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Plans for Arbor Row, a proposed 2.6 million square foot mixed use development. Builders Cityline Partners have submitted a redevelopment proposal to the county, which was approved Nov. 20.

Metrorail Opening, Downtown Projects Set for 2013

Improvement projects to open around McLean this year.

BY ALEX MCVEIGH
THE CONNECTION

By the end of 2013, Tysons Corner is likely to have four open Metrorail stations, part of Phase One of the Silver Line project. Coming along with the trains will be numerous development projects all over Tysons Corner.

According to the county's Tysons Corner Task Force, there are currently 17 rezoning applications under review, comprising 240 acres, or about 15 percent of the total acreage of Tysons Corner.

Along with development, parking is another prioritized issue under county examination, especially with little built up currently around the new stations.

Supervisor John Foust (D-Dranesville) said the Board of Supervisors has endorsed a request for interest from developers who might be interested in constructing commuter parking lots in Tysons Corner, and he called the response "very encouraging."

Foust also said he believed the commuter lots would increase Silver Line ridership as well as improve accessibility to the stations for McLean residents who wish to ride the Metrorail.

The county is also seeking improved bus connection around Tysons and Phase One Silver Line Stations in general. This will include modifications to 22 routes, the creation of six new routes and the elimination of eight routes. In Tysons Corner, there will be a circulating bus system that will consist of five "link" routes that connect the Metro stations and other locations within Tysons.

The county will hold a series of public information meetings from January to May, and will spend June modifying the plans based on received input.

The Board of Supervisors hopes to approve a plan in July, and begin outreach programs to inform the public of the new services. The county says it plans to have bus service start the same day the Silver Line Phase One trains open for business.



A view of the mezzanine of the Spring Hill Metrorail station, which is scheduled to open in December 2013.

In downtown McLean, work is continuing on the undergrounding of utilities along part of Old Dominion Drive and Chain Bridge Road. Phase One consisting of building ductwork, and was mostly complete at the end of November. Phase Two involves the laying of cables by Verizon, Dominion Power and Cox Cable, and the county estimates it could take between six and nine months to complete.

New sidewalks will be installed as part of the project, once the cables are in place. The McLean Revitalization Project, a nonprofit formed in 1998, began applying for grants for the project back the summer.

They were awarded a Federal Transportation Enhancement Grant that will fund brick and concrete sidewalks, as well as pedestrian features such as crosswalks at the intersection of Chain Bridge Road and Old Dominion Drive.

"Downtown McLean has made great strides in the past few years when it comes to its appearance, but as someone that walks from a nearby neighborhood, I'm hoping to see an improvement on that in 2013," said Reilly Johnson of McLean. "Most of Old Dominion is very hard to cross the street on foot. With a lot of restaurants in places with underground parking garages that fill up quickly, they should be encouraging people on foot."



PHOTOS BY MIKE SALMON/VIRGINIA MEGAPROJECTS

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.

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 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.

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



PHOTOS 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.

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 prevention 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 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 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

How You Can Help

❖During the 2010-2011 winter season, approximately 1,025 residents sought shelter through Fairfax County's Hypothermia Prevention Program, in partnership with other agencies.

❖FACETS' Hypothermia Prevention Season is Nov. 21 through March 17. FACETS served more than 219 clients last season.

❖Volunteers of America Chesapeake (VOA) Baileys Crossroad's Hypothermia Program served more than 442 clients last season and an additional 84 clients in their other winter seasonal programs for a total of 526 clients.

❖Reston Interfaith's Embury Rucker Community Shelter (ERCS) operates three separate winter programs. The ERCS Winter North County Program and winter seasonal programs served over 298 clients last season.

❖The Homeless Healthcare Program (HHP) has four nurse practitioners from the Fairfax County Health Department providing free flu shots during Hypothermia Prevention season.

❖For more information on Fairfax County's Hypothermia Prevention Program, go to <http://www.fairfaxcounty.gov/homeless/partnerupdate/partnership-highlights-hyposeason2011-12.htm>.

❖For FACETS weekly hypothermia prevention shelter updates, go to www.facetcares.org or call FACETS at 703-352-5090 Ext. 302.

