

First violinist Tiffani Najadifar and cellist Alyosha Onufrak recite Russian poetry and introduce musical selections in Russian and English at an evening of Russian music on Dec. 12 in the Langley High Auditorium.

An Evening of Russian Culture at Langley High

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Foust Looks at Year Back, Year Ahead

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Top Sports Moments of 2013

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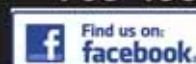


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NEWS

A Year in Review, Things to Look for in 2014

Supervisor John W. Foust (D-Dranesville) reflects on most important events in McLean and Great Falls in 2013 and 2014.

SUPERVISOR JOHN W. FOUST
(D-DRANESVILLE):

TRANSPORTATION FUNDING PLAN HB2313 - A significant event affecting the community in 2013 was the passage of HB2313 with bi-partisan support. This bill was the first comprehensive transportation plan passed in Virginia in 27 years.

We now have significant funding available for the numerous transportation projects needed across the County that will provide residents much needed relief from congestion and will help restore the vitality of economic development in Virginia. The Board of Supervisors conducted a Countywide Dialog to solicit citizen input on which projects will be funded and included in the County's 6-Year Transportation Plan. There is a total of \$1.2 billion available from HB 2313 revenues and other funding sources. With significant citizen input, I submitted a list of projects recommended to be funded. There were 47 projects in the McLean and Great Falls areas.

The Board of Supervisors' decision on funding the final list of projects will occur in either January or February 2014.

COMMUTER PARKING AT THE TYSONS METRO STATIONS — Obtaining parking at the Tysons Metro stations for residents who can only get to the stations by driving their cars has been a priority for me. There were no dedicated public parking garages included in the original Tysons Metro Stations plans. At my request, the Board of Supervisors directed staff to study ways to identify commuter parking possibilities near the Tysons stations.

I am pleased that in July of this year, the Board approved the first proposal for a commuter parking lot in proximity to a Tysons Metrorail station. The 711-space surface parking lot is located next to the McLean Station, at Dolley Madison Boulevard between Anderson Road and Colshire Boulevard. The owner will pay all costs associated with construction, maintenance and operation of the parking lot and will determine what fees to charge. The lot is expected to be open by the time Metro is operational. It will provide much needed access to the new Metro stations for my constituents. County staff is continuing to work on other Metro station parking opportunities.

RENOVATION AND EXPANSION OF THE

SPRING HILL RECREATION CENTER — Working with the former Dranesville representative to the Park Authority Board, I was able to secure an additional \$25 million for the Park Authority bond that voters approved this past November. A portion of the additional funds will be used to expand and renovate the Spring Hill Recreation Center. The construction project includes a 2-story fitness center and a gymnasium with an elevated running track. The gymnasium will feature a single high school-sized basketball court with two overlay basketball courts as well as a volleyball overlay court. There will be needed improvements to the locker room area and showers as well as the addition of five new family cabanas. The staff will have new office space and the reception area will be redesigned to improve customer service and convenience.

The RECenter expansion, including the gym and fitness center, is set to open to the public in December 2014, while the renovation work to the existing fitness area will be completed by February 2015. With the exception of a short period of time when the pool

will be closed, the facility will be open during construction.

MAKING THE GRANGE ADA ACCESSIBLE — For some time now, a number of organizations and individuals in Great Falls have wanted to expand use of the historic Grange building for residents and community groups. In order to make the building usable by all residents, it must be made ADA compliant at substantial cost. I was able to secure Park Authority and County funds in the amount of approximately \$500,000 to undertake the necessary interior and exterior upgrades to make the facilities ADA compliant. The Park Authority is expected to begin construction in the spring of 2014.

CONTINUING TO MAKE DRANESVILLE MORE ACCESSIBLE AND SAFE FOR ALL PEDESTRIANS AND BICYCLISTS — Making Dranesville more pedestrian and bicycle friendly has been one of my top priorities since taking office. Many residents want to be able to walk or bike to schools, Metro stations, parks and commercial districts. We have made progress on all of these fronts this year. Here are some of the highlights:

❖ We completed new walkways on Raymond Avenue to Churchill Elementary School and on Haycock Road to Haycock Elementary School.

❖ Lewinsville Road is an important walking and biking route for access to the McLean and Spring Hill Metro Stations. Earlier this year, we completed a major trail segment between Windy Hill Road and Scotts Run Road, and we are close to completing the last remaining segment between Snow Meadow Drive and Elsinore Road.

❖ We have a beautiful new trail through Dead Run Stream Valley Park in McLean, connecting Baron



PHOTO CONTRIBUTED

On Sharon Bulova's 2014 Radar Screen

Fairfax County Board of Supervisors Chairman Sharon Bulova discusses the issues she sees taking center stage in the county in the coming year.

"The following items are on my radar screen for the year ahead:

The Silver Line, Phase 1, will open for passenger service through Tysons Corner to Wiehle Avenue in Reston. Construction for Phase 2, extending Metrorail from Wiehle Avenue to Reston Town Center, Route 28, Herndon, Dulles Airport and to the Ashburn area of Loudoun County will begin.

Construction associated with rezonings in Tysons will take place throughout 2014. 'Pop-up' activities and uses will provide vibrancy to Tysons while permanent uses are beginning to fill in.

The newly developed Springfield Town Center in the old Springfield Mall area will open in fall of 2014.

A new state administration will begin as Gov. Terry McAuliffe is sworn in as the 72nd governor of the Commonwealth of Virginia. Fairfax County has asked the General Assembly to prioritize Medicaid expansion and state funding for pre-K through 12th-grade education when they meet this winter.

During 2014, Fairfax County and the Northern Virginia Transportation Authority (NVTA) will be advancing transportation priorities in Northern

Virginia, putting new state transportation funding to work in order to address congestion and traffic safety.

On Monday evening, June 9, my office will be hosting a new Evolution program: Evolution of the Workplace. We will trace the trends and expectation of workers in Fairfax County, beginning when Fairfax was one of the largest producers of dairy

products in the commonwealth through the modern, 'work/lifestyle' balance younger workers look for.

