

Langley Volleyball Wins State Championship

SPORTS, PAGE 20

Langley's Rachel Andrejev, seen during the 6A North region championship match, had a team-high 10 kills against First Colonial on Nov. 23 in the Group 6A state championship match.

A Time to Share

NEWS, PAGE 12

Author Writes Children's Sleep Book

NEWS, PAGE 3



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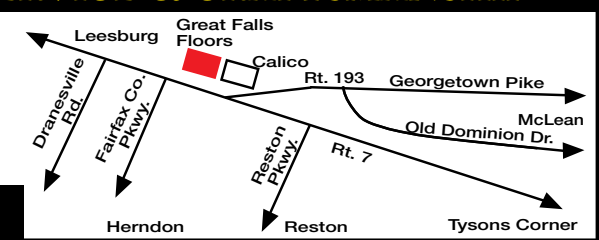
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Author Pat Britz signs copies of her book at Katie's Coffee Shop. The book, "Animals Need Zzzs Too," addresses children's sleep habits.



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Author Writes Children's Sleep Book

Pat Britz hosts signing at Katie's Coffee Shop.

BY ALEX McVEIGH
THE CONNECTION

During her years working for the National Sleep Foundation, author Pat Britz heard it all from parents. Calls about children that wouldn't go to bed, that couldn't sleep and more.

"Over that time I did a lot of research, wrote a lot of materials and even made a Power Point presentation aimed at parents," Britz said. "And that's how I got the idea for my book."

Britz released her first book, "Animals Need Zzzs Too," this year, as a way to get children interested in the concept of sleep.

"Kids love animals, and I thought what better way to get them interested in sleep than by comparing them to the sleep patterns of the animals they know and love?" she said. "They'll learn in the book that every animal, and even plants, have a sleep cycle."

Using colorful illustrations of the animals depicted, readers will learn about the different ways animals sleep, such as the giraffe, which sleeps standing up, and even highlights the fact that even animals are known to take naps.

"It's very important for children to form healthy sleep habits when young, because those are habits that will last a lifetime," Britz said. "Hopefully this book will get kids to reflect on their own sleep patterns and help them realize how important it is to health and general well being."

Britz retired last year, and since then she has been taking her knowledge to local elementary schools and zoos to speak on the topics covered in her book.

She recently held a book signing at Katie's Coffee Shop in Great Falls, where she sold every book she brought with her.

"Writing a book was something that had been on my bucket list for a long time. Before I retired, I would write in spurts, go hard for a while, then nothing for



Author Pat Britz with copies of her book, "Animals Need Zzzs Too," at Katie's Coffee Shop.

months," she said.

While many writers, especially first time writers, find that putting the book together is the easy part compared to the editing and promotion of their book, Britz said she has enjoyed getting out into the community.

"I'm enjoying the marketing aspect as much as the writing part," she said. "It's a great way to spend your retirement. I'm meeting people, sharing stories, listening, it's been a lot of fun, especially during the readings."

Britz said she is close to selling out the first printing of the book, and is looking toward another one. She says she is more than happy to speak to other groups as well, whether schools, zoos or other organizations.

"Animals Needs Zzzs Too" is available online at Amazon.com, as well as the Reston Zoo, National Zoological Park, Smithsonian Institution, Toy Corner in Oakton and Meadowlark Botanical Gardens in Vienna.

Groups interested in having Britz present to them can reach her at pbritz12@gmail.com.

VIEWPOINTS

What Are You Thankful for on this Thanksgiving Day?

— JEAN JIANOS



Kim Tran, Manager, Great Falls Nails and Spa

"I'm thankful for my children, my family and friends. I don't want to sound so typical, but that's really it, the basics. You don't need anything extravagant as long as you have your family, your close friends. That's what really matters, the simple things in life."



Cindy Grisdela, Artist, member of Great Falls Studios

"I am thankful for my family and artist friends in Great Falls Studios."



Susan Platt, Great Falls

"I'm grateful to have been married 34 years to a wonderful man. I'm thankful for my father who is almost 87 years old and my stepmom who is a cancer survivor, and that they are coming to my house for Thanksgiving with my brother and sister and their families."



Leny Vantuijl, Childcare Provider, Great Falls

"I am looking forward to Thanksgiving and hope that everyone will have a wonderful holiday, especially those serving our country. I am thankful for all who serve in the military. I know lots of families that are not together [for Thanksgiving]."



Maggie Giordano, Great Falls

"I'm thankful for my family because they are there with me through thick and thin."



Johnathan West, Oakton, working in Great Falls

"I am thankful for my job. I guess there are a lot of people out there who don't have jobs and who are struggling. Also, thankful for my family, friends, health – there's a lot."

THE COUNTY LINE



PHOTO BY VICTORIA ROSS/THE CONNECTION

Library Board of Trustees Chair Willard O. Jasper (center), along with several other library board members, presented reports from two ad hoc committees appointed by the library board in September to conduct a series of public outreach meetings after trustees suspended the beta plan to the Fairfax County Board of Supervisors on Tuesday, Nov. 19. Recommendations included increased funding and discarding the controversial beta plan.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Wearing purple, about 50 library supporters gathered at the Fairfax County Government Center on Tuesday, Nov. 19, to show their support for the library board's recommendations to the Board of Supervisors.

Library's Beta Plan: Dead on Arrival

Supervisors endorse Library Board's recommendations to increase funding, discard beta plan.

BY VICTORIA ROSS
THE CONNECTION

You can assume that the BETA Plan is dead. I will make that motion tomorrow." In her email to a concerned library patron the night before the Board of Supervisors Nov. 19 meeting, Chairman Sharon Bulova (D-at-large) put to rest speculation that the board would resuscitate the controversial beta plan aimed at streamlining the county's library system.

The next day, the board passed Bulova's motion 8-1 to accept a report from the Library Board of Trustees, effectively killing the beta plan, which included proposals to reduce staff, eliminate the requirement for branch managers to have a master of library science degree, and reduce the number of children's librarians.

Library Board of Trustees Chair Willard O. Jasper presented the reports from two ad hoc committees, appointed by the library board in September to conduct a series of public outreach meetings after trustees suspended the beta plan.

"For starters, there is no sentiment on the committee, the Library Board of Trustees, staff, or the majority of public commenters to move forward with the beta plan, including its reclassification of positions," Jasper told the board in explaining the blanket rejection of the beta plan.

Jasper also said the library system has "suffered demonstrably" from several years of severe budget cuts, and recommended increasing funding library operations.

"The predominant message (from the report) is that the library requires additional funding to maintain its high-quality selection," Jasper told the board. "The library budget has been cut 40 percent ... spending in Fairfax County is the lowest in all eight neighboring jurisdictions."

In addition to accepting the report, the board approved Bulova's motion to add a "consideration item" of \$1 million to the fiscal year 2015 budget. "This additional funding would ... be directed to the acquisition of non-fiction works," Bulova said. "More than 10,000 additional materials could be acquired with this funding."

Supervisor Michael Frey (R-Sully), who voted no on the motion, said he wasn't pleased with the library's report, and chastised fellow supervisors for distancing themselves from "the reforms we made."

He also praised Library Director Sam Clay for having the courage to "put the (beta) plan out there."

"I really was kind of shocked that the Board of Trustees would come back with a report that essentially says flatly 'no' to all proposed changes and 'give us more money,'" Frey said.

"Our board has been saying to every department head tell us how you can do more with less, and they came back and said we'll do the same with more. And the supervisors said OK — here's million dollars more," Frey said. "They have seen how to get more money — just turn up the heat on us."

Criticism of the plan has been building since July, when Clay unveiled a program that would test a new organization model this fall at the Burke Centre Library and the Reston Regional Library, the busiest library branch in the county. Clay has defended the reorganization, saying that the goal was to streamline staffing while retaining a high level of service.

Vera Finberg, a librarian who attended the board meeting, said she was disappointed by the board's discussion of funding.

"This is a rich county," Finberg said. "Do not tell us

SEE BETA PLAN, PAGE 7

Library Board of Trustees: Who They Are, What They Do

The Fairfax County Public Library Board of Trustees, a 12-member, volunteer board is responsible for library policies and for making budget recommendations to the Board of Supervisors. The board meets on the second Wednesday of each month except August. Most meetings are held at 7 p.m. at George Mason Regional Library.

The public is invited to attend. A maximum of ten people may register to speak on library concerns during the public comment period at each monthly meeting.

For information or to register to speak, call 703-324-8324.

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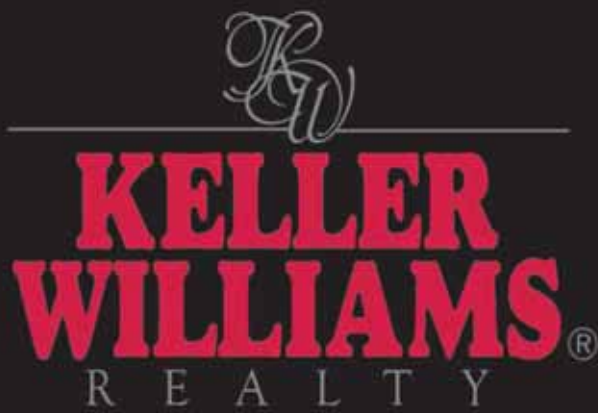
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Dr. Joseph H. Sirh of Clifton
Appointed by Supervisor Pat Herrity (R-Springfield)
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Karrie K. Delaney of Chantilly
Appointed by Supervisor Michael Frey (R-Sully)
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Inventor Sets Sights on Sprinkler Savings

Michael Lehmann develops device, algorithm to detect rainfall.

BY ALEX McVEIGH
THE CONNECTION

Rain brings with it a lot of headaches, but for Michael Lehmann, rowing coach at Langley High School, one thing bothers him most of all: driving through the rain and seeing automatic lawn sprinklers going all out, watering an already saturated lawn.

So Lehmann, a web and systems developer, decided to take matters into his own hands, and the result was Green Rain. It started when his parents moved into a new home, one with an automatic sprinkler system.

“Their system had timers, but didn’t have anything that would turn them off if it rained, or was going to rain, because then that water wouldn’t be needed,” he said. “So I built this small computer that hooked into their system, and it uses an algorithm to look back and forward to the amounts of rainfall and adjusts accordingly.”

AN AVERAGE LAWN might take 1.5 inches of water per week, and Green Rain can tell if that amount has already fallen, or will fall in the next few days, and will cut the sprinklers off accordingly.



PHOTO CONTRIBUTED

A device designed by Michael Lehmann that detects recent rainfall and adjusts automatic sprinkler timers accordingly.

It will even look ahead to the forecast, and if rain is expected, it won’t let the sprinklers turn on. It will do this for up to two days, and then if no rain falls, the sprinklers will come on normally.

