

Great Falls artist Bob Gilbert is exhibiting in the Great Falls Library from Jan. 2 to Feb. 1. He is pictured during the demonstration at the Art Club of Washington.

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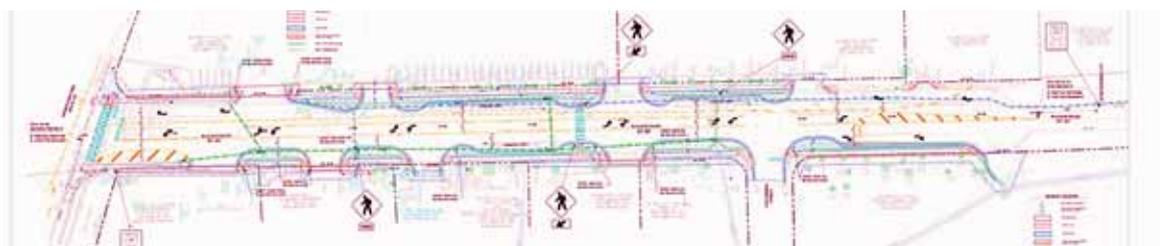


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A sketch of the proposed “diet” for Walker Road south of Georgetown Pike. The improvements, scheduled for this year, will build new sidewalks and a crosswalk, as well as bumpouts to manage traffic better at the Great Falls Village Centre.

Transportation Projects Slated for 2013

Year will feature improvements to Walker Road, replacement of Beach Mill Road bridge.

BY ALEX McVEIGH
THE CONNECTION

Several transportation improvements are planned to make the roads of Great Falls safer and less congested and 2013 is the year many of those projects will be built in Great Falls and the surrounding areas.

Walker Road, which intersects with Georgetown Pike to form the commercial center of Great Falls, will undergo a “diet” in 2013, slimming down to make pedestrian crossing and turning easier.

The road currently widens south of Georgetown Pike to as much as four regular lanes wide, but with no road markings except the center yellow line beyond the intersection. The diet plan would narrow the road to three lanes, one in each direction and a center turn lane.

“The road will have added bumpouts along the sides so people won’t be passing cars that are stopped to turn at 50 miles per hour,” said Eric Knudsen, co-chair of the Great Falls Citizens Association’s Transportation committee. “These improvements will also include a crosswalk from the Wells Fargo Bank to the Safeway, and wider sidewalks.”

Five extended bumpouts will be on the west side of Walker Road, and three will be installed on the east side. Original plans from mid-2012 called for another bumpout near the Shell station, but that was removed due to traffic concerns.

The Walker Road Plan has been in the works since a traffic calming study in 1999. The project is funded, and the construction contract is expected to be awarded in May 2013 and construction is expected to be complete by November.

The temporary bridge over Nichols Run on Beach Mill Road is expected to begin as early as weekends in May 2013. A temporary structure has been in place since a September 2011 storm, but VDOT District Bridge Engineer Nick Roper said the structure does not meet the state’s hydraulic standards.

The bridge that existed before the storm was already 18 percent undersized for the amount of water that could pass through it, the current temporary structure is 40 percent undersized.

The new bridge will be single-lane, with a timber deck. It will be longer than the previous bridge, which Roper says will increase its hydraulic performance.

The contractor building the bridge can start up before Fairfax County Public Schools let out for the year, for up to four weekends excluding Memorial Day.

VDOT has offered a \$750 per day incentive, up to 45 days, if they finish early. Roper estimated that if all incentives are met, the bridge can re-open as early as July 16. After Aug. 31, a per day penalty becomes active.

While the bridge is closed, drivers will use Utterback Store Road, Georgetown Pike and Springvale Road as a detour.



A rendering of the new bridge that will be places over Nichols Run on Beach Mill Road. It will be single-lane, and feature a timber deck to blend in better with the surrounding area.



PHOTOS BY MIKE SALMON/VIRGINIA MEGACORRECTS

In August, cars are lined up on the Westpark Drive connector in Tysons Corner to test the new 495 Express Lanes.

Express Lanes Completed, Metrorail Arrives in 2013

Something to celebrate for area motorists.

before Thanksgiving, earlier than scheduled.

The 23-mile Dulles Corridor Metrorail Project is a two-phased rail project that will give users a one-seat ride from Washington, D.C. to Dulles Airport. Phase One extends Metrorail service through five new stations, four in Tysons Corner and one at Wiehle Avenue on the eastern edge of Reston. Phase Two includes six additional stations from Wiehle Avenue to Route 772 (Ashburn), serving Reston Parkway, Herndon, Dulles Airport and eastern Loudoun County. The Metropolitan Washington Airports Authority (MWAA) is building and managing the project. Phase One is scheduled to open in fall 2013, and Phase Two in the following years.

In 2012, the completion of the 495 Express Lanes and progress made on Phase One of the Dulles Metrorail were something to celebrate for area motorists faced with lane closures and detours for the past few years.

The opening of the 495 Express Lanes was the biggest transportation development in 2012. Most of the 50 overpasses were completed in 2011, and in the final year of construction, the Braddock Road and Leesburg Pike (Route 7) access ramps were completed. The Braddock Road ramp is an access point for cars heading north on the express lanes. At Route 7, the ramp provides a southbound access only. Both ramps feature 500-ton box beams that required multiple cranes and full road closures of I-495. Pavement was laid for the new lanes throughout the corridor that are now general purpose lanes. Over the summer, the electronic tolling system was tested and tweaks were ironed out in the control center off Edsall Road in Alexandria. The lanes opened just

Also in 2012, the I-66 Pavement Rehabilitation Project was completed. This project reconstructed 6.5 miles of deteriorated pavement between Route 50 and I-495. In Merrifield, Route 29 was widened to three lanes between Merilee Drive and I-495, and Gallows Road was widened to three lanes from Gatehouse Road to Prosperity Avenue. Away from the Tysons Corner area, VDOT was also working to rehabilitate the structurally deficient Beulah Road bridge over Wolftrap Run in Fairfax County.



Rt 29: From the air looking at Lee Highway, the express lanes southbound ramp gives motorists options to Merrifield.

THE COUNTY LINE

Coming in From The Cold

A night at Burke United Methodist Church's hypothermia prevention shelter.

