

WELLBEING

PAGE 12

PAGE 10
Holiday
Entertainment
& Gift Guide 2013

Camille Speer of Great falls won first place in the high school division at the annual TIVA awards at the National Press Club in Washington, D.C.

Speaking a Language of Art

NEWS, PAGE 3

Every Tweet Counts

NEWS, PAGE 4

Brightening Soldiers' Holidays

NEWS, PAGE 3



Langley High Orchestra Presents Russian Concert

The Langley HS Orchestra will present their winter concert on Thursday, Dec. 12, at 7 p.m. in the Langley HS Auditorium. The concert is a collaboration of two of Langley's largest programs—Russian and Orchestra.

Russian students of Valentin Cukierman will serve as emcees, introducing each piece in Russian and in English. They will also present traditional poetry in both languages. Students and performers will enjoy a Russian banquet preceding the concert.

Langley's four student ensembles will present works by historical composers Glinka, Gliere, Rimsky-Korsakov, and Prokofiev under the baton of guest conductor Glenn Quader from the Fairfax Symphony.

Sophomore ballerina Maria McQuade will dance to the famous overture for the Tchaikovsky ballet, "Swan Lake." Pianists will present literature by Rachmaninoff, Stravinsky, and Tchaikovsky.

The orchestra will capture the holiday spirit with selections from the "Nutcracker," a jazz chart entitled "Five Ukrainians in a Bell Tower," and the Trans-Siberian Orchestra's arrangement of "Mad Russian Christmas."

The concert is free and the public is invited. Elementary and middle school students are encouraged to attend so that they can consider learning Russian or joining the orchestra once they get to Langley.

During intermission, the orchestra will hold their

fourth annual silent auction in the auditorium lobby. This is an opportunity to shop for the holidays, encourage local businesses in the community, and support the Langley Orchestra program. Gift items are available from Gathered Stems, Jeff Lubin Portrait Studio, Stella and Dot, Smith's of Bermuda, Alterna Haircare, Mesmeralda's Gifts, Georganne's Hallmark, the Kellogg Collection, and Obaji. Restaurant gift certificates include L'Auberge Chez Francois, Evo Bistro, Pasa Thai, Maggiano's, Listrani's, China Express, and Red Tomato. Georgetown Learning Center is offering SAT preparation and three hours of tutoring. Auction items include reserved orchestra concert seats and one reserved Langley HS parking space. Other gift certificates include services from Hair Quarters of McLean, McLean Nails and Spa, Salon Kenan, Susson (Hairstylist in Serenity Salon and Spa in McLean), Fairfax Cleaners, McLean Cleaners, and Dr. Edward Nelson, DMD.

Langley HS Orchestra presents a Russian concert Dec. 12. Violinist Maria McQuade will perform a ballet solo to the famous "Overture to Swan Lake."

PHOTO BY TONY DE LA PAZ



PHOTO BY KIM MORAN

Churchill Road volunteers and SHARE staff with the items donated during the school's Thanksgiving Drive. From left: Dean Walter, Sarah Walter, Emma Kim, Lauren Kim, Colin Walter, Harry McAlpine (SHARE volunteer), Kate Walter, Caroline Mayer, Matthew Kim, Steve Mournighan (SHARE volunteer), Diana Mayer and daughter Melanie.

Donating to SHARE

Thanks to the generosity of Churchill Road Elementary School, nearly half a truckload of non-perishable food items and household goods were donated to a local food bank,

SHARE of McLean. The weeklong drive was organized by the Churchill Road PTA Community Service Committee Co-chairs Robin Hoeymans and Sarah Walter.

Cantata for Community

Brian E. Wilhour composes the Christmas Cantata, which he will conduct on Sunday, Dec. 8, at Immanuel Presbyterian Church in McLean.



Brian E. Wilhour

The choir is the full Immanuel choir, augmented by church members and others who want to be part of Immanuel's special Christmas program. Most of the instrumentalists are professional musicians

In high school I was convinced I didn't want to be a musician at all. That was the last thing I wanted."

That's Immanuel Church Music Director Brian E. Wilhour, reflecting on his 15 years at Immanuel, and having written 15 major choral and orchestral works. When he started winning choral and instrumental competitions and prizes in high school and was selected for Pennsylvania State Chorus, Wilhour made his decision. He'd major in music at Bucknell University (Class of '91). He went on to graduate with honors from a double Master's program at Westminster Choir College, Princeton, N.J. The rest is history, and our community's gain.

Wilhour will conduct his most recent piece, "The Handmaid of the Lord" at 9 a.m. and 11 a.m. on Sunday, Dec. 8 at Immanuel Presbyterian Church in McLean. This Christmas Cantata is open to the community, as it is every year, and features a full choir and chamber orchestra.

from the D.C. area.

Rehearsals for the Christmas Cantata began two months ago. And this year, the Christmas Cantata was written well in advance of the Dec. 8 presentations.

Past years haven't been so smooth, as Wilhour often composes his major orchestral and choral works backwards. That is to say, he writes complicated movements first, because they need more thorough rehearsal, and these tend to be toward the end of the cantata. He composes the simpler movements last, sometimes the week before they are presented. And if the chorus is ever curious about what they'll be singing, they'll likely hear Wilhour say something like, "It's in my head...don't you worry about it...you'll have it soon enough."

Somehow it all comes together, like Christmas sausage, on the morning of the Cantata, every year. And it's officially Christmas again in McLean.

NEWS

Camille Speer's film "Art Promotional" was inspired by her belief that art is a universal language.

PHOTOS BY
JANELLE GERMANOS/
THE CONNECTION



Speaking a Language of Art

Camille Speer Of Great Falls wins award for filmmaking.

BY JANELLE GERMANOS
THE CONNECTION

Camille Speer, a resident of Great Falls and a senior at Langley High School, discovered her passion for producing films in the Fairfax Academy Professional TV Production class.

In addition to preparing for her future in the film industry and serving as a model for others in her class, she has recently been awarded first place for her film "Art Promotional" at the Annual Television, Internet and Video Association Peer Awards at the National Press Club in Washington, DC.

According to Speer, "Art Promotional" demonstrates the power of art and its ability to spread love.

"What I wanted was to show that no matter where you go in the world, art is a universal language," Speer said.

In the film, artists from different countries combine their work to form one heart.

"I just thought, why not make the word a big heart, because that is what art does. It makes people love each other," Speer said.

AT THE AWARD CEREMONY, Speer networked with other professionals in the film industry in Washington, DC.

"A lot of card swapping, so that was really good. There were some very prestigious people there," Speer said.

Speer said she was shocked to win first place.

"When they called gold, and said my name and project, I was just completely stunned. I had never received such an award before and it was such an honor," Speer said.

According to Erin Bloom of Herndon, a career experience specialist at Fairfax Academy, success stories like Speer's can be used as an example to encourage other students interested in the arts. At the Fairfax Academy, a majority of the students who graduate from the Academy pursue a career in the field they studied.

"She's fabulous. It makes it nice to hear the success stories. I like it because I get to know the kids more personally. I can use her as an example, and push her out in the limelight," Bloom said.

Bloom told Speer that she is well-spoken and able to communicate to others her passion about filmmaking.



Camille Speer shows one of her films to the class. Speer enjoys directing, as well as collaborating with other students.

Speer determined she wanted to pursue a career in filmmaking after first enrolling in the class last year.

"Why couldn't I make my own films, and play a part in them? And then write them and direct them, so that whatever I see in my head comes to life," Speer said.

Speer enjoys taking the class at Fairfax Academy. The class allows for students to learn all of the steps of filmmaking, as well as learn about the different jobs available in the industry.

"It really helps you get your feet wet," Speer said.

According to Speer, the class has helped her find direction in filmmaking.

"It really helps you, because you're not just learning one aspect, you're able to really explore the options. I've found that I absolutely love producing, scriptwriting and directing, and I was only able to figure that out by taking this class," Speer said.

SPEER ENJOYS leading others and serving as a director, but also values collaborating with other students.

"I try so hard not to be bossy. I really do enjoy working with others, and collaboration is so important in the film industry especially, so I like creating these relationships with the other kids," Speer said. "I would say I am a leader in some sense, but I don't always have to be a leader and I'm okay with that."

Speer plans to major in film production and minor in producing or scriptwriting.



The group pictured with some of the packages stacked behind them: Nithin Bala, Michael Ryan, Anthony Verghese, Austin Ward, Taylor Snyder, Vikram Chawra, Brooks Ward, Sydney Copp, Hannah Harlow, Sara Cheema, Jason Carpenter, Robby Pett, and Gordon Rissing.

Brightening Soldiers' Holidays

Great Falls teens send packages to servicemen and women deployed overseas.

