a sampling of what is going on in the Vienna through the end of December.

Happy holidays.

The Nutcracker Tea and Life-Sized Gingerbread Cottage

The Nutcracker Tea is served Saturdays, Dec. 8 and 15, at 10 a.m. and 1 p.m. at the Ritz Carlton, Tysons Corner. The life-sized gingerbread cottage welcomes open-house visitors from Nov. 23 to Dec. 24, daily, from 10 a.m. to 6 p.m. Yes, you read that correctly... a walk-through gingerbread house... in a hotel. Located on the fourth floor, main lobby level of the hotel, the confectionary cottage is large enough for guests to walk around inside. If you have ever tried to put together a tabletop gingerbread house whose roof and sides do not cave in, you will marvel at the construction. The Nutcracker Tea combines music, dance, toy soldiers, sugar plum fairies, and, of course, tea, sandwiches and sweets. Kids get to take home a nutcracker doll. Cost is \$75/person and reservations are required. For Nutcracker Tea reservations, call 703-917-5498, and for more details on the gingerbread cottage and the tea, go to www.ritzcarlton.com/en/Properties/TysonsCorner/Information/Calendar/Default.htm.



PHOTO BY DONNA MANZ/THE CONNECTION

Lunch with Santa, hosted by the Parks and Recreation Department of the Town of Vienna, sells out quickly. Elves on-loan from the Vienna Volunteer Fire Department Auxiliary help out.

Lunch With Santa

Saturday, Dec. 8, 11:30 a.m. to 12:45 p.m. Santa Claus invites children and their families to join him for lunch at the Vienna Community Center. Elves lent from the Vienna Fire Department Ladies Auxiliary help keep the fun going. Besides lunch of hot dogs, chips, juice and cookies, the celebration also features a holiday-themed performance by KayDee Puppets. Tickets are \$5 per person, children under one year old are free. A maximum of six tickets can be purchased per family, and, at least one parent must accompany children. A ticket must be purchased for each parent and child. Tickets went on sale for in-town residents on Saturday, Nov. 17, and for out-of-town residents, on Nov. 19. If still available, tickets can be purchased at the Vienna Community Center front desk. Parks and Recreation asks that guests donate a new unwrapped toy for the Vienna Police Department's annual Santa Ride when they purchase their tickets.

Christmas Caroling on the Green

Thursday, Dec. 13. Meet up on the Vienna Town Green at 7 p.m. for a new tradition in Vienna, a community sing-along on the Town Green. There will be "warming" stations, but dress warmly. sHot beverages with marshmallows provided by Whole Foods Vienna. In case of inclement weather, meet in the cafe at Whole Foods Vienna.

Vienna Choral Society Holiday Concert

"Welcome Yule" is presented on Saturday, Dec. 22, 4:30 p.m., at the Vienna Baptist Church. The concert, geared to all ages, features music of the season from Old England. After the concert, join the chorus for its "signature" hot cocoa. Tickets are \$20 for adults, \$15 for over 65 and under 18, and \$35 for families of one or two parents, plus children in the household. Buy tickets in advance at EventBrite.com, at the door with cash, check or credit card, or from any VCS member, Vienna Baptist Church is at the

SEE CELEBRATING, PAGE 14

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www.bullrunfestivaloflights.com

Don't forget to visit our newest holiday tradition, **Meadowlark's Winter Walk of Lights** at Meadowlark Botanical Gardens in Vienna. Tickets can be purchased at www.winterwalkoflights.com



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PHOTO BY DONNA MANZ/THE CONNECTION

Mayor M. Jane Seeman and Santa Claus light the holiday tree to kick off the 2011 Church Street Holiday Stroll and Vienna's holiday season.

Celebrating the Season

FROM PAGE 13

intersection of Marshall Road and Ware Street in Vienna.

Rocknoceros Daytime New Year's Eve Celebration

Monday, Dec. 31, two shows: 11 a.m., and 2 p.m. The region's most well-known kiddie-rock band, Rocknoceros, performs two rock-and-rollin' shows for the young set on Dec. 31 at Jammin' Java on Maple Avenue. Tickets sell out in advance so do not wait until Dec. 31 to buy them. Coach Cotton, Williebob and Boogie Woogie Bennie play a

multitude of instruments and sing the kind of songs that kids sing along to. As if the music is not enough, Rocknoceros leads the kids in a countdown, toasting with apple juice and yells of "happy new year." Tickets are \$10 per person for children and adults.