By VICTORIA ROSS
THE CONNECTION

Musa L. gently draped a blanket over his wife, and promised her the new year would be better for both of them. She was sleeping on a foam pallet at the Burke United Methodist Church. Musa and his wife were among nearly 40 homeless adults seeking shelter from the frigid temperatures at the church on Friday, Dec. 21.

An immigrant from Senegal, Musa said he and his wife, who is originally from Florida, are homeless for the first time in their lives. He said both have jobs in Fairfax County, but they fled their apartment in November when a roommate threatened their safety. Since then, they have been staying at The Lamb Center during the day, a daytime drop-in center for the poor and homeless in central Fairfax County.

"We slept in our car the last few nights, but it was just too cold tonight," Musa said. "This church provides a wonderful service. We are able to get a meal and a safe, warm place to sleep. They also give you gift cards for food. They make you feel welcome, like you are still a person."

After his wife went to sleep, Musa chatted with Supervisor John Cook (R-Braddock) who attends the church and helped organize its hypothermia prevention program.

"No one should have to sleep in the cold and risk hypothermia," Cook said.

EACH YEAR hundreds of individuals living on the streets, in cars, and abandoned buildings in Fairfax County search for shelter from the bitter winter weather, said Amanda Andere, executive director of FACETS, a local nonprofit organization coordinating the county's hypothermia preven-



Barbara Nowak, a volunteer organizer for Burke United Methodist Church's Hypothermia Prevention Shelter, sorts sleeping pallets in the church's library on Friday, Dec. 21.

tion efforts.

Beginning in late November, FACETS works with more than 40 faith communities to offer safe places to sleep and nutritious meals to men and women who are homeless through its Hypothermia



PHOTO BY VICTORIA ROSS/THE CONNECTION

Musa, Braddock Supervisor John Cook, and Bill Murray at the check-in area for the hypothermia prevention shelter provided by Burke United Methodist Church on Friday, Dec. 21.

Prevention and Response Program. FACETS program is one of five operated across Fairfax and Falls Church in partnership with the Fairfax County government.

Barbara Nowak, a realtor with Long & Foster, was a key organizer of BUMC's program, which provided hypothermia relief from Dec. 16 to Dec. 23.

"I make a living helping people find homes, and I've done pretty well," Nowak said "This is not just

about how much money is in your account. This program has made me more aware of the lack of affordable housing, and the effects of foreclosures and short sales, and how people are suffering as a result of the downturn in the economy."

Nowak and her husband, Gerry Staudt, helped recruit more than 130 church members for the

SEE HYPOTHERMIA, PAGE 11



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OPINION

Happy New Year, Keep in Touch

Reflecting and reinforcing the sense of community.

As local, weekly newspapers, the Connection's mission is to bring the news you need about your community, to give you the information you need to enjoy the best things in and near your community, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help. If you know of a person or an organization doing important work, something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. E-mail us a photo and a note about the event. Be sure to include

the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

To have an event included in our calendars, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos. Events for our calendars should be free or at nominal cost and open to the public.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, two editions of the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including

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COMMENTARY

Challenges Facing Dranesville in 2013

Supervisor John W. Foust (D-Dranesville) discusses New Year's expectations.

"What are the most important issues or challenges facing your district and Fairfax County today?"

Supervisor John W. Foust, (D-Dranesville)

"In 2013, we will again confront many challenges, at the county level as well as in the McLean, Great Falls, Herndon, Falls Church and Vienna communities in the Dranesville District. I will continue to address our challenges by seeking input and suggestions from my constituents and by working with my excellent staff to provide leadership. Some of the more significant issues I expect to deal with in 2013 are discussed below.

❖ Challenge: adequately fund essential county services and infrastructure needs.

We are still in a multi-year economic downturn. Our ongoing challenge is to maintain the level of services county residents expect and to make the infrastructure investments we need while protecting county taxpayers.

Since I took office in 2008, we have cut tens of millions of dol-

lars from the county operating budget without serious reductions in the county's support for public schools and other essential services like police, fire and rescue, and programs that serve the members of our community who are most in-need. At the same time we are struggling to maintain services, we are facing the need for substantial investment and re-investment in infrastructure like roads, transit, schools, storm water management and other public facilities.

As vice chairman of the Board's Budget Committee, I will continue to emphasize reducing costs by improving efficiencies and focusing on our core services. And as chairman of the board's Audit Committee, I will continue to work closely with the auditor to the board to review county programs and financial policies to improve their cost effective operation.

I will also continue to work with the community to establish our budget priorities and address our budget challenges. As I have done for the past four budget cycles, I have convened my citizen budget

task force. The members are meeting and hearing presentations by various county and FCPS officials. The task force will prepare a report that will be presented to me early in 2013. I will share the report with my colleagues on the board as we develop and adopt the final budget. I will also convene several public meetings to solicit community input on budget priorities prior to budget adoption.

❖ Challenge: meet the needs of the rapidly increasing segment of our population over the age of 65.

In 1970, only 3 percent of Fairfax County residents were age 65 or older. By 2003, the percentage had increased to 8.4 percent. By 2020, it is projected that there will be more than 136,000 persons age 65 or older living in the county, nearly 12 percent of the total population. To address the special needs of older residents, my staff and I are working closely with community groups in Great Falls, Herndon and McLean. We are exploring concepts and ideas to better understand and meet the needs of seniors in the Dranesville District and to facilitate 'aging in



John W. Foust

place' in our community.

❖ Challenge: provide bus, pedestrian and bicycle access to the Silver Line Metro stations and commuter parking at the Tysons Metro stations.

In 2013, I will continue to work on improving access to the future Tysons Metrorail stations. Through a significant public outreach process, we have identified bus transit, pedestrian and bicycle improvements that are needed to provide improved access to the stations. Significant funding has been

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Great Falls
CONNECTION

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OPINION

Foust

FROM PAGE 6

committed for several of these projects and my staff and I will continue to work to move these projects forward.

Making the Tysons Metro stations accessible for residents who can only get to the stations by driving their cars is also one of my priorities. There were no dedicated public parking garages included in the original Tysons Metro Stations plans. At my request, the Board of Supervisors directed staff to study ways to identify commuter parking possibilities near the Tysons stations. Recently, the board endorsed the Metrorail Interim Parking Request for Interest (RFI). That RFI establishes a streamlined program that allows interested property owners to provide privately-run commuter parking lots near Metro stations in Tysons. Several property owners have already expressed interest in the program and it is my goal that one or more parking lots will be operational by the time Metro service comes to Tysons in December, 2013.