Great Falls Interact, a youth Rotary Club for high school students, held a service event on Saturday, Nov. 23, in Great Falls. The group, headed by Michael Ryan and Brooks Ward, organized and assembled packages for servicemen and women deployed overseas. The goal was to have as many packages as possible delivered to soldiers and sailors who will be separated from family and friends during the holiday season. The packages were filled with a variety of toiletry items, snacks and food, games and handwritten letters from the teens. The teens hope the packages will display gratitude to our troops, as well as deliver a little taste of home to brighten the soldiers' holiday. Great Falls Interact held several fundraisers throughout the course of the year, including a

Krispy Kreme Donut Sale fundraiser and car washes in the Great Falls center, to raise the money to support this event. The Great Falls Adult Rotary Club matched the funds raised by the teens, thereby doubling the funds at the group's disposal. Several members from the community also donated to the cause. Great Falls Interact is a Youth Club associated with Rotary International, sponsored by the Great Falls Rotary Club. They meet bi-monthly developing service projects while making new friends and enjoying fellowship. This event was one of many projects organized by the group. If interested in learning more about Great Falls Interact for High School, please go to their Facebook page at [greatfallsinteract](https://www.facebook.com/greatfallsinteract) or email greatfallsinteract@gmail.com.



A few of the girls writing letters to be included in the care packages: Sydney Copp, Hannah Harlow, and Sarah Cheema.

Every Tweet Counts

How Republican Brian Schoeneman earned wrath of his party by making sure every vote counted in county.

BY VICTORIA ROSS
THE CONNECTION

On the morning of Nov. 6, the day after the general election, it appeared that Republican Mark Obenshain had eked out a razor-thin victory over Democrat Mark Herring to become Virginia's next Attorney General.

Like most hotly-contested political battles, the close race generated even closer scrutiny.

National political analyst David Wasserman, with the Cook Political Report, thought there were anomalies in the absentee ballot totals for Fairfax County, which had been expected to vote strongly Democratic.

Wasserman took to Twitter with his evidence, pointing out there must be absentee ballots missing in Fairfax County, because the percentage of requested absentee ballots that had been returned and reported on election night was much lower than the percentage of other counties. Wasserman and others noticed that there were abnormally low totals in the 8th Congressional District, which includes Bailey's Crossroads.

"Are we supposed to buy that just 7 percent of voters in Bailey's Crossroads who requested an absentee ballot actually voted? Preposterous," Wasserman concluded in one tweet.

Meanwhile, Brian Schoeneman, the senior GOP appointee to Fairfax County's three-member Electoral Board, was in the midst of a post-election canvass, his first since being appointed to the board last spring. Essentially, a canvass is checking and double-checking Election Day votes, the purpose of which is to catch inevitable human errors.

Schoeneman, a well-known Fairfax attorney, Republican blogger and former Bush staffer, had been posting tweets and Facebook messages on Election Day to make the process as transparent as possible for voters.

He had also been reading the tweets from Wasserman and others. Finding no evidence of a discrepancy after an initial review, he tweeted a reply.

"To respond to rumors going around, there are zero - o - ZERO uncounted absentee ballots in Fairfax County. We completed our



Brian Schoeneman, Secretary of the Fairfax County Election Board, at his "day job" as an attorney in Fairfax County.



Brian W. Schoeneman
@BrianSchoeneman



To respond to rumors going around, there are zero - o - ZERO uncounted absentee ballots in Fairfax County. We completed our count last night

Reply Retweet Favorite More

Brian Schoeneman, Secretary of the Fairfax County Election Board, took to Twitter throughout Election Day and in the days following the election, to communicate with political observers who questioned the discrepancy between requested absentee ballots and actual vote counts in the statewide elections. Schoeneman's now infamous "zero" tweet, posted on Wednesday, Nov. 6, went viral and sparked a fast and furious twitter sphere debate.

count last night," Schoeneman posted on Wednesday, Nov. 6, at 2:33 p.m.

The "zero" tweet instantly went viral.

Over the next 36 hours, the twitter sphere exploded as hundreds of followers jumped into the fray, providing numbers, offering theories, and, at times, hurling partisan insults.

Wasserman and Ben Tribbett, a Fairfax County Democratic operative who writes the political blog "Not Larry Sabato," kept peppering Schoeneman with numbers showing abnormally low totals for

absentee ballots.

Schoeneman, in an effort to be "hyper-transparent," encouraged the crowd sourcing by engaging followers with real-time status reports.

At 7:40 p.m. on Thursday, Nov. 7, Schoeneman tweeted:

"I'm working on figuring this out as we speak ... Nobody's being rude. Dave is keeping me honest, which is fine."

A half hour later, at 8:14 p.m., Schoeneman sent out a "Houston, we have a problem" tweet:

"I've talked to the GR (general registrar) and we are working on



PHOTO BY VICTORIA ROSS/THE CONNECTION

Brian Schoeneman in his Fairfax townhome with his cat, Howie. His favorite portrait of Revolutionary hero George Washington hangs above the fireplace.

Brian Schoeneman — At a Glance

Hometown: Born in Baltimore and raised in Pennsylvania, Schoeneman came to the D.C. metropolitan area to attend The George Washington University, where he earned two degrees. He moved to Fairfax County in 2007.

Education: B.A. in political science, George Washington University, 2001. Master's degree in political management, George Washington University, 2004; Law degree, Catholic University School of Law, 2011

Family: Married to KayAnn, the communications director for the Fairfax Chamber. The couple live in Fairfax with their 3 1/2 year-old son Nick and cat, Howie.

Public Office: Schoeneman served in President George W. Bush's administration as special assistant and senior speechwriter to Secretary of Labor Elaine L. Chao from 2008 to 2009. In that capacity, he served as the Secretary's lead liaison to organized labor and as a member of her senior staff. In the 2011 election, he ran against state Del. David Bulova, a Democrat, but failed to capture the 37th house district seat.

Profession: Schoeneman earned his law degree at Catholic University.

He is the legislative director for the Seafarers International Union of North America, a maritime labor union. Schoeneman is co-owner and an active blogger for the right-leaning political blog Bearing Drift.

Membership & Affiliations: Member of the historic St. John's Episcopal Church on Lafayette Square; Catholic University Law Review, published The Scarlet "L" - Have Recent Developments in Lobbying Regulation Gone Too Far?; vice president of the Wescott Ridge Homeowners Association; an active freemason, he has served as an officer in John Blair Lodge #187; member of the International Propeller Club of the United States, where he serves on the Board of Governors of the D.C. Chapter; founding member of the GW Graduate School of Political Management Alumni Association, and served as its first president; communications director for the Fairfax County Republican Committee in 2010 and former general counsel for FCRC from 2012 to March 2013. He is a member of the American Bar Association, the Fairfax Bar Association and the Federalist Society.

this as we speak — I am convinced now too that there is an issue."

"It was my worst nightmare as an election official, the perfect storm of events," Schoeneman said last week. "During the canvass, we spent most of the day catching little errors, and we didn't realize we had a glaring error."

Votes were temporarily underreported when a voting machine in Bailey's Crossroads malfunctioned early on Election Day. Although the machine was later repaired, an election official grabbed the totals generated when the machine broke down, rather than the final tally — a much larger number for Herring.

Schoeneman's transparency and his willingness to explore what went wrong on election night thrust him into the epicenter of partisan politics.

While his actions earned him the respect of many Democrats, both locally and nationally, Schoeneman also earned the wrath of some in his own party,

who weren't happy that Fairfax County's revised count turned the tide in favor of Democrat Mark Herring.

"Anyone who knows Brian knows that he is honest to a fault, and will do everything in his power to make the (election) process as fair and transparent as possible," said Cameron Quinn, Fairfax County's general registrar.

Chris Sanders, a local Twitter follower, said he was impressed by Schoeneman's candid responses during the election. "He is a stand-up guy, even though we don't have the same politics," Sanders said.

On Nov. 25, the Virginia State Board of Elections certified election results with Herring defeating Obenshain by a mere 165 votes out of more than 2 million cast statewide. Obenshain has requested a recount, which is expected to be held in mid-December.

The "found" absentee ballots

SEE ELECTION, PAGE 6

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Election Aftermath: 'Getting it Right in Fairfax'

FROM PAGE 4

and the approved provisional ballots resulted in a 975-vote new swing in favor of Democratic nominee Mark Herring. In fact, the additional votes from Fairfax County were the single biggest factor in Herring edging out Obenshain in the final certified tally.

The headline-making story spawned conspiracy theories by political activists on both sides of the aisle. While Schoeneman said he was just doing his job by making certain that every vote counted, others in his party saw it differently.

Jeanine Martin, on The Bull Elephant blog, asked "Why is Brian Schoeneman, who purports to be a Republican, helping Democrats by extending this deadline?"

Martin was referring to the Election Board's unanimous decision to extend the provisional ballot deadline through Tuesday, Nov. 12, a full week after the Nov. 5 election, while other Virginia counties were adhering to a deadline at 1 p.m. on Friday, Nov. 8.

That decision earned Schoeneman the scorn of Republican party officials throughout the state.

"What happened in Fairfax over the last week, culminating in tonight's announcement of a reversal in fortunes of the Virginia Attorney General candidates, was a travesty," wrote Steve Albertson, vice chairman of the Stafford County Electoral Board, in his blog. "... In doing so they raised a giant middle finger to the rest of us."

Schoeneman said it stung to have members of his own party question his integrity.