Back by popular demand will be our second season of Evenings on the Ellipse Concerts in the Government Center's "back yard." Concerts and wine tastings are free, thanks to corporate sponsors. I'm looking forward to balmy nights and great music already."

NOTE: Bulova's State of the County address will debut Wednesday, Jan. 15, at 7:30 p.m. It will air on Channel 16 and may be watched online at <http://www.fairfaxcounty.gov/chairman/> starting Jan. 16. The address will immediately follow her annual Chairman's New Year Reception, on Jan. 15, from 4:30- 6:30 p.m., at the Government Center.

"The Chairman's Reception is my opportunity to say thank you to the many county employees, volunteers and active neighbors who help make Fairfax County the exceptional place it is to live, work and play," she said. "All active/engaged constituents are welcome to attend."



PHOTO BY BONNIE HOBBS/THE CONNECTION

Bulova

"The Silver Line, Phase 1, will open for passenger service through Tysons Corner to Wiehle Avenue in Reston."

Sharon Bulova, Chairman, Fairfax County Board of Supervisors

SEE FOUST, PAGE 15

January 17-26, 2014

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NEWS

Tyson's Transformation Will Impact McLean

Most important happenings in and around McLean in 2013 and 2014.

Sally Horn, president, McLean Citizens Association:

❖ Board of Supervisors (BOS) approved interim parking at the McLean Metro stop. A priority for MCA, the interim lot (which will provide surface parking for up to 10 years) promises to enable more McLean residents, especially those who do not have access to bus service or safe pedestrian pathways to Metro, to use Metro and help to remove cars from our roadways.

❖ Candidates Night allowed residents to assess candidates for Virginia House of Delegates. The MCA-Greater McLean Chamber of Commerce Oct. 22 Candidates Night provided a one-stop opportunity for the voters in the Greater McLean area to hear from, question, and make up their minds about all of the candidates vying to represent them in the Virginia House of Delegates.

❖ Park Authority advanced plans to upgrade and expand two McLean parks. In 2013, the Fairfax County Parks Authority took the first steps toward eventual upgrade of the McLean Central Park and Langley Forks Park – both needed in McLean – by approving a Park Authority Plan Amendment for the McLean Central Park and soliciting public comment on a similar amendment for the Langley Forks Park. The former envisions adding an amphitheater and some additional recreational activity areas to McLean Central Park; the latter envisions adding additional sports fields and a dog park to the Langley Forks Park.

❖ Tysons started to grow. Transforming Tysons clearly will impact McLean, both in ways that are currently understood and being addressed and in ways that currently are unknown. In 2013, the Board of Supervisors (BOS) approved seven rezoning plans that proposed construction over the next 20-30 years of a total of 41 new buildings near the Metro stations in Tysons that are located on our doorstep. (They also approved rezoning plans in other areas of Tysons.) Seven of the approved buildings, if built as proposed, would add up to 1600 residential units to Tysons over the next several years, as well as more offices, retail and hotels and traffic.

❖ U.S. Congressional inaction on the federal budget during most of 2013 took its toll on McLean while the Virginia State Legislature's passage of a transportation funding bill in the first half of 2013 set the stage for a much-needed influx of funds to address McLean's transportation challenges. Sequestration and the Federal Government's shutdown hurt the pocket-books of McLean residents and businesses and made personal and business planning



PHOTOS CONTRIBUTED

Sally Horn

more challenging in McLean in 2013. On the other hand, passage of the Virginia State Transportation Bill (HB 2313) is providing a much-needed influx of funding to relieve congested roads in McLean, fill in the gap in the public funding contribution for Tysons-related transportation improvements that the Board of Supervisors approved in 2012, and potentially free up other funds to make a dent in the lack of sidewalks in McLean.

Things to Expect in 2014

❖ BOS Budgetary Decisions. Fairfax County again is facing major budgetary challenges, even as we only slowly are rebounding from the recession. There continues to be strong sentiment among County residents for keeping the tax rate at its current level or to raise it only slightly and depend on increases in real estate tax assessments to provide new moneys for programs. On the other hand, many County programs have been on a "funding diet" for several years and there is strong sentiment that funding should increase for certain County-run activities. Further, we already know that the school system, which accounts for roughly 53.4% of County budget expenditures, is calling for even more funding this year.

❖ School Board Decisions on Class Size, an Independent Auditor/Inspector General, and Other Issues that Concern McLean Parents and Residents. McLean parents and residents want to see a reduction in class size in McLean, which has some of, if not the largest, class sizes in Fairfax County. They also want the School Board to create an independent auditing authority/Inspector General, comparable to the independent authority that supports the Board of Supervisors (BOS) and helps the BOS find ways to cut spending, find savings, and independently assess the effectiveness of County programs. With an expected budget deficit of approximately \$140 million for FY 2015, this certainly would seem to be the year to establish an independent authority.

SEE HORN, PAGE 5

Horn

FROM PAGE 4

Thereof on Redevelopment of Downtown McLean.

Two developers have come forward with proposals relating to a portion of the McLean Community Business Center. Action on at least one is likely in 2014 and will begin to change the face of North McLean (i.e., the Elm Street – Fleetwood Road area.) There continues to be discussion of a possible Downtown Annex to the McLean Community Center, a proposition that could affect taxes in McLean and/or require a County bond. Hopefully during 2014, private decisions on the timing and plans for redevelopment of the center of downtown will become clearer.

❖ **Transportation Decisions:** Opening of Metro's Silver Line; Approval and Funding of More Projects to Relieve Road Congestion and Make McLean More Pedestrian Friendly.

The opening of the Silver Line is a major, but only one, of the steps needed to improve transportation in and around McLean. The McLean Citizens Association will continue to monitor and advocate for funding road improvements and other steps to reduce traffic congestion in McLean and for construction of sidewalks to make McLean more pedestrian friendly and safe.

