

McLean CONNECTION

Fairfax County Supervisor John Foust (D-Dranesville) takes calls in the McLean headquarters of his campaign office. Foust is running for the 10th District Congressional seat held by Republican Frank Wolf for 34 years.

FALL  FUN 2014

Bridging Political Divide

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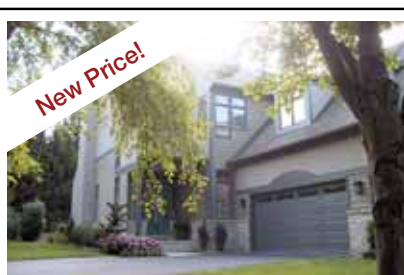
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Former Delegate Vince Callahan Dies at 82

Represented McLean, Great Falls in House of Delegates for 40 years.

BY REENA SINGH
THE CONNECTION

Former delegate Vincent Callahan Jr., who spent 40 years representing McLean, Great Falls and Tysons Corner in Virginia House of Delegates, died on Sept. 20.

A Northern Virginian for life, he was born in Washington D.C. in 1931 and died at 82 years old in Arlington on Saturday.

Politicians from both sides of the aisle commented on the sadness of his loss.

"Dorothy and I are profoundly saddened by the loss of our friend Vince Callahan," said Gov. Terry McAuliffe in a statement. "Vince devoted his life to serving the people of Virginia and he will be remembered as a leader and a statesman who always put his community and his Commonwealth first."

Del. Barbara Comstock, who currently serves the district Callahan did, commended his support and efforts in local organizations.

"He leaves behind a lasting legacy in the Commonwealth and certainly here in our local community," she said. "It was an honor to call him a friend, to work with him over the years and to have the privilege of his advice and guidance."

U.S. Rep. Gerry Connolly spoke of Callahan's efforts with both Republicans and Democrats for the sake of the state.

"Vince Callahan was a statesman who put sound policy and the needs of Northern Virginians ahead of partisanship," he said in a statement. "One only hopes his legacy as a



CONNECTION FILE PHOTO

Vincent Callahan

bipartisan bridge builder can serve as an example for many of today's elected leaders. I am saddened by his passing."

Turner Farm advocate Beverly Bradford remembered his presence at the Turner Farm Park dedication in 1999. She also noted that Callahan championed Georgetown Pike as the state's first scenic byway.

"Not only was he a friend to everyone regardless of their political leanings, but Vince Callahan had a soft spot for dogs and horses," she said.

Losing an Institution

From The Connection's story on Callahan's retirement in March 2007.

When Del. Vince Callahan (R-34) walked into the Virginia state legislative session for the first time, Lyndon Johnson was president and The Beatles were still six months away from releasing "Sergeant Pepper's Lonely Hearts Club Band."

Callahan first took office as McLean's representative to the House of Delegates in 1968 ... He is the longest serving Republican and the second longest serving member in the General Assembly's history.

"It has gotten old. I want to do something other than be a politician on call for the rest of my life," said Callahan, who has driven to Richmond at least once every week since he was elected 40 years ago.

The McLean delegate has spent 10 years as chair of the House of Delegates appropriations committee, considered one of the most influential positions in the state.

... Party activists say he was one of the first Republicans to gain any significant political power in a state that, until recently, was dominated by Democrats. When Callahan first took office in the late 1960s, he was one of only 14 Republicans in the 100-seat General Assembly.

"A lot of the party's success now can be credited to Del. Callahan's early work. To be a Republican back then was just unheard of. The Democrats had been in power since the 1880s. The majority that you see today really got its start from the early Republicans that ran," said Shaun Kenney, communications director for the Republican Party of Virginia.

"I ran as a Republican because I thought

we were the reform party in Virginia," said Callahan.

He added the General Assembly was significantly streamlined during the 1990s because of political competition between the two parties. He considered the shift in political power — from a one-party system to a two party-controlled state — to be one of the most significant and positive changes to take place during his tenure.

The increased competition may have had some negative side effects. Callahan said civility and camaraderie between Republicans and Democrats in the General Assembly has eroded over the years.

"The partisanship is more acute and the collegiality that was once there is lacking," he noted.

But the expansion and rising affluence of Northern Virginia has increased the influence of representatives from the Washington suburbs in the General Assembly, Callahan said.

"At one stage, the rest of the members sort of looked with suspicion on Northern Virginia and ignored us. Now they have to pay attention to us, even if they don't necessarily like us," he said.

Callahan said his own district has changed significantly from a more modest homogeneous community to one that increasingly is marked by affluence and ethnic diversity.

"In 1963, I bought my house in McLean for \$44,000. Now it is difficult to find one worth less than \$1 million," said Callahan.

— JULIA O'DONOGHUE

Langley Student Has Voice on School Board

Harris LaTeef ready to represent students on big issues.

BY REENA SINGH
THE CONNECTION

Harris LaTeef isn't used to wearing a suit, but he's getting good use from the ones he owns this year.

The School Board's student representative, a senior at Langley High School, will provide the board with a unique perspective that represents 187,000 people in the county for important issues this year.

"I really do believe this is the greatest honor I've received during my time as a student and I could not be more proud to represent my peers from across the

county, especially so during a time when the Board is deciding issues that will have an effect on students for many years to come," said LaTeef.

LaTeef's first experience with the School Board was as a third grade student at Colvin Run Elementary in 2006, when he nominated Nancy Gunderman as one of the support employees of the year.

School Board Member at Large Ilryong Moon was the board chairman when LaTeef came before the board for the first time.

"He is a well-mannered, well-spoken, smart, admirable, and compassionate young man with a great future ahead of him," he said.

That first interaction peaked LaTeef's interest in Fairfax County Public Schools politics - and politics in general. He said he is interested in how politics and government affect students.