With the approaching construction of Dulles Metrorail Phase Two, I will also be working with the county and the Town of

Herndon on plans and funding for bus, pedestrian and bicycle connectivity between the future Herndon area Metrorail stations and surrounding communities.

❖ **Challenge:** Make Dranesville more accessible and safe for all pedestrians and bicyclists.

Many Dranesville residents want to be able to leave their cars in the garage and walk or bicycle to their destinations. Making Dranesville more pedestrian and bicycle-friendly has been one of my top priorities. My office has worked with citizen groups across the Dranesville District to identify projects, set priorities and obtain funding for sidewalk, trail and bicycle projects. As a result of our collaborative efforts, numerous projects have been completed. In 2013, several more projects will get underway, including trails along Georgetown Pike, pedestrian improvements and traffic-calming on Walker Road, and two new trails on Lewinsville Road that will complete missing links to provide continuous, safe pedestrian access from Dolley Madison Boulevard to the intersection of Lewinsville Road and Spring Hill Road.”

FAITH NOTES

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

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

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.

St. Mark's English as a Second Language Program for adults at the St. Mark Christian Formation Center, 9972 Vale Road, Vienna, opens registration for the winter term on Tuesday, Jan. 8 and Thursday, Jan. 10 at 7 p.m. for seven proficiency levels from Beginner 1 to Advanced 2. Students will be registered and tested for classes beginning on Tuesday, Jan. 15 to meet on Tuesdays and Thursday from 8-9:30 p.m. for 10 weeks. \$25. 703-626-3585, 703-622-4153 (English or Spanish); 703-505-0123 (Korean); or email st.mark.esl@gmail.com.

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PHOTOS BY STEVE NIU

Members of the Langley High School Chorus perform at their annual Renaissance Feaste Dec. 8 at the Capital Church in Vienna.

Chorus Hosts Renaissance Feaste

Langley choral department performs annual 16th century show.

The Langley High School Choral Department hosted their annual Renaissance Feaste Dec. 7 and 8 at the Capital Church in Vienna. The annual show is the culmination of the choir's holiday schedule, which also included the tree lighting in Great Falls and at the National Cathedral in Washington, D.C. The feaste was more than just a standard concert for the choir, in

additional to several Renaissance-era songs, the group put on a show with other 16th century entertainment, led by the Madrigals. Students even served the families in attendance, all while wearing period costumes of 16th century servers, jesters, minstrels and musicians. The Madrigals are a 24-student ensemble that specializes in Renaissance music, mostly sung a cappella.



The Langley High School choral department perform their annual Renaissance Feaste Dec. 8 at the Capital Church in Vienna.

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

WEDNESDAY/JAN. 2

Robert Gilbert Exhibit. 10 a.m.-9 p.m., at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Gilbert's 30 original paintings of Manhattan on display and for sale. www.robertgilbertart.com.

Sandy Hook Remembrance Vigil. 6:30-8 p.m., at "the Rock" at James Madison High School, Vienna. Student Kirsten Weisner leads a vigil in memory of the victims of Sandy Hook to honor and pray for families and the community of Newton, CT; the event will also feature a time for discussion for positive actions the community can express in reaction to the tragedy. 703-319-2426.

State Senators and Delegates at Town Hall Forum. 7:30-9:30 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Sen. Favola (D-31), Sen. Howell (D-32), Del. Brink (D-48), Del. Comstock (D-34), Del. Keam (D-35) and Del. Scott (D-53) speak at the McLean Citizens Association meeting on the upcoming legislative session; the officials will also answer questions and hear resident's concerns in an extended question and answer period. www.mcleancitizens.org.

SATURDAY/JAN. 5

The Capitol Steps. 8 p.m., at the Alden Theatre, 1234 Ingleside Ave., McLean. Bipartisan comedy addressing the question for January following an election year: "What new material will the Steps come up with now?" \$45; \$35, McLean district residents. 703-790-0123 or www.aldentheatre.org.

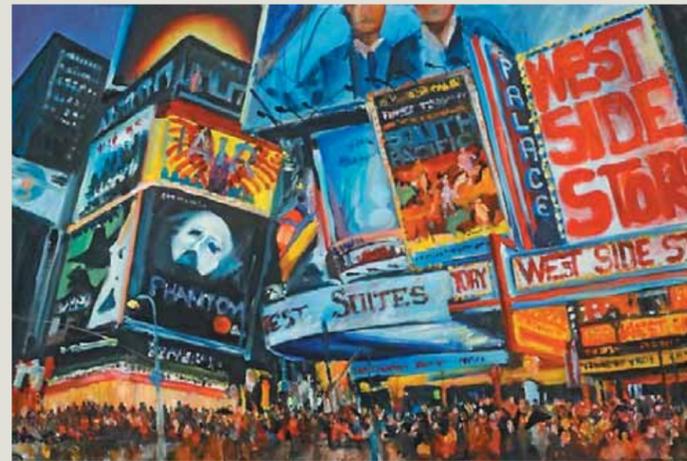
WEDNESDAY/JAN. 9

Silent Film Series. 7:30 p.m., at McLean Community Center, 1234 Ingleside Ave., McLean. A film called W.C. Fields and Will Rogers features comedy and mishaps set at a drugstore; Part of the silent film series at the community center. aldentheatre.org.

THURSDAY/JAN. 10

Author Rachel Simmons on Relationships. At the Flint Hill School, 3320 Jermantown Road, Oakton. The New York Times bestselling author Odd Girl Out: The Hidden Culture of Aggression in Girls and The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence works with students and parents on Jan. 10 and 11. 703-584-2391.