❖ **County Decision on the Scope and Contours of the Residential Studio Unit (RSU) Zoning Amendment.**

In 2013, the County proposed permitting the construction of low-income efficiency apartments virtually throughout the County through a zoning process called Special Exception. In response to County-wide community concerns, the Board of Supervisors has limited consideration of such construction to multi-family zoning districts R-12 and above, and planned development housing (PDH), commercial and industrial zoning districts.

In 2014, the Board of Supervisors will need to decide on whether to permit RSUs in all of the zones under consideration and whether to adopt additional development conditions, e.g., on proximity to transportation, on number of units per building, on amenities or parking, that the MCA and other County citizens organizations believe are required for the success of the RSU approach to addressing housing for the homeless, disabled, senior citizens and low income wage earners.



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- Please register at www.greatfallslacrosse.com. Space/sticks are limited to 60 boys. Boys can attend both clinics. Please arrive at the field 15 minutes before the scheduled start time.
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OPINION

Looking to Hear from Readers in New Year

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To succeed at any of that, we need your help.

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

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

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to north@connectionnewspapers.com. Events generally must be open to the public and either free or at nominal cost to be included in calendars.

After your events, email us a photo and a

note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

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

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

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

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

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EDITORIAL

Sen. Favola Shares Legislative Priorities

State Sen. Barbara Favola (D-31) highlights the following legislative priority issues:

- ❖ **Safety Net:** Retain McDonnell's \$1.6 M for extension of subsidies to foster youth and adopted youth until the age of 21.

- ❖ **Temporary Assistance for Needy Families (TANF)** — Index benefits to the COL Adjustment as determined by the Department of Labor (Need Budget Amendment as well). This helps women and children. Families stay an average of 3 years on TANF. The caseload has been decreasing in Virginia and \$5M was shifted in the last biennium from TANF block grant dollars to funds General Fund services.

- ❖ **Medicaid** - - Suspend Medicaid Coverage rather than terminate coverage for foster youth who enter the DJJ system. The intent is to make it quicker and easier for the foster youth to re-gain Medicaid coverage when they leave the DJJ system. The bill does not change who is eligible for Medicaid.

- ❖ **Foster Children Convicted of a Barrier Crime (Burglary)** – Per-



State Sen. Barbara Favola (D-31)

mit case workers to issue a waiver in determining the eligibility of a foster home when a youth 18 years or older has a criminal record because of conviction of a barrier crime.

- ❖ **Education** — Teacher Evaluation: VEA asks that the time be extended from 5 business days to 10 business days before a teacher must decide to appeal an evaluation.

- ❖ **Individualized Education Program (IEP)** – Submit budget request (\$250K) to plan for a comprehensive data system at the State level for all IEP submissions. State would likely access addi-

tional Medicaid dollars and would share these dollars with the school systems.

- ❖ **Virginia Pre-school Initiative (VPI)** — Increase the funding to Northern Virginia to cover an average cost per child of \$9,000 a year rather than \$6,000 per year.

- ❖ **Dual Degree:** Increase funding to the Community College System to enable more course offerings at local high schools.

- ❖ **Mental Health** — MH Services on Site at Schools: Create a pilot program to enable community health centers to offer MH counseling on site at public schools on a regular basis. (\$800k)

- ❖ **Institutional Diversion Program** for MH Clients in Region II: Establish a pilot to enable the creation of community based services for clients with a history of jail visits and/or emergency room visits and who would likely be institutionalized. (\$2.5M)

- ❖ **MH Funds in the Juvenile Justice System:** Establish funds for Juvenile Justice Courts to hire or contract out for mental health

evaluations and follow-up services. This is a recommendation adopted by the Commission on Youth. (\$1.6M)

- ❖ **Health and Safety:** Establish a physician based data record system that would feed into the overall State health management system. (\$150K in 2014 and 2015)

- ❖ **SANE – Sexual Abuse Nurse Examinations** – In cases where patients may have been exposed to HIV – require insurance companies to waive the co-pay so there are no barriers to obtaining drugs that can prevent HIV and AIDS.

- ❖ **Assault of Health Care Professionals** — Make it felony if someone intentionally assaults a health care provider.

- ❖ **Gun Control** — Ban those convicted of a minor sexual assault from possessing a firearm for five years.

- ❖ **Aging:** Increase funding for home and community based services through Area Agencies on Aging

- Environment: Reinstate funding so Virginia may fully participate in the Chesapeake Bay Inter-County Compact (\$500K)

McLean CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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NEWS

Advocating for 'Placemaking'

Elizabeth Morton, president, McLean Revitalization Corporation (MRC)

❖ Some 2013 highlights:

Downtown McLean still has a ways to go to become a truly pedestrian and bike-friendly environment, but with our partners in the business community, civic groups, Supervisor Foust's office and County staff we are seeing slow but steady progress.

We finally saw the completion of the utility undergrounding project at our main downtown intersection (Old Dominion and Chain Bridge Road). The finishing touch will be the replacement of the unattractive traffic signal wires with mast arm poles next year.

This is not visible yet, but 2013 saw plans moving forward for a major streetscape project in the central business district, improvements to pedestrian safety, a landscaped gateway median near "Balducci's Plaza," and gateway signage at key entrances to the business district.

I'm excited about the new bike directional signage and bike racks coordinated by the Chamber of Commerce, individual businesses, the Supervisor's office and County staff.

I'm also excited by the new McLean Se-



Elizabeth Morton

nior Source Initiative. McLean is a great place for families like mine — two kids, two cars, a big yard and a dog — but we have to be sure McLean is accessible and appealing to a range of ages and life stages. We may have an influx of residents downtown if new proposals get approved, and cities across the country have learned that features like walkability, convenient transit, vibrant local businesses and central amenities are critical in attracting and supporting both seniors and millennials.

❖ Some big events to watch out for in 2014:

Tysons Corner metro stops will open and we will start seeing significant transformation in that area. We hope this represents an opportunity and not just a threat or an inconvenience for downtown McLean businesses and residents. In 2014 the MRC plans to work with the Chamber of Commerce to

SEE MORTON, PAGE 12

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WELLBEING

Spiritual Wellness in the New Year

What is it and how does one achieve it?