AS STUDENT REPRESENTATIVE elections loomed early in the year, he decided



PHOTO BY FAIRFAX COUNTY PUBLIC SCHOOLS

Harris LaTeef, Langley High School student, is the student representative for the FCPS School Board.

to throw his hat in the ring despite being active already at school. On Feb. 5, he ran against 18 other students in the county and was elected the 44th student representative.

As the students' representative, he will be the key voice for big issues this year, like later start times. This is an issue that LaTeef sees every day.

"This is the single largest issue that will

affect students this year," he said. "I used to get on the bus at 6:17 a.m., and I probably wouldn't get home until 3 p.m."

Students who have between two to five homework items to finish that night struggle to get to bed by a decent hour, he said. Going to class tired from the lack of sleep was normal among his peers.

He also hopes to use his position to advocate for smaller class sizes for next year's budget.

"With the growing student enrollment and the lack of a real increase from the Board of Supervisors, I hope to advocate that, if any cuts need to be made, we strive to limit the impact they will have on classroom sizes and the daily lives of students," he said. "Of course an increase from the Board of Supervisors is critical to maintaining our level of excellence as we are projected to be providing education to over 195,000 students by 2018."

SEE VOICE, PAGE 5

ELECTION 2014:

CANDIDATE PROFILES

Bridging Political Divide

Democrats hope Foust's reputation as a 'bridge-builder' connects with voters.

BY VICTORIA ROSS
THE CONNECTION

First in a series of candidates' profiles.

Straightening his tie, John Foust is preparing for yet another "meet-and-greet" event at the Clifton home of Democratic supporters Terry Matlaga and Kevin Bell.

It's a sunny Saturday afternoon in September, a good thing since the event is being held outside.

Foust smiles when his wife, Marilyn Jerome Foust, who frequently accompanies her husband to these events, reaches up to pat down his hair.

"You look wonderful," she tells him.

It's just seven weeks away from Election Day, in what's considered one of the hottest Congressional races in the country, and Foust's mood is upbeat.

People who know him well say Foust genuinely enjoys meeting new people and listening to their concerns, a skill that served him well during his seven years as a Fairfax County supervisor.

"He always has time for you. John is a true public servant who demonstrates solid working-class values," said Grace Han Wolf, a member of the Herndon Town Council, who has worked with Foust on a number of boards and commissions in the past decade.

"There's not an arrogant bone in his body."

"John is a real bridge-builder, not a bomb-thrower. I've known him for years, and I've seen him working to find common ground on community issues. Congress needs more people like that," said Gary Serota of McLean, a longtime friend and neighbor.

ALTHOUGH THE TWO were neighbors in McLean, they didn't really meet until they both chaperoned a Langley High School trip to Kenya in 2002.

"We got to know each other well, because we spent hours touring Kenya in these vans that travel for miles over bumpy roads. When you're with someone for 10 days, you get to know them pretty well," Serota said. "John has a consistency of character and he's got great integrity. When John says 'I'm going to do something, he does something.'"

"John is fearless," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors, who introduced Foust during Saturday's campaign event. "He is one of my most valuable colleagues on the board. He has the tenacity to get things done ... He worked day and night to help get the business community back on its feet."

It's that same tenacity that drives Foust,



PHOTO BY VICTORIA ROSS/THE CONNECTION

Fairfax County Supervisor John Foust (D-Dranesville) poses with his campaign staff outside his McLean office on Thursday, Sept. 11. Foust is running for the 10th District Congressional seat held by Republican Frank Wolf for 34 years. From left: Maggie Seal, Devan Kerley, John Foust, Patricia Jacob, John Souleles and Samee Ahmad

Q&A with John Foust

Q: What do you consider your top 3 accomplishments as Dranesville Supervisor?

A: -Fiscal management through the Great Recession

-Dulles Rail project

-Delivering numerous pedestrian and bicycle projects in the district

Q: If you are elected, what are your top 3 priorities as our new Congressman?

A: -Focus Congress on solving problems and not on partisan games

-Increase jobs and opportunity in our district

-Increase support for early childhood, K-12 and higher education

Q: Tell us the top three reasons why voters should cast their

ballots for you on Nov. 4.

A: -My track record as a hard-working, problem-solving elected official who helped balance seven budgets while continuing to invest in our community's priorities

-My support for job-creators like education, infrastructure, and research and development

-My support for women being able to make their own healthcare choices without interference by the government

Q: What is the last book you read?

A: That Used to be Us: How America Fell Behind in the World It Invented and How We Can Come Back (Thomas Freidman, Michael Mandelbaum)

Q: Who is your hero and why?

A: My father is my hero on how to live my life; Doctor Martin Luther King is my po-

Bio

Candidate: John W. Foust

Political Party: Democrat

Current position: Member of the Fairfax County Board of Supervisors since 2007. Represents the Dranesville district, which includes McLean, Great Falls, Herndon and portions of Vienna and Falls Church.

Born: Sept. 5, 1951 in Johnstown, Pa.

Residence: McLean

Occupation: Attorney

Spouse: Dr. Marilyn Jerome Foust

Children: Matthew, Patrick

Education: B.A. Economics, University of Pittsburgh; MBA, Law degree, George Washington University Law School

Community Organizations: Former President of McLean Citizens Association and District Chairman of Boy Scouts. Current Member Board of Supervisors, Chairman of Audit and Economic Advisory Committees and Vice-chairman of Budget Committee.

63, in his ambition to be the first Democratic representative of Virginia's 10th district in more than three decades.

According to the Rothenberg/Roll Call Political Report, the 10th district seat held firmly for 34 years by retiring U.S. Rep. Frank R. Wolf could be the rare bright spot for Democrats this midterm election.

While some GOP strategists say Foust might be "punching above his weight class" in the congressional race, other strategists maintain the 10th district — once deeply Republican — is now considered "Leans Republican."

Foust is vying for the seat against fellow McLean resident Barbara Comstock, a GOP member of the Virginia House of Delegates.