“I’ve given units to about 10 houses of people I know all around the country, it can attach easily to any system, and they’re seeing about a 40 percent savings on their water bill,” he said. “It’s very easy to install, these sprinkler system panels already have wires that connect to a timer, you just disconnect the timer, and connect the wires to

my unit, that’s it.”

Lehmann has the system installed in two houses in Great Falls, and there are others in Chantilly, as well as Colorado, Tennessee and Michigan.

“I wanted to spread it around the country to get good data from all over, and then I can use that to make changes as needed,” he said. “The people who have it already have sent me their SD cards from their systems for the winter, so I can analyze the data, make changes as needed, and make sure everything is running the way it should.”

He has patented the algorithm, which looks at the average run time of the system it’s connected to, and starts working from there.

“This started as a way to make lawns greener and healthier, but I think the biggest benefit comes in the form of savings, people don’t mind saving money if their lawn looks the same,” he said. “Now I’m working on a smartphone app that will let people track their usage and how much money they save.”

THE NEXT STEP for Lehmann has been to work on the business aspect. He says he’s been approached by some investors, but hasn’t taken any yet, he wants to learn on his own.

He’s been applying to programs that feature startup investments, and he’ll be making his tweaks over the winter, with plans for a big push in the spring.

“A system like a country club or golf course has to regulate their water usage runs about \$20,000, this is much cheaper, closer to \$200. It’s a little device that uses about \$3 worth of power per year,” he said. “I think the savings combined with the simplicity of an install and the ease of use will interest a lot of people.”

Lehmann is currently raising money through an Indie GoGo page, which can be found at www.getgreenrain.com.

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Beta Plan Discarded

FROM PAGE 4

you value libraries and don't have enough money to support them."

Finberg was joined by more than 50 library supporters — employees and volunteers — who attended the meeting to show support for library board's recommendations.

They applauded when Supervisor Linda Smyth (D-Providence), dubbed the "dumpster diving supervisor," spoke. Smyth touched off a furious debate over how the library discards used books when she photographed dumpsters full of books in seemingly good condition that she found behind the library's technical operations center in Chantilly this summer.

On Aug. 29, Smyth recovered dozens of usable books from the dumpsters, and then took them to county officials who ordered an immediate stop to the discarding. Smyth said she learned that more than 250,000 books have been thrown out since October 2012.

"One never knows what this job will bring," Smyth said at the board meeting, adding that she was still hearing concerns about

discards.

"We need to be sure books are on library shelves as long as possible. Mending used to be part of process. This is something that seems to have fallen by the wayside, and that's putting it nicely," Smyth said.

Supervisor John Cook (R-Braddock) said he supported the library system and the public engagement process, but noted that libraries had to find ways to adapt to a world where the Internet has replaced newsprint and e-books have supplanted paperbacks.

"Libraries everywhere are changing as new technology changes the nature of information-gathering," Cook said. "If the answers were simple, someone would have thought of it already."

Most of the supervisors praised the patrons and staff who participated in the public meetings and committees. "We heard you," Supervisor John Foust (D-Dranesville) said. "In my opinion, in two months you've made tremendous progress." Supervisor Cathy Hudgins (D-Hunter Mill) said she was grateful that library staff also attended the meetings.

"We should look at who we are and who we should be serving ... Collaboration is important."

Supervisor Jeff McKay (D-Lee) said the library controversy exposed a silver lining.

"Let there be no doubt in the community about the passion that citizens have about their libraries," McKay said. "We should be proud of all the responses we heard."

David Broder, president of the SEIU Virginia 512, said the library board's reports teach two lessons.

"First, local families love our libraries and library staff," Broder said. "Second, any so-called reforms which don't take advantage of librarians' expertise and which don't reflect the desires of the community are bound to fail. The Board of Supervisors needs to lead the effort to strengthen our libraries for the next generation."

Supervisors asked the Library Board to return in December with a plan for implementing the recommendations.

To read the Library Board of Trustees reports, go to <http://www.fairfaxcounty.gov/library/news/communicationandevaluationreport.htm>

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COMMENTARY

Have You Considered Adoption?



Pat Herrity

BY PAT HERRITY

SPRINGFIELD SUPERVISOR
 FAIRFAX COUNTY BOARD OF SUPERVISORS

November is National Adoption Awareness Month, and as an adoptive parent this issue is close to my heart. When the opportunity to adopt our 9-year-old daughter in 2002 arose, it was probably the last thing my wife Nancy and I thought we would be doing that summer. That is the purpose of National Adoption Awareness Month, to raise awareness of the need and the positive impact it can have on a life.

When foster children turn 18, they age out of the system; leaving them with little help and few resources as they transition into adulthood. "Aging out" means they do not have a stable place to call home for the holidays, no one to walk them down the aisle, or be there when they have families of their own. Statistics show that children who age out of the foster care system without being adopted are less likely to finish high school, much less likely to start or finish college, less likely to have stable housing, more likely to commit crimes, and more likely to have a child out of wedlock. It is truly saddening that for every 100 kids who age out of foster care, 54 become homeless, and 94 will not graduate from college.

The statistics above are shocking, and it is hard to imagine where our daughter would be today without the guidance all young women need as they go through high school, and the challenges of applying and getting in to college; without people (and our pets!) to call family, people to trust and

confide in, and to love. It is not often you are presented with the opportunity to have such a meaningful and significant impact on a life, and I am glad we embraced the opportunity when it arose.

In July of this year Governor McDonnell initiated the "Campaign for 1,000", an effort to match 1,000 adoptive families to 1,000 children in foster care. In support of that goal the General Assembly approved \$1.5 million in this year's budget for this effort and to provide post-adoption support for adoptive parents and children. Support services include: access to staff specializing in adoption records, assistance with adoption searches, help with the legal finalization of adoption, and much more.

Thanks to the Governor's initiative more than 880 children who were eligible for adoption have been either adopted or matched to families knowledgeable of the child's needs and committed to follow through to adopt. Included in this number are 16 of the 20 longest waiting youth, one of which was in the foster care system for 16 years and was waiting for an adoptive family for the past 14 years.

I urge all readers to look into adoption and see if it is for them — there are many, many children out there who need your help and can benefit from a loving home. It is my hope that we can reach the Governor's goal of matching 1,000 kids to 1,000 families by the end of his term, and can continue to give kids a shot at life and a loving home well into the future!

If you are interested in adopting out of Virginia's Foster Care System, please visit www.VirginiaAdopts.Virginia.Gov or call Virginia's Adoption Hotline at 800-DO-ADOPT.

SCHOOL NOTES

Send School Notes to greatfalls@connectionnewspapers.com. Deadline is Friday.

Matthew Kramer of McLean, a sophomore at Thomas Jefferson High School for Science and Technology, participated in the weeklong Virginia Space Coast Scholars Summer Academy program at the NASA Wallops Flight Facility on Virginia's Eastern Shore.

Joshua D. Higbee of McLean received the National Merit Brigham Young University Scholarship. The McLean High School graduate plans to study economics.

Nicholas M. Kemp of McLean received the National Merit Northwestern University Scholarship. The George C. Marshall High School graduate plans to study music.

McLean students **Lance L. Hungar**, homeschooled, **John T. Baird**, **Anna C. Cox**, **Jason S. Cui**, **Benjamin G. Espey**, **Jessica M. Ji**, **Olivia C. Lynch**, **Harrison J. Nam**, **Rebecca Oh**, **Nathaniel A. Speiser**, **Catherine G. Sununu**, **Leah S. Surratt**, **Katherine T. Tan** and **Stephen Tung** of Langley High School, **Adam R. Barth**, **Samuel Clayton** and **Elena R. Kagan** of McLean High School, **Lauren M. Abraham**, **Sarah N. Chiang**, **Grant Hoechst**, **Susan Sidamon-**

Eristof and **Eleanor G. Tolf** of the Potomac School, and **Kyle Alexander**, **Nadege Aoki**, **Eric Bo**, **William Bradbury**, **Arno Chang**, **Cameron Ewell**, **Emma Gee**, **Jordan Goodaon**, **Owen Gray**, **Caitlin Kim**, **Julie Kim**, **Veronica Lee**, **Sayed Malawi**, **Caroline Murton**, **Christine Nguyen**, **Somya Shankar**, **James Sullivan**, **Nisha Swarup**, **Alexander Wood-Thomas** and **Jennifer Yin** are National Merit Scholarship semifinalists.

Aline Dolinh, 15, is a sophomore at Oakton High School in Vienna and has been appointed as the National Student Poet by the President's Committee on the Arts and the Humanities. Dolinh will participate in readings and workshops at libraries, museums and schools in Virginia as well as create community service projects to expand their reach while increasing engagement in the literary arts.

Kate E. DeWeese, daughter of Randi and Steve DeWeese of Vienna, graduate of Thomas Jefferson High School, and first-year student in the Bachelor of Arts Program, has been inducted into Alpha Lambda Delta honor society at Bucknell University.

On May 11, **Michael D'Onofrio** and **Jill Feroldi** of Oakton and **Charles Schoenthaler** of Vienna graduated from the College of Charleston.

NEWS

Local Sixth and Seventh Graders Win Regional First Lego League Robotics Competition

First Lego League (FLL) Team Positive Aftermath from Great Falls took home the 1st Place Grand Champion Award at the Regional First Lego League (FLL) Competition for Division 2 at Thoreau Middle School held on Nov. 10. They will move on to compete on Dec. 7-8 at James Madison University for the VA/DC/MD FLL State Championship. Composed of sixth and seventh graders, this team has worked together since this summer on the subject of Hurricanes in conjunction with the theme of this year's FLL Robotic, Research and Core Values world challenge, "Nature's Fury." When Typhoon Haiyan hit, the team was in the middle of preparations for their upcoming tournament, but even as the competition was unfolding, in the spirit of helping others, these kids were already resolved to take action. They came together and created a GoFundMe website where we can all contribute and make a difference. "We read that the families don't need us to send used clothing or shoes. We found that the best thing we can do is send money to the right



PHOTO CONTRIBUTED

Left to Right: Zach Wang, Siona Prasad, Sanjana Meduri, Aaraj Vij, Vishnu Murthy, Alex Tisseront display Grand Champions trophy and Best Robot performance trophy they won in Regional FLL Tournament.

organizations. So that is what we decided to do." The kids researched the best way to get money to the victims of Typhoon Haiyan together with one of their team mentors who has family in the Philippines. They zeroed in on two organizations: The Philippine

Red Cross and the Philippine Natural Disaster Risk Reduction and Management Council. You can help make a difference. Consider helping- even \$5 can make a difference. Visit the team's fund page here: <http://www.gofundme.com/Positive-Aftermath>

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OPINION

Holidays Are About Giving

So many needs, so many great organizations, give locally where your heart leads you.