BY MARILYN CAMPBELL
THE CONNECTION

As we begin a new year, many are focused on their spiritual health and well-being. In fact, the National Wellness Institute names spiritual wellness as one of the seven dimensions of overall wellness. It's essential in life, say experts.

Lisa Jackson-Cherry, Ph.D., chair of the Department of Counseling at Marymount University in Arlington, who specializes in pastoral counseling and pastoral integration, believes spiritual well-being doesn't always have to do with religion. It's about being connected to something greater than one's self. "It doesn't have to be a higher power," she said. "It can be your community or nature, but the key piece is that there is a connection to something other than yourself."

Elizabeth Rees, the associate rector at St. Aidan's Episcopal Church in Mount Vernon, said, "I would say at its heart, spiritual well-being is knowing ourselves to be loved and cherished by God and then living into that truth."

Kathy Judd, Alexandria-based meditation teacher and director of No Place Like Om, said, "Spiritual health and well-being is when you ... feel just as, if not more, connected to what you can't see as to what you can. It's about knowing that there is an animating force that drives the show and seeing all the ups and downs of our human experience as just like that — a show."

Some say that expectation management is a factor in spiritual wellbeing. "If there is a gap between expectation and reality, there can be a ... lack of contentment," said Rabbi Stuart Weinblatt of Congregation B'nai Tzedek in Potomac, Md. "When we set our expectations lower in terms of what we expect from others, we are less likely to be disappointed. It is appropriate to set our goals high, but our expectations lower. Goals motivate us, but when we have expectations, we set ourselves up for disappointment."

WHILE SPIRITUAL WELLNESS can mean different things to dif-



PHOTO COURTESY OF ST. AIDAN'S EPISCOPAL CHURCH

Connecting with others is an important part of spiritual well-being say experts.

"When we think about spiritual health or well-being, we think about people being at peace with themselves and others."

— Lisa Jackson-Cherry, Ph.D., Marymount University

ferent people, experts said there are common factors that can help one achieve it, such as engaging with others. "When we think about spiritual health or well-being, we think about people being at peace with themselves and others," said Jackson-Cherry.

"In my opinion," she said, "once people become connected with other people and not so consumed with themselves or their own tragedies or pain and they give of themselves to others, share their gifts, often they experience contentment."

"Community is a big one, and also what you pay attention to and consume," Judd said. "If you're constantly tuned in to the news cycle and people who are negative and arguing, you're going to see the world from a certain viewpoint. ... If you take time to be in nature, read uplifting things, eat [the right] foods, and surround yourself with a community of people who are loving, supportive and want to bring out the best in you, you'll have a very different experience of the world."

Rees believes self-love is also a component of spiritual well-being.

have a sense of purpose in life or have a meaning in life. They might not have achieved it, but they are working toward it. Having a sense of purpose or meaning in life leads to contentment."

So how does one find a sense of purpose and meaning in life? "We've talked about this question a lot," said Rees. "What comes up most frequently is the idea of finding ways to live in the present, slowing down and finding God present in the moment. ... Hearing where other people are finding God, and taking the time to look for God acting in my own life and share that with others makes me much more aware of God all around, and helps me to remember that God is also acting in and through the people around me."

Judd said there is work involved in achieving spiritual well-being. "It takes practice, just like anything else," she said. "Yoga and meditation are extremely valuable. Spirit is nothing more than an energy field, so if there is a lot of static in the field, it's going to be hard to hear messages that are there. So anything you can do to calm the 'talk radio' in your head will make it easier to listen. When you learn to listen, you are able to be lead, to be called, to find your calling."

LIVING IN THE MOMENT is also a factor that can lead to contentment and spiritual well-being. "I think trying to ... find as much love and joy in it as possible is a huge piece," Judd said. "Also, worry less about what others think and be more willing to live and love greatly. Developing gratitude, as something that runs through all of our life, not just as something that comes when life seems to be going really well, is important too."

Rees said keeping a journal is a useful tool in developing gratitude. "One spiritual exercise that helps me sometimes is to practice gratitude by prayerfully journaling about the things for which I am grateful," she said. "Sit down and write 100 things for which you are grateful. You start with the big and obvious things, but then also find yourself digging deep for the small but ever-present graces of life. ... Journaling in general can be a great for spiritual well-being."

Jackson-Cherry said, "When I'm working with clients, I find that people who have the healthiest spiritual well-being are people who

Chris LaMarca, McLean resident, standing outside of the Library in McLean

"The McLean Community continues to thrive because of the people in McLean and their support. Community volunteers and donations are a constant from the good folks in McLean. My 2014 resolution is to read some good books, get more exercise, and maintain my health."



Lou Ngo, co-owner of Chesterbrook Barber, Chesterbrook Shopping Center, McLean

"I love the people in the Chesterbrook neighborhood of McLean. This Holiday season I have seen generations of customers. Like the other barbers, who work at Chesterbrook Barber, I have been here 20 years, and can remember many customers' names as well as their first haircuts. We have such a loyal customer base allowing us to stay here since 1967. For 2014, I look forward to helping the next generation with their grooming needs. Children make the most loyal customers. We are very patient with the children and they remember that."



Laura Pyatt, owner, and manager of Carousel Toy Shoppe, located at McLean Square Shopping Center on Old Dominion Drive

"I want to express my sincere thanks to the McLean community. We have been here four years and have had tremendous support from loyal customers. For 2014, my resolution is to continue to build closer and stronger ties with the residents of McLean. I wish everyone a Happy New Year."



Sherif Hamdy, owner and manager of McLean Pizza Restaurant

"McLean Pizza has been a 'food legend' in McLean for 52 years. An older customer who often comes to the restaurant told me that he remembered paying 20 cents for a slice of pizza back then. Families, sports teams and law enforcement officers all stop in for pizza or burgers. Over the years I have watched children become adults who stop in with their children. My resolution is to continue serving the McLean community in 2014 and beyond and to see the next generation of children grow up."