"These folks knew better. They've worked with me for years, and they know I'm honest and willing to address any complaints.

"One of the downsides to politics is that there are some folks — and they exist on both sides of the aisle — who want to turn everything into a 'good vs. evil' battle where everybody with one letter after their name is good and the other side is evil," Schoeneman said.

Schoeneman also said there were some Republicans who questioned his attempts at transparency and responsiveness through

social media such as Twitter and Facebook.

"When I made that 'zero' tweet, I was trying to tamp down the rumors that we had missing ballots or missing votes — and by missing I mean physically not present, like a box of ballots lying around somewhere that hadn't been counted. I had confirmed with the staff that this wasn't the case," Schoeneman said.

"And I was right," Schoeneman added, "we didn't have missing ballots. We did have a major tabulation error that inadvertently left 3,000 or so votes off the results sheet, which we caught and corrected. So both sides were right — there were votes that hadn't been reported, but my tweet was also accurate, because we didn't have any missing ballots that hadn't been counted in the 8th."

Looking back on election night, Schoeneman said he doesn't re-

8th District Central Absentee Precinct had that information, they could have figured out right away that their numbers were off," he said.

Ironically, it wasn't supposed to be Schoeneman sitting in that hot seat this highly partisan election.

Last February, Schoeneman was representing the Fairfax County Republican Committee in a lawsuit stemming from the 2012 election when the term of election board member Hans von Spakovsky, a Republican former member of the George W. Bush administration, was up.

Von Spakovsky, a political lightning rod for his controversial research on voter fraud, was the local Republican Party's first choice to remain on the board. Although it's almost unheard of for the panel of circuit court judges to refuse a party's first choice, the panel bypassed von Spakovsky.

"I hope I was able to do that for a few people on the left — prove to them that there are Republicans out there who care about the rules, getting it right and being fair..."

**— Brian Schoeneman,
a Republican and Secretary of the Fairfax County Electoral Board**

gret his infamous tweet, or any other tweets that gave the public a chance to "see into the factory where the sausage is being made."

"When folks are that cynical, it's hard to crack through to convince them that their preconceived notions about politics are wrong. I hope I was able to do that for a few people on the left — prove to them that there are Republicans out there who care about the rules, getting it right and being fair ... I want the average voter to know that their vote counts."

Asked if he would do anything differently on election night, Schoeneman replied that he thought the process could be improved with enhanced communication to election chiefs.

"The one thing I know we need to do differently and would have done differently is to get our chiefs and coordinators the spreadsheet we had that included all of the mail-in absentees and absentee-in-person ballots cast by Congressional District. Had our folks in the

Instead, they picked the party's second choice: Brian Schoeneman.

"Did I ever think I'd be sitting here as an election officer? No, absolutely not. But I'm here, and I'm committed to transparency. Call it 'Getting it right in Fairfax.' That's kind of my new slogan," Schoeneman said, smiling.

An avid Orioles fan, Schoeneman compared the events of election night, and the subsequent fallout from the Attorney General's saga to the World Series.

"We had a good night on Tuesday night, and a couple of nights where I thought we were in real trouble, but we patched things together and got it done," Schoeneman said. "Given that we didn't completely wrap up the process until 10 minutes before the deadline on Tuesday the 12th, the whole process felt like coming down to the last pitch of the last inning of Game 7 of the series, and having your guy hit a walk off single to win the game. And it was that stressful the whole time, too."

OBITUARY

Grace Jarman Dawson, 93, Dies

During the 1960s, Grace Dawson played a key role in the acquisition and early development of Frying Pan Park.

On Wednesday Nov. 27, Grace Jarman Dawson, 93, died peacefully at home in Purcellville, Va. She was born on June 3, 1920 in Crozet, Va. to Mattie and George Jarman, one of seven children. Her life was marked by love for family and friends and by the remarkable value system, spirit, and ethic of accomplishment she passed on to all. She and her husband Laurence Dawson, who died in 1987, were married for 46 years and shared a deep commitment to marriage and family.

She was always present and supportive in the lives of her five children and taught by example. She was the Cub Scout leader, little league organizer, 4-H Club leader, Pony Club leader, Herndon High School class mom, and US Eventing Association organizer. To her grandchildren she was friend, teacher, and role model during summer vacations on the farm. She collected friends throughout her life and deeply valued these remarkable shared relationships. Her motto of "no such word as can't" carries on in the lives of so many.

She is survived by her sister June L. Cleveland; children: Laurence A. Dawson, Jr (Santee), George W. Dawson (Rosemary), Lewis D. Dawson, Patricia D. Foos (Rob) and Phyllis M. Dawson; by grandchildren Cami Boyd (Randy), Stacy Stearns (Jonnie), Gwendolyn Dawson (Ba Nguyen), Jacob Foos, Nicholas Dawson, Heather (Rick) Burman. Mitchell (Amy) Foos, Linden Foos, and David Dawson; and by great grandchildren Grace Burman, Phyllis Stearns, Mikaela Foos, Chipper Burman, Sarah Nguyen, Matthew Foos: by Jineen Reed (Mike) who was like a daughter to her and by so many close friends.

She was predeceased by her siblings Anna May Keifer, Walter Massey Jarman, John Ballard Jarman, Margaret M



Grace Jarman Dawson

Lewis, and Charles Russell Jarman.

She and her husband resided in Great Falls, Va. from 1951 until 1987. He was employed by the U.S. State Department. Together they were also instrumental in real estate development and life in the community. During the 1960s as a volunteer 4-H club leader she played a key role in the acquisition and early development of Frying Pan Park and served in key state wide 4-H Club leadership roles.

During the 1970s she served as District Commissioner and Regional Supervisor in the US Pony Club, in the 1980s she helped organize and produce equestrian competitions sanctioned by the U.S. Eventing Association, notably Difficult Run Pony Club Horse Trials and the Morven Park Horse Trails. Her legacy includes building many of the cross-country jumps still in use.

In 1987 after her husband's death, she and her daughter, Phyllis Dawson, moved to Hillsboro, Va., where they developed Windchase, an equestrian center with an international reputation.

A public service celebrating her life was held on Sunday, Dec. 1 at the Great Falls United Methodist Church. Adams Green Funeral Home of Herndon provided services and is receiving floral arrangements or alternatively donations may be made in Grace's name to the Amboseli Trust for Elephants at www.elephanttrust.org or call 508-783-8308.

BULLETIN BOARD

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

WEDNESDAY/DEC. 4

Vienna Photographic Society Meeting. 7:30-9:30 p.m. Thoreau Middle School, 2505 Cedar Lane, Vienna. Irene Sacilotto will speak. Sacilotto has led numerous tours through Osprey Photo Workshops and Tours, and has conducted many photographic workshops for zoos, nature centers, and organizations like the National Wildlife Federation. www.vpsva.org

THURSDAY/DEC. 5

The Great Falls Writer's Group. 11 a.m. - 12:45 p.m. Great Falls Public Library, 9830 Georgetown Pike. Guest speaker, Laura Wickstead, executive director of Fairfax County Public Library's Virginia Room will be present.

FRIDAY/DEC. 6

Brain Science, 21st Century Skills and Education. 6:30 p.m. - 8:15 p.m. Vienna Community Center, 127 Center Street S., Vienna. \$10 per ticket. RSVP to office@fioremontessori.com

SATURDAY/DEC. 7

Blanket Collection. 9-5 p.m. 2719 Hunter Mill Road, Oakton. The

Oakton meetinghouse of The Church of Jesus Christ of Latter-day Saints will serve as a local collection point for a county effort to donate blankets to refugees of the Syrian Civil War now residing in Turkey. Bring washed and folded blankets (new or gently used). hizmetrelief.org/syrian-refugees.

SUNDAY/DEC. 8

Worm Composting. 2-3:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn about Worm composting, which is a type of vermiculture that is a natural method of recycling food waste. Reservations required by Dec. 5. Fee: \$35/Bin RA members; \$40/Bin Non-members. naturecenter@reston.org

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OPINION

Who Will Be Hurt?

Innovations, changes and cuts designed to help the budget should be subject to analysis of how they will affect those on the short end of the economic and digital divide.

As Fairfax County faces a tight budget year and Fairfax County Public Schools consider significant cuts, clearly some changes are going to affect services on the ground.

As various proposals emerge, there should be some specific analysis of how changes, innovations and cuts would affect the poorest one-third or so of the county's residents specifically.

The schools, along with certain county agencies, must take special note of their mission, including providing services to families who are on the short side of the economic and digital divide. Elimination of print notices and newsletters, conversion to digital textbooks, use of internet-based surveys are just examples of small innovations that can leave many resi-

dents behind.

In another example, it is disturbing that ongoing concerns about Fairfax County libraries do not include a clear statement of mission to serve families and individuals who lack access to broadband internet at home.

EDITORIAL

In Fairfax County, where nearly 20 percent of the households have annual income of under \$50,000, about 8 percent live below the poverty line and more than 47,000 public school students are poor enough to qualify for subsidized meals, the public libraries are indispensable. Access to library resources goes beyond books, and includes the very digital access that many people cite as a threat to libraries. Public access to information via computers and Internet for those who do not have other access is a

critical service, and should be clearly defined as a critical mission of the libraries.