In recent weeks, both campaigns have amped up the tone and tenor of the negative political rhetoric. They have also accelerated the number of campaign whistle stops, debates and town hall forums in an effort to get turnout during the midterm election.

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litical hero because of his commitment to equality and his courage.

Q: What do you do to relax?

A: I enjoy hiking, reading, and going out to dinner with my wife.

Q: What are the first five songs on your playlist?

A: -Yesterday, by The Beatles

-Bridge Over Troubled Water by Simon and Garfunkel

-Crazy by Patsy Cline

-Wind Beneath My Wings, by Bette Midler

-Luckenbach Texas, by Waylon Jennings

Q: When out-of-town friends visit, where do you like to take them to show off Fairfax County?

A: Riverbend Park

—VICTORIA ROSS

NEWS

Voice on School Board

FROM PAGE 3

Fellow classmate at Langley, Morgann Tucker, became good friends with LaTeef during high school. She noted that he is active with the student newspaper.

"I think he's doing a really good job pushing later start times," she said. "He's really fun and always doing something. He's really busy."

IN ADDITION to writing and taking photos for the school newspaper, LaTeef is the Co-Chairperson for the Langley and McLean high schools Relay For Life.

"We're bridging the gap between Langley and McLean, who are bitter sports rivals," he said, laughing.

He also volunteers at Reston Hospital Center once a week.

"From watching budget debates to speaking individually with School Board members, I really have a newfound appreciation for the massive amount of work and effort that goes into running the 10th largest school system in our nation," LaTeef said.

JAZZ BLUES AND THE SPIRIT

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 - Sixteen (16) raffle tickets

Platinum – \$5,000

- Signage at registration desk
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- Sponsor signage on bar, box lunch or beverage carts
 - Two (2) hole sponsorships
- Opportunity to provide participant giveaways
 - Eight (8) golfers
- Color logo on event banner displayed at banquet
 - Twelve (12) raffle tickets

Gold – \$3,500

- Signage at registration desk
 - Logo on rules sheet
- Sponsor signage on bar, box lunch or beverage carts
 - One (1) hole sponsorship
- Opportunity to provide participant giveaways
 - Six (6) golfers
- Color logo on event banner displayed at banquet
 - Eight (8) raffle tickets

Silver – \$2,500

- Signage at golf bag drop
 - One (1) hole sponsorship
 - Four (4) golfers
 - Six (6) raffle tickets
- Color logo on event banner displayed at banquet
- Opportunity to present skills competition awards or raffle prizes

Bronze – \$1,500

- One (1) hole sponsorship, Two (2) golfers & Four (4) raffle tickets
- Color logo on event banner displayed at banquet

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²The Washington Post, Washington Bestsellers Paperback Nonfiction General, April 20, 2014.

Deadly Medicaid Debacle

Literally killing poor people who could have health care, while refusing to give Virginia's economy a boost.

The poor people of Virginia are so seriously harmed by the actions of the Virginia General Assembly in refusing to expand Medicaid at little additional cost to the Commonwealth that those harmed should have some legal recourse.

The damage will cost many lives and the productivity of many. People who will needlessly die of cancer undetected until it is too late. People whose productive lives will be cut short because of untreated diabetes. People who will finally qualify for Medicare and Medicaid because they are permanently disabled after stroke or heart attack that could have been prevented.

Examples of health harm beyond the poor: There are the extra flu cases because a working person who doesn't have health insurance so doesn't get a flu shot also can't afford to be off work and infects other by being at work

while sick.

With whooping cough on the rise, people who will be around infants are advised to get a booster shot to protect the infants for whom the disease can be deadly, but if you don't have health coverage, you are unlikely to get the booster.

Vulnerable people, elderly, young children, people with chronic illness, people on chemotherapy, will get sick more than necessary even though they have insurance because of the 200,000-plus people integrated in all aspects of our communities who do not have access to basic health care.

Meanwhile, leaders lament the loss of federal dollars in Virginia due to the sequester and reduced spending on defense, homeland security and other programs. Here is the one place where Virginia's economy could get a

boost. Expanding Medicaid would create an estimated 30,000 jobs and pump hundreds of millions of dollars into Virginia's economy. Hospitals support expanding Medicaid which would offset many of the costs of caring for uninsured populations. So far, Virginia has lost out on about \$1 billion that could be creating jobs and making our local economy healthier in addition to protecting health in our communities.

Business groups and chambers of commerce around Virginia, including the Fairfax County Chamber of Commerce, support the expansion of Medicaid in Virginia under the Affordable Care Act.

In Virginia, Medicaid eligibility for adults without disability is almost nonexistent, limited to parents with incomes below 51 percent of poverty, or about \$11,900 a year for a family of four, according to the Kaiser Family Foundation. Adults without dependent children remain ineligible regardless of their income. Refusing to expand Medicaid is hurting all of us, but the most vulnerable are hurting the most.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

Building Resiliency in Our Youth: When School Starts, It's a Balancing Act

BY NYKA FELDMAN AND SUSAN NOLAN

The fall school routine is ramping up fast – practices, games, clubs and performances on top of a load of homework. No time to relax, for us or for our kids, it's go, go, go.

If your idea of balance is a focus on the school year's competitive requirements versus the right mix of extracurricular activities to get your child into an elite college, it might be time to take a step back and ask a few hard questions. Are we truly setting our children up for success? Are our kids, especially our teens, getting what they need for authentic success? What happens when they fail?

We know that children experience an incredible amount of stress tied to their performance. Overloaded schedules, the drive to do well in school, and social pressures, all under the microscope of social media, affect every child. They will all have setbacks, and every one of them needs to learn how to become more resilient.

The American Psychological Association (APA) describes resilience as, "the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It means 'bouncing back'

from difficult experiences." By building resiliency, young people can learn to deal with the difficult situations they face, recover and learn to be better prepared for the future. The APA offers tips for building resilience:

- ❖ Make connections - Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Build a strong family and community network to support your child through his or her inevitable disappointments and hurts.