Buy at jamminjava.3dcartstores.com/123112-6th-Annual-Rocknoceros-New-Years-Eve-Party-11am-kids-show_p_2250.html for the 11a.m. show and at http://jamminjava.3dcartstores.com/123112-6th-Annual-Rocknoceros-New-Years-Eve-Party-2pm-kids-show_p_2251.html for the 2p.m. show.

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21 Announcements **21 Announcements**

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as 8894 Windy Ridge Way, McLean, Virginia

In execution of a Deed of Trust from David J. Cho, also known of record as Jae Yong Cho, and Eun Jung Cho, dated July 13, 2007, and recorded July 18, 2007, in Deed Book 19461 at page 918, and re-recorded September 21, 2007, in Deed Book 19577 at page 1053 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Wednesday, December 12, 2012 at 11:30 a.m.

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.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY
Substitute Trustee

FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
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21 Announcements **21 Announcements** **21 Announcements** **21 Announcements**

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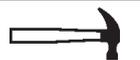
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Present Needing to be Accounted For



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 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.

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," said 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."

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."



Oakton guard Thomas Tribble drives against South Lakes guard Brandon Kamga in front of South Lakes Head Coach Andrew Duggan and the Seahawks' bench on Nov. 29.

Tribble Hits a Game-winner

Oakton senior guard hits game-winner from perimeter in closing seconds at South Lakes.

BY JON ROETMAN
THE CONNECTION

After missing from the perimeter moments earlier, Oakton guard Thomas Tribble had the ball back in his hands with the score tied in the closing seconds of the Cougars' Nov. 29 match-up with South Lakes.

He made the most of his second chance.

Tribble knocked down the game-winner from the left side of the floor with 3.7 seconds remaining and the Oakton boys' basketball team defeated the Seahawks, 51-49, during the first night of the Readers are Leaders Tip-Off at South Lakes High School.

"I put [the miss] out of my mind," Tribble said. "I knew there [wasn't much time remaining]. I took one dribble, pulled up and it went in."

Oakton trailed South Lakes, 43-39, midway through the fourth quarter when Tribble knocked down a pair of three-pointers to give the Cougars the lead. South Lakes held a 49-47 advantage late in the game, but Oakton senior Michael Fradette tied the score with a putback before Tribble buried the game-winner.

South Lakes led by as many as five points in the fourth quarter.

The victory was part of a 2-1 start for the Cougars, who defeated Lee, 70-48, on Nov. 27 and lost to Langley, 54-49, on Nov. 30.

"We were able to hold our composure when [South Lakes] took a five-point lead, and instead of forcing the issue, we

got some pretty good looks from the field," Oakton Head Coach Dave Brooks said. "If we get good looks from the field, we have guys that can knock down shots."

Tribble, a 5-foot-9 senior, finished with 13 points and made a trio of three-pointers.

"He gives us a lot of energy," Brooks said. "He can shoot the ball from the perimeter and what he's doing a nice job of this year [is] he's not solely relying on the three-point shot. There are shooters on a basketball team and there are scorers on a basketball team. Last year, he was only a shooter for us. As a senior, he needs to be a complete basketball player and be a scorer."

Fradette, a 6-foot-5 senior, scored 10 points and grabbed nine rebounds.

"I love his aggression on the backboards," Brooks said, "and we feed off of his energy."

Junior point guard Robert Bacon (5-11) led Oakton with 16 points.

"Even though he plays the point guard spot, he's probably going to get anywhere from 12 to 16 looks a night," Brooks said. "We just need to make sure that he finds the right spots on the floor and that hopefully he's shooting the ball well that day."

Junior forward Dale Good (6-1) scored eight points for Oakton and junior center Pasha Mohsenin (6-3) scored four.