According to a 2010 report, Opportunity for All: How the American Public Benefits from Internet Access at U.S. Libraries, funded by the Bill and Melinda Gates Foundation: 44 percent of people in households living below the federal poverty line (\$22,000 a year for a family of four) used public library computers and Internet access; among young adults 14-24 in households below the poverty line, 61 percent used public library computers and Internet for educational purposes; among seniors 65 and older living in poverty, 54 percent used public library computers for health or wellness needs.

The report also notes: "This access has also proven to be critical in times of disaster, where libraries may be the only access point still operating that can provide a delivery point for government and social services to those displaced."

Budgeting and restructuring must take into consideration the disproportionate effect of cutting services on lower income households especially.



PHOTOS CONTRIBUTED

Biscuit was adopted in August by Faisal and Mary Ann Rashid of Oakton, and their two school-age children, Julia and Sam.



Biscuit with his rescuer, Fairfax County Animal Control Officer Enna Lugo.

The Latest on Biscuit

The little Shih Tzu finds a loving home in Oakton.

adopted and is adjusting well to life in his new home.

After being rescued last April, he spent several months in foster care with Officer Lugo and was adopted in August by Faisal and Rashid of Oakton, and their two school-age children, Julia and Sam.

Biscuit, the little Shih Tzu who survived on his own for more than two years in the Franconia Community and was rescued by Fairfax County Animal Control Officer Enna Lugo, staff and volunteers of the Fairfax County Animal Shelter, has been

According to Mary Ann Rashid, Biscuit has become comfortable and even protective of his family over the past several months. "He and I walk the kids to the bus every morning and he waits for them

to come home."

She reports that his favorite activity is cuddling with the family during TV time and that he sleeps under the parent's bed, much like he slept underneath a porch dur-

ing his two years roaming free.

Officer Lugo is thrilled with the match. "I can't believe how much he's bonded with his new family! He's found the loving home we always wanted for him."

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FAITH

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

Immanuel Presbyterian Church's annual Christmas Cantata, open to the public, will be presented at 9 a.m. and 11 a.m. on Sunday, Dec. 8 at the church's Savile Lane sanctuary.

The cantata's theme this year is Mary and the role she played in the birth of Jesus. "The Handmaid of the Lord" was composed by Immanuel's Music Director, Brian E. Wilhour, and he will conduct the church's choir and chamber orchestra.

Wilhour, a published composer of liturgical music, has been a guest performer with the Washington Chamber Symphony at the Kennedy Center for the Performing Arts. He was an invited solo recitalist on the Great Organ of the Washington National Cathedral.

Typically, Wilhour draws from many sacred and secular sources when he composes. This year's Christmas Cantata, for example, has borrowed thematic material from the ancient Gregorian chant melody of "Ave Maria," texts from a 16th-century lute book, and text from a traditional Irish Christmas carol, "Nowell, Nowell!"

Historic Antioch Christian Church, 1860 Beulah Road in Vienna, invites the community to come and Go Sing-Along Coffee House. Great musicians will share music. Join us for a selection of delicious coffees and sweets, fun singing, and for an opportunity to see inside our beautiful chapel. Photos will be taken for your family Christmas card. Free. Children can ring the historic church bell. Saturday, Dec. 14, 1 - 3 p.m., 1860 Beulah Road, Vienna. All are welcome. For more information go to www.antiochdoc.org

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.

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HOLIDAY GIFT GUIDE



Elaine Singer of Great Falls enjoys her manicure with Zee. Singer, owner of Plato's Closet Dulles, is hosting a special event at Great Falls Nails & Spa on Wed., Dec. 4 from 2-6 p.m.



Owner Sarah Kirk, left, and jewelry designer Patricia Barta with a selection of purses and other leather goods, Italian silk scarves and Patricia Barta jewelry are available at The Saddlery.



Owner Linda Waitkus visits with Helen Kotch of Leesburg among the many holiday gift items available at Great Dogs of Great Falls, in the Great Falls Center "Safeway" shopping center, 9859 Georgetown Pike.

PHOTOS BY JEAN T. JIANOS/THE CONNECTION

Best of Both Worlds, Holiday Gifts and Local Connections

Holiday on Parade at The Saddlery, Great Falls Nails & Spa, and Great Dogs of Great Falls.

By JEAN T. JIANOS
THE CONNECTIONS

THE SADDLERY at 731-E Walker Road in Great Falls is well-stocked with reasonably priced holiday gifts that range from Patricia Barta custom designed Greek leather and cubic zirconia magnetic clasp bracelets to equestrian themed items like Breyer horses, including the 2013 holiday horse, "Holiday on Parade." "We love to work with local designers. We have a book from a local author," said owner and Great Falls resident Sarah Kirk. "It's a community store," adds Kirk, "that's the most important thing to us." Kirk considers The Saddlery a natural community gathering place. While Kirk often hires local high school students, some employees have been with The Saddlery from the time it opened 30 years ago.

The Saddlery's large selection of children's and adult clothing and accessories includes basics such as sweaters, hoodies and zippered pullovers, and outerwear, gloves and hats; affordable luxuries such as leather goods, Italian silk scarves and Patricia Barta custom designed jewelry; and whimsical gifts such as "fabulously fluffy, sox for a fox," Fluff Monkey boot trees, and Cowboy Magic with



To pamper yourself and others for the holidays follow the sign just around the corner to Great Falls Nails & Spa at 731 Walker Road.

Rosewater hair care products, suitable for humans and formulated for hard, well water. Custom laser engraving is available to personalize a holiday gift with a monogram or to brand corporate gifts with company logos.

ALSO AT 731 WALKER ROAD is Great Falls Nails & Spa. His or Her Spa Packages with lunch, or Mini Packages with a refreshing snack and beverage are available in addition to the extensive offerings of nail salon, spa massage and facial, and manicure/pedicure ser-

vices. The Spa Packages offer a discount over Individual services priced separately. They are running a discounted special on Eyelash Extensions for the holidays. Manicure/Pedicure and nail services are also available for children. Gift Cards and nail polish in a favorite shade could make perfect Stocking Stuffers.

Great Falls Nails & Spa also likes to partner with local business owners. On Wed., Dec. 4 from 2-6 p.m., Plato's Closet Dulles, owned by Great Falls resident Elaine Singer,



The Saddlery at 731 Walker Road in Great Falls carries leather goods, reasonably priced Italian silk scarves, outerwear and other luxury clothing items and accessories.

is hosting an event at Great Falls Nails & Spa where Plato's Closet Dulles staff will be selling and buying gently used designer clothing and accessories.

GREAT DOGS OF GREAT FALLS, in the Great Falls Center "Safeway" shopping center, 9859 Georgetown Pike, has the feel of an old fashioned general store. Owner Linda Waitkus is a Great Falls resident who seems to know everyone and their pets. "That's what's so great about Great Falls,"

says Waitkus, "and that is what is so wonderful about us and our store, we are local. I have such loyal, wonderful customers." Holiday themed pet toys and accessories include ALQO Wasi dogwear hand knit in Peru with soft Alpaca Fiber. Pets will look their holiday best after a Spa Day at Great Dogs Grooming Salon.

Waitkus also notes that, "we have some great gifts for people," including machine washable, Jellybean indoor/outdoor rugs,



Great Dogs Owner Linda Waitkus assists a customer with a machine washable, Jellybean indoor/outdoor rug. Picture frames, ceramic biscuit jars and 2013 Fiesta ware ornaments also make great gifts.

picture frames, ceramic biscuit jars and 2013 Fiesta ware ornaments. In addition, you can stop by Great Dogs for tickets to the Woman's Club of McLean Holiday Homes Tour on Dec. 5, or to purchase the 2013 White House Christmas Ornament from which all proceeds benefit the Great Falls Friends & Neighbors. Chances are you will bump in to one of your own Great Falls friends and neighbors. As Waitkus says, "it's a fun store."

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WELLBEING

The Holiday Blues: Cope and Prevent

Mental health experts say being realistic and seeking support can help you avoid holiday stress and depression.

BY MARILYN CAMPBELL
THE CONNECTION

While the holiday season is filled with parties, shopping, decorating and other festive activities, mental health experts say it often brings unwelcome guests as well: stress and depression.

While they can be difficult to manage when one is in the midst of a bout, with a few strategies one may be able to prevent both before they ruin the holiday season.

Frederic Bemak, Ed.D., a professor in counseling and development at George Mason University in Fairfax, said causes of stress and depression during the holidays can include difficult family dynamics or issues such as illness, death of family members or changes due to marriage or divorce.

"People need to have open and clear dialogues about those issues," said Bemak. "Anticipatory conversations about those issues in advance is better than arriving and then saying 'Now what do I do?'"

Bemak advises managing one's own issues first. Sometimes that means seeking professional help. "Gain an understanding of your issues and behaviors," he said. "If you have had a difficult relationship with a family member, you have to work on that for yourself and ask yourself 'How do I handle those things when these issues come up?' so you don't get pulled back into behavior patterns that are unhealthy."