❖To learn more about FACETS Hypothermia Prevention and Response Program, or to donate to the program, contact Jerriane Anthony at 703-865-4252 or email at JAnthony@FacetsCares.org.

❖What should you do if you see a homeless person at night?

"If you see an unsheltered person at night, and you think they could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711. County emergency personnel will determine which shelter option is best in the situation," said Dean Klein, director of the Fairfax County's Office to Prevent and End Homelessness.



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.

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 hypother-



Arthur Garret, 29, a client at the hypothermia prevention shelter provided by Burke United Methodist Church on Friday, Dec. 21, said his goal is to become a boxer. "I have goals. I want to make the Olympic boxing team... It's never too late."

mia 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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PHOTO CONTRIBUTED

Seen here, cutting a ribbon to open the new office are, from left: Marcia Twomey, president of the Greater McLean Chamber of Commerce; Craig Durosko, founder and chairman of Sun Design; Bob Gallagher, president of Sun Design; and John Foust, member of the Fairfax County Board of Supervisors. Sun Design recently was named, for the second year in a row, among the region's best places to work.

Sun Design Opens McLean Office

After 25 successful years of growth in the region, a Burke-based Sun Design Remodeling, Inc., has now opened its second Northern Virginia office, this one on Elm Street in McLean. The company hosted an open house (Thursday, Nov. 29) co-sponsored by the Greater McLean Chamber of Commerce.



Susan Stillman, John Dukovich, Ivy Main, Roger Dietrich and Keith Bonney showed their support for green transit and the Sierra Club at Winterfest

Sierra Club Marches in Support of Transit Oriented Development

Sierra Club members, friends and neighbors from McLean and surroundings celebrated at the Winterfest Parade on Sunday, Dec. 2. The Sierra Club showed their support for mass transit with a homemade train car, recycled from a refrigerator box. Roger Dietrich and Keith Bonney powered the train and evoked cheers from the

parade bystanders as they approached the reviewing stand.

The train car float accompanied by bicycle riding Sierra Club volunteers support the group's goals of encouraging green transportation and Smart Growth and supporting mass transit and Transit Oriented Development planning for Tyson's Corner.

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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.

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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

SEE FOUST, PAGE 7

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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."

LETTER TO THE EDITOR

Taking Chances on ExpressLanes

To The Editor:

The way the ExpressLanes system is set up at this time, there is no way that we can know the traffic conditions on Route 495 prior to entering the highway. This means that we must make an uninformed decision whether to use the ExpressLanes and pay the toll or take our chance taking the standard route. When one considers how technologically advanced we are in this area, one would think that having some informative signs prior to the entrances to Route 495 would be obvious. Without signs informing us what the traffic situation is on 495, we are left with-

out a chance to make an informed decision. This is simply wrong. We buy products and services every day for which there is enough information available to us that we can make intelligent and informed decisions whether to buy the product or service. In the case of the ExpressLanes, we have no information to help us make a decision. We simply must take our chances and sometimes spend money unnecessarily. I urge all readers to voice their concern over this issue to VDOT and your local representatives.

Robert Cox
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, The Connection
1606 King St., Alexandria VA 22314
Call: 703-917-6444.

By e-mail: mclean@connectionnewspapers.com

WEEK IN MCLEAN

Seeking Suspect(s) in Burglary

Fairfax County Crime Solvers is seeking the public's assistance in identifying the suspect(s) who burglarized a home in the 6400 block of Jefferson Place in McLean. An investigation determined that between noon and 5 p.m. on Thursday, Nov. 29, someone forced entry into the home by smashing out a window in the sunroom. Sterling silver utensils, jewelry and electronics were stolen.

In addition to the \$100 to \$1,000 cash reward being offered by Crime Solvers, a private reward of \$5,000 is also being offered for information that leads to an arrest if tipsters provide their information through Crime Solvers.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS(8477), e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES(274637). As always, callers never have to give their names or appear in court.