The Best of 2013, Resolutions for 2014

—RUSS AND PETE UGONE



Charles Kilmer, a McLean resident, shopping at the Christmas Trees Stand located at Chain Bridge Road and Laughlin Street, McLean

"The best thing that happened in 2013 was ensuring my health. I had to change my behavior to live. I was overweight, had high blood pressure, and an irregular heartbeat. I went to the doctors and learned that 5 neurons out of 50,000 in my heart were causing the irregular rhythm. Through a procedure, the doctors identified and cauterized those 5 neurons. What was a usual day in the office for them was a miracle for me. From then on I learned about exercise and portion control. Additionally, I fasted every other day and lost about 15 pounds. I also like to study the Bible and would like to share a quote: 'School will make you smart and the Bible will make you wise.' My 2014 resolution is to live longer by losing more weight."

Achievements Remain High At Langley, McLean Pyramids

Janie Strauss, Fairfax County School Board, Dranesville Representative

"Major events – 2013: ♦ Dr. Karen Garza has become the new FCPS Superintendent ♦ Voters approved the 2013 school bond

"Student academic achievement remains high in the McLean/ Langley pyramid schools. Our schools are ranked among the tops in the nation in terms of academics, arts and extracurricular accomplishments. A few individual recognitions: Jason Cui from Langley was a Siemens Science Fair winner; Alex Stone, from McLean High, was named a YoungArts winner by the National YoungArts Founda-



Janie Strauss

PHOTO CONTRIBUTED

tion; Langley girls volleyball team won the state championship.

The FCPS Student Right and Responsibilities (SR&R) has been updated to better reflect the community's values. More emphasis has been placed on restorative justice and positive behavior supports."

In 2014 — much needed renovations will begin at Langley, Haycock and Forestville.

The wonderful generosity of our McLean students and families continues. Every school undertakes numerous service projects. Here are just two of the larger projects. McLean and Langley High Schools have a joint three-year commitment to Relay for Life to raise funds for the American Cancer Society.

The worldwide feeding project, Stop Hunger Now, remains hugely successful with the help of the McLean Rotary and the Langley pyramid schools challenge. The next event is Feb. 8 at Colvin Run Elementary.

McLean and Langley will participate in the international PISA test to help benchmark our students' successes against global standards. FCPS will move away from an over-reliance on state standardized assessments and will give more emphasis to analytical and creative problem solving.

A new website, reillysraives.com, has been launched that will post ongoing accomplishments of McLean High School students and teachers. Take a look!"

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www.mcleancenter.org—and register online.

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ENTERTAINMENT

TUESDAY/DEC. 31

New Year's Eve at Entye's Bistro.

5:30-10:30 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Ring in the New Year with a four-course tasting menu, champagne toast and live music. \$135 per person. Reservations required. 703-917-5498.

New Year's Eve Party.

7:30 p.m. Vienna's American Legion Post 180, 330 Center Street, North, Vienna. hris Polk Band: \$35 single, \$50 per couple, benefits Legion National Emergency Fund. Call 703-938-9535 for tickets.

First Night Vienna.

7 p.m. - 12 a.m. Church Street in Vienna. A family-friendly New Year's celebration. This celebration will feature local musicians, great food, exciting entertainment and hands-on activities for both children and adults.

7th Annual Rocknocos New Years Eve Party.

11 a.m. & 2 p.m. Jammin Java, 227 Maple Ave E, Vienna. Rocknocos (pronounced like rhinoceros) is three guys: Coach Cotton, Williebob, and Boogie Woogie Bennie, who make wildly popular, award-winning music for the whole family. Admission: \$10. 703-255-1566

The Vienna Business Association, in partnership with the Town of Vienna, presents the first annual New Year's Eve "First Night" Celebration.



FRIDAY/JAN. 17

International Guitar Night.

8 p.m. Wolftrap, 1635 Trap Road, Vienna. THE INTERNATIONAL GUITAR NIGHT (IGN) is the world's premier touring guitar festival, each show bringing together the most interesting and innovative acoustic guitarists to exchange musical ideas in a public concert setting. Tickets: \$25-27.

SATURDAY/ JAN. 18

Ballroom Dance.

8-9 p.m. Quick-Step lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$15 for the evening. 703-759-2685 or www.colvinrun.org.

SUNDAY/JAN. 19

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

FRIDAY/JAN. 24 & 25

THIS. 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. *THIS* is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. <http://www.viennatheatrecompany.org/>

FRIDAY/JAN. 31

THIS. 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. *THIS* is a bright, tart, and melancholy comedy that captures the uncertain

steps of a circle of friends entering the choppy waters of middle age. <http://www.viennatheatrecompany.org/>

SATURDAY/FEB. 1

Ballroom Dance. 8-9 p.m. Samba lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music from Mike Surratt & the ECB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$20 for the evening. 703-759-2685 or www.colvinrun.org.

Arts for Autism Gala.

6:30 p.m. Tower Club, 8000 Towers Crescent Drive, #1700, Vienna. An evening that brings together the arts, fashion and autism communities to benefit individuals and families affected by Autism. Festivities include a reception, dinner and silent auction. www.arts-for-autism.org

SATURDAY/FEB. 1, 7, 8

THIS. 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. *THIS* is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. <http://www.viennatheatrecompany.org/>

SUNDAY/FEB. 2 & 9

THIS. 2 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. *THIS* is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. <http://www.viennatheatrecompany.org/>

THURSDAY/JAN. 16

International Guitar Night.

8 p.m. Wolftrap, 1635 Trap Road, Vienna. THE INTERNATIONAL GUITAR NIGHT (IGN) is the world's premier touring guitar festival, each show bringing together the most interesting and innovative acoustic guitarists to exchange musical ideas in a public concert setting. Tickets: \$25-27.

SATURDAY/JAN. 11

The Teas of Nepal.