The holidays are about giving. They are about children. The holidays are about sharing, about joy, about alleviating suffering for others. The holidays are about being thankful and about faith and appreciation.

Most of us live in neighborhoods that are very homogenous. There are exceptions, but most people reading this live in affluent areas where the houses are mostly in the same price range, and while there might be some ethnic diversity, there is little in the way of economic diversity.

It's easy to forget that there are massive unmet needs, hungry children, homeless families most with at least one working parent, homeless individuals with jobs and without jobs, people who don't know for sure whether they will have enough to eat or be able to be warm enough, people who are choosing between medical care and car repair when forgoing the car repair could mean losing a job.

In Fairfax County Public Schools, about 50,000 of the 185,000 students qualify to receive free or subsidized meals, a significant measure of poverty. Many elementary schools staff are discovering that for some of these students, a majority of students in some schools, they only meals they can count on are breakfast and lunch on school days.

Nonprofits, school staff and individuals have been working to send backpacks of healthy, kid-friendly food home with students on the weekend.

It's hard to imagine 50,000 students going hungry; it's obvious that children who aren't sure they will be able to eat when they are hungry are not going to have joyous holidays filled with family meals, gifts and special activities.

Hundreds of homeless students attend the public schools, and their needs are greater.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are



a few ideas. We welcome suggestions for other groups.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

FAIRFAX COUNTY

Where To Give Locally

In no particular order:

- ❖ Our Daily Bread — has been serving needy families in Fairfax County for 25 years. The Holiday Program helps those in need with food for the holidays and gifts for their children, making last year's holiday season brighter for approximately 3,000 families. For more information on their holiday programs, including how to sponsor a family, go to www.odbfairfax.com/holiday
- ❖ Food for Others distributed more than 2.4 million pounds of free food to families in need in Northern Virginia in the year ending June 30, 2012. The non-profit provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. www.foodforothers.com
- ❖ Ecumenical Community Helping Others (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families, helping more than 5,000 people last year. www.echo-inc.org.
- ❖ Lorton Community Action Center operates the Act II Thrift Shop at 9506 Richmond Highway, Lorton. Sales from the shop generate funds for LCAC and clients also shop there. Now collecting gift cards and food baskets for Thanksgiving, gifts and food baskets for Christmas, and warm coats. 703-339-8611 www.lortonaction.org.
- ❖ Boys and Girls Clubs of Greater Washington Fairfax Area operates clubs in two of the neediest areas of the county, Culmore and the Route 1 corridor, focusing on character and academic success. <http://www.bgcgw.org/fairfax/>
- ❖ Office to End and Prevent Homelessness needs just a few thousand dollars more in

contributions for Jeans Day (in October) to qualify for a matching grant from the Phillip L. Graham Fund, turning many \$5 and greater donations into \$50,000 to help thousands of homeless in Fairfax County. www.ziphomelessness.com

- ❖ 12 Ways of Giving: Fairfax County Office of Public Private Partnerships "12 Ways of Giving" campaign is an annual event that showcases many ways for meaningful, local giving during the holiday season, highlighting nonprofits in Fairfax County. www.fairfaxcountypartnerships.org
- ❖ Comfort for America's Uniformed Services (CAUSE) — ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. 4114 Legato Road Suite B, Fairfax, VA 22033, 703-591-4968, cause-usa.org
- ❖ National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org
- ❖ Western Fairfax Christian Ministries — food pantry at 13981 Metrotech Drive in Chantilly (near Backyard Grill and Bar). For more information or to sponsor a family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. 703-988-9656.
- ❖ The Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Herndon, VA 20171, 571-235-3577. Last year, 139 community volunteers — nurses, nurse practitioners, and physicians — gave more than 1,300 hours of their time to see patients. jsfreeclinic.org.
- ❖ Alternative House — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182, 703-506-9191. www.thealternativehouse.org.
- ❖ Reston Interfaith, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.restoninterfaith.org. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program and the Thanksgiving Food Drive.
- ❖ SHARE of McLean seeks donations of grocery gift cards and more. Checks and gift cards can be sent to: Holiday Celebration, Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. www.SHAREofMcLean.org
- ❖ LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and

holiday toys for children, plus volunteers. More than 4,000 adults and children have signed up for help with Thanksgiving and Christmas meals. 703-437-1776 www.linkagainsthunger.org 703-437-1776

PHOTO COURTESY OF FRANK SIMMONS

- ❖ FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or volunteer@facetscares.org. FACETS offers a monthly Youth Volunteer Night, with the next one scheduled for Tuesday, Nov. 20, 5:30-6:30pm. Information about supply donations and FACETS holiday gifts drive is available on the website at www.facetscares.org. 10640 Page Avenue, Suite 300, Fairfax VA 22030
- ❖ Committee for Helping Others (CHO), Vienna, organized in 1969 by a group of concerned churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. 14th Annual Thanksgiving Interfaith Service is Tuesday, Nov. 20, 7:30 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road. Vienna 703-281-7614 <http://www.cho-va.com>
- ❖ Fairfax City Area FISH (For Immediate Sympathetic Help), working with the Office of Coordinated Services Planning, Fairfax County Department of Human Services, FISH helps local citizens who are in temporary need of life's basic necessities such as food, clothing, and financial assistance for rent, mortgage payments, utilities, and medical treatments. FISH also provides limited transportation for doctor appointments and food delivery. 703-222-0880 <http://fairfaxfish.org/>
- ❖ Herndon-Reston FISH (For Immediate Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 <http://herndonrestonfish.org>
- ❖ Lamb Center, www.thelambcenter.org, Day center for homeless, Fairfax 703-691-3178
- ❖ Northern Virginia Family Service, 10455 White Granite Drive Suite 100, Oakton, VA 22124 703-385-3267 <http://www.nvfs.org/>
- ❖ United Community Ministries, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, 22306 <http://www.ucmagency.org/>
- ❖ Touching Heart in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. <http://www.touchingheart.com>, 703-901-7355

Great Falls CONNECTION

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THANKSGIVING



PHOTO COURTESY OF BEHNKE'S FLORIST SHOP

Floral Designer Evelyn Kinville suggests grouping pumpkins, fall leaves and votive candles to create an elegant Thanksgiving table.

Creating a Beautiful Thanksgiving Table

Local designers offer suggestions for laying the perfect table.

BY MARILYN CAMPBELL
THE CONNECTION

While food preparation can be all-consuming on Thanksgiving Day, the table décor also plays a major role in a Turkey Day feast. Whether your style is subdued and casual or chic and sophisticated, local designers offer ideas and inspiration for table settings that are as delectable as the meal itself.

Emily Wallace, of Kelley Interior Design in Bethesda, suggests making your tablescape a collective effort. "A relative's collection of vintage sterling silver napkin rings could be the perfect finishing touch," she said. "The mix is key, [like] the use of vintage with new results in a sophisticated scheme. Family heirloom china on new metallic chargers is an example."

She does recommend keeping decor cohesive to create a clean tablescape. "If you use mismatched water glasses, make sure other items such as plates and flatware are in sets," she said. "Or, use a theme such as color [like] golds and browns as an overall guide. Create an ambiance. Keep lights low to allow for candles to glisten. Music playing softly in the background is a bonus."

Wallace believes that the use of foliage is vital to laying a beautiful table: "You can try one larger arrangement for the center — keep it low so you can see your guests — or several smaller arrangements lining the center of the table."

Evelyn Kinville, a designer for Behnke's Florist Shop in Potomac, suggests going linear with décor. "To add additional color, try adding pumpkins, gourds, fresh grapes or faux berry stems laid out in an elongated way from the centerpieces. The foliage can be arranged in a line like garland that looks connected like one long decoration. I have a client who will have four, eight-foot long tables with centerpieces and linear groupings to cover the entire space."

Wallace suggests getting creative when it comes to table linens. "Do not be afraid to skip the tablecloth," she said. "A table runner, placemats or unique linen napkins will suffice."

Courtney Thomas, of The Picket Fence in Burke, said, "For napkin rings, cut thin strips of burlap long enough to wrap around a rolled napkin. Glue the ends together to make a ring and attach an acorn to the top. You could use real acorns from the yard or buy fake acorns at a gift [or] craft store. If you prefer a more substantial look, cluster three small acorns together."

Place cards are not to be overlooked. "[They] make a table setting special," said Wallace. "This is a great way to be creative, whether handmade or printed professionally."

Thomas says small gourds or mini pumpkins can even be used as place cards. "Simply write the guest's name with a metallic Sharpie or paint pen on the side of the gourd," she said. "Mix and match the shapes/styles of the gourds for an eclectic look."

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Special Thanks **THE CONNECTION**
NEWSPAPERS

A Time to Share

BY LORI BAKER
THE CONNECTION

This time of year it is not uncommon to worry about meals, entertaining visiting relatives, or finding the time to shop and decorate. But for some members of the community, the worries are more basic. They struggle with providing enough food or warm clothing for their families on a daily basis.

For those living in a privileged community, it is easy to forget that there are a number of residents who cannot meet their families' most basic needs. But indeed, this community, like most communities, has a fair number of such residents in need. This is where McLean's Share comes in.

Share has been reaching out to these populations for 45 years. It recently wrapped up one of its busiest annual donation campaigns; the Thanksgiving distribution program.

LAST WEEKEND, clients waited patiently in line for their opportunity to collect a donated grocery gift card and side items from the pantry, which would allow them to celebrate their own Thanksgiving.

Since many of the clients have diverse ethnic backgrounds, they may not be interested in celebrating Thanksgiving with turkey and pumpkin pie. This is why Share gives Giant or Safeway grocery cards, and invites clients to select whatever side items they choose.

Therese Dyer-Caplan, co-chair of Share's food room, says that there is always a need for grocery gifts cards, especially in denominations of \$25. Now that Thanksgiving is over, they will still need to meet the needs of its clients for the next holiday and throughout the year.

Bonnie O'Neill, with Share's special programs, has been busy organizing Share's annual holiday program. On Dec. 7, Share will serve its pre-registered clients at a festive luncheon, and distribute gifts from its Wish Program. Santa and Mrs. Clause will be there, along with a photographer and festive music. O'Neill says that the program reaches out to nearly 300 families, comprised of about 700 individuals for this event. The families, as per Share's requirements, all reside in McLean, Great Falls, and a small portion of Falls Church.

"It's just a real joyful celebration," said Dyer-Caplan. "These are families that spend the whole year stressed, anxious about food. If they're not hungry, they have some anxiety about being hungry. And so the idea that they can sit down and they can be served, and they can relax...it's a wonderful, wonderful day."