- ❖ Take a break - While it is important to stick to routines, end-

lessly worrying can be counter-productive. Teach your child how to focus on something besides what's worrying them.

- ❖ Teach your child self-care - Make yourself a good example, and teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has "down time" to relax.

- ❖ Nurture a positive self-view - Help your child learn to trust himself to solve problems and make appropriate decisions. Teach your child to see the humor in life, and the ability to laugh at one's self.

- ❖ Keep things in perspective and maintain a hopeful outlook - Even when your child is facing very painful events, help him look at the situation in a broader context and keep a long-term perspective. Help him or her see that there is a future beyond the current situation and that the future can be good.

Life during the school year is a balancing act. Make the time to focus on coping skills for resilient, balanced kids.

Nyka Feldman and Susan Nolan are the Executive Director and President of the Safe Community Coalition.

FREE CAREGIVERS SEMINARS

Fairfax County is offering the following Free Caregiver Seminars in October:

- ❖ Understanding and Caring for a Person with Dementia. Saturday, Oct. 18, 10 -11:30 a.m. Insight Memory Care Center, 2812 Old Lee Highway, Fairfax. For directions: 703-204-4664.

- ❖ Six Questions to Consider About Paying for Long-Term Care – WEBINAR. Wednesday, Oct. 29, Noon-1 p.m.

Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm.

- ❖ Carfit experts will be at the Vienna Volunteer Fire Department parking lot to assist older adults in determining if your car fits you properly for maximum safety. Free

program. Wed., Oct. 8, from 9 a.m.-2 p.m. Call 703-255-6360 to register and for more information.

- ❖ Fairfax County's free Chronic Disease Self-Management Program workshops are held Oct. 15-Nov. 19, 10 a.m.-12:30 p.m. Register at www.fairfaxcounty.gov/dfs/olderadultservices or call 703-324-5489, TTY 711.

- ❖ Fairfax County is providing free Support Groups for Kinship Caregivers. Oct. 21, Oakton Library, 7-8:30 p.m. and Oct. 23, 6:30-8 p.m. Bryant Alternative High School. Visit www.fairfaxcounty.gov/dfs/kinship/support-groups.htm, or to register call 703-324-5447, TTY 711.

Medicare 101 presentations are offered by Fairfax County at the following locations:

- ❖ Wednesday, Oct. 15, 7-8:30 p.m. —

Braddock District Community Room (Next to Kings Park Library), 9002 Burke Lake Road, Burke, VA 22015

Directions: 703-425-9300, TTY 711 (No registration necessary.)

- ❖ Thursday, Oct. 16, 10-11 a.m. — Unitarian Universalist Church, 2709 Hunter Mill Road, Oakton, VA 22124

Directions: 703-281-0538, TTY 711 (No registration necessary.)

- ❖ Tuesday, October 28, 9:45-11 a.m. — Vienna Presbyterian Church, 124 Park Street, NE, Vienna, VA 22180

To register contact Charles Geschiere at 703-938-9050, x. 151; TTY 711

For more information visit www.fairfaxcounty.gov/dfs/olderadultservices.

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ELECTION 2014:

CANDIDATE PROFILES

Inspired by Father

FROM PAGE 4

THE SCHEDULE is grueling, and it only gets worse until Election Day.

"You know, whenever I'm tempted to complain about something in this race, I think about my father," Foust said during a recent interview in his McLean campaign office.

"My dad was 50 when he lost everything he worked for, and I mean everything — house, possessions, everything — it all just washed away in a flood in my hometown in 1977," said Foust, who grew up as the oldest of five boys in Johnstown, Pa.

The flood to which Foust refers is considered one of the deadliest flash floods in the history of the United States. More than six dams burst, sending 128 million gallons of water through Johnstown. The flooding killed 85 people and rendered thousands homeless, including the Foust family, whose home was completely destroyed.

"I saw my father the morning after the flood," Foust said. "What I vividly remember is that he didn't complain. I kind of clapped him on the back, in a gesture to comfort him ... But the only thing he said was 'I just can't believe I lost that film of you kids.'"

Foust said his father, a laborer on the railroad, was talking about pictures he took at his sons' football games. "My parents grew up in the Depression, and they didn't expect anything to be handed to them. My dad sometimes worked two or three jobs, but one thing he never missed was our football games."

"John is a real bridge-builder, not a bomb thrower...I've seen him working to find common ground on community issues..."

—Gary Serota of McLean

Foust paused at the memory.

"My parents showed me a great path of how to live and, because of their example, I have a good perspective on what's important and what's not."

Foust said he was the first person in his family to go to college, and the fact that he was able to get an education made a huge difference in his life.

"Because of my education, I was able to make contributions to my community. College is becoming less affordable and less accessible now, and I want to change that. We're leaving talent on the table when we make college out of reach for everyone but the super-wealthy. I want that opportunity to be available to everyone ... it's part of the American dream," Foust said.

"To me, my dad's reaction to that flood, to losing everything in one night, just puts everything into perspective for me. Sure, sometimes you get down in this race, but you work your way through it ... If my dad can lose everything and not complain, I can do this," Foust said.

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CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

FRIDAY/SEPT. 26

Old Firehouse Teen Center Friday Field Trips. 3:30-10 p.m. Trip will depart from OFTC, 1440 Chain Bridge Road, McLean. Virginia State Fair. Prices vary based on activity. www.mcleancenter.org or 703-790-0123.

SATURDAY/SEPT. 27

Welcome the Change of Season Harvest Happenings. 11 a.m.-2 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. \$5. www.mcleancenter.org or 703-790-0123.

Cars & Coffee. 7-9 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Every Saturday come find an assortment of antique, custom, exotic, sports cars and more! With coffee!

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Village, 778 Walker Road, Great Falls. Bring your recyclable bag and participate in the local movement. Farmers from around the area sell their vegetables, fruits, crepes, drinks and more.