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PHOTOS BY
CHI PHAM

Langley Presents 'A Musical Journey to Germany'

The Langley High School Orchestra presented "A Musical Journey to Germany" on Dec. 11. This concert was made possible by grants from the Fairfax Symphony Orchestra's SCORE program and the Langley High School PTSA. Under the baton of guest conductor Glenn Quader, members of the Fairfax Symphony joined the student musicians to perform works by Beethoven, Schubert and Brahms. Each piece was introduced in German and English by students in the German Honors Society.

Playing side-by-side with professional musicians with Mr. Quader conducting was a tremendous opportunity for the Langley orchestra students. Violist Sara Ibrahim, a junior, said, "Having the Fairfax Symphony play with us was really great. We all truly appreciate the time they invested in us. I think the encouragement from the professionals motivated us to strive to a higher level."

Senior violinist Darcy Davidson explained why she enjoyed playing for guest Conduc-



**German language student
Laura Grems introduces the
Freshman Orchestra in
German and in English.**

tor Glenn Quader. She said, "I feel as though each orchestra really watched him and responded to his cues . . . with him conducting us I think we played the best we ever have." Violinist Christopher Quion, a junior, summed up the experience: "Maestro Glenn Quader is an

exemplary conductor, and his ensemble of winds and brass really brought a sense of grandeur."

Senior violinist Kevin Tan received a standing ovation for his performance of Pablo Sarasate's "Zigeunerweisen" with the Chamber Orchestra, conducted by Dr. Scott McCormick. The concert included the premiere of a work for string orchestra composed by senior Paul Li, "Orpheus: Reise in die Unterwelt." Ms. Bo-Min Son directed the Freshman Orchestra in the Brandenburg Concerto No. 3 by Bach.

Chigaya Sakai and George Prestoy played Brahms' Hungarian Dance No. 1 on piano. Paul Li and Theron Masters performed Brahms' Waltzes and Dances on piano. Senior violist J.J. Stevens played the organ in Bach's Toccata in D Minor.

The Langley High School Orchestra is grateful to the generous donors, sponsors and volunteers who made the concert and Silent Auction successful.

— SUSAN MCQUADE



**Violinist Kevin Tan
received a standing
ovation for his
performance of
"Zigeunerweisen"
by Pablo Sarasate.**

ENTERTAINMENT

Send announcements to mclean@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.robertgilbertsart.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. www.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 Mansueto Artist Demonstration. 10 a.m.-noon, at Vienna Art Center, 115 Pleasant St., NW, Vienna. Realist Michela Mansueto, a member of Great Falls Studios considers a painting to be a window through which one sees a 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 ELI/LFI '13 members. Register by Jan. 3 at Danielle@leadershipfairfax.orgSaturday/

JAN. 12

Healthy Living Workshop: Taming the Toxins. 9:30 a.m.-noon, at Salud, The Healthy Pantry, 1137

Manhattan Exhibit Opens at Library

Robert Gilbert's 30 original paintings of Manhattan grace the walls of Great Falls Library from Wednesday, Jan. 2 through Feb. 1 from 10 a.m.-9 p.m. The library is located at 9830 Georgetown Pike, Great Falls. The paintings on display are available for purchase. www.robertgilbertsart.com.

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.



Bob Gilbert, Phantom and West Side, oil.



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Wednesday, Jan. 9, 7:30 p.m.
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\$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

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.