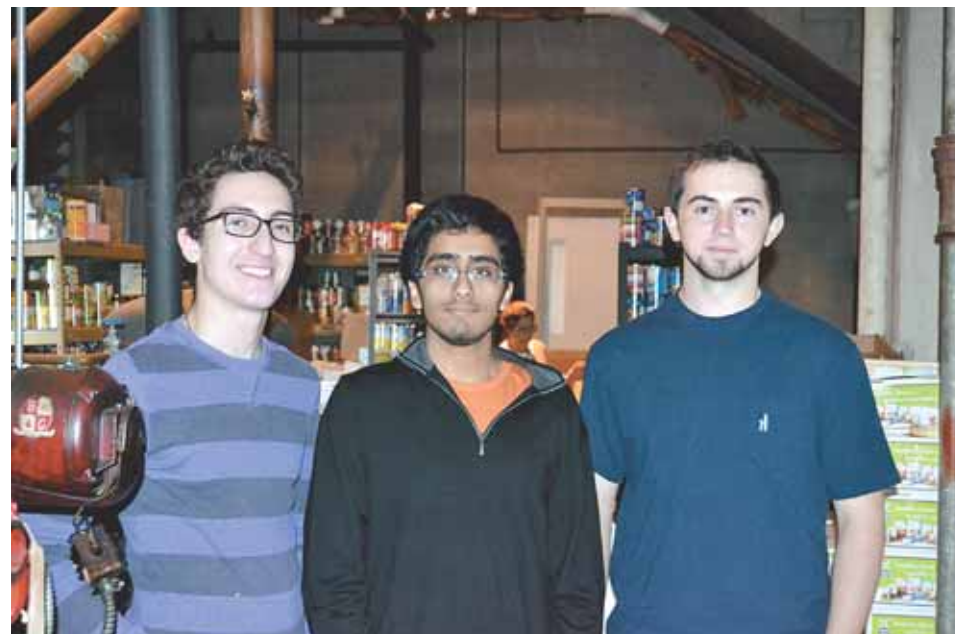
Client family members are invited to pre-register for the holiday Wish Program. But their wishes are not what most would expect. They generally include grocery gift cards, warm clothing, or CVS cards, which would allow them to buy prescriptions, toothpaste, or hygiene items that are not covered by SNAP assistance.

O'Neill says that those who would like to make donations for the Holiday Wish Program can email sharewishes@gmail.com. And they are always welcome to bring gift cards or checks to Share at its headquarters

McLean's community service group meets needs during the busiest time of year, and year round.



Forrest Crane, Senior at Potomac School, and Potomac School teacher Tracy Jaeger, helped Share prepare for Thanksgiving distribution day.



Potomac School seniors, Thor Schooner, Kabir Khanna, and Jamie Mahon helped unload a truck full of food and supplies donated by Flint Hill School.



Therese Dyer-Caplan, co-chair of Share's food pantry, was helping clients during one of their busiest times, Thanksgiving distribution day.

"...If we can help to allow other families to feel the sort of joy and thankfulness on Thanksgiving that we're feeling, then that's a cause worth working for."

— Potomac School senior
Thor Schooner

in the basement of the McLean Baptist Church on Wednesday or Saturday mornings, or Dec. 5-6 at the Church's Fellowship Hall between 12 and 6 p.m. O'Neill notes that the most useful cards for their clients would include cards from Giant, Safeway, CVS, Walmart or Target.

O'Neill notes that Share is one of the few organizations staffed only by volunteers, and relying exclusively on donations from the community. "People around here are wonderful," O'Neill says. "They are generous and kind. And I'd just like to reassure them that Share is very careful and carefully shepherds their money. We made every donation count."

SHARE RELIES on donations and volunteer assistance both from individuals and groups. Churches, scout troops, McLean women's groups, schools, homeowners associations, and others all are very involved with collections and volunteering.

Last weekend a group of students from McLean's Potomac School were unloading a truck full of food that was collected and donated by Flint Hill School in Oakton. The students spent the morning unloading and stocking shelves, and seemed happy to do so.

"It always seemed to me that Thanksgiving is something that we take for granted," said Potomac School senior Thor Schooner. "We have a lot of really good food and we get to spend the holiday in very comfortable places with our family and we're all very happy. But it occurs to me that not everybody is as privileged as we are. And if we can help to allow other families to feel the sort of joy and thankfulness on Thanksgiving that we're feeling, then that's a cause worth working for."

"I've never been in this sort of a situation before," added Kabir Khanna, also a senior at The Potomac School. "Seeing just the high volume of stuff that the people donated and us working to help Share out, it's just really rewarding."

O'Neill reiterated that Share is so grateful for the time and goods donated by the community. But she and other Share volunteers are quick to point out that their clients have needs throughout the year. Often, especially in summer months, the shelves are nearly bare.

"We'd like to thank the McLean/Great Falls community for constantly being there to help," she said. "But please continue to look at us. We're local. And your kids are sitting in school next to these kids."

You Can Make a Difference

BY MICHAEL L. O'REILLY

Thanksgiving is right around the corner, a time when friends and families gather to celebrate and give thanks for many things – their health, their jobs, their homes or even the meals that are prepared for them.

As the Chairman of the Governing Board of the Fairfax-Falls Church Partnership to Prevent and End Homelessness, I want to give thanks to those who supported Fairfax County's Third Annual Jeans Day. I am pleased to report that, so far, we have raised nearly \$18,000 with more than 100 businesses, civic and faith based organizations, nonprofits and government agencies participating.

But we can do more. This year, we were fortunate to receive a \$25,000 challenge grant from the Philip L. Graham Fund. If we are successful in raising \$25,000, the grant will match the \$25,000, adding an additional \$25,000 contribution for a total of \$50,000.

Fairfax County is serious about reducing the number of residents who fall into homelessness, and these funds are critical to our efforts. We reject the idea that it is somehow acceptable for anyone to be without a place to call home, to sleep outdoors in the winter, because they have no better option.

Consider these facts:
♦ It might surprise you to learn that we counted on one day over 1300 homeless in our community.

♦ More than 75 percent of children in homeless families are under the age of 11.

♦ Nearly 60 percent adults in homeless families work. The majority of people without homes in our community are children and working families.

♦ Close to 60 percent of homeless persons are in families.

Low incomes and expensive housing are the main reasons for homelessness in our community. It is impossible to pay for an apartment when earning minimum

wage — even if you work 24 hours per day, seven days a week. With \$50,000, we can house some of our most vulnerable citizens who are homeless and in need of assistance.

This year as you sit down to enjoy this bounty, I would like you to remember the most vulnerable among us.

The Philip L. Graham Fund has given us until Dec. 15 to raise an additional \$7,000 to meet our challenge goal of \$25,000. It is a goal we must make and it will take all of us working together and doing more.

Here's how you can help:

1. Increase your personal contribution. Include the Partnership to End Homelessness in your year-end giving.

2. Help by asking your constituents and business associates. Many of them make year-end contributions and will give to worthy causes when a trusted friend encourages them to do so.

3. Contact your business colleagues with a personal call and tell them we are only \$7,000 from our \$50,000 goal and let them know we need their investment in this challenge. Encourage them to match their employee giving. Many businesses already will.

Go to www.ziphomelessness.com to help us reach our challenge to help prevent and end homelessness in our community.

On behalf of the Fairfax Chamber of Commerce, Apple Federal Credit Union, Connection Newspapers, Dulles Regional Chamber, Phillip L. Graham Fund, and Fairfax-Falls Church Community Partnership to Prevent and End Homelessness, we sincerely thank you!

Help now by visiting <http://www.fairfaxcounty.gov/homeless/events/jeansday/2013-jeans-day-event.htm> or contact Dean Klein, director of the Office to Prevent and End Homelessness at 703-324-9492, TTY 711.

Michael L. O'Reilly is Chairman of the Governing Board of the Fairfax-Falls Church Partnership to Prevent and End Homelessness

BULLETIN BOARD

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

SATURDAY/NOV. 30

American Legion Scholarships. Due Nov. 30, at Post 180, 330 Center St. N., Vienna. The Post 180 in Vienna is offering three scholarships (\$1000, \$500 and \$250) for currently enrolled full-time college students who are sophomores, juniors, seniors or graduate students. Recipients will be randomly chosen from eligible applicants who apply no later than Nov. 30. 703-938-8535 or www.legion180.net/Scholarship_Appl_2013.pdf.

Personalized Internet Training. 10:00 a.m.-11:00 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 1-hour

one-on-one internet training session with a technology volunteer. Can include training on Microsoft Word, Excel, or PowerPoint. Call for appointment. Adults. 703-790-8088.

Legos in the Library. 10:30 a.m.-11:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Come join in the fun and make your own Lego creations! Legos provided. Registration required. Age 5-12. 703-790-8088.

Personalized Internet Training. 11:00 a.m.-12 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 1-hour one-on-one internet training session with a technology volunteer. Can include training on Microsoft Word, Excel, or PowerPoint. Call for appointment. Adults. 703-790-8088

SCOTTISH CHRISTMAS WALK WEEKEND & PARADE

Continue the Tradition... and join us!

Friday, Dec. 6 – Saturday, Dec. 7

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THANKSGIVING

Keeping the “Thanks” in Thanksgiving

Focusing on gratitude on a day reserved for feasting.

“Pilgrims,” said James, 5, as his mother helped him fasten his helmet for a hockey lesson at the Cabin John Ice Rink near Potomac. “Turkey and pie,” said his 6-year-old classmate Aiden. Both boys were responding to a question about the meaning of Thanksgiving.

Suzanne Abell, the mother of one of the boys, grimaced before chiming in, “It is also about giving thanks and showing gratitude for the things that you have.”

While Thanksgiving is a holiday associated with elaborate meals shared with family and friends, the part of the holiday that focuses on appreciation can get lost, especially on young children, say counseling and human development experts. Starting conversations that generate ideas about the things one is grateful for is challenging, so creating art that illustrates the things that matter most in one’s life is an ideal place to start, say experts.



PHOTO BY MARILYN CAMPBELL

Experts say art can help children reflect on the things they are grateful for during the Thanksgiving holiday.

“Thanksgiving is a very complicated thing to explain to children because we were the invaders,” said Potomac psychologist Linda Berg-Cross, Ph.D., a professor of psychology at Howard University. “When your riches, or how you’ve gotten what you’ve gotten, has

been at other people’s expense, it is not easy to explain.”

Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington, said developing family traditions is a good starting point for discussions on gratitude. “Thanksgiving is ideally

suited for traditions,” she said. “I think it is good for children to have a link to their past and think about and reflect on their own history and the uniqueness of their family.”