Turner Farm's Back to Schooling Show. 9 a.m.-4 p.m. Turner Farms, 925 Springvale Road, Great Falls. A chance to show off your skills as an equestrian. Open to all ages. Admissions: \$10 for participants and \$15 per class. Visit http://www.turnerfarmevents.com.

McLean Community Center's Annual Harvest Happening Festival. 11 a.m. - 2 p.m. McLean

SEE CALENDAR, PAGE 11

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER

HomeLifeStyle.....9/10/14
A+ Camps & Schools.....9/17/14
Fall Fun & Arts Preview.....9/24/14

OCTOBER

Wellbeing.....10/1/14
HomeLifeStyle PULLOUT: Deadline is 9/25/14.....10/8/14
A+ Camps & Schools.....10/15/14
Election Preview I.....10/22/14
Election Preview II.....10/29/14

NOVEMBER

Election Day is Tuesday, November 4.
Wellbeing.....11/5/14
HomeLifeStyle.....11/12/14
Holiday Entertainment & Gift Guide I.....11/19/14
A+11/25/14
Thanksgiving is November 27.

DECEMBER

Wellbeing.....12/3/14
HomeLifeStyle: Home for the Holidays.....12/10/14
Hanukkah begins December 16.
Holiday Entertainment & Gift Guide II.....12/16/14
A+ Camps & Schools.....12/16/14
CHILDREN'S CONNECTION.....12/24/14

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THE GAME'S A FOOT, OR HOLMES FOR THE HOLIDAYS IS PRESENTED BY SPECIAL ARRANGEMENT WITH SAMUEL FRENCH, INC.

Join the McLean Players' Facebook Group

CALENDAR

FROM PAGE 10

Community Center, 1234 Ingleside Avenue, McLean. General admission is \$5 at the door; admission is free for children up to 36 months old. Piglets, chickens, goats and guinea pigs are just a few of the many farm animals young children ages 3-8 will be able to see and/or touch.

“The Emperor’s New Clothes.” 2 p.m. The Alden, 1234 Ingleside Avenue, inside the McLean Community Center. Tickets are \$15 for the general public and \$10 for McLean tax district residents. Hans Christian Andersen’s classic fable takes on a whole new dimension as it is transformed with an all-animal cast.

SUNDAY/SEPT. 28

Friends of MCC Reception to Celebrate 50 Years of Service. 2-4 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Free admission. www.mcleancenter.org or 703-790-0123.

Amadeus Orchestra with the Silver-Garburg Piano Duo. 4 p.m. Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Amadeus Concerts welcomes back the exciting Silver-Garburg Piano Duo for the first concert of the 2014-2015 season. Tickets \$30 and may be purchased at the door or online at <http://www.amadeusconcerts.com>. Students 17 and under are admitted free of charge.

TUESDAY, SEPT. 30

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Head on over to Dolley Madison for an exciting storytime featuring stories, rhymes and songs. Ages 13-23 months with an adult. For more information contact the library branch at 703-356-0770.

Preschool Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, songs, and activities. Ages 3-5 with adult.

Learn to Draw Cartoons. 4:30 p.m. Great Falls

Library, 9830 Georgetown Pike, Great Falls. Lean to draw cartoons with artist Bud Little. Ages 6 and up. Please register for this program.

WEDNESDAY/OCT. 1

McLean Newcomers Club Coffee. 11 a.m. McLean Community Center, 1234 Ingleside Avenue, McLean. The McLean Newcomers Club has geared up for a new season, as members of the executive board gathered to plan for the year to come. Founded in 1969 to create new friendships, they welcome both new and long-time residents. www.McLeanNewcomers.com or call 203-770-6995.

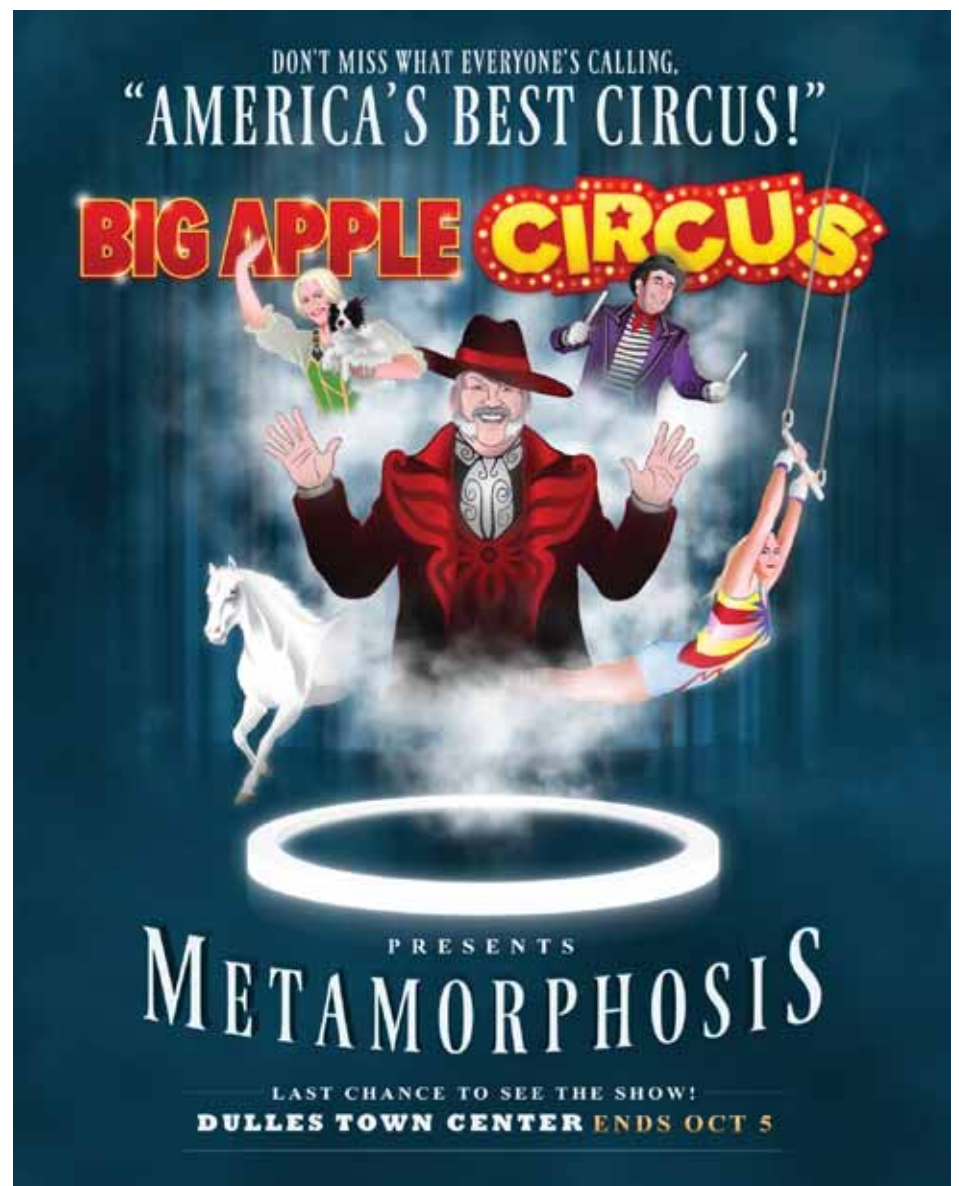
Photography Class Part 2. 10 a.m. – Noon. Tysons Corner Microsoft Store, 1961 Chain Bridge Road, McLean. Learn techniques to crop pictures, remove “red eye”, adjust focus, and more. Free. Call the Shepherd’s Center of Oakton Vienna (SCOV) office to register for classes or for additional information, 703-281-0538.