Michela Mansuino Artist Demonstration. 10 a.m.-noon., at Vienna Art Center, 115 Pleasant St., NW, Vienna. Realist Michela Mansuino, a member of Great Falls Studios considers a painting to be a window through which one sees a



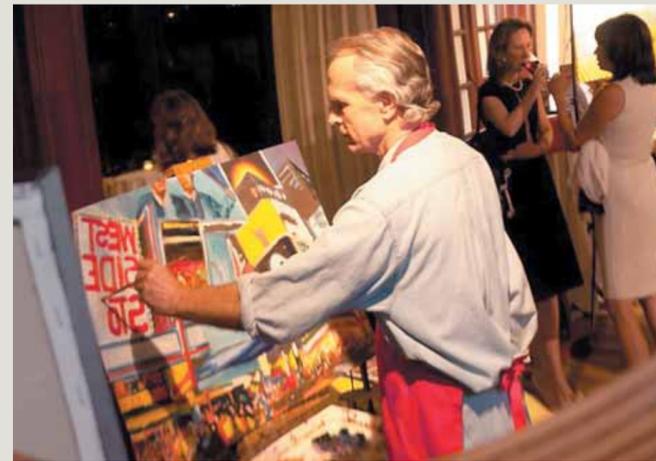
Bob Gilbert, Phantom and West Side, oil.

Bob Gilbert Exhibits at Great Falls Library

Great Falls artist Bob Gilbert is exhibiting in the Great Falls Library from Jan. 2 to Feb. 1. He will be displaying over 30 original oil paintings of Manhattan. The paintings range in size

from 11x16 to 36x72 inches. Most of them will be 24x30 and 24x36. All of them will be for sale at Gilbert's solo exhibit.

In March, Gilbert will have a solo exhibit at the Seneca Hill Animal Hospital with a



Bob Gilbert in a mirror at an art auction.

series of landscapes and on May 1, he will be one of eight artists exhibiting in the Ratner Museum in Bethesda, Md.

"My intention in this library exhibit is to thrust you into Manhattan, New York City's oldest and most densely populated bor-

ough. As you view each painting, tumble into a frenetic night scene with throbbing subterranean trains, steam spurting from sidewalk vents, impatient taxis, muscle-bound skyscrapers, shrieking sirens—energy and attitude," the artist says.

beautiful motif. 703-319-3971 or www.ViennaArtsSociety.org.

FRIDAY/JAN. 11

21st Annual Economic Conference. 7:15-11:45 a.m., at McLean Hilton Tysons Corner, 7920 Jones Branch Drive, McLean. Presented by Cardinal Bank and George Mason University. Free for 2012-2013 paid alumni members, LLP '12 and ELL/LFI '13 members. Register by Jan. 3 at Danielle@leadershipfairfax.org.

SATURDAY/JAN. 12

Healthy Living Workshop: Taming the Toxins. 9-30 a.m.-noon, at Salud, The Healthy Pantry, 1137 Walker Road, Great Falls. The workshop includes tips on living a healthier life and minimizing your toxic load; free \$5 gift card to Salud, The Healthy Pantry included. \$49; \$88 for two. www.jodacoolidge.com.

SUNDAY/JAN. 13

Winner's Wall Art Display. 10 a.m.-4 p.m., at Vienna Art Center, 115 Pleasant Street, NW, Vienna. During the month of January, the Vienna Arts Society will feature a wall of pieces by artists who won awards at the 43rd annual Treasury of Art; refreshments included. 703-319-3971 or www.ViennaArtsSociety.org.

WEDNESDAY/JAN. 16

Grace Pettis and Pierce Pettis. 8 p.m., at Jammin Java, 227 Maple Ave. E, Vienna. The father and daughter singer-songwriters, both winners of the New Folk Award, play a show together. www.jamminjava.com.

SATURDAY/JAN. 19

Oratorical Contest. 10 a.m., at the Vienna American Legion, 330 Center St. N., Vienna. High school students can register by Jan. 11 to participate. 703-867-1285 or ronp5555@yahoo.com.

An Evening With Dick Gregory. 8 p.m., at the Alden Theatre, 1234 Ingleside Ave., McLean. A Movement leader from the 1960s and comedian, civil and human rights activist, author, recording artist, television and film personality, nutritionist and veteran committed to non-violent social change speaks in observance of Martin Luther King, Jr. Day. \$20, \$10, MCC residents. aldentheatre.org.

SUNDAY/JAN. 20

Breakfast Buffet. 8 a.m.-noon, at the American Legion, 330 Center St. N., Vienna. Omelets, scrambled eggs, blueberry pancakes, bacon and all the fixings. \$8, adults; \$3, children. 703-938-1379.

TUESDAY/JAN. 22

Mike Loulakis Discusses Design-Build Legal Lessons Learned. 11 a.m.-2 p.m., at Wildfire Restaurant in

Tysons Corner, 1714 International Drive, McLean. The January DBIA-MAR luncheon meeting will feature Mike Loulakis, Esq., from Capital Project Strategies, LLC with a review and update of the impact of recent legal decisions. Members, \$45; Non-members, \$55; students, free. <http://dbialoulakislegal.eventbrite.com/>

SATURDAY/JAN. 26

Tap Kids. 8 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. Eight tap dancers from all over the U.S. dance out the story of a group of teenagers in their last month of high school. \$20, \$15 for residents. www.aldentheatre.org.

FRIDAY/FEB. 1

Next to Normal. 8 p.m., at McLean Community Center's Alden Theatre, 1234 Ingleside Avenue, McLean. This ground-breaking musical shows how far two parents will go to keep themselves sane and their family's world intact. \$18; \$20. mcleanplayers.org or 866-811-4111.

SATURDAY/FEB. 23

Doc Scantlin and his Imperial Palms Orchestra. 8 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. Wander into the 1930s and get into the swing of Calloway, Gershwin and Berlin with Doc, Chou Chou and the gang. \$30, \$20 for residents. aldentheatre.org.

BULLETIN BOARD

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

FRIDAY/JAN. 4

Farmers Market Volunteering. 7 a.m.-1 p.m., at Lewinsville Park, 1659 Chain Bridge Road, McLean. Fairfax County needs committed, friendly individuals to serve as market masters and market master assistants in the 2013 season. May through November on Fridays; training begins early 2013. 703-642-5173 or Kristine.mosuella@fairfaxcounty.gov.

TUESDAY/JAN. 8

NARFE Meeting. 1:30 p.m., at the Vienna Community Center, 120 Church Street, Vienna. Thomas R. Leverone of Washington Finance Group, LLP, speaks on long-term care; members and guests welcome. 703-689-1838.

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.

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.