Oakton traveled to face Mount Vernon on Tuesday, which was after The Connection's deadline. The Cougars will host Yorktown at 7:45 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 ex-



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

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

perts. "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 picking 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.

Intelsat to Relocate to Tysons

The company will bring more than 430 employees to local economy.

Governor Bob McDonnell announced that Intelsat, the world's leading provider of satellite services, will relocate its U.S. headquarters to the Tysons Corner area of Fairfax County from its current location in Washington, D.C.

Intelsat plans to bring more than 430 employees to the Fairfax County economy when it relocates in mid-2014. Intelsat will lease

approximately 188,000 square feet of space in Tysons Tower, a 20-story office building that is being built by Macerich (NYSE: MAC) at Tysons Corner Center, adjacent to the Tysons Corner Metro station. The Metro station is scheduled to open in December 2013. The decision by Intelsat marks the first major announcement of a company that is locating in a building near one of four Metro stations

due to open in Tysons on Metro's Silver Line.

"It gives us great pride to have Fairfax County chosen as the new home for Intelsat's U.S. headquarters," said Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority (FCEDA). "As Fairfax County emerges as the Washington region's economic downtown, world-class companies such as Intelsat increasingly are finding this to be an environment conducive to business growth and success."



THIS IS "BAXTER"

Get ready for some fun with this cutie. Baxter loves life! He loves everything he sees and everyone he meets. He's a year-old Border Collie mix who can hardly wait to go to school and learn lots of new tricks. He's housebroken, great with other dogs, is a medium-size fella and incredibly sweet. This is the companion you need to be with you when you ring in the new year. Fun and Forever Yours!



HUMANE SOCIETY OF FAIRFAX COUNTY

Hours: Monday-Friday 10-4 and Saturday 10-3 • 703-385-PETS
Adoptions: By appointment only. • www.hsfc.org

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



Every year between Christmas and New Year's, The Vienna/Oakton 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

Centreville

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 Don Park at 703-778-9420, or donpark@connectionnewspapers.com
All listings are due by Monday at 3 P.M.

VIEWPOINTS

What do you like most about the holiday season?

—DONNA MANZ



Meg Honigberg, Franklin & Marshall College student, McLean

"This is my last Christmas as an undergraduate student which is exciting but equally terrifying. The best part [of the holiday season] is spending time with my parents and my brother, which is a rarity. Snuggling with our dog is a very crucial and special part of the holidays. Baking and cooking. There's a lot of food, a lot of baking."



Ann Tran, owner of Oakton Salon and Spa, Oakton

"I like getting together with my children, my grandchildren and my best friend. On Christmas day, I make ham, chicken curry and beef stew with bread. I'm thankful for my loyal customers"



Jeff Feaganes, Flint Hill Elementary School student, Oakton

"Getting toys and Legos. Holiday decorations."



Jane Ernst, artist—photography and digital painting, Springfield

"Connecting with family and friends."



Celebrating Anniversary

Sweet City Desserts on Church Street is celebrating its first anniversary in Vienna. Santa Claus stopped by to wish the shop a "Merry Christmas." He also took time out for the children. Mom and dad—Kareena and VJ Macasaet, join 3-month-old son Raphael in a visit with Santa.

Holiday **SPECTacular!**

Complete Pair of Kid's Eyeglasses

1/2 Off*

Includes Polycarbonate Lenses

Eyeglasses or Sunglasses

Complete Pair Up to

40% Off**

Now accepting more insurance plans than ever, including EyeMed and OptumHealth!

Use Your **FLEX DOLLARS** Before They Expire

30% Off Prescription Eyeglasses for AAA & AARP Members. (Ask for details)

A Century of Excellence
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See More. Save More.

Tyson's Corner Center 703-734-0977 (Upper level, near Nordstrom)
Dulles Town Center 703-421-3359 (Upper level, near Macy's and Lord & Taylor)
 We welcome outside prescriptions! Call 1-800-EYES-789 or visit STERLINGOPTICAL.COM for a no-obligation appointment.

*With purchase of complete pair (frame and lenses). Frames from select group. Exam not included. **Must purchase complete pair (frame and lenses). Must present coupon. Some restrictions apply. See store for details. Limited time offer.

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