— Linda Gulyn, Ph.D., professor of psychology at Marymount University

suited for traditions,” she said. “I think it is good for children to have a link to their past and think about and reflect on their own history and the uniqueness of their family.”

Gulyn, who lives in Arlington, has experienced this with her own children. “One day one of my sons asked me where our family was from,” she said. “It gave me a moment to reflect on the hardship and sacrifices that my grandparents, who came from Italy and Ireland in the early 20th century without any education, made so that we could have a better life in many ways. Any way that children can reflect on hardship and sacrifice is awesome and helps them experi-

ence gratitude.”

As families begin to inventory the things they are grateful for, Berg-Cross suggests creating tangible expressions of gratitude that can be cherished for years to come. “One thing that people can do that is nice is make a beautiful deck of cards, each with something to be grateful for written on it,” she said. “On Thanksgiving you can pass them around. Everyone get two cards and has to explain why they are grateful for that particular thing.” Topics can range from a favorite teacher, type of music or sport to a favorite store, friend or food.

Lauren Cook, head of the Visuals Arts Department at St. Andrew’s Episcopal School in Potomac agrees that art can be a gentle, but fun conduit to conversations about gratitude. “One of the things that art helps with is to see through other people’s eyes,” she said. “It helps us look beyond ourselves and connect with the larger community.”

Cook says St. Andrew’s students completed created collage projects that encouraged them to take inventory of the people in their lives for whom they are thankful. “It starts out with themselves, their family and friends, the school and their community.”

Chantilly-based artist Judy Gordon offers other ideas. “Help your children draw and paint a turkey and write one thing they are thankful for on each feather.”

Gordon also suggests making gratitude bags. “Take scraps of fabric and create small, Thanksgiving-themed bags. Give each family member or guest a pen and a card to write down one thing they are grateful for and place it in the bag. Use the cards to start a dialogue on gratitude.”

Kathryn Horn Coneway, of Art at the Center, located in Mount Vernon, said, “I am a big believer in cards. You can make creative place cards. You can send out thank you cards to grandparents or other relatives and friends who’ve come to visit.”

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FAITH

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

GriefShare, a weekly support group for adults grieving the death of a loved one, meets Sundays 6-7:30 p.m. at Vienna Presbyterian Church, 124 Part St., Vienna with a video/discussion format through Dec. 8. \$20 for workbook. GriefShare@viennapres.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.

McLean Bible Church Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Vienna Christian Healing Rooms are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or www.ChesterbrookUMC.org.

Centering Prayer Group meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 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.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The RE program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.

lost (adj): 1. unable to find the way.
2. not appreciated or understood.
3. no longer owned or known



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NEWS



PHOTOS COURTESY OF LITTLE LEGENDS

Team photo.

NOVA 94 Girls Team Wins Boys Championship

The NOVA 94 Basketball 4th Grade Girls Team won the 4th Grade Boys Championship title in the Little Legends Basketball Fall Season on Nov. 12. These girls are on a roll with back to back tournament championships; only a week earlier, the team won the Wooten 5th Grade Girls Tournament.

The team comprises girls from Colvin Run Elementary, Forestville Elementary, Great Falls Elementary and other local schools. The team is led by Head Coach Christie Shumadine and assisted by multiple dads including Aric Holsinger, Joe Russo and Harold Rolph.

This was the NOVA 94 Feet (aka Gladiators) girls team third season playing in the Little Legends 3rd/4th grade boys league and they were excited to be in the championship game. Coach Shumadine registered the girls in the league in 2012 when she couldn't find any other options for the 3rd grade girls who wanted to play basketball in the off-season. Competing against boys has accelerated the level of play for the girls as proven by their track record of placing 1st or 2nd in tournaments since last March.

They played other 4th grade boys teams throughout the season, some of which compete at the AAU level, and made it to the championship game. The road to the championship was exciting as fans watched in awe as the teams' small but speedy defenders, Avery and Lexie Perez, tied up the opponents guards. Nava Mehrpour displayed excellent shooting form in the semi-finals contributing to the teams' scoring run. The stage was set for a great championship game as both teams had played each other three times during the regular season and all three games were highly competitive, hard fought battles with the scoring lead shifting back and forth. With the pomp and circumstance of a professional NBA game including player introductions and the National Anthem, the girls took their moment in the spotlight very seriously and started the game with three quick baskets from just inside the 3-point line.

Scoring was led by Caitlyn Shumadine and Lynley Birchard who were ranked in the top 10 league high scorers this season. As always, tenacious defense from Annabeth Holsinger and Maya Kanaan helped keep



Casey Kerrigan (and her glasses) on the ground as she fights for the ball.

the AAU Arlington based Honey Badgers on their toes and resulted in a number of steals and jump balls. Kayla Rolph, Allie Wakeman, Casey Kerrigan, Shreya Sivaram and Gianna Russo were beasts in the paint and fought hard for every rebound against a bigger and stronger Badger team. The teams traded baskets through most of the next three quarters and it all came down to the final 45 seconds as the Badgers came within one point of the NOVA girls when a steal in the corner and a quick heads up pass in the paint resulted in a bucket that gave the girls a final 3 point lead. With 8 seconds left on the clock, the Badgers inbounded the ball and released a 3 pointer that rolled around the rim but didn't go in, the girls rebounded and the buzzer sounded.

Team members are: Lynley Birchard, Annabeth Holsinger, Maya Kanaan, Casey Kerrigan, Nava Mehrpour, Avery Perez,

Lexie Perez, Kayla Rolph, Gianna Russo, Caitlyn Shumadine, Shreya Sivaram and Allie Wakeman.

Be a Part of CHILDREN'S CONNECTION

During the last week of each year, the Great Falls Connection devotes its entire issue to the creativity of local students. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through e-mail or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be provided in .jpg format. Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 6 for publication the week of Dec. 26.

E-mail submissions to:
ChildrensNorth@connectionnewspapers.com

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314.



NEWS



PHOTO CONTRIBUTED

Great Falls U11 Gunners Win Capital Cup in Richmond

Great Falls U11 Gunners won the Capital Cup in Richmond on Nov. 9, in convincing fashion. Their aggressive play and quick passing were too much for their competition. They won all their games in the pool portion and played the FC Milan team from Fredericksburg, Va., in the finals. The Gunners prevailed 3-1 with strong defense and a relentless attack up front. Standing: Craig Scott, Justin Zombrom, Alec Butler, Stephen Eichler, Aria Patel, Alex Greeves. Kneeling: Jonathan Pino, Jackson Delmar, Harry Simonds, Alex Harvey, Ciaran Guambo, and Conner Robles.



Children's art on exhibit at Great Falls Starbucks.

Great Falls Elementary Students Exhibit at Starbucks

Kickback with a warm beverage and enjoy the show. Great Falls Studios (GFS) sponsors a continuing schedule of exhibits in the conference room at Starbucks Great Falls Center, 9863 Georgetown Pike. The work of young artists attending Great Falls Elementary School is on display through February 2014.

On Dec. 14 & 15, Great Falls Studios will host Holiday Show and Sale at Wolftrap/Center for Education, 1645 Trap Road, Vienna.

Great Falls Studios also manages several exhibit venues in the community. The public is invited to enjoy often changing shows at Katie's at the Old Brogue Irish Pub/760 Walker Rd., Great Falls, Seneca Hill Animal Hospital, Resort & Spa/11415 Georgetown Pike, Great Falls and new space featuring the work of local elementary school students at Starbucks at Great Falls Center/9862 Georgetown Pike, Great Falls.

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Santa Claus hands out candy to children during the 5th Annual WinterFest Parade in McLean last year.



Santa Claus arrives by fire truck for the 2012 annual Great Falls Celebration of Lights and Christmas Tree Lighting.

THURSDAY/NOV. 28

- Thanksgiving Day Worship Service.** 10 a.m. St. John's Church, 6715 Georgetown Pike, McLean.
- Thanksgiving Day Brunch.** 10:30 a.m.-3 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Take part in traditional Thanksgiving fixings and festive selections of brunch favorites. \$120 per adult; \$40 per child, ages 4-12. Reservations required. 703-917-5498.
- Four-Course Thanksgiving Dinner.** Bazin's on Church, 111 Church Street, NW, Vienna. Admission: \$39/person. Kids 10 and under \$15.95. <http://www.bazinsonchurch.com/>
- Thanksgiving with Wildfire.** 10:30 a.m.-8:30 p.m. Wildfire at Tysons Galleria, 3rd floor. A special family style menu featuring spit roasted turkey and all the traditional Thanksgiving dishes. Cost is \$42.95/person and \$16.95 for children 12 and under. For reservations call (703) 442-9110 or visit wildfirerestaurant.com/mclean.

FRIDAY/NOV. 29

- "Annie!" the Musical.** 7 p.m. McLean High School Theater, 1633 Davidson Road, McLean. The popular comic strip heroine takes center stage in the perfect family-friendly musical. Adults \$15 and Students/Seniors \$10. Reserve seats at www.mcleandrama.com
- Annual Gingerbread House Opening.** 2 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Visit the life-sized gingerbread house. It is large enough for guests to walk around inside and explore the sugary construction. Reservations required. 703-917-5498.

SATURDAY/NOV. 30

- "Annie!" the Musical.** 2 & 7 p.m. McLean High School Theater, 1633 Davidson Road, McLean. The popular comic strip heroine takes center stage in the perfect family-friendly musical. Adults \$15 and Students/Seniors \$10. Reserve seats at www.mcleandrama.com

SUNDAY/DEC. 1

- McLean's WinterFest.** 3:30 p.m., starting from Old Chain Bridge Road. McLean's only community parade.



The 31st Annual McLean Holiday Crafts Show will take place Dec. 6-8. Eighty artisans from across the country convene for this highly-regarded and much-anticipated juried show.

www.mcleanwinterfest.org

MONDAY/DEC. 2

- Annual Church Street Holiday Stroll.** 6-9 p.m. Church Street between Lawyers Road and Mill Street, Vienna. Visitors are invited to stroll along the streets amid the sights and sounds of the holiday season. 703-938-5187.
- Breakfast with Santa.** 9-10 a.m. Wildfire, Tysons Galleria, 3rd floor. Get into the holiday spirit early with a holiday breakfast buffet. Cost: 10.95 per child and \$13.95 per adult. 703-442-9110.

THURSDAY/DEC. 5

- John Medeski in Concert, Solo Piano.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Jazz pianist showcases original songs and improvised compositions from his debut solo album. Tickets: \$25. <http://www.wolftrap.org>.