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

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



Here's What's Happening at MCC



One Night Only!
The Capitol Steps
Saturday, Jan. 5, 8 p.m.
\$45/\$35 MCC district residents

Concerts @ The Alden
Sunday, Jan. 6, 3 p.m.
Free admission

"Vaudeville Veterans" Silent Film
Wednesday, Jan. 9, 7:30 p.m.
\$10/\$6 MCC district residents



Vital Theatre Company's
"Angelina Ballerina The Musical"
Saturday, Jan. 12, 1 p.m. and 4 p.m.
\$15/\$10 MCC district residents

Morning Movies
"Sunset Boulevard"
Wednesday, Jan. 16, 10 a.m.
Free admission

Family Fun Bingo
Friday, Jan. 18, 7-8:30 p.m.
\$10/\$5 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
1234 Ingleside Ave.,
McLean, VA 22101
703-790-0123, TTY: 711

Cooper Middle School Chorus & Orchestra performs in the Great Falls Historical Society event.

By KATHLEEN MURPHY
GFHS PRESIDENT

The Great Falls Historical Society delighted in the Christmas Carols sung and played by Cooper Middle School students at our Old Fashioned Christmas held at the historic Great Falls Grange on Dec. 12. The energetic and spirited music teachers and talented students filled the hall with warm holiday cheer and good tidings.

The GFHS Board prepared some desserts, punch and warm apple cider, using historic recipes from our local Great Falls cookbook.

Highlighting local tradition, it is important to recall the Christmas holiday as celebrated in days gone by:

In the late 1890s, there was no electrical power or running water, no car or bus—everyone was restricted to travel by horse, foot, or boat. All of the historic recipes were from this time when cakes and cook-

ies were cooked on wood stoves, and there were not temperature or time limits identified. Great Falls was an area of very large farms with farmhouses set far apart from each other. It was common to find intermarriage among neighbors, with most local families being related to each other in some way. A Christmas gathering in the 1890s would most likely be a gathering of family and relatives.

Celebrating Christmas in the Great Falls Grange in 1929 would have been a very

joyous occasion, attended by a room full of local dairy farmers and their families. Dairy prices had begun to erode since 1920, and Great Falls farmers banded together to join the national grange movement and worked to gather money for and build The Great Falls Grange, which opened in 1929, a crowning achievement of their mutual cooperation and team effort.

Celebrating Christmas on 12-12-12, we were cognizant of our freedom as expressed in the chorus and orchestra before us. Our

community at the grange that evening was a medley of students and their families from many nations, cultural backgrounds, and religious beliefs. Breakthroughs in transportation have made it possible for us to move to different cities, towns and continents to pursue our gifts, develop our creativity, and reach our highest potential. This blessing of vast possibility requires our best effort in defining a future grounded in sound values, noble purposes and a willingness to join together in forming a thriving creative community.



Cooper Middle School students sing Christmas Carols at the concert held at the historic Great Falls Grange on Dec. 12.

The Quest for Youth and Beauty

Spending billions of dollars to improve one's appearance.

BY MARILYN CAMPBELL
THE CONNECTION

Hiba Hakki reclines on an exam table as a physician picks up a syringe with his latex-gloved hand and points it at her face. He inserts the needle into the flesh around her eyes. She cringes slightly. This is a Botox injection, just one of the cosmetic procedures Hakki undergoes for the sake of beauty.

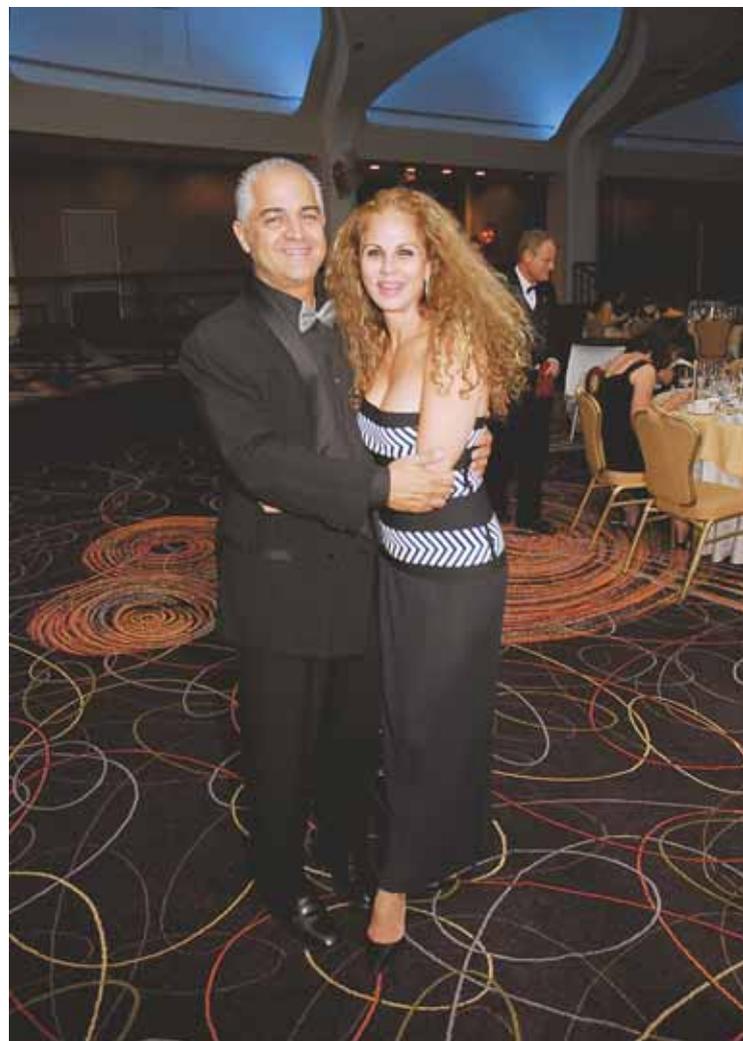
"There is a slight burning sensation," said Hakki, who is 58. "But it's like anything else that we women do for our appearance that we dread. The needles are very fine so it's not too bad."

Hakki is devoted to maintaining a polished appearance, which doesn't include "crow's feet," frown lines, enlarged pores, sagging breasts, discolored teeth or even chipped nail polish. She is not alone in her desire to look her best. A recent survey by the American Society of Aesthetic Plastic Surgery (ASAPS) shows that more than half of all Americans, regardless of income, approve of cosmetic plastic surgery, and spent nearly \$10 billion on cosmetic procedures last year. ASAPS says that Botox (Botulinum Toxin Type A) injections top the list of the most popular non-surgical cosmetic procedures, followed by hyaluronic acid, laser hair removal, microdermabrasion, and IPL (intense pulsed light) laser treatment.