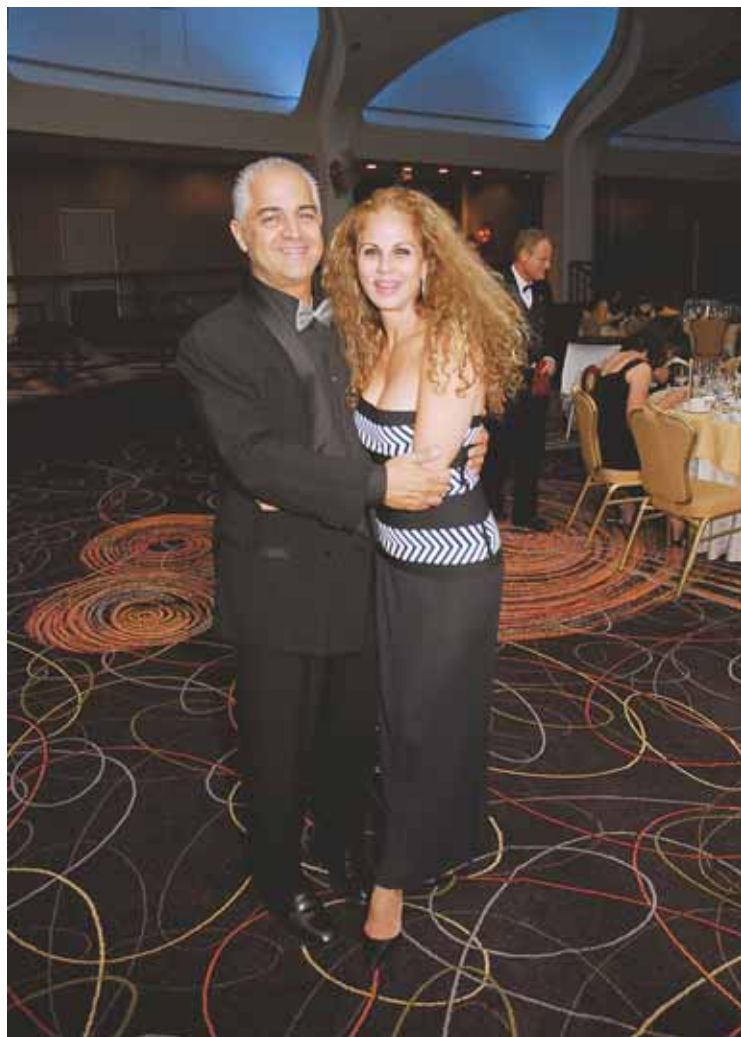
"There is a slight burning sensation," said Hakki, who is 58. "But it's like anything else that we women do for our appearance that we dread. The needles are very fine so it's not too bad."

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 Gulyn, 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."

Gulyn 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.

SCHOOLS



PHOTO BY KIM MORAN

Churchill Road students Amanda Riddle and Maddie Faust ask former NASA astronaut Dr. Mary Cleave some questions one on one at the conclusion of her presentation.

Former Astronaut Comes to Churchill Road

Churchill Road's GEMS (Girls Excelling in Math and Science) hosted a very special guest speaker at their Dec. 12 meeting. CRS parent Jane Riddle arranged for former NASA astronaut Dr. Mary Cleave, a veteran of two space flights on the shuttle Atlantis, to come and speak with the students about her experiences as an astronaut and the opportunities available to girls who excel in science. She encouraged the students to devote as much time as they could to STEM (Science, Technology, Engineering and Math) classes in school to pursue outside opportunities in robotics and engineering, as available. When club sponsors Corinne Reilly and Ronnie Raju asked why she thought sci-

ence was so important, Dr. Cleave responded:

"It's so much fun. You get to work on interesting things on teams. It's all about working with other people, collaboration and solving problems."

Sarah Rice, Churchill sixth grader, enjoyed the speaker and said, "Before [Dr. Cleave's visit], being an astronaut did not really appeal to me, but her visit to Churchill Road made me think about it much more."

On a lighter note, when asked if the food was good, Dr. Cleave said, "It's not great. You don't go to space for the food," but the view was. She said it was "amazing to sit in the shuttle and look down over the United States every 7.5 minutes."



From left—Aaliyah Booker, Julia Kushan, Aaron Grossman and Matt Gregory

Performing, Listening at Chesterbrook

Four students performed their fifth annual Holiday Piano and Violin concert at Chesterbrook Residences, an assisted living community in McLean, on Sunday, Dec. 2. Aaliyah Booker from McLean High School, Julia Kushan from Saint John Academy, Matthew Gregory from Longfellow Middle School and Aaron Grossman from Cooper Middle School played a variety of classical, spiritual and holiday music, including Concert in G Minor by Vivaldi, La Folia by Corelli and traditional songs such as Be Thou My Vision, Joy to the World, Silent Night,

Have Yourself a Merry Little Christmas and Rockin' Around the Christmas Tree. Mary Anne Brockington, director of activities, welcomed the performers back to Chesterbrook Residences. "Our residents were very excited about the Holiday concert. They have enjoyed watching the students' musical talents grow over the past few years. The performance was inspiring and filled Chesterbrook Residences and our residents with holiday cheer. The performance reflected the true spirit of this holiday, a time for giving to others."