Bethesda-based psychotherapist Karen Soltes, a licensed clinical social worker who treats military veterans, said while spending time with family can be challenging, a lack of familial connection can also pose obstacles.

"During the holidays, it is hard for people who don't have family," said Soltes. "A lot of veterans I work with are disconnected from their families and are lonely because they don't have family to be with."

Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington, said high expectations can lead to anxiety and sadness as well. "Some people feel this need to spend a lot of money, which can contribute to stress, especially with parents and children," she said. "They have unrealistic expectations which can lead to profound disappointment."

In addition to dealing with possible causes, recognizing the warning signs of stress and depression can help prevent serious bouts. "One big sign that your mood is being affected is trouble with sleeping," said Gulyn. "Senses of hopelessness, guilt, regret or other kinds of negative feelings are signs, as well as overeating and alcohol or substance abuse. You're also more likely to be more agitated with other people."

Shorter days and less sunlight are other contributors. "The holidays happen to fall in winter where



Bethesda-based psychotherapist Karen Soltes enjoys a conversation with her friend Linda Feldman. Mental health experts say spending quality time with friends can help relieve holiday-induced stress and depression.

"Some people feel a need to spend a lot of money during the holidays or have unrealistic expectations, which can lead to profound disappointment."

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

we're more likely to have our moods affected by lack of light," she said. "That is our brain's response to reduced sunlight, which we need very much."

If one feels the warning signs of stress or depression, there are behavior modifications that can help ward off both. "Watch the alcohol consumption," said Gulyn. "Get as much activity and sunlight as possible and try to modify your expectations."

However, Gulyn says that at the top of her list is social support. "Have interactions with other people who can keep you active or give comfort, advice, fun or joy," she said. "Exercise is great, meditation is great, but nothing beats spending quality time with friends."

Soltes said, "I tell people to put themselves at the top of their Christmas list and give as generously [to] and nurture themselves as they do others in their lives. That could mean having a 'staycation' like staying at home in your pajamas and watching your favorite movie on Netflix."

Arlington fitness trainer Christian Elliot guides Patty McAndrews through strength training exercises. Experts suggest exercising before a holiday event where rich foods will be abundant.



PHOTO COURTESY NINA ELLIOT

Staying Fit During the Holidays

Staving off extra pounds during the season of sweets.

BY MARILYN CAMPBELL
THE CONNECTION

Patty McAndrews works out with a trainer twice a week at of TRUE Health and Wholeness in Arlington. She found that restarting her fitness regimen about two months ago has strengthened her abdominal muscles and toned her body. A threat to her fitness looms, however: the holidays and the food and festivities that come with them. McAndrews plans to continue her workout schedule to combat the traditional holiday weight gain.

"I am excited about the working out during the holidays because it gives me the freedom to indulge," she said.

From eggnog and chocolate truffles to Yule logs and Linzer cookies, the holidays bring an onslaught of sugar-filled delicacies. Those who find it hard to resist multiple servings of Italian trifle at an office party or chocolate-covered gingerbread men at a cookie exchange might be kicking themselves for over-indulging come January, however.

To keep that from happening, local nutrition and fitness experts share their tricks for staying in shape and helping their clients do the same during the sweetest time of the year.

"It is a very hard time of the year, even for me," said Professor Lisa Pawloski, Ph.D., chair of the Department of Nutrition and Food Studies at George Mason University in Fairfax. "Everyone has challenges. There is food everywhere. Office parties are filled with fatty food. There are dishes filled

with candy all around the office this time of year."

Pawloski believes bringing calm to the holiday bustle can aid in fitness. "It is important to reduce your stress so that you don't over consume," she said. "Many people react to stress by overeating."

Planning ahead is one strategy to avoid gluttony during holiday gatherings. "Think about nibbling on small amounts of healthy food throughout the day to fill you up a bit instead waiting on a big meal to fill you up," said Michael Nordvall, Ed.D., professor of health and human performance at Marymount University in Arlington. "Take your time while you're eating, chew slowly, eat slowly. The slower you eat, the less food you end up eating because you will get fuller sooner."

Loading up on nutritious nibbles in advance of a big event might make platters of pound-packing fare appear less appealing. "When it comes to holiday parties or buffets, eat something healthy before you go so you're not feeling overly hungry," said Pawloski. "Think about eating protein and whole grains because high-fiber food will allow you to feel fuller for a longer period of time."

"My personal philosophy is for people to enjoy themselves at a party," said Nina Elliot of TRUE Health and Wholeness in Arlington. "Have some of everything, but don't go back for seconds. Don't be obsessed with the food, move through the crowd, focus on enjoying the people who are there."

SEE TIPS, PAGE 13

COMMUNITY

Blanket Collection for Syrian War Refugees

A “Blankets for Refugees” project has been initiated in Fairfax County to provide comfort and warmth for the many Syrian war refugees in Turkey. There are currently over 2 million Syrian war refugees, mostly women and young children, living in temporary refugee camps with little viable means of keeping warm in the approaching bitter winter weather. Numerous faith organizations have been invited to participate and all Fairfax County residents are invited to contribute to those in desperate need. Most of the refugees fled the violence with nothing more than the clothes on their backs and have only donations and the kindness of others to sustain life and family cohesiveness.

Background information: Fairfax County has a sisterhood relationship with the city of Keçiören in Ankara, Turkey. A delegation from Northern Virginia recently visited Turkey as part of a cultural exchange program with the American Turkish Friendship Association, a sponsor of the drive. Part of that trip included a visit to a Syrian refugee camp. Some delegation members from that trip, including Purcellville Mayor, Bob Lazaro, and Northern Virginia Regional Commission Director, Mark Gibb, have initiated the blanket drive in the region.

Under direction of the Fairfax County Board of Supervisors Chairman, Sharon Bulova, and in conjunction with Hizmet Relief (www.hizmetrelief.org) headquartered in Carlstadt, N.J. (formerly Helping Hands Relief Foundation), an effort has been organized to collect and provide blankets for refugees from the Syrian civil war. Paxton Van Lines has agreed to provide boxes, trucks and transportation for shipping. Anyone wishing to participate can donate new or freshly laundered, gently used blankets to one of the

several collection points, to include:

- ❖ Offices of Board of Supervisor members on weekdays and during business hours during the week beginning Dec. 2 and no later than Dec. 5.
- ❖ Office of Chairman Sharon Bulova
12000 Government Center Parkway, Suite 530, Fairfax, VA 22035
- ❖ Office of Mason District Supervisor Penelope A. Gross
6507 Columbia Pike, Annandale, VA 22003
- ❖ Office of Braddock District Supervisor John C. Cook
9002 Burke Lake Road, Burke, VA 22015
- ❖ Office of Dranesville District Supervisor John Foust
6649-A Old Dominion Drive, McLean, VA 22101
- ❖ Office of Lee District Supervisor Jeffrey C. McKay
6121 Franconia Road, Alexandria, VA 22310
- ❖ Office of Mt. Vernon Supervisor Gerald W. Hyland
2511 Parkers Lane, Mt. Vernon, VA 22306
- ❖ Office of Springfield Supervisors Pat Herrity
6140 Rolling Road, Springfield, VA 22152
- ❖ Office of Sully District Supervisor Michael Frey
4900 Stonecroft Boulevard, Chantilly, VA 20151
- ❖ Office of Hunter Mill District Supervisor Catherine Hudgins
12000 Bowman Town Drive, Reston, VA 20190
- ❖ The meeting houses of the Church of Jesus Christ of Latter-day Saints (LDS) will also be used as collection points on Dec. 7, between 9 a.m. and 5 p.m. at the following locations:
- ❖ Annandale Stake Center
3900 Howard St, Annandale VA 22003
- ❖ Ox Road Chapel
4911 Ox Road, Fairfax VA 22030
- ❖ Sydenstricker Chapel
6942 Sydenstricker Road, Springfield VA 22152
- ❖ McLean Stake Center
2034 Great Falls Street, Falls Church, VA 22043.
- ❖ Mount Vernon Stake Center
6219 Villa Street, Alexandria, VA, 22310
- ❖ 23rd Street Chapel
745 23rd Street South, Arlington, VA 22202
- ❖ Oakton Stake Center
2719 Hunter Mill Road, Oakton, VA 22124

Blankets will be taken to a central gathering point on Dec. 7 when they will be boxed for shipping to Turkey for delivery and distribution in the camps by a local relief agency.

Tips on Staying Fit

FROM PAGE 12

When faced with a large spread of tantalizing eats, be selective. “You have to ask yourself, ‘Is it worth the calories?’ Since there is such a variety, being picky is important,” said Pawloski. “Go after the food you really enjoy. There is research that shows that when you eat food you enjoy, you secrete more of the digestive enzymes and you absorb more nutrients of those particular foods.”

Resist the urge to clean your plate. “Most people will pile on as much food as they can and feel the requirement to finish everything,” said Nordvall. “Start with smaller portions.”