"There is a societal pressure to look young and beautiful," explained Arlington resident Linda Guly, Ph.D., a Marymount University psychologist who teaches about the natural process of aging from a social-psychological perspective. "Some people have a tougher time growing older than others, and they look for ways to slow down the natural change."

Candice Early, a spokesperson for the Arlington and Reston offices of plastic surgeon and McLean resident Dr. Wendy Gottlieb, M.D., says that laser hair removal is one of the treatments most commonly requested by patients in her practice. "The laser focuses on the hair bulb under the skin and kills it so that it will not grow back," said Early. "I did it on my underarms seven years ago and I still don't have underarm hair."

Hakki, whose husband is plastic surgeon Dr. Ayman Hakki, M.D., admits that the procedure is not pain-free. "If you can imagine snapping rubber bands on your



Hiba Hakki, pictured with her husband plastic surgeon Ayman Hakki, M.D., is among those who use cosmetic procedures to help keep the signs of aging at bay.

skin, that is what it feels like," she said. "Laser hair removal is not a one time treatment. Multiple treatments are needed for it to be effective. You need a lot of money and a lot of time."

For those seeking to rid their face of wrinkles, age spots and acne scars, microdermabrasion is an option. During the procedure, an esthetician uses a hand-held device that emits crystals onto the skin's surface and polishes it. "It peels off the top layers of skin to reveal new skin cells," said Early. "It temporarily damages skin and takes about a week to heal. At first, it looks like really bad sunburn on your face."

During an IPL laser treatment, an esthetician uses a hand-held device to administer the bright-light treatment. "It's like laser resurfacing for the face," said Early. "It tightens and rejuvenates the skin, but you need several treatments. It helps with age spots and makes the face firmer and more youthful."

Fillers like Restylane and Hylaform are sought-after weapons for those seeking fuller lips or wrinkle-free skin. Hyaluronic acid,

the key ingredient in these fillers, is produced naturally in the body, but decreases as one gets older.

"I've had fillers distributed all over my face. If you use just a little bit, others will never know it was done," said Hakki. "I have used fillers to plump my lips, but I have to be careful not to get too much because I don't want to look like Donald Duck."

Using cosmetic procedures in moderation is the key, say experts, to maintaining a natural look. "The overuse of Botox, for example, can make a person look like a lion," said Early. "We can spot people who are addicted to cosmetic procedures and we turn those people away. If we look at you and feel that you don't need a procedure, we won't give it to you."

Guly adds, "Our society equates youth with beauty, but there is a line between doing things that freshen your appearance and putting yourself at risk. You have to determine whether or not you're putting yourself at physical risk, disrupting your family or preventing yourself from adapting to the natural changes of aging."

PHOTO COURTESY OF GEORGE MASON UNIVERSITY



George Mason University students get a cardiovascular workout on the school's Fairfax campus. Joel Martin, PhD, professor of kinesiology at George Mason University suggests that those embarking on an exercise routine start at a low level of intensity.

Developing a Cardio Workout Plan

Experts say benefits include weight loss and decreased heart disease risk.

BY MARILYN CAMPBELL
THE CONNECTION

During Martin McKay's annual physical examination shortly before the holidays, his doctor suggested that he consider intensifying his cardiovascular exercise routine.

"It was kind of funny because there's nothing to intensify. I don't do cardio workouts," said McKay, who lives in North Potomac, Md. "I don't work out at all for that matter."

The Centers for Disease Control and Prevention recommends that healthy adults get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. The benefits include weight control and a decreased risk of heart disease.

For those like McKay who aren't engaged in cardio exercises, experts say begin slowly. "The person should plan on starting slow, and gradually increasing the number of minutes per week or days per week," said Joel Martin, PhD, professor of kinesiology at George Mason University. "During the initial weeks they should plan on exercising at a low intensity level until their body adapts to the new stress it is being exposed to. Many people make the mistake of pushing themselves way too hard in the beginning and end up getting hurt."

Martin says that those who

are not currently engaged in formal exercise should begin by limiting themselves to walking 20-30 minutes each day for two weeks. "The next step would be to mix in some short jogs with their walking regimen," he said. "After that, they can move on to doing several short runs per week. Once they are able to run two to three miles at least three times per week at an easy pace then they can start worrying about increasing the intensity of their runs."

THIS STRATEGY APPLIES not only to running but also cycling, swimming, and other forms of cardio exercise. In fact, Martin recommends that people not limit themselves to one form of exercise.

"Running two days a week and swimming one day would also be a good idea," said Martin.

Experts acknowledge that getting aerobic exercise might be more challenging during winter months. "You may not be able to go running or swimming during the cold winter season, but you can do other physical activities like dancing [or] ice skating," said Rosa Ganey, Burke resident and nurse health educator for Fairfax County Health Network. "If you're a member of a gym, try taking classes."

Stay motivated by setting small goals. "Once a person reaches [the first] goal they should set a new one," said Martin.

THE COUNTY LINE

Preventing Hypothermia

FROM PAGE 4

church's program and organized training sessions that helped volunteers learn more about FACETS and ways to help the homeless. "We want to make sure our guests are safe and feel welcomed," Nowak said.

During its program, the church opened its doors at 5:30 p.m., and provided transportation to and from Fair Oaks Mall in the morning and late afternoon. Several volunteers, as well as a FACETS staff person, checked guests in to the shelter, and helped them find bedding, clothes and other necessities, as well as serving a hot meal and dessert. Alcohol, drugs and weapons are prohibited and lights are out at 10 p.m.

Nowak, who has lived in Fairfax County since 1976, said she is grateful for the opportunity to help others. "During the first night, when all the volunteers were getting the church ready for our guests, I truly felt like God was giving us patience, kindness and gentleness... we were physically exhausted but mentally exuberant as we transformed the church," she said.

LAST SPRING, Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large)—along with non-profit leaders and other county officials—held a series of

information sessions to address rumors and concerns that the county would shut down its hypothermia shelters this winter—and shut out many homeless residents—because of fire code violations.