Teddy Bear Band. 12:30 p.m. McLean Central Park Gazebo, corner of Route 123 and Old Dominion Dr. Free. The Alden, Jammin’ Juniors concert series.

Pokemon League. 4:30 – 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Meeting Room. Age 5 to 15. Come play Pokemon with your friends.

FRIDAY-SUNDAY/OCT. 3 -5

“Transitions” ValeArts Fall Art Show 2014. Friday: 10 a.m. – 9 p.m. Saturday and Sunday: 10 a.m. – 6 p.m. Artists reception on Friday, Oct. 3 at 7 p.m. Vale Schoolhouse, 3124 Fox Mill Road, Oakton. In its 19th year, the nine artists will present a group show of more than 150 original works of local fine art. The focus will be on “Transitions,” the evolution of the artist as well as the resulting art. Songmi Heart and Laura Bealey will be featured as guest artists. Free. There will be a young artists’ table for younger art lovers.



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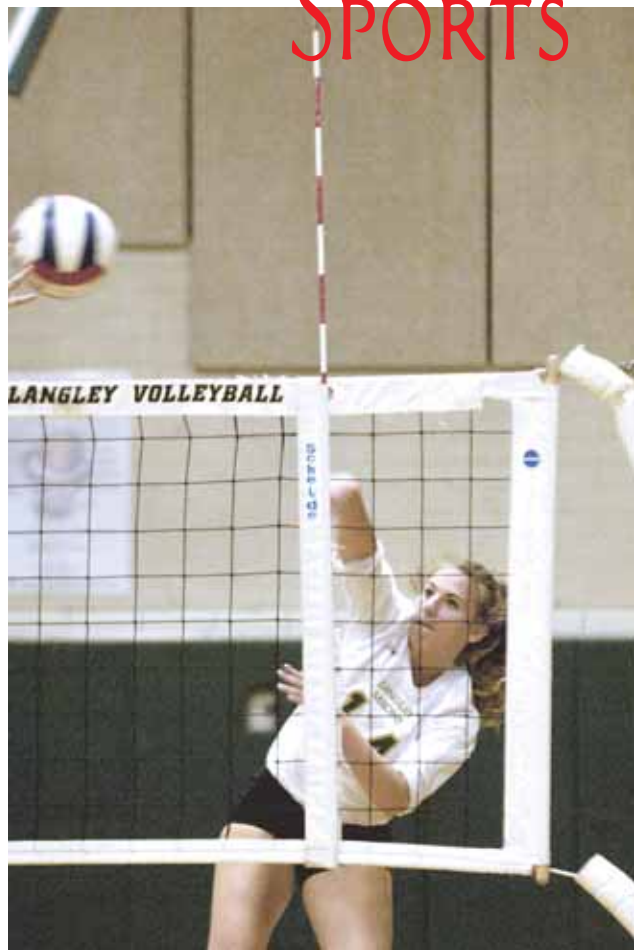
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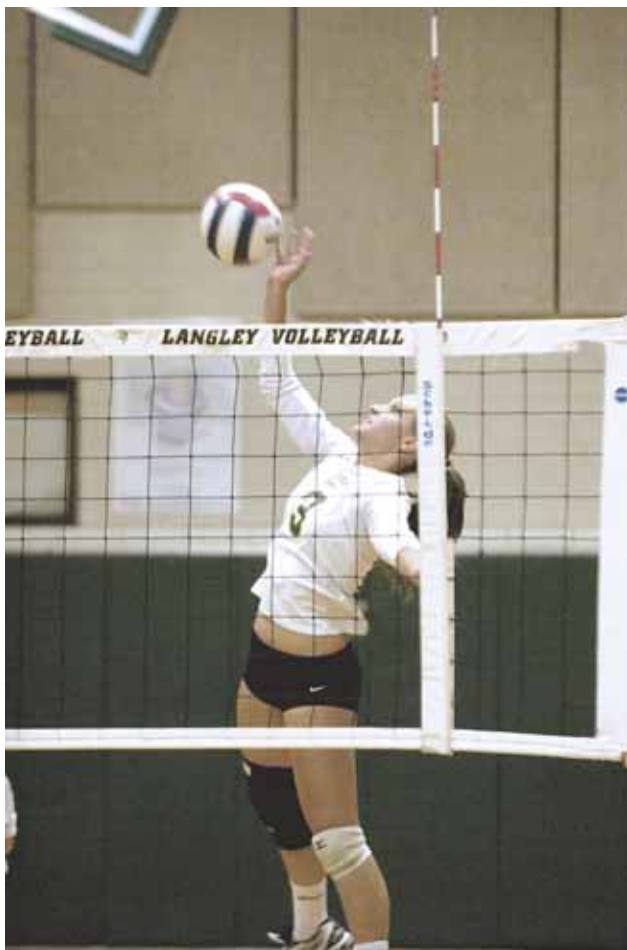
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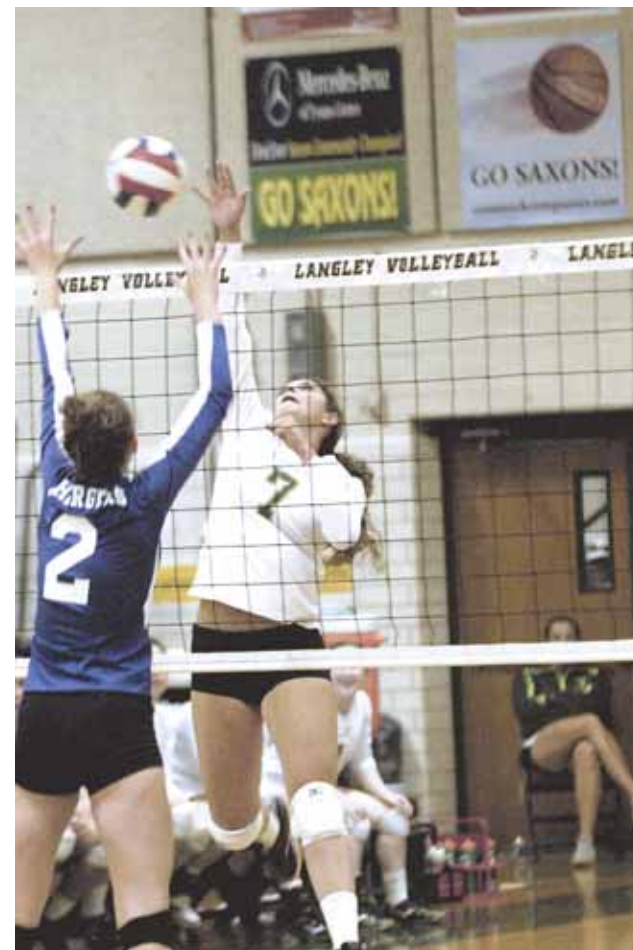
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Kristian Stanford finished with a team-high 13 kills for Langley on Monday.