While libations can add merriment to a holiday party, they can also add pounds. “For the adults, things like alcoholic beverages and eggnog can slow you down, make you drowsy,” said Nordvall. “One of the worst things that can happen after a big meal is to fall asleep because your metabolism slows down.”

When it comes to sit-down dinners with family and friends, both Pawloski and Nordvall suggest loading up on low-calorie liquids

and moving around. “Have water or some broth before you eat a meal,” said Pawloski. “That will actually make you feel a little full.”

“Going on a walk with your family after a big meal will increase metabolism and help with digestion,” said Nordvall.

Elliot even recommends that those concerned about maintaining fitness consider hiring a trainer for the holidays. “Maybe four sessions during the month of December, once a week, for weight training specifically,” she said. “Have a session right before a big party where you know there is going to be rich food.”

Elliot says that weight training is important to maintaining muscle mass and reducing stress. “Most people can go for a run, but what is often lacking is proper utilization of weights,” she said. “People with more muscle mass have a higher metabolism because muscles are energy demanding.”

Her husband, Christian Elliot, fellow trainer and co-owner of TRUE Health and Wholeness, said, “One of the great benefits about strength training is how it boosts the client’s self confidence.”

FAITH NOTES

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

Immanuel Presbyterian Church’s annual Christmas Cantata, open to the public, will be presented at 9 a.m. and 11 a.m. on Sunday, Dec. 8 at the church’s Savile Lane sanctuary.

The cantata’s theme this year is Mary and the role she played in the birth of Jesus. “The Handmaid of the Lord” was composed by Immanuel’s Music Director, Brian E. Wilhour, and he will conduct the church’s choir and chamber orchestra.

Wilhour, a published composer of liturgical music, has been a guest performer with the Washington Chamber Symphony at the Kennedy Center for the Performing Arts. He was an invited solo recitalist on the Great Organ of the Washington National Cathedral.

Typically, Wilhour draws from many sacred and secular sources when he composes. This year’s Christmas Cantata, for example, has borrowed thematic material from the ancient Gregorian chant melody of “Ave Maria,” texts from a 16th-century lute book, and text from a traditional Irish Christmas carol, “Nowell, Nowell!”

Historic Antioch Christian Church, 1860 Beulah Road in Vienna, invites the community to come and Go Sing-Along Coffee House. Great musicians will share music. Join us for a selection of delicious coffees and sweets, fun singing, and for an opportunity to see inside our beautiful chapel. Photos will be taken for your family Christmas card. Free. Children can ring the historic church bell. Saturday, Dec. 14, 1 - 3 p.m., 1860 Beulah Road, Vienna. All are welcome. For more information go to www.antiochdoc.org

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Assembly of God
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Cristo Es Mi Refugio
... 703-675-0144
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Baha’i Faith for
Northern Virginia
... 703-821-3345
Baptist
Global Mission Church
... 703-757-0877
Peace Baptist Church
... 703-560-8462
Bethel Primitive Baptist Church
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Fellowship Baptist Church
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First Baptist Church
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703-757-0877
Vienna Baptist Church
... 703-281-4400
New Union Baptist Church...
703-281-2556
Church of the Brethern
Oakton Church of the Brethern
... 703-281-4411
Catholic
Our Lady of Good Counsel ...
703-938-2828
St. Athanasius Catholic Church
... 703-759-4555
St. Mark’s Catholic Church
... 703-281-9100
Charismatic
New Song Church
... 703-698-9777
Church of Christ
Berea Church of Christ
... 703-893-7040

Disciples of Christ
Antioch Christian Church
... 703-938-6753
Episcopal
Church of the Holy Comforter
... 703-938-6521
Church of the Holy Cross
... 703-698-6991
St. Francis Episcopal
... 703-759-2082
Jehovah’s Witness
Jehovah’s Witnesses
... 703-759-1579
Lutheran
Emmanuel Lutheran Church
... 703-938-2119
Christ The King Lutheran Church
... 703-759-6068
St. Athanasius Lutheran Church
... 703-455-4003
Methodist
Andrew Chapel United Methodist
... 703-759-3509
Church of the Good Shepherd
... 703-281-3987
The Vine Methodist Church
... 703-573-5336
Epiphany United Methodist
... 703-938-3494
Great Falls United Methodist
... 703-759-3705
Oakton United Methodist
... 703-938-1233
Vale United Methodist
... 703-620-2594

Smith Chapel United Methodist
... 571-434-9680
Wesley United Methodist
... 703-938-8700
Non-Denominational
Celebration Center
for Spiritual Living
... 703-560-2030
Presbyterian
Grace Orthodox Presbyterian Church
... 703-560-6336
Korean Central Presbyterian
... 703-698-5577
Vienna Presbyterian
... 703-938-9050
Quaker
Langley Hills Friends
... 703-442-8394
Seventh-Day Adventist
Northern Virginia
Christian Fellowship
... 703-242-9001
Vienna Seventh Day Adventists
... 703-938-8383
Unitarian Universalist
Congregation of Fairfax
... 703-281-4230
United Church of Christ
Emmaus United
Church of Christ
... 703-938-1555
Unity
Unity of Fairfax
... 703-281-1767





**McLean
Community
Center**
The Center of It All



Here's What's Happening at MCC



31st Annual McLean Holiday Crafts Show 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, ages 13 and younger.
Good all 3 days! • Take \$1 off with this ad.

More than 70 fine artisans from across the country convene for this highly-regarded and much anticipated juried show. Don't miss it!

Midday Movie Musicals "Funny Girl"

Wednesday, Dec. 11, 1 p.m.
Free admission

Theatre IV's "The Shoemaker and the Christmas Elves"

Saturday, Dec. 14, 2 p.m.
\$15/\$10 MCC district residents
Old Firehouse Teen Center

Winter Break Trips

Thursday, Dec. 26

Ripley's Believe it or Not,
Baltimore & Hard Rock Café

Friday, Dec. 27

Newseum, Fuel Restaurant,
Regal Gallery Place Cinema

Monday, Dec. 30

G-Force Karts

*Not able to take time off during the Fairfax
County Public Schools' winter break?*

*Sign your child up now
for these fun day trips for 5th-9th graders.*

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



1234 Ingleside Ave.,
McLean, VA 22101
703-790-0123, TTY: 711



HOLIDAY CALENDAR

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.

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.

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-



PHOTO BY ROBBIE HAMMER/THE CONNECTION

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

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.ischoolforthe future.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.

MONDAY/DEC. 9

JOY Concert. 7 p.m. McLean Bible Church, 8925 Leesburg Pike, Vienna. Grammy nominated Christian recording artist and effervescent

nationally syndicated radio show host Jaci Velasquez will perform.

TUESDAY/DEC. 10

JOY Concert. 7 p.m. McLean Bible Church, 8925 Leesburg Pike, Vienna. Grammy nominated Christian recording artist and effervescent nationally syndicated radio show host Jaci Velasquez will perform.

FRIDAY/DEC. 13

Free Concert & Living Nativity. 6:30-8:30 p.m. 1545 Chain Bridge Road, McLean.

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.

SUNDAY/DEC. 22

A Festival of Lessons & Carols. 9 a.m. & 11:15 a.m. St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Lessons will be read by parishioners, seasonal anthems presented by the choirs, and carols sung by the congregation.

WEDNESDAY/DEC. 25

Christmas Day Brunch at Entyse 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.

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

Send announcements to Great Falls@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/>.

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 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.

SATURDAY/DEC. 14

Vienna Volunteer Fire Department Auxiliary Pancake Breakfast. 8 a.m.-12 p.m. Vienna Volunteer Fire Department, 400 Center Street South, Vienna. Adults: \$8; Seniors 65+: \$7; Children under 12 \$6; Children 4 and under are free.

SUNDAY/DEC. 15

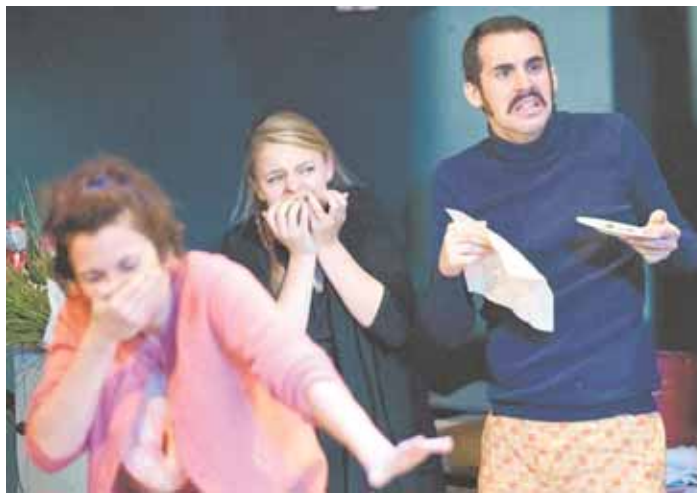
Breakfast Buffet. 8 a.m.-12 p.m. Vienna American Legion, 330 Center St., N., Vienna. Adults \$8, children \$3. 703-938-1379.