As of Tuesday, Nov. 27, 408 kits had been made, with at least 70 more left to be made in the days to follow.

Cooper Offers a Helping Hand

On Tuesday, Nov. 20, Cooper Middle School students worked together to assemble Hygiene Kits as part of nationwide Hurricane Sandy Relief efforts. Cooper Librarian Leslie Psaltis and Special Education Teacher Roberta Richie organized the efforts after realizing the magnitude of devastation in New Jersey and New York the day after Hurricane Sandy swept through the Northeast Coast.

All Cooper students participated by contributing items needed in the kits in the weeks immediately following the storm and packaging the kits. The items were laid out systematically on long, rectangular tables in the library to allow students to form an assembly line, which proved to be an efficient way of packaging a large number of kits in a timely manner.

"We tried to use this opportunity to teach students unit of service and assembly lines that they learn in history class," said Psaltis. "The students put together 200 kits in just half an hour."

The kits included one wide tooth comb, one new hand towel, one new wash cloth, one toothbrush in its original package, one nail clipper, one bar of soap and six standard-sized band aids.

Working with the Church World Service, Psaltis and Richie organized for the packages of kits to be taken to New Windsor, Md., the location of a WHO warehouse, where the kits will be transported and distributed as needed.

Thanks to the generosity of Cooper students and their families, at least 474 kits have been packaged.

—JEN BENITZ

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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 sharpshooting 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

McLean Little League Meets Needs

McLean Little League has formed a Challenger Division for local youth with special needs for the spring of 2013. The Challenger Division format was established by Little League in 1989 to "... enable boys and girls with physical and mental challenges, ages 4-18 ... to enjoy the game of baseball along with millions of other children who participate in the sport worldwide."

McLean Little League will place players on teams and pair each player with their own volunteer buddy. Teams will play games once per week at the McLean Little League complex at 1836 Westmoreland Street.

Mike Mendler, president of McLean Little League, said, "The McLean Little League Board of Directors is excited to offer an inclusive baseball option to all of the kids in our community. We can't wait for the season to start!" Registration opened Thursday, Dec. 20 and walk in registration will take place beginning Satur-



PHOTO COURTESY OF MCLEAN LITTLE LEAGUE

McLean Little Leaguers Cameron Stork, Ben Shue and Miles Bolin.

day, Jan. 5, from 8:30 a.m. to 1:30 p.m. at the McLean Little League Complex at 1836 Westmoreland Street. Subsequent walk-in registration will be available Thursday, Jan. 10, from 5 to 8 p.m. and Saturday, Jan. 26 from 8:30 a.m. to 1:30 p.m. League volunteers will be present at all walk-in registration dates to answer any specific questions you may have about the program.

The league is also launching the fledgling buddy program. The application process is open to all McLean community middle and

high schoolers.

If you have any questions about the Challenger Division or would like to apply to be a volunteer buddy, contact Chris Shue shue@mcleanll.com and check the MLL web site for more information about the Challenger program, at www.mcleanll.com. Additional information about the Little League International Challenger program can be found here: <http://www.littleleague.org/learn/about/divisions/challenger.htm>.

SPORTS ROUNDUPS

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 tourna-

ment 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.

O'Connell's Cross Signs Letter of Intent

Ashley Cross, a Great Falls resident and senior at Bishop O'Connell High School, recently signed a letter of intent to play Division I lacrosse at Monmouth University.

Cross has played Great Falls youth lacrosse since second grade and has coached the youth clinics the last two years. The past three years, she played for Capital Lacrosse Club. She has been a starting midfielder for O'Connell High School and was selected to the Washington Catholic Athletic Conference second team her freshmen, sophomore and junior years.

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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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