1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Nepal produces some exquisite hand crafted, limited production teas: whites, greens, oolongs, as well as distinctive blacks. An opportunity to experience these gems, along with some tea infused treats. Advance reservations and payment (\$30 each) required through the Mill at 703-759-2771.

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SCHOOLS

Sophomore violinist Maria McQuade performs a ballet solo to Tchaikovsky's "Overture to Swan Lake." From left: Maria McQuade, Alexandra Cramer, Grace Keffer



PHOTO BY CHI PHAM

An Evening of Russian Culture at Langley High

Two of Langley High School's largest programs, Russian and Orchestra, collaborated to present a unique evening of Russian music on Dec. 12 in the Langley Auditorium. With a nod to Bing Crosby's best-selling holiday song, the concert "I'm Dreaming ... of a Red Christmas" incorporated Russian language and poetry, Russian classical music, classical ballet, and Russian baked delicacies.

The Philharmonic Orchestra opened the concert with a rousing rendition of Glinka's "Russlan and Ludmilla Overture." Violinist Maria McQuade performed a ballet solo to the famous "Overture to Swan Lake," to great applause. The Philharmonic Orchestra's final selection was "Romeo and Juliet," by Prokofiev.

Performing with the Sophomore Orchestra, harpist Mary Duplantier mesmerized the audience with her solo in "Waltz of the Flowers" by Tchaikovsky. "Russian Sailors' Dance" by Gliere concluded the first half of the concert, which was under the baton of guest conductor Glenn Quader.

INTRODUCTIONS for all pieces were presented in Russian and English by students of Dr. Valentin Cukierman: Julia Pennington (Senior, Cello), Alex Blankinship (Senior, Principal Bass), Ben Parker (Senior, Clarinet), Tim Kostelancik (Senior, First Violin), Tiffani Najadifar (Junior, First Violin) and Aloysha Onufrak (Junior, Cello). Several of the aforementioned students recited traditional Russian poetry in its native language.

The Freshman Orchestra presented "Slava!" by Rimsky-Korsakov and "Five Ukrainians in a Bell Tower," a jazz chart that combined the well-known Dave Brubeck "Take Five" with a Christmas carol. The holiday spirit was further captured by the Symphonic Orchestra's performances of "Wenceslas Takes a Sleigh Ride" and "Mad Russian Christmas," an arrangement by the Trans-Siberian Orchestra of melodies from Tchaikovsky's "Nutcracker."

Thanks to the Onufrak family and friends, orchestra students and performers were treated to an authentic Russian banquet preceding the concert. As audience members entered the lobby, they were greeted with a hospitality table laden with an assortment of Russian baked goods, courtesy of Julie Hohl and Lien-Rung Kao.

Theron Masters, Lyric Yu, and Alex Lim performed Rachmaninoff's "Valse," a unique piece for piano, six hands. Pianist Bryan Huynh gave a beautiful performance of "June" from Tchaikovsky's "The Seasons." Later, Bryan said, "I thought it was awesome how we were able to connect with the Russian culture and see how we can incorporate Russian into our own." The final piano interlude showcased the talents of Lyric Yu and Emma Guo, who played Stravinsky's "Danse Russe."

The full house included many Russian language students, former orchestra students and families, relatives of performers, and members of the local community. Students had rave reviews about the concert. "The Russian concert embodied several aspects of Russian culture - from the banquet to the ballet performance by Maria McQuade - that perfectly complemented the music selection," said junior Sara Zahir. A guest from the Embassy of the Russian Federation, Bilateral Section, commented that he was impressed with the ballerina, music, language and poetry.

IN THE AUDIENCE was a 94-year-old retired Navy pilot who worked in Navy Intelligence at the Moscow Embassy in the 1950s. People sitting next to him were thrilled when he shared his 1952 program from the Bolshoi Ballet's performance of "Romeo and Juliet," and showed his photograph of one of the greatest ballerinas of the 20th century, Maya Plisetskaya.

As Russian language student junior Lizzy Forward explained to a friend after the concert, part of the Russian language program includes singing songs and reading poetry.

She said, "the concert was truly unique and fun because it integrated music with traditional Russian poetry and amazing dancing, which made you appreciate the music more."

The Langley HS Orchestra wishes to thank their sponsors, local businesses, and families for contributing to the successful Silent Auction, which was held during the intermission.

The next Langley HS Orchestra Concert will be held in the Langley Auditorium on Thursday, March 13, at 7 p.m.

— SUSAN SEVILLA



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Here's What's Happening at MCC

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Saturday, Jan. 4, 8 p.m.

\$45/\$35 MCC district residents

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The Snow Ball

Friday, Jan. 10, 7-9 p.m.

\$30/\$20 MCC district residents

Gizmo Guys

Sunday, Jan. 12, 2 p.m.

\$15/\$10 MCC district residents

"The Rest is Silence: Silent Shakespeare"

Wednesday, Jan. 15, 7:30 p.m.

\$10/\$6 MCC district residents

Family Fun Bingo

Friday, Jan. 17, 7-8:30 p.m.

\$10/\$5 MCC district residents

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NEWS

Elizabeth Morton with her sons (from left), Jatin and Ashwin Dasgupta and husband Ani Dasgupta.



FAMILY PHOTO

Morton

FROM PAGE 7

encourage local businesses and property owners to support placemaking and joint marketing efforts that could enhance the identity of our local business district. Improving our downtown is obviously contingent upon the investment and vision of the private sector.

I was excited to see the outpouring of public interest in enhancing the pedestrian and bike envi-

ronment in the recent discussion about the allocation of new transportation funds; I hope that keeps up in 2014 and beyond. Like many communities across the US, McLean has been planned with the primacy of the car in mind. Many of us will continue to rely on the car for a lot of our daily needs, but we need a wider range of transportation choices. We should make sure our streets are safe and attractive for strollers, bikes, transit riders and senior citizens.

HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

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SPORTS



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The Langley volleyball team won the 2013 6A state championship.