Langley's Rachel Andrejev finished with 11 kills against Chantilly on Monday.



Langley's Raya Mufti swings for a kill attempt during Monday's match against Chantilly.

Langley Volleyball Falls to Chantilly in Four Sets

Stanford leads Saxons with 13 kills.

BY JON ROETMAN
THE CONNECTION

In 2011, Kathryn Young and her fellow freshmen on the Chantilly volleyball team made a goal to reach the state tournament at some point during their four-year high school careers.

Now a senior, Young and the Chargers feel pretty good about their chances of qualifying for states. On Monday, Chantilly had an opportunity to test itself against defending VHSL 6A state champion Langley, and the Chargers passed with flying colors.

After dropping the first set, the Chargers re-grouped and defeated the Saxons 3-1 (24-26, 25-19, 25-22, 25-23) at Langley High School. Chantilly failed to hold a late lead in the opening set, but the Chargers

didn't let that slow them down for the remainder of the match.

"It's just their personality," Chantilly head coach Charles Ezigbo said of the Chargers bouncing back from losing the first set. "They usually are relentless. I really don't have to say a whole lot to pump them up."

The 2014 Langley volleyball team isn't the same squad that won the state title last season. Alex Andrejev, the 2013 Virginia Gatorade Player of the Year, graduated and is playing for Columbia University. Junior outside hitter Jess Donaldson, an all-state selection in 2013, suffered a torn ACL earlier this season and is out for the year. However, the Saxons entered Monday's match with an 8-1 record, including seven consecutive victories.

"It's a confidence builder, beating a team

like Langley," Ezigbo said. "... A win like this will give the girls the feeling that they can compete with the better teams in the region."

Chantilly improved to 5-2.

Young, who is committed to the University of Virginia, led Chantilly with 14 kills.

"We knew we could at least hang with [Langley]," Young said. "It just validated that we can go [further in the postseason] than we have in past years."

Chantilly senior outside hitter Madison Lutz finished with nine kills, including the match-winner in the fourth set. Sophomore outside hitter Julia Recto had four kills, and senior setter Emily Booker had three aces.

While Langley fell short, head coach Susan Shiflett pointed out there is still plenty of time to prepare for the postseason.

"I was actually very pleased with the way they played," Shiflett said of the Saxons. "With Jess going down, we had to do some

figuring out. We're really young. To battle Chantilly like they did, I'm good with that. Our learning curve is going to be huge. We still have over a month to get ready for when it really counts."

Senior Rachel Andrejev has been the Saxons' go-to hitter this season. She finished with 11 kills on Monday. Kristian Stanford finished with a team-high 13 kills. Shiflett said Stanford has the ability to be a consistent contributor and help pick up the slack created by Donaldson's injury.

"I think Kristian Sandburg can do it," Shiflett said, "she just needs to get a little rhythm going."

Chantilly will host South Lakes at 7:15 p.m. on Monday, Sept. 29. Langley faced Potomac Falls on Tuesday, after The Connection's deadline. The Saxons will face Robinson and Battlefield on Saturday, Sept. 27 in a Dig Pink event.