FRIDAY/DEC. 6

- 31st Annual McLean Holiday**

- Crafts Show.** 11 a.m.-7 p.m. at MCC, 1234 Ingleside Ave., McLean. Eighty artisans from across the country convene for this highly-regarded and much-anticipated juried show. This show features fiber arts, wood, ceramics and pottery, jewelry, glass, holiday decor, items for children, gourmet foods, paper art, photography, soft sculpture, paintings and drawings and more. Tickets: Adults \$3; ages 13 and under \$1.
- Bill Frisell's Big Sur Quintet.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Eyvind Kang, Hank Roberts, Rudy Royston, and Jenny Scheinman. Dynamic mixture of nature-inspired orchestral jams and jazz riffs composed by guitarist Bill Frisell. Tickets: \$35. www.wolftrap.org.
- Christmas with FCS: Trumpets Sound! Voices Ring!** 8 p.m. Vienna Presbyterian Church, 124 Park Street, NE, Vienna. Welcome in the holiday season with the Fairfax Choral Society and the Washington Symphonic Brass. Purchase tickets at www.fairfaxchoralsociety.org.

SEE HOLIDAY, PAGE 19

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ENTERTAINMENT

Send announcements to greatfalls@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

SATURDAY/NOV. 30

John Eaton The Roaring Twenties: A Salute to the Jazz Age. 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Eaton highlights the illustrious discographies of some of the Jazz Age's most successful artists. Tickets: \$25-\$27.

MONDAY/DEC. 2

The GoAround. 7 p.m. at Jammin Java, 227 Maple Ave E., Vienna. An alt-rock/pop duo made up of brothers. Tickets: \$10.

THURSDAY/DEC. 5

An Evening with John Medeski in Concert. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Jazz pianist John Medeski showcases engaging and meditative compositions in this solo debut concert. Tickets: \$25.

"Annie!" the Musical. 7 p.m. McLean High School Theater, 1633 Davidson Road, McLean. The popular comic strip heroine takes center stage in the perfect family-friendly musical. Adults \$15 and Students/Seniors \$10. Reserve seats at www.mcleandrama.com.

FRIDAY/DEC. 6

Bill Frisell's Big Sur Quintet Featuring: Eyvind Kang, Hank Roberts, Rudy Royston, and Jenny Scheinman. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. A combination of avant-garde and post-bop jazz with



Antigone Rising, the all-female country rock band, will be performing at Jammin' Java in Vienna on Dec. 7. From left: risten Ellis-Henderson, Dena Tauriello, Nini Camps, Cathy Henderson.

classical, folk, and country influences. Tickets: \$35.

"Annie!" the Musical. 7 p.m. McLean High School Theater, 1633 Davidson Road, McLean. The popular comic strip heroine takes center stage in the perfect family-friendly musical. Adults \$15 and Students/Seniors \$10. Reserve seats at www.mcleandrama.com

SATURDAY/DEC. 7

"Annie!" the Musical. 2 & 7 p.m. McLean High School Theater, 1633 Davidson Road, McLean. The popular comic strip heroine takes center stage in the perfect family-friendly musical. Adults \$15 and Students/Seniors \$10. Reserve seats at www.mcleandrama.com

Antigone Rising. 7 p.m. at Jammin Java, 227 Maple Ave E., Vienna. The

all-female country rock band Antigone Rising who has shared stages around the world with acts like The Rolling Stones, Aerosmith, The Allman Brothers Band and Rob Thomas.

SUNDAY/DEC. 15

Breakfast Buffet. 8 a.m.-12 p.m. Vienna American Legion, 330 Center St., N., Vienna. Adults \$8, children \$3. 703-938-1379.

ONGOING

Straight Ahead Jazz. 8 p.m., at the Maplewood Grill, 132 Branch Road, Vienna. Every Monday drummer Karl Anthony hosts a night of straight ahead jazz featuring guest musicians and open to sit-in musicians. www.maplewoodgrill.com.

SATURDAY/DEC. 7, 14, 21

The Nutcracker Tea. 10 a.m. or 1 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Watch the ballet production of "The Nutcracker" while enjoying afternoon tea and treats. \$75 per person. Reservations required. 703-917-5498.

SUNDAY/DEC. 8

31st Annual McLean Holiday Crafts Show. 11 a.m.-4 p.m. at MCC, 1234 Ingleside Ave., McLean. Eighty artisans from across the country convene for this highly-regarded and much-anticipated juried show. This show features fiber arts, wood, ceramics and pottery, jewelry, glass, holiday decor, items for children, gourmet foods, paper art, photography, soft sculpture, paintings and drawings and more. Tickets: Adults \$3; ages 13 and under \$1.

Science Wonderland Workshop. 11:30 a.m. - 4:30 p.m. Cooper Middle School, 977 Balls Hill Road, McLean. Hands-on holiday science production where children ages 5-12 will build a Science Wonderland out of recycled and earth-friendly materials, grow crystal Christmas tree, have a "snowball fight" with dry ice smoke-filled bubbles and make magic instant "snow" fall over their festive landmark. Free admission. Registration required at www.ischoolforthefuture.org.

SUNDAY/DEC. 8, 15, 22

Gingerbread House Decorating

Class. 10 a.m. or 1 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Learn to make your own gingerbread house. \$70 per child, ages 2-12. Reservations required. 703-917-5498.

SUNDAY/DEC. 8, 15, 22

The Princess Tea. 11 a.m. or 2 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Watch a theatrical production feature Disney princesses while enjoying afternoon tea and treats. \$75 per person. Children under 2 are free. Reservations required. 703-917-5498.

SATURDAY/DEC. 14-SUNDAY/DEC. 15

Great Falls Studios Holiday Show and Sale. Wolf Trap Center for Education, 1645 Trap Road, Vienna. This annual show includes paintings, pottery, traditional and digital photographs, jewelry, drawings, art quilts, and hand pulled lithographic prints, plus artful gifts and cards.

WEDNESDAY/DEC. 25

Christmas Day Brunch at Entyce Bistro. 10 a.m.-3 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Celebrate the holiday with brunch. Enjoy live musical entertainment and special activities, including face painting and a balloon artist for the children. \$120 per adult; \$40 for children under 12. Reservations required. 703-917-5498.

HOLIDAY CALENDAR

FROM PAGE 18

SATURDAY/DEC. 7

Celebration of Lights. 5:30-8 p.m., at Great Falls Village Centre Hill. Watch Santa and Mrs. Claus arrive in an antique fire truck to light the Great Falls Tree. Afterwards, Santa will meet all children who wish to share their holiday wishes. <http://www.celebrategreatfalls.org>

31st Annual McLean Holiday Crafts Show. 10 a.m.-6 p.m. at MCC, 1234 Ingleside Ave., McLean. Eighty artisans from across the country convene for this highly-regarded and much-anticipated juried show. This show features fiber arts, wood, ceramics and pottery, jewelry, glass, holiday decor, items for children, gourmet foods, paper art, photography, soft sculpture, paintings and drawings and more. Tickets: Adults \$3; ages 13 and under \$1.

Wolf Trap Holiday Sing-A-Long. 4 p.m. Wolf Trap National Park, 1551 Trap Road, Vienna. "The President's Own" United States Marine Band Members of local choirs and vocal groups Kick off the holiday season with family and friends at Wolf Trap's 2013 Holiday Sing-A-Long.

SATURDAY/DEC. 7, 14, 21

Gingerbread House Decorating Class. 10 a.m. or 1 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Learn to make your own gingerbread house. \$70 per child, ages 2-12. Reservations required. 703-917-5498.

WinterFest Parade

McLean's Only Community Parade

When
Sunday, December 1st
Pre-Parade 2:45PM

Where
Old Chain Bridge Road

Bring a gift card for Share of McLean to help your neighbors in need.

www.mcleanwinterfest.org

31st Annual
McLean Holiday CRAFTS SHOW
A Juried Arts and Crafts Show Since 1982

Friday-Sunday
December 6-8

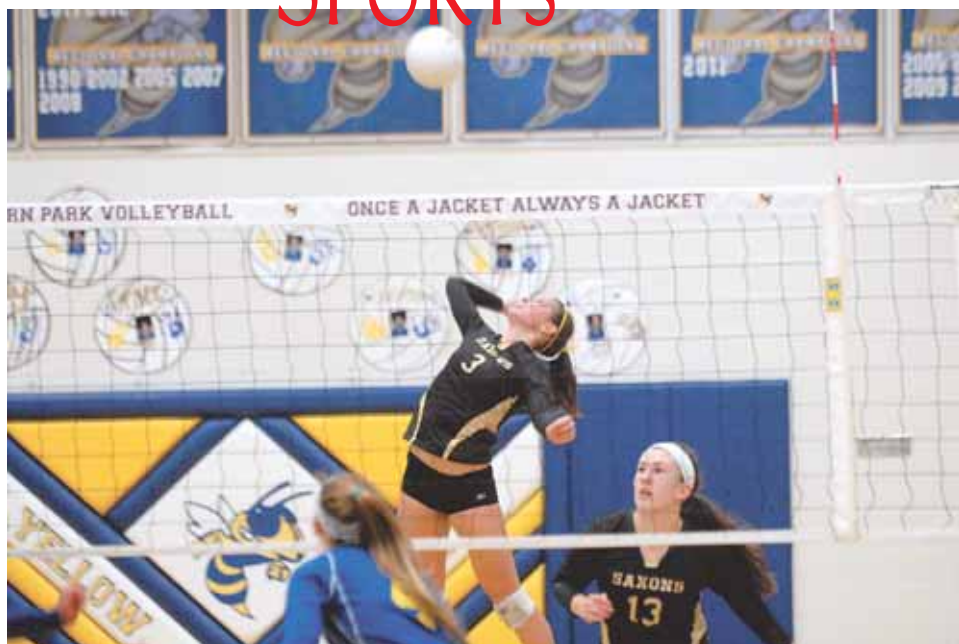
Friday: 11 a.m.-7 p.m.
Saturday: 10 a.m.-6 p.m.
Sunday: 11 a.m.-4 p.m.

Admission: \$3 adults, \$1 age 13 and younger. Good all three days!

More than 70 fine artisans from across the country convene for this highly-regarded and much-anticipated juried show. This show features fiber arts, wood, ceramics and pottery, jewelry, glass, holiday decor, items for children, gourmet foods, paper art, photography, soft sculpture, paintings, drawings and much more! *Food service provided by Sweet Stuff.*

The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org/special-events

SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Langley's Rachel Andrejev, seen during the 6A North region championship match, had a team-high 10 kills against First Colonial on Nov. 23 in the Group 6A state championship match.

Langley's Alex Andrejev, seen during the 6A North region championship match, finished with seven kills against First Colonial on Nov. 23 in the Group 6A state championship match.

Langley Volleyball Wins First State Championship

Saxons sweep First Colonial Group 6A state final.

The Langley volleyball team captured the program's first state championship on Nov. 23, beating First Colonial 3-0 in the Group 6A state final at VCU's Siegel Center in Richmond.