Top Sports Moments of 2013

The year 2013 provided several exciting moments in local sports. For Langley, the volleyball team captured its first state championship, the girls' lacrosse team worked its way back to the state final and the football team had its best offensive season of all time.

Here is a look at the top moments in Great Falls/McLean sports for 2013.

Langley Volleyball Wins First State Championship

The Langley volleyball team reached the state tournament in 2012 and left with experience. The Saxons returned in 2013 and left with the program's first state championship.

The Saxons closed the season with a six-match winning streak, capped by a three-set victory against First Colonial in the state final on Nov. 23. Langley became the first volleyball team from the former Northern Region to win a state title and finished the year with a 27-3 record.

Langley head coach Susan Shiflett chose time spent together off the court as her fondest memory of winning states.

"We have had a lot of fun on the bus," Shiflett wrote in an email. "(I enjoyed) pregame and the moments after we won, like unveiling the banner (and) ordering our rings."

In 2012, Langley lost to Kellam in the

state semifinals. In 2013, the Saxons took home the title. Along with team's accomplishment, senior setter and right-side hitter Alex Andrejev was named Gatorade Virginia Volleyball Player of the Year. She finished the season with 570 assists, 247 kills, 163 digs, 82 service aces and 53 blocks while hitting at a .465 clip. For her career, she totaled 2,044 assists and 794 kills.

"I think the fact that most of the players had been to states the year before helped a lot with preparation and the mental aspect of the game," Shiflett wrote. "Obviously, we were very talented, as well. First time I have ever had two outstanding outside hitters (Jessica Donaldson and Rachel Andrejev). Sisi Holderman (libero) really stepped the second half of the season. And of course, there is Alex. That helps a lot."

Yorktown upset Langley in the Conference 6 tournament semifinals, but the Saxons responded by winning the 6A North region title, beating Osbourn Park in the final, before winning states.

"They also were able to stay focused as we made our final run through regionals and states," Shiflett wrote. "It was a very long season and that is probably the most difficult thing to do. We had our down moments but they always were able to regroup."

"My coaching staff had a lot to do with our success, as well. When you have five coaches, all on the same page, telling the players the same thing and working well together, that sends a positive vibe throughout. Plus, I learn things from them every day."



CONNECTION FILE PHOTO

Olivia Sisson, left, and the Langley girls' lacrosse team in 2013 reached the state final for the second consecutive season.



CONNECTION FILE PHOTO

Senior quarterback Nick Casso helped the 2013 Langley football team set a program record with 481 points in 12 games.

Lisa Scott, Michelle Bredehoft, Amy Dean and Megan Shiflett were the Langley assistant coaches.

Langley Girls' Lacrosse Reaches State Final, Again

For the Langley girls' lacrosse team, the 2013 season ended in a similar fashion to 2012: with a trip to the state championship game.

After finishing Northern Region runner-up, the Saxons defeated Western Albemarle 13-10 in the state quarterfinals and Loudoun Valley 12-4 in the semifinals and entered the state final on June 8 having won 12 of their last 14 games.

"My most vivid memory of being in a state championship game is the bigness of it all," former Langley head coach Richard DeSomma wrote in an email. "Nothing prepares you for that level. Even the regional playoffs and state games leading up to it, none are as unique as that one game. (You are) greeted at the bus by state organizers and given updates and instructions. A state soccer championship and state baseball

championship being played as you arrive. Full stands of loud, non-stop cheering. Cameras, and reporters, and professional announcers, and four hand-picked officials. Unique unto itself would be accurate. Truly an electric atmosphere."

Unfortunately for the Saxons, their trip to the 2013 state final ended the way it had the year before: with a loss. Langley lost to Madison four times during the 2013 season — in the regular season, in the Liberty District tournament final, in the region final and in the state final. In 2012, Langley lost to Oakton in the state final after falling to the Cougars in the regular season and the region final.

DeSomma, who is now the head coach at Hayfield, praised the Saxons.

"As I would always explain to sports writers, we had a group of girls who were passionate, competitive, motivated and had a love of lacrosse," he wrote. "They were hard working in the offseason and self-motivated. They had a great work ethic and had serious, focused, productive practices. We had great team-captain leadership. They were, in short, a delight to coach. I was very fortunate to be part of their lacrosse experience for nine years."

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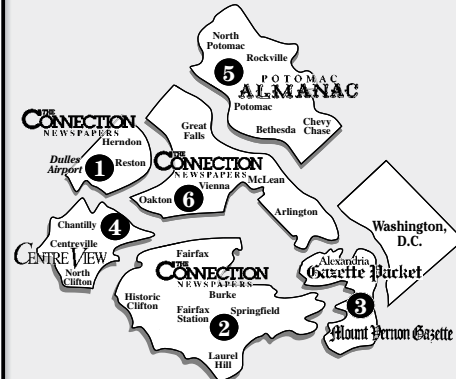
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Foust Looks at Year Ahead

FROM PAGE 3

Road to Churchill Road, which provides a great way for residents to reach the community center, the library and McLean Central Park.

❖ Great Falls residents can walk safely to both sides of Great Falls Village with the new Walker Road “diet” project soon to be completed. We are also about to begin the construction phase for an important trail segment along Georgetown Pike between Utterback Store Road and Falls Manor Court, providing access to the village.

❖ Working with County staff and the bicycle community, we installed 80 way-finding signs to allow bicyclists to navigate more easily through central McLean. This was the County’s first way-finding project.

Looking Ahead to 2014

FISCAL YEAR 2015 BUDGET — As in previous years, the Board of Supervisors faces a major challenge to adopt a budget that provides adequate funding for essential services including Education, Public Safety, and Human Services while controlling the tax burden on homeowners.

Since I took office in 2008, we have cut tens of millions of dollars from the County operating budget without serious reductions in the County’s support for these essential services. Virtually all low-hanging fruit has been eliminated.

As we struggle to maintain an acceptable level of services, we face the need for substantial investment and re-investment in infrastructure like schools, storm water management and other public facilities.