SPORTS ROUNDUPS

Impressive Defensive Showing Caps 34-0 Win For Vienna Broncos

A stingy defense and hard-nosed blocking capped an impressive night at Waters Field for the 110-pound Vienna American Broncos during Vienna's annual "Black Out" celebration.

The Broncos beat the Braddock Road Hurricanes 34-0 behind a defense that allowed minus-1 total yards on 27 attempts. Joey Murray had a huge game at defense end, imposing his will on four solo tackles and two assists. Jared Cole had three solo tackles and one assist. Michael Leone directed a defensive backfield that al-

lowed two screen completions all night for minus-6 yards. His massive tackle on one screen caused a significant turnover.

Vienna started the night with a 25-yard touchdown run by Jared Cole, quickly followed by an 18-yard touchdown run by David Wallis. Quarterback Colin O'Connor delivered a 17-yard touchdown pass to Cole later in the half. Justin Duenkel hit a 29-yard field goal to cap off a 27-0 half after also connecting on all two-point extra point attempts. Michael Indelicarto took a 25-yard run into the end zone early in the third quarter.

Jacobs Oliver, Tanner Hughes, and Duenkel all had fumble recoveries while Jack Taylor netted two important recoveries as well for a total of five turnovers.

The Broncos will play a tough Dulles South on Saturday, Sept. 27, in Aldie.

Langley Football Earns First Win

The Langley football team defeated T.C. Williams 46-35 on Sept. 19 at Langley High School.

The Saxons (1-2) will travel to face Chantilly at 7:30 p.m. on Friday, Sept. 26.

McLean Suffers First Defeat

The McLean football team suffered its first loss of the season on Sept. 19, falling to Falls Church, 24-20 at McLean High School.

The Highlanders (2-1) will host South Lakes at 7:30 p.m. on Friday, Sept. 26.

Bridge Race

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21 Announcements

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C2 LLC trading as Highline R&R, 2010 Crystal Drive, Suite A and A-1, Arlington, VA 22202-3799. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On; Mixed Beverage (seating capacity 151 seats or more) license to sell or manufacture alcoholic beverages. Geoffrey O. Dawson, member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE
Flying Donkey, LLC trading as SER, 1110 N. Glebe Rd. Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off premises & Mixed beverage on Premises license to sell or manufacture alcoholic beverages. Javier Candon, Managing Member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE
La Tasca Inc trading as La Tasca, 2900 Wilson Blvd, Arlington, VA 22201-3851. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage Caterer Limited license to sell or manufacture alcoholic beverages. Javier Candon, President NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE
The Greek Taverna, Inc trading as The Greek Taverna, 6828 Old Dominion Dr. Ste C, McLean, VA 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer/Mixed Beverage Restaurant on Premises license to sell or manufacture alcoholic beverages. Christos Karamanos, owner NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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21 Announcements

ABC LICENSE
Founding Farmers NoVa, LLC trading as Founding Farmers, 1800 Ty sons Blvd, ste 70, Mclean, VA 22102. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off premises and Mixed Beverages Restaurant license to sell or manufacture alcoholic beverages. Daniel Simons, member, NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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ABC LICENSE
Melanie St. Clair trading as Smitten Boutique Salon, 2209 N. Pershing Dr, Unit B, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Day Spa license to sell or manufacture alcoholic beverages. Melanie St. Clair/owner NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Post-Chemo Weak



By KENNETH B. LOURIE

For the past year, every three weeks I have been infused with a chemotherapy drug called Alimta, "the last miracle drug," to quote my oncologist, and a drug with which I hadn't previously been infused. The fear then and now is that once this drug stops working – and for the last 12 months the results have been extremely encouraging – my alternatives, given my underlying kidney issues, are grim. The reason being, if I understand correctly, (and there's an excellent chance that I don't) is that cancer cells don't respond nearly as well to repeated exposure to the same drug. They sort of become accustomed to it and subsequent treatment is much less effective, if at all, so some other drug has to be prescribed with the chance of continuing success hardly guaranteed. My current treatment is working so well that when I asked my oncologist if perhaps we could spread out my infusions an extra week to allow my body to recuperate a bit, his answer was an emphatic "No." Because it is working so well, and because I have so few alternatives if change were truly necessary, the status should remain quo (which is no problem, really).

However, within the last six months or so of this treatment, I have experienced a change in my post-chemo week symptoms. Food, uncharacteristically, has no appeal to me. Psychologically, the prospect of eating food with which I am exceedingly familiar is a complete turnoff. Complicated by the extremely-less-than-satisfying aftertaste, the combination presents food challenges all day long. The result is that I lose my appetite, lose the enjoyment I derive from eating, lose energy/fuel to maintain my normal routine, upset my sleep, then become tired and depressed about the whole cycle of gloom I've just described. And so far, there seems to be nothing I can do, nothing I can eat, nothing I can change to affect this pattern. I just have to wait it out. It takes a week or so to pass.

Granted, in the scheme of cancer things, considering I am alive and reasonably well 67 months post-diagnosis, this blip is certainly manageable and nothing really to complain about; more something to write about as I so regularly do, sharing in sometimes excruciating details the ups and downs and all-arounds of living in the cancer lane. And therein lies the key word: "living" with cancer, as in, I'm still writing (wink, wink). And though I would prefer to not have been originally diagnosed back in February, 2009, I have made the most of it nonetheless, and shared "the most of it" with you regular readers. What I think I have learned in this entire cancer experience (hardly could one call it an adventure) is a type of patience; where context, perspective and controlling expectations, both good and bad – are fundamental to surviving. Fortunately, I've experienced more good than bad, but the fact that now I regularly experience a bad week shouldn't cloud my judgment. I'm still incredibly lucky during that week, just hungry and tired, and not in a very good mood. It's not perfect by any means, but perfect left the building on February 27, 2009.

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

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