The Langley program, which started in 1998, reached the 2007 AAA state championship match, but lost 3-0 to Deep Run. On

Saturday, it was the Saxons taking home the title, becoming the first team from Fairfax County to accomplish the feat.

"[It was] awesome. Been chasing it for 16 years!" Langley head coach Susan Shifflett wrote in an email. "... [It was a] very special experience that is a result of every player and coach that has been a part of our program since its beginning in 1998."

Outside hitter Rachel Andrejev led Langley with 10 kills in the state final. Outside hitter Jessica Donaldson had eight kills and setter/right side Alex Andrejev had seven. Rachel Andrejev and Rachel Donaldson each had two aces, Alex Andrejev had 19 assists and freshman setter Maxine Friedman totaled 14 assists.

Langley finished the season with a 27-3

record.

The 6A state final was scheduled for 9 p.m. The Saxons left for Richmond on a charter bus at 3 p.m., had dinner in Richmond and spent time watching earlier matches and warming up. Langley's match didn't start until 10 p.m., but the Saxons took care of business.

"The girls did a great job of staying flexible and kept their focus," Shifflett wrote. "They really wanted it."

Langley Football Team's Streak Stopped by Stonewall Jackson

The Langley football team's eight-game winning streak, along with its best season in a generation, came to an end on Nov. 22 in the 6A North region quarterfinals with a loss to Stonewall Jackson, 51-48.

The Saxons' would-be game-tying field goal attempt went wide left with just 10 seconds remaining in the game after a 48-yard march had brought the ball down to the Stonewall Jackson 15-yard line and a pass had gone through the hands of a Langley receiver in the end zone. While the loss dropped the Saxons' record to 9-3 on the year, Langley still enjoyed its most successful season in two decades, scoring a school record 481 points in the process.

The second playoff game at home this season started well for the Saxons as they quickly mounted a 14-0 lead on the visiting Raiders in the first quarter. The initial score capped a 15-play, 70-yard opening drive, when senior quarterback Nick Casso scored on an 11-yard fourth down run. Three-and-a-half minutes later, Casso hit Garrett Collier on a slant for a 23-yard touchdown pass to make it 14-0. Collier was later lost

for the game with a collarbone fracture. His departure weakened not only the secondary, now without its captain on the field, but also removed Langley's top receiver.

The Raiders began to exploit the Saxons with long runs that gashed the interior line, but also eluded the depleted secondary as Stonewall Jackson made a game of it with a 42-yard scoring dash to open the second quarter to cut it to 14-7. A see-saw battle then ensued with each team taking the measure of the other with consecutive scores. Langley's Tyler West punched in a touchdown from 6 yards out to make it 21-7 after a 10-play drive, 60-yard drive. The Raiders responded two minutes later on a 32-yard touchdown toss to their tight end to make it 21-13. Their two-point attempt failed.

The Saxons answered on a short drive making it 28-13 after Tyler West had returned the kickoff 73 yards to the Stonewall Jackson 18-yard line. With time running out in the half, the Raiders scored what might have been the most crucial points of the game with only one second left on the clock before intermission, to cut the Sax-

ons advantage to 28-21.

The Raiders opened the second half with a three-play, 63-yard scoring drive to tie it at 28-apiece in only 35 seconds. It became obvious that the game was going to be a barn-burner, with the last team to score the likely winner.

Langley regained momentum after Raiders quarterback Greg Stroman fumbled two consecutive punts back to the Saxons, the second allowing the home team to march 56 yards on nine plays before West hit pay dirt to take the lead, 35-28. For the game, West had 268 yards on 41 carries and three touchdowns.

The Raiders came right back with a long drive that stalled at the Langley 17-yard line resulting in a 34-yard field goal to open the fourth quarter that cut it to 35-31. The three points would eventually prove to be the margin of victory.

The fourth quarter became a track meet, as both teams went the length of the field, practically scoring at will. Langley took its first possession and drove 66 yards for a touchdown to widen their advantage to 42-31. Erik Swayne made all six extra points, making him 67 of 68 for the year.

But in a matter of 45 seconds, the Raiders scored twice to jump ahead 43-42, once on a 70-yard run and the second score coming seconds later after a turnover and an immediate 37-yard touchdown gallop.

Although behind for the first time in the game, Langley's veteran offensive line, led by seniors Alex Kolencik, Brooks Norris, Bennett Molster, and Brian Plunkett, along with junior Connor Halm, under the direction of their senior quarterback and outstanding junior running back, came roaring back on a "gut check" 10-play drive of 61 yards to recapture the lead, 48-43. The Saxons' two-point attempt after a 2-pt failed with 3:29 left in the game.

The 1-yard touchdown run by Casso gave him three on the ground along with one passing touchdown for the game. But it was not enough, as Stonewall Jackson's elusive, speedy quarterback took less than one minute to grab the lead back after a 47-yard dash down the sideline and a two-point conversion made it 51-48.

Two minutes later, Langley's last-ditch field-goal effort to tie went wide left.

Group 6A North Region Football Playoffs

Three of four favorites advanced during the 6A North region football quarterfinals on Nov. 22, with Langley being the lone high seed to fall short.

The Saxons, seeded No. 5 in the region, lost to No. 13 Stonewall Jackson 51-48 in the region's highest-scoring game of the weekend. Stonewall Jackson will travel to face No. 1 Centreville in the semifinals. Undefeated Centreville beat No. 8 South County 55-35 in the quarterfinals on Friday.

No. 2 Lake Braddock beat No. 7 Yorktown 40-7 to earn a trip to the semifinals, where the undefeated Bruins will host No. 3 Westfield. The Bulldogs beat No. 11 Robinson, 21-14.

Lake Braddock and Westfield faced one another during the regular season, with the Bruins winning 28-24 on Sept. 20. At the time, it was Westfield's first regular-season loss since 2010.



Dr. Madeline Levine, a psychologist and bestselling author, speaks to a packed house at the Alden Theatre Tuesday, Nov. 19.



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

The Safe Community Coalition welcomes Dr. Madeline Levine, center, bestselling author and psychologist at the Alden Theatre Tuesday, Nov. 19.

Bestselling Author Speaks at Alden

Safe Community Coalition welcomes Dr. Madeline Levine to discuss parenting tips, student stress.

BY ALEX MCVEIGH
THE CONNECTION

The Safe Community Coalition welcomed bestselling author Dr. Madeline Levine to the Alden Theatre Tuesday, Nov. 19, to speak on successful parenting techniques.

"This evening is a culmination of several events that have occurred in our community this fall," said Karin Calpin, the SCC's vice president of programming. "This evening is aimed at providing you with another opportunity to discuss solutions and helping our youth achieve authentic success."

Levine has written two bestsellers about parenting and the issues children who come from well-off backgrounds can have.

"What we see in affluent communities, with educated parents who have the money to provide opportunity, are disproportionately high rates of anxiety disorders, depressions, substance abuse, cutting and psychosomatic disorders. It's interesting that we don't see that in young children, it really starts in the 9th grade and accelerates through 12th grade," she said. "Those can be the kinds of students that seem to have everything going for them, and they're not considered at risk, but they are very much at risk."

LEVINE, A PSYCHOLOGIST based in Marin County, Calif., said she has noticed a shift in children's attitudes and goals over



Bestselling author Dr. Madeline Levine speaks at the Alden Theatre Tuesday, Nov. 19.

the past decades, recalling a recent session with an 8-year-old patient that told her he wanted to "be a venture capitalist when he grew up."

She cautioned parents in attendance against pressuring their children into thinking about colleges, grades and careers to the detriment of other development.

"Between the ages of 14 and 18, children are learning how to do a lot of things, from learning how to speak to the opposite sex, dealing with a changing body, learning their place in the world," she said. "But if all of their attention is focused on GPA, what col-

"When I talk to kids, they have no sense that their parents went through falling down, changing their minds, not being successful, taking risks."

— Dr. Madeline Levine

lege they're going to get into, there's only 24 hours in a day, and the important things get lost. We need to fight against the idea of focusing all our attention on things that come down the line."

Levine said that even today's definition of success needs to be redefined.

"Our definition of success is far too narrow. Everyone talks about getting their student in the best high school so they can get the best GPA, so they can get into the best college and get an MBA from Harvard," she said. "But such a straightforward path is something that maybe 10 percent of people have. Most of us change majors, fail at things, choose different careers. That's natural."

Levine took an informal poll of the 450 people in attendance at the Alden, and found that 34 of them followed what would be a "traditional" path through their adolescence into adulthood, approximately 8 percent.

"This is the best kept secret from children. When I talk to kids, they have no sense that their parents went through falling down, changing their minds, not being successful, taking risks," she said. "Once you're successful, people think you've always been successful. I think that's how kids see us. They look at us doing well at work, bringing home a good paycheck, we seem satisfied, there's a lot of stuff

around the house, and they forget that for most of us, it was a real slog to get there, you needed an awful lot of perseverance, and that we all went through difficult times."

THE OTHER SIDE of that coin is the phenomenon known as "helicopter parenting," where parents are too involved in their children's formative years.

"Helicopter parents are ones that get in the way of their children's failures, they stop them from even happening, and they do other things that children should be learning to do themselves," Levine said. "By taking over, these parents are robbing their children of coping skills. One has to experience failure, because it's in failure we learn resilience and coping skills. And as an adolescent psychologist I can tell you that there's nothing to kids than to have some healthy coping skills, because what we see are kids with unhealthy coping skills."

She said that parents too often work toward remediating weaknesses, not enough time cultivating their children's strengths.

"I'm not about lowering the bar, at all, but we have enough research that tells us what makes kids more likely to be successful, and one of those things is not expecting them to be terrific at everything," she said. "We're all not terrific at everything."

"Scanticipation"



By KENNETH B. LOURIE

When I get CT-Scanned on Wednesday, November 27th, it will be nearly four months since my last diagnostic scan. That occurred during my hospital "staycation" during the first week of August, when I was admitted due to the extremely abnormal fluid buildup in my left lung. The surgery to drain the fluid went well, as you regular readers know, but as a consequence of this procedure/hospital stay – and its recovery, my subsequent chemotherapy infusions were delayed for about a month and naturally the follow-up scans were as well. This meant/now means that my every-three-month scan has become at least for this particular set of time circumstances, a four-month interval, the longest such interval in my full-time cancer career since I was first diagnosed with stage IV, non-small-cell lung cancer back in February, 2009.