This year will be particularly difficult because of the significant deficit projected for our school system, nearly \$150 million. To raise an additional \$150 would require an increase in the property tax rate of nearly 8 cents, an option that is not realistic. The new school superintendent has published a list of possible cost-saving measures.

I will also continue to work with the community to establish our budget priorities and address our budget challenges.

OPENING OF SILVER LINE METRO PHASE I — A major event of 2014 will be the long awaited opening of the Silver Line, including the Tysons Metro Stations. I anticipate that more of us will become more frequent users of Metro. The interim commuter parking lot at the McLean Station will provide convenient access for nearby residents. Traveling by bus will be easier with expanded Connector Bus service and the new Tysons Circulator Buses. Some of those who wish to walk will use the newly completed walking routes along Lewinsville Road.

KICKING OFF NEWLY-FUNDED TRANSPORTATION PROJECTS — By early next year the County Board will have identified the projects to be funded under its new 6-Year Transportation Plan. I’m ex-

pecting planning and design for a large number of projects in Dranesville, especially pedestrian related, to be initiated. We may have to “pardon the dust” for a few years, but the results will be well worth the trouble.

Chief among Dranesville transportation projects is the widening of Route 7 between Jarrett Valley Drive and Reston Avenue. Communities along this corridor have already been involved in the preliminary design process along with VDOT, FCDOT and my office with the “Route 7 Widening Project Working Group” – formed to make sure the vision and concerns of neighboring residents were considered by VDOT project engineers. I expect that high level of community involvement to continue as design and construction activities move forward with the recently obtained funding for this project.

LANGLEY FORK PARK — 2014 should be the year that we move forward on the County’s acquiring Langley Fork Park. Currently, the National Park Service (NPS) owns the Langley Fork property and permits the Fairfax County Park Authority to manage and maintain its use. The park has two baseball diamonds, two rectangular fields and a basketball court, all in need of updating. For a number of years, the NPS and the FCPA have been attempting to agree on a land swap that would allow for upgrades at Langley Fork through FCPA and protection of new Potomac Gorge resource areas through the NPS. Both agencies believe that negotiations should be finalized in 2014.

The Park Authority has prepared a draft master plan for the park that consists of two additional rectangular fields, one additional baseball diamond, a dog park, a pavilion, a fitness zone and expanded parking areas for the park and Clemyjontri Park. As the Park Authority’s planning process goes forward, there will be several opportunities for individuals and organizations to express feedback about the proposed development.

LEWINSVILLE SENIOR CENTER — I anticipate that in early 2014, the Board of Supervisors will approve an agreement with a major non-profit developer to redevelop the Lewinsville Senior Center, located on Great Falls Street in McLean. Presently, a senior center, an adult day care center, two child care centers and 22 independent affordable living apartments occupy a building that was originally the Lewinsville Elementary School, constructed in 1963. The plan is to raze the existing building and build two facilities, one to house an expanded senior center and the three day care centers, and the other to consist of approximately 80 independent living apartments serving seniors with incomes at or below the eligible household income limits. The Plan will require zoning approvals and will be presented to the community for public input.

There is a significant shortage of housing for seniors in our area, particularly for those with limited resources. I am anxious for construction of the project to get underway.

In Defense of My Own Mechanism

By KENNETH B. LOURIE



So much of what I feel as a cancer survivor comes from the feedback I receive from others. Positive, complimentary, flattering characterizations are crucial to my optimistic outlook. Negative descriptions, reactions, etc., are not. Not to discount honesty, but the emotional divide on which a cancer patient’s self-assessment/attitude teeters is delicate indeed and honesty is sometimes (I said “sometimes”) not the best policy. If I’m in the right mood, negativity can be deflected, absorbed even; not a problem. If I’m in the wrong mood, however, the negative can push me into a black hole of emotional despair. Regardless of whether the comment/observation is well-intended, accurate or even prudent under the circumstances, its effect can be deeply felt. Getting back to normal is not impossible and mostly within my control, but if it’s all the same to you, I’d rather not have to claw my way out.

In most instances, this kind of cancer-patient feedback is harmless and fairly random; it happens when you least expect it and you’re either up to the emotional punch or not. It’s not as if you can prepare or study for it. It’s certainly not a test; it’s a reality. And there’s really no way to know from whom and from where or even when the comments will come. It’s not exactly hit or miss. It’s more like you wouldn’t miss not getting hit – figuratively speaking, of course. Nevertheless, it is part of the survival process, and the longer you survive, the greater the potential for unintended consequences.

Having experienced a wide range of such innocent commentary over my nearly five years since being diagnosed, there are a few steps I have taken to over-compensate in advance to prevent the inevitably negative consequences: I try to act as positive as possible. Make jokes. Stay strong (after all, I am from Boston). Sound body and mind, so the comments will be positively reinforcing as to how well I look, sound, seem, etc. This tends to elicit the desired positive response. And when the desired response (dare I say, manipulated) is offered, I embrace it with sincere appreciation. You see, the fewer times I have to explain my deficiencies, the fewer times I am likely to invoke the c-word. And the fewer times I hear the c-word come out of my mouth relating to me, the more often I can believe that my cancer is somehow inactive. (Delusions of my life being grander you might say.) And the longer I can think my cancer is inactive, the more normal I think my life will be. Granted, this is all mental gymnastics, but as a terminal patient – with an abbreviated life expectancy, if I don’t find a way to make light of the incredibly heavy burden I am carrying, the weight of it is likely – if the anecdotal evidence is to be trusted, to exacerbate an already unpleasant set of medical facts.

Not to deny my reality – too much, but there’s enough of it present in my life already that I can’t ignore that (A) I don’t need any more of it inadvertently or otherwise and (B) minimizing what there already is of it, however foolish or unrealistic, contributes to a life worth living. However unintentionally – physically and/or emotionally – a cancer diagnosis/terminal prognosis can suck the life right out of you. Finding a way to fight back – on your own terms, has been the operandi of my modus. So far, so good. Besides, it’s too late to change now.

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

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