

McLean in 2015: A Lot to Look Forward To

NEWS, PAGE 3

Dranesville Supervisor John Foust poses with local residents and county staff at the unveiling of a new trail by Lewinsville Road last fall. Foust said residents can expect a more pedestrian and bicycle-friendly community this year.



Expert Predicts 'A Slightly Better 2015'

NEWS, PAGE 4

McLean Residents Discuss New Year's Hopes

VIEWPOINTS, PAGE 3