I'm not nervous about the outcome this time, however, as I have written about in previous columns: "Scanxiety," "Scanning the Horizon" and "Scantastic." These are all examples of the emotional roller coaster a cancer patient rides when scans are in the offing. Regarding (you'll note I didn't use "concerning,") this upcoming scan, I feel more curious and calm than I have felt before. Aside from being more experienced with this process/cycle, and continuing as well to be relatively asymptomatic, my most recent lab work has been encouraging or at least not discouraging in that certain results/levels are improving. Now I don't know if these improved results (specifically my creatinine and bilirubin levels as well as my GFR/glomerular filtration rate) have any effect on the metastatic tumors in my left lung, but the improving levels do mean that my body is tolerating the every-three-week chemotherapy infusions that I've been receiving since September 20th. And "tolerating" is about as good as it gets, considering there are few drugs still available that my oncologist would feel are suitable for my condition. More to the point, when I asked my oncologist how do I really know (other than the lab results) that I'm tolerating the drug, he said, "You wouldn't be a very happy camper if you weren't." To which I replied, happily: "Well, I'm a long way from that." And not that the camping reference was lost on me, but I've been camping very few times in my life, and on those few occasions, I was happiest when I was leaving the campsite heading home.

Camping experiences aside – and not misunderstood, I am looking forward to the results of this next scan and really not stressing about it, either. Nor am I anxious. If anything, I'll admit to being naive. Moreover, I won't admit to being positive, since there's so much about the human body that I don't understand and after five years of having cancer-type symptoms and/or feelings, or not having cancer-type symptoms and/or feelings, with varying outcomes, I never know what to make of any of it. What I am positive about is how mysterious it all is and how few guarantees there are in any of it. Nevertheless, I'm grateful for a definite maybe; I can live with that, as I have been.

Time will tell, soon enough. Although, a long Thanksgiving weekend might slow down the e-mail which my oncologist will send with the results. But I can't worry about that either. I feel good. My labs were good. My reaction to yesterday's chemotherapy was good. The Red Sox just won the World Series for the third time in 10 years; that's all good, great in fact. For a terminal cancer patient from Boston five years post-diagnosis who wants to live and loves his hometown team, it doesn't get much better, realistically speaking.

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

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-William Van Horne

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Nothing is too small to know, and nothing too big to attempt.
-William Van Horne

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21 Announcements

PUBLIC NOTICE

PROPOSAL TO CLEANUP AT UNDERGROUND STORAGE TANK SITE

There has been a release from an underground storage tank system at:

Former Exxon
9901 Georgetown Pike
Great Falls, Virginia 22066

The Department of Environmental Quality (DEQ) is requiring Fairfax Petroleum Realty, LLC to develop a Corrective Action Plan (CAP) to address cleanup of methyl tertiary butyl ether (MTBE) in groundwater at the site. If you have questions regarding the cleanup, please contact:

Kleinfelder
1340 Charwood Road, Suite I
Hanover, Maryland 21076
(443) 925-6048
Attention: Mark Steele

The CAP was submitted to the Northern Regional Office of the DEQ on November 22, 2013. If you would like to review or discuss the proposed CAP with the staff of the DEQ, please feel free to contact Alex Wardle (Alexander.Wardle@deq.virginia.gov) at (703) 583-3822 after the date of the CAP submittal. The DEQ Northern Regional Office will consider written comments regarding the proposed CAP until December 27, 2013. Due to public interest, the DEQ will hold a Public Meeting on December 10, 2013, at 8:30 PM at the Great Falls Grange, 9818 Georgetown Pike, Great Falls, VA. The public meeting will follow the Great Falls Citizens Association Monthly Meeting, which will begin at 7:30 PM and include information about the proposed plan. Written comments should be sent to the DEQ at the address listed below. The DEQ requests that all written comments reference the tracking number for this case; PC# 2010-3028.

Department of Environmental Quality
Storage Tank Program
13901 Crown Court
Woodbridge, Virginia 22193

21 Announcements

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Long & Foster's Tysons Office Designated as a Toys for Tots Collection Site

Long & Foster Real Estate, Inc., announced that its Tysons Corner office launched its annual toy drive to benefit the U.S. Marine Corps Reserve's Toys for Tots campaign on Nov. 13. Toys may be dropped off seven days a week from 9 a.m. to 5 p.m. at Long & Foster's Tysons Corner office, located at 8227 Old Courthouse Rd., Vienna. All donations must be made before Dec. 18.

Long & Foster offices throughout the Mid-Atlantic region are participating in the Toys for Tots donation drive. This year marks the company's 23rd year participating in the holiday collection campaign. Between now and mid-December, each of Long & Foster's more than 180 sales offices throughout seven states and the District of Columbia will accept toy donations. Long & Foster employees at the company's home office in Chantilly, Va., will also participate in the annual holiday campaign.

Once the toys are collected and presented to the U.S. Marines, they are distributed through churches and social welfare agencies to the neediest children throughout the community. Started by the U.S. Marines in 1947, the Toys for Tots campaign is an annual toy collecting drive that now reaches throughout 50 states, Washington, D.C., and Puerto Rico.

Last year, the Marines reported the Toys for Tots campaign realized its greatest revenue ever at \$270 million and enabled them to distribute more than 16.8 million toys to more than 7 million children. Long & Foster contributed to this effort by collecting thousands of new toys throughout the company's Mid-Atlantic footprint in 2012.

For information on this year's Toys for Tots Campaign, call 703-556-8600 or visit www.toysfortots.org.

WEEK IN VIENNA

Residents, Business Recognized For Beautification Efforts

Vienna's Community Enhancement Commission recognizes town residents and businesses who demonstrate an ongoing effort to enhance the appearance of their residence or business with Beautification and Beauty Awards.

On Nov. 18, five families and one business were recognized for their beautification efforts:

- ♦ Spokes, Etc., 224 Maple Avenue E – Wall Mural
- ♦ The Belvins Family, Center Street S – Halloween Decorations
- ♦ The Coles Family, Adhi Road SE – Halloween Decorations
- ♦ The Markley Family, Locust Street SW – Halloween Decorations
- ♦ The Matalas Family, Glyndon Street SE – Fall Decorations
- ♦ Vilardo Family, Pleasant Street SW – Halloween Decorations

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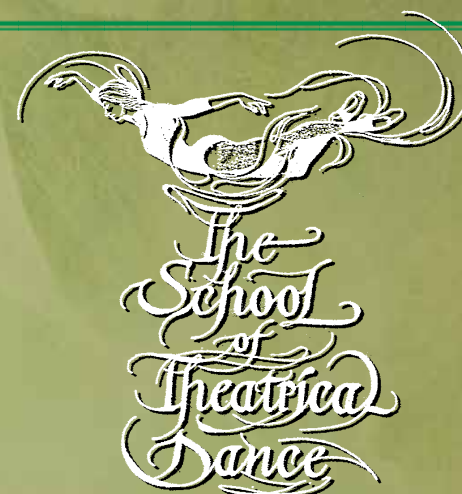
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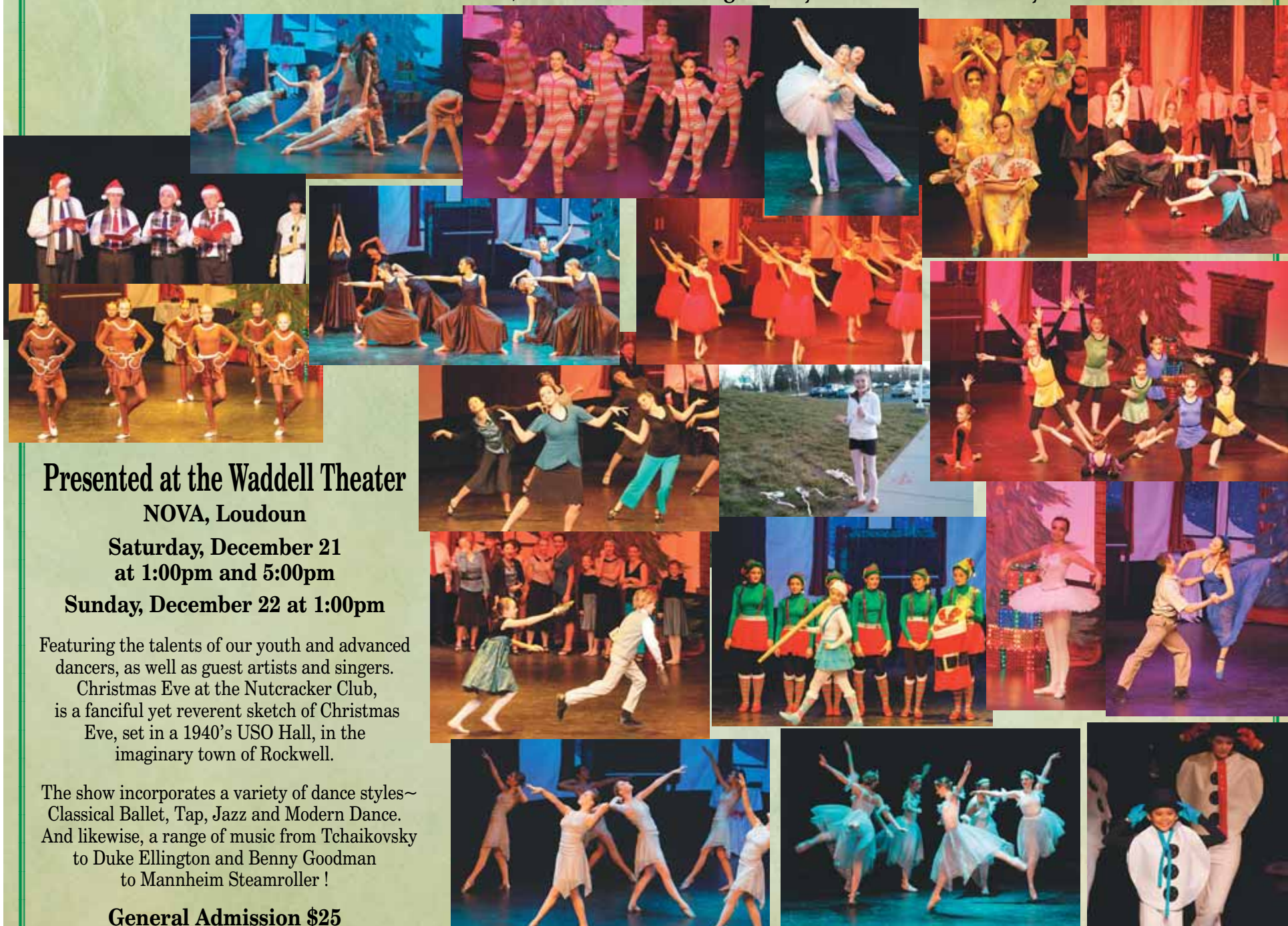
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NOVA, Loudoun

**Saturday, December 21
at 1:00pm and 5:00pm**

Sunday, December 22 at 1:00pm

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