Country Western Dance. 4:30-5 p.m. West Coast Line Dance lesson; 5-5:45 p.m. beginner Country Western Two-Step lesson; 5:45-6:30 p.m. intermediate Country Western Line Dance lesson. 6:30 - 10 p.m. dance with Ed Cottrell as DJ playing a Country Western music mix. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. \$15 for the entire event. No experience or partner needed. www.colvinrun.org.

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.

Personalized ebook/e-Reader Instruction. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Learn about your e-reader and downloading eBooks; event



By TERESA CASTRACANE/COURTESY OF 1ST STAGE

From left: Kathleen Akerley, Kate Karczewski and Zachary Fernebok in 'Noises Off' at 1st Stage. The show runs through Dec. 29.

'Must-see' Absurd Nonsense

1st Stage presents 'Noises Off.'

By DAVID SIEGEL
THE CONNECTION

Good news. The cure for doldrums or just a plain-old bad mood is here. It is playing at 1st Stage, where a merry, talented band of actors take the audience on a frenetic, joyful, ride into the farce "Noises Off." The actors literally throw themselves into the production. They are unselfconsciously fearless in their pratfalls, spot-on with their comic timing and bring on a happy, silly bliss.

Not to take anything away from the actor; but the two-story, movable set by Steven Royal and his construction team, along with prop design by Cindy Jacobs and John Schlafstein's sound are worthy of their own applause.

What is "Noises Off" about? It is a look at what can go wrong when a group of people work together to get something accomplished. It is done as a play-within-a-play about a troupe of less than ready-for-prime-time British actors preparing for the opening of their next production. The concept; a first act takes places during the final dress rehearsal, a second act during the performance seen from backstage, and third act from the audience's perspective when just everything goes amok.

There are plenty of forgotten lines, pratfalls, lost props, missed cues, flubbing scenes and very personal connections making things more difficult and funny. "Noises Off" was written by Michael Frayn.

Under the assured direction

Where and When

"Noises Off" performed at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Performances thru Dec. 29. Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. and 7 p.m. Tickets: General admission: \$27. Seniors \$22. Students and Military \$15. For information and tickets visit www.1ststagetysons.org or call 703-854-1856.

of stage veteran Doug Wilder, the ensemble cast of Kathleen Akerley, Mario Baldesari, Blair Bowers, Zachary Fernebok, Jason Glass, Kate Karczewski, Dylan Myers and Matthew Pauli are confidently in tune with their comic selves. It takes smart actors with acting chops to "act" badly. They have it. They give in to the ridiculousness of their characters.

Their characters run the gamut of the Seven Dwarves without Snow White around. They are temperamental, forgetful, pompous, cheerful, confidence-challenged, emotional, over-sensitive, envious, over-worked, less-than-reliable, nervous and, of course, lingerie clad sexiness.

At the performance this reviewer saw, one of the original actors was ill; her role was performed by the director Wilder. Did it reduce the comic potency of the production, not on your life. He was a hoot; throwing himself into the action.

If you adored the absurdity of Monty Python or cut loose to see the humor in word confusions and well-choreographed chaos, with enough running to make you worn out just watching, with lost contact lens, plates of sardines and some dropped pants, then dash off to "Noises Off."

Support



BOYS & GIRLS CLUBS
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FAIRFAX COUNTY REGION

The mission of Boys & Girls Clubs of Greater Washington is to help boys and girls of all backgrounds, especially those who need us most, build confidence, develop character and acquire the skills needed to become productive, civic-minded, responsible adults.

BGCGW's Fairfax County region includes the Culmore Character Club and Murraygate Village Club, serving 582 members a year. On average, 120 youths come through the doors every day during the school year.



Meet Henry Lopez, 2013 National Boys & Girls Clubs Virginia Youth of the Year, who grew up with the BGCGW Culmore Character Club for 14 years. Henry now attends George Mason University on an Honor Scholarship studying computer engineering.

Join in our annual giving campaign:

For more information,
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Phone: 703-820-5206

Visit <http://www.bgcgw.org/givegreatfutures/> and select "Fairfax County"



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

Newman Enters First Season as Langley Boys' Basketball Coach

Collier, Callaghan are Saxons' top returning athletes.

BY JON ROETMAN
THE CONNECTION

Scott Newman spent four years as an assistant with the Langley boys' basketball team, learning under head coach Travis Hess while experiencing four consecutive regular-season Liberty District titles.

This year, Newman will take what he's learned and add his own wrinkles as leader of the program.

Newman enters the 2013-14 season as head coach of the Langley boys' basketball team, earning a promotion after Hess left to take the boys' head-coaching job at South County. The Saxons are young, beginning the season with two sophomores and a freshman in the starting lineup, but Newman said the team had a promising preseason.

Last year, Langley lost to McLean in the district tournament semifinals and Wakefield in the region tournament quarterfinals.

"Some things will be similar and some things will be different," Newman said of the Saxons under his leadership. "I certainly learned a lot from Travis. Having been there that long, a lot of things we did had my fingerprints on them. ... I'm trying not to do things [just] because that was the way we used to do it. I'm trying to take it as a cool opportunity to [evaluate] how we've been doing things and find little things to tweak."

On defense, Newman said he originally planned for the Saxons to play man-to-man, rather than the zone approach of previous seasons. However, the offseason performances of sophomore forwards Nate Shafer (6 feet 4) and Chris Miner (6-2) caused the coach to change his mind and stick with the zone, despite the graduation of 6-foot-6 shot-blocker Brad Dotson. Newman did say the Saxons would like to incorporate some man-to-man press.

"They both have really good length and some shot-blocking ability," Newman said about Shafer and Miner, "so we decided that we are going to play zone again."

Shafer and Miner will begin the season in the starting lineup, along with senior guard Ross Callaghan (5-11), freshman guard Aaron Kim (5-8) and junior guard Christian Gaibler (6-2).

Kim, who was the quarterback of the Langley freshman football team, made four 3-pointers in a recent scrimmage. Newman said Kim has some "ridiculous handles."

Newman said Callaghan is one of the Saxons' top two players. Langley's other standout, senior guard Garrett Collier (6-2), suffered a broken collar bone during football season and is expected back in January, Newman said. Callaghan and Collier are each three-year varsity athletes.

"The two of them together," Newman said, "make up one of the most experienced backcourt duos in the region."



Langley senior Garrett Collier (22), seen during a game last season, is expected to return in January from a broken collar bone.

"The two of them together make up one of the most experienced backcourt duos in the region."

— Langley boys' basketball coach Scott Newman about Garrett Collier and Ross Callaghan

Senior forward Austin Denham (6-3) is also expected to be a key contributor.

Newman, who graduated from Yorktown High School in 2003, said one of the biggest challenges transitioning from assistant to head coach was getting players to view him as the latter. The offseason, Newman said, helped with that transition.

"Being an assistant in the program, moving to head coach has its advantages and its challenges," Newman said. "I think the advantage is you kind of know the kids ... [and] you kind of know how things go. There's certainly a challenge to get the kids to flip the switch and see you as a head coach and not an assistant."

The Saxons will open the regular season on Friday, Dec. 6 against Stuart at 7:30 p.m. during the Stuart Tipoff Tournament. Langley's first home game is Dec. 11 against Potomac School.



The South Lakes girls' basketball team, along with the Seahawks boys' team, will host a tournament Dec. 5, 6 and 7.

NoVa Harriers Shine at Foot Locker Regionals

Marshall senior Mackenzie Haight was one of five Northern Virginia harriers to finish in the top 10 at the Foot Locker Cross County Championship South Regionals on Nov. 30 at McAlpine Greenway Park in Charlotte, N.C., and earn a berth to nationals.

Haight (Vienna) placed fifth in the boys' race with a time of 14:51. The Vienna native placed sixth in the Group 5A boys' race at the VHSL state meet on Nov. 15.

Edison senior Louis Colson, who won the 5A boys' state championship, finished fourth at Foot Locker South with a time of 14:50.

In the girls' race, Virginia 6A state champion Caroline Alcorta, a senior at West Springfield, finished first at Foot Locker South with a time of 16:55.

Lake Braddock teammates Hannah Christen (17:15) and Katy Kunc (17:16) placed fifth and sixth, respectively.

The five Northern Virginia runners, along with the other top-10 finishers, will compete at nationals on Saturday, Dec. 14 at Morley Field, Balboa Park in San Diego.

Football Playoffs

The top-seeded Centreville football team and No. 3 Westfield will meet in the 6A North final on Dec. 7 at Centreville High School. The winner advances to the state championship game to take on the winner of the 6A South final between No. 1 Oscar Smith and No. 3 Colonial Forge.

Centreville beat Westfield 28-0 during the regular season on Oct. 11.

Centreville defeated No. 13 Stonewall Jackson 52-27 on Nov. 30 during the 6A North semifinals at Centreville High School. Westfield defeated No. 2 Lake Braddock 19-16 at Lake Braddock Secondary School, overcoming a 16-3 deficit in the game's final six minutes.

South Lakes Basketball to Host Tournament

The South Lakes boys' and girls' basketball teams will host the RAL Tip Off tournament Dec. 5, 6 and 7.