Bulova said Fairfax County was "committed to serving the homeless population in a way that is compassionate and ensures their safety."

Cook said only two churches—instead of the rumored 18—were deemed unsafe to host hypothermia prevention programs.

"Most of the issues were simple ones that could be easily remedied, like installing smoke detectors," Cook said. "Everyone had to take deep breath. There's a significant commitment on the county's part to work through these issues."

Last year, there were no hypothermia-related deaths in Fairfax County. But as temperatures continued to drop below freezing during the last week of 2012, the first cold weather-related death of the winter season was reported by Maryland state health officials. On Dec. 24, an elderly homeless man in Frederick County, Md. died of hypothermia.

"It's a tragedy when it happens anywhere. That's what Fairfax County, our faith communities and non-profit partners are working hard to prevent," Cook said.

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The Great Falls Village Centre
776 Walker Road • Great Falls, VA
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SPORTS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

The McLean girls' basketball team won the 2012 Pohanka Chantilly Basketball Classic on Dec. 29 at Chantilly High School.

McLean Girls' Basketball Wins Chantilly Tournament

Murphy named MVP, Lee makes all-tournament team.

BY JON ROETMAN
THE CONNECTION

The McLean girls' basketball team entered Saturday's Pohanka Chantilly Basketball Classic championship contest riding a five-game winning streak.

The Highlanders quickly showed they had no interest in slowing down.

McLean jumped out to a 16-2 lead against George Mason and cruised to a 59-32 victory on Dec. 29 at Chantilly High School, giving the Highlanders their first Pohanka Classic title.

McLean beat Georgetown Visitation, 40-35, in the semifinals on Dec. 28 and defeated Mills Godwin, 41-30, on Dec. 27.

"It feels great to have this big win going into district play," McLean senior Lisa Murphy said, "... and to win this tournament gives us a lot of momentum going into the rest of the season."

MURPHY, a 6-foot-1 forward, was named tournament Most Valuable Player. She scored 13 points and grabbed four rebounds against George Mason, and averaged 14.7 points and 5.3 rebounds per contest for the three-day event.

Murphy and 6-foot-2 junior Maia Lee provide McLean with a formidable duo in the paint. Lee, who was named to the all-tournament team, averaged 9.3 points and 8.3 rebounds per game during the tournament, including a 13-point, eight-rebound effort against George Mason.

"Lisa knows whenever I pass her the ball she'll make it, so I trust her," Lee said. "And then she trusts me to make shots whenever she passes to me, so we're always on the same page."

Murphy and Lee combined for 10 points during



McLean junior Maia Lee was named to the Pohanka Chantilly Basketball Classic all-tournament team.

McLean's 16-2 run to open the game, and scored 20 of the Highlanders' 28 first-half points.

"The tandem of those two working together and starting to learn how to work together was very apparent today," McLean head coach Mike O'Brien said, "and is going to be a foundation of what we build off of."

After falling behind by 14 early, George Mason battled back with an 11-2 run that stretched into the second quarter. McLean answered with an 18-3 run, capped by a Shellie Kaniut bucket in the third quarter, giving the Highlanders a 36-16 lead. McLean led by as many as 29 points in the second half.

Kaniut scored 10 points against the Mustangs. Elena Karakozoff and Melanie Becher each scored five points and Cami Prock added four.

"That's what's great about our team; we have so many threats—we have threats in the post, we have threats in our guards," Murphy said. "Definitely, we always want to try to exploit what we have."

George Mason senior Stephanie Cheney scored 15 points and grabbed 13 rebounds.

MCLEAN WON its season opener against Woodson, 50-40, on Nov. 29, but lost Lee to a left knee injury. With Lee sidelined, the Highlanders dropped their next three contests. With Lee back on the court, McLean has won six in a row and enters 2013 with a 7-3 record, including 1-1 in the Liberty District. The Highlanders will travel to face Madison at 7:30 p.m. on Wednesday, Jan. 2.

"When we lost those three games, I think we were all pretty down," Murphy said. "But we've gone on a winning streak right now and winning this tournament I think brings a lot of confidence to everyone on the team."



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Xavier Ryan, seen against South Lakes on Dec. 14, and the Langley boys' basketball team finished runner-up at The George Long Holiday Hoop Tournament at Wakefield High School.

Langley Finishes Runner-Up at Wakefield

Saxons boys' basketball team enters 2013 with 9-2 record.

BY JON ROETMAN
THE CONNECTION

The Langley boys' basketball team beat Calvert Hall and battled Ballou through double overtime to reach the championship game of the George Long Holiday Hoop Tournament at Wakefield High School. With the tournament title on the line, however, the Saxons were buried by a barrage of Theodore Roosevelt 3-pointers en route to a lopsided loss.

Roosevelt, ranked No. 15 in the Washington Post top 20, defeated No. 19 Langley, 69-37, on Dec. 28. The Saxons' 2-3 zone defense was no match for Roosevelt's perimeter sharp-shooting as the Rough Riders knocked down 11 3-pointers.

"First off, they're really good. Let's be honest, they're really, really good," Langley head coach Travis Hess said. "No. 2, we were clearly fatigued. A double-overtime game last night really took a lot out of us. To play three games in three days with our limited depth had an impact. We were just tired. And more than anything, they shot an unbelievable percentage from 3. Hats off to them."

Langley hung around early,

trailing 13-9 at the end of the first quarter and 28-20 at half-time. A Brad Dotson putback pulled Langley within six at 28-22 early in the third, but Roosevelt started to pull away with a flurry of 3-pointers, totaling eight in the second half.

After a 7-0 start, the Saxons suffered their first defeat: a 49-37 loss to Fairfax on Dec. 21.

Langley then beat Calvert Hall, 52-39, in the opening round of the Wakefield tournament on Dec. 26, and Ballou, 66-65, in double overtime on Dec. 27 before losing to Roosevelt.

Against the Rough Riders, Dotson led Langley with 16 points. Junior guard Garrett Collier finished with seven points and senior guard Justin Galiani finished with six.

Collier was named to the all-tournament team.

"This tournament has been absolutely fantastic for us," Hess said. "We could not have played in a better holiday tournament in terms of competition. The grit and toughness that we got out of this is really, really good for us."