The boys' team will face Stonewall Jackson at 7:30 p.m. on Thursday, Dec. 5 and Wilson (Washington, D.C.) at 7 p.m. on Saturday, Dec. 7.

The girls' team will host Western (Baltimore) at 5:30 p.m. on Friday, Dec. 6 and Potomac Falls at 5:30 p.m. on Saturday.

Herndon Boys' Basketball to Face Patriot in Home Opener

The Herndon boys' basketball team will host Patriot for its home opener at 7:30 p.m. on Friday, Dec. 6.

The Hornets will host Washington-Lee on Dec. 10 before participating in the Gonzaga Holiday Tournament Dec. 13-15, starting with a game against Mount Saint Joseph on Dec. 13.

Herndon traveled to face Woodson on Dec. 3, after The Connection's deadline.

NEWS

The Great Falls-to-Kashmir Exchange

Princess Aliyah and Langley High popularize the desirable shawl.

Princess Aliyah, owner of Kashmir Rose shawls and the woman behind Great Falls-based wildlife conservation program Wolf Spirit Radio, brought a display of hand embroidered Kashmir shawls to the Great Falls Library to start the month.

Aliyah then went to Langley High School's fashion & marketing class Wednesday, Oct. 9, where she gave a lecture focused on the introduction of the Kashmir shawl to the West in the 17th century. She explained to the students how the shawl became the most desired gift among wealthy women of Europe during the 18th century, and ultimately, her own vision for popularizing the shawl in Great Falls in order to bring hope and a better economy to the people of contemporary Kashmir.

Napoleon Bonaparte inspired the shawl's popularity when he presented a gift of a Kashmir shawl to Empress Josephine, the fashion icon of Europe. Soon she had over 1,000 Kashmir garments. When she wore shawls, coats and other garments hand-spun and hand-woven in Kashmir from the finest natural fibers of high mountain goats, from France to Russia, gifts from Kashmir became the most sought after treasures by European nobility. Great works of art from the 17th & 18th centuries often depict women wearing original Kashmir shawls and dresses.



Great Falls Library Branch Manager Daniela Dixon and Princess Aliyah in front of Kashmir Rose shawl displays.

Ongoing war in Kashmir threatened to destroy the tradition of art, but Princess Aliyah has a vision to revive the fine arts of Kashmir. Through Great Falls' community support and purchase of Kashmir Rose products, over 200 Kashmiri artisans and their families have an opportunity to dream again.

In response, Langley High School's fashion and marketing students formed a group lead by Ariel Thompson to showcase Kashmir Rose shawls at their annual fashion show in February 2014. Ariel is also arranging a mom-and-daughter Kashmir Rose fashion shoot in November. If you are interested in participating, email aliyah@kashmir-rose.com.

Visit the Great Falls Library display for more information, shop at the Kashmir Rose caravan on Saturdays at the Great Falls market between 9 a.m. and 1 p.m. or Bedheaders Home in the Great Falls shopping center.

PHOTO CONTRIBUTED



The White House Ornament.

White House Ornaments on Sale to Benefit Artemis House

Great Falls Friends and Neighbors club is selling White House Ornaments to benefit Artemis House, an emergency shelter in Fairfax County for victims of domestic and sexual violence, often mistreated women and children. The Ornaments cost \$25 each and can be purchased at the following Great Falls retailers:

- ♦Great Dogs, 9859 Georgetown Pike, Great Falls, Tel: 703-759-3601
- ♦The Studio, 10123 Colvin Run Rd., Great Falls, Tel: 703-757-2330

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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.

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"Scanticipation" Not So Much



By KENNETH B. LOURIE

As much as last week's column, "Scanticipation" was about my looking forward – in a non-foreboding way, to my scheduled CT Scan on the 27th and the presumptive positive (not negative) results, having to write a column for this week before having received those results makes this writing effort particularly challenging. Due to the Thanksgiving holiday on Thursday and the indeterminate staffing situation on Friday, not to mention possible vacation days taken by my oncologist, I have not heard back from my him as yet about my scan. Not totally unexpected, but the calm with which I wrote last week's column has been replaced with an uneasiness that I had not anticipated. Perhaps reality has set in, finally.

On the one hand, no news is good news – and I can certainly live with that, as you regular readers know. On the other hand, generally speaking, my oncologist would rather not share bad news electronically (although we have discussed this and he knows my preference for knowing vs not knowing). And on yet another hand, the information has simply not been communicated to me because of the holiday and there's nothing more to be read into it than that. Much easier written than actually accepted.

But accept it I must. Which really is no big deal since the exchange of information is basically out of any of my hands anyway. And as an experienced cancer patient familiar with the emotional demands of waiting for the life-and-death-type results a CT Scan can indicate, I should know better – and I do, however...what bothers me most is my attitude in last week's column. I think I anticipated disrespectfully, as if I was some kind of big shot simply because I had been through it all so many times before and moreover, I felt fairly asymptomatic and as such, somehow I knew better (not best, just better) and the sense that I had was that not much problematic with my lungs would be indicated when the results came back. And I may yet be correct, but last week's column smacked of a certain type of hubris (is there more than one kind?) thinking I knew something. Well, I didn't and I don't know anything. Cancer will do what it does and it probably doesn't consider what I think I feel or what I feel I think. Ultimately, as in many things in life, it's results that matter and I'm a little mad at myself for presuming/anticipating facts not in evidence. I should have expressed a healthier dose of respect and concern (and hope, always) and not taken any sides in the debate over whether feeling nothing was in fact as significant as I wrote it out to be.

Presumably, I will the know scan results soon enough, but not before this week's column needed to be submitted. I don't believe I necessarily crossed a line expressing confidence about an as yet unpublished result. But as a cancer patient, I really don't want to tempt fate, just in case anyone is paying attention, if you know what I mean? So I guess this column is an attempt to right a wrong, in arrears, if that's even possible. When you've outlived your original prognosis by as long as I have, introspecting becomes an occupational-type hazard. Still, life goes on, thankfully.

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

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I believe the future is only the past again, entered through another gate.
-Arthur Wing Pinero

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21 Announcements

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 1
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

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

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21 Announcements

21 Announcements

21 Announcements

Dept of Rail & Public Transportation Presents Super NoVa Transit/TDM Action Plan at public meetings Dec. 11 at Courtyard Marriott Alexandria Pentagon South & Dec. 17 at Holiday Inn Manassas Battlefield from 6:30-8:30 p.m. Public input needed to prioritize policies to enhance transportation choices and improve connectivity in region. Meetings are ADA and transit accessible. *DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI Compliance Officer, 804-786-4440 or TDD 711 for information. Comment deadline December 31, 2013.*

www.SuperNoVaTransitVision.com

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McLean Holiday Homes Tour Kicks Off Thursday, 9:30 a.m.

A ribbon-cutting ceremony at 9:30 a.m. on Thursday, Dec. 5, will kick off the McLean Woman's Club's Holiday Homes Tour, set for 10 a.m. to 3 p.m. The kickoff will take place at the third house on the tour, called Langley Ordinary, 1101 Chain Bridge Road. Attending will be President of the McLean Chamber of Commerce Marcia Twomey, officers of the Woman's Club, and other officials. The house is close to the intersection of Chain Bridge Road and Georgetown Pike. Parking is available between the house and a nearby filling station. Turn right immediately after 1101 Chain Bridge Road and then turn into the gated property next door, where there is a parking lot.

Madeira Students Invited to People of Color Conference

The Madeira School has 15 community members scheduled to attend the annual National Association of Independent Schools (NAIS) People of Color Conference (PoCC) and Student Diversity Leadership Conference (SDLC) in Washington, D.C. from Dec. 5-7. Madeira has participated in these joint conferences for many years. This year, Head of School Pilar Cabeza de Vaca serves as a co-chair on the organizing committee for the PoCC conference.

In addition to Cabeza de Vaca, eight other faculty members will attend the PoCC, including Nina Candia, Mary Georgis, Wendy Roshan, Jeannie Rumsey, Chandra Smith, Ann Maclean, and Constance Mattox, who is a member of the planning committee. Assistant Head of School André Withers will also represent Madeira at the conference as a presenter on the topic: "20 Questions: what makes a successful diversity initiative?" The six students participating are seniors Taylor Curry and Charlotte McIntosh and juniors Katie Barack, Annie Liu, Dara Summey and Sukrana Uddin. For the students it is an honor and a privilege to attend the conference. They must be in good academic standing and currently involved in campus diversity initiatives. The students use the information learned and experiences gained at the conference as the basis for school assemblies, preparing school-sponsored diversity conferences on campus, and continued diversity work among peers.

The PoCC/SDLC is a coveted opportunity for educators who promote and work with diversity on campus. Faculty advisor for student diversity Jeannie Rumsey said, "Invariably, students who have attended the SDLC consider it a life-changing experience." The conference provides a sense of renewal for faculty as well. Rumsey went on to say about her own experience, "This is my favorite conference of the year—it provides me with resources to do diversity work, reenergizes me to continue doing diversity work on campus, and provides a space where I feel I can be my full self without having to represent any specific group of people."

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