Langley will return to action with a Liberty District road game against Stone Bridge at 7:30 p.m. on Friday, Jan. 4. The Saxons are 2-1 in district play.

SPORTS

Langley Girls' Basketball Finishes Fourth

The Langley girls' basketball team placed fourth at the Pohanka Chantilly Basketball Classic, held Dec. 27-29 at Chantilly High School.

Langley lost to Georgetown Visitation in the third-place game, 53-44, on Dec. 29. Jessica Stewart led the Saxons with nine points of 4-for-10 shooting. Alexis Biggs scored eight points for Langley and Becky Powell added six. Paige Galiani finished with five.

Stewart and Biggs each grabbed nine rebounds. Stewart had a team-high four assists.

George Mason edged Langley, 40-38, in the semifinals on Dec. 28. The Saxons led, 33-20, entering the fourth quarter, but Mason outscored Langley, 20-5, in the final period. Stewart finished with 13 points, five rebounds and four steals. Galiani scored six points and grabbed six rebounds.

Langley opened the tournament with a 44-37 overtime win against Chantilly on Dec. 27. Stewart scored 10 points and grabbed 12

rebounds for the Saxons. Biggs scored 12 points and grabbed six rebounds.

Langley enters 2013 with a 5-6 record. The Saxons will host Stone Bridge at 7:30 p.m. on Friday, Jan. 4.

South Lakes Girls' Basketball Wins IAABO Invite

The South Lakes girls' basketball team defeated previously unbeaten West Springfield, 42-34, to win the IAABO Invitational on Dec. 28 at Prince George's Community College. South Lakes junior center Abigail Rendle scored 16 points on 8-of-9 shooting, grabbed eight rebounds, blocked four shots and had two steals against West Springfield, which is ranked No. 18 in the Washington Post's top 20. Caitlin Jensen had nine points, four assists and four steals for the Seahawks. Rendle was named tournament Most Valuable Player and Jensen made the all-tournament team.

After beating Westfield in its season opener, South Lakes lost

to West Springfield, 44-43, on Nov. 29. South Lakes responded by winning 10 in a row and posted a 4-0 record in the Liberty District. The Seahawks (11-1) will travel to face Fairfax at 7:30 p.m. on Friday, Jan. 4.

Oakton Girls' Basketball Has Winning Streak Snapped

The Oakton girls' basketball team lost to Pinewood Prep on the final day of a tournament in Charleston, S.C., on Dec. 29, snapping the Cougars' seven-game winning streak.

Oakton lost to Pinewood Prep, 52-48. The Cougars started the tournament with a 59-40 win against Bishop England on Dec. 27 and beat Wade-Hampton, 55-44, on Dec. 28.

Oakton, the defending AAA state champion, concluded the 2012 part of its schedule with a 10-2 record. The Cougars will open Concorde District play on the road against Herndon at 7:30 p.m. on Friday, Jan. 4.

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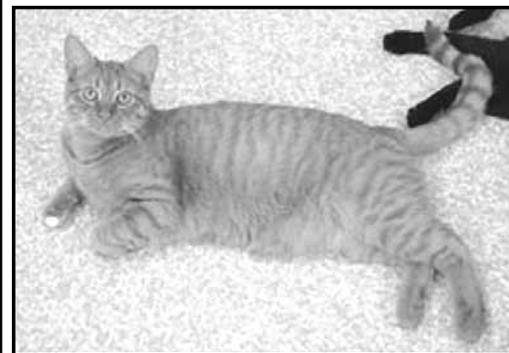
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Lines of My Life



By KENNETH B. LOURIE

Like most people, I have material – so to speak, that I use repeatedly (ad nauseam, some might say). Most are lines from “The Three Stooges,” “M*A*S*H,” “Star Trek” (the original) and “Seinfeld.” As I entered into the cancer world, I continued to use this material – where/when appropriate, as many of you regular readers know. However, as my time in the cancer conundrum has continued (thank God!) and evolved, I have found myself uttering and muttering à la “Popeye the Sailor Man,” amusing myself, mostly, but always with the best of intentions: my survival. A few examples follow. (My answers are in quotes.)

See you again. “Let’s hope so.”
Nice to see you. “Nice to be seen.”
Glad you could be here. “Glad I could be anywhere.”
How are you doing? (#1) “I’d be crazy to complain.”
See you next week. “From your mouth to God’s ears.”
How are you feeling? “Fine. You mean I’m not?”

You look good. “Really? Have you had your eyes checked recently? Chemotherapy doesn’t usually enhance one’s appearance.”

How are you doing? (#2) “I’m holding my own. (“Whose else would I be holding?”)

Happy to have you here. “Nice to be had.”

I’ve been thinking about you lately. “I’ve been thinking about me, too.”

You look in pretty good shape. “I’m in pretty good shape for the shape I’m in.”

Have you seen your doctor lately? “Yeah. And he’s seen me, too.”

What’s up? “My weight. Thank God!”

Would you like to buy any “Forever” stamps? They’re good for as long as you live. “Um. OK.”

What are you doing here? “I won’t be here tomorrow. I’ll be attending a funeral (hopefully not my own).”

How are you holding up? “I’m holding my own. (“Whose else would I be holding?”)

Occasionally, even when I initiate the conversation, I find myself “cancering” wise. “How are you doing?” Hanging in there. “Tell me about it.”

And finally, a well-meaning greeting to my wife, Dina, from one of her girlfriends: “So nice Kenny is getting to celebrate another birthday.”

Content/words that we couldn’t have imagined finding the least bit problematic pre-cancer diagnosis back in February, 2009, we (mostly I, if truth be told) find as fodder for self-preservation. I see the lightness, not the darkness. I see the best of intentions, not the worst of omissions. Somehow, some way, we have made the best of a bad situation. Whether it’s been friends, family, co-workers; or readers reaching out, health care professionals helping out or my speaking out (in print), our life has gone on and as I’ve said many times before – and once already in this column: “I’d be crazy to complain” (and I’m not crazy, by the way).

I’m not exactly Lou Gehrig – or a Yankee fan for that matter, and I don’t know about the “face of the Earth,” but this Bostonian still feels pretty lucky.

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

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-Werner Heisenberg



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Great Falls \$1,325,000



Susan Canis



Dianne Van Volkenburg



Jan & Dan Laytham

703-757-3222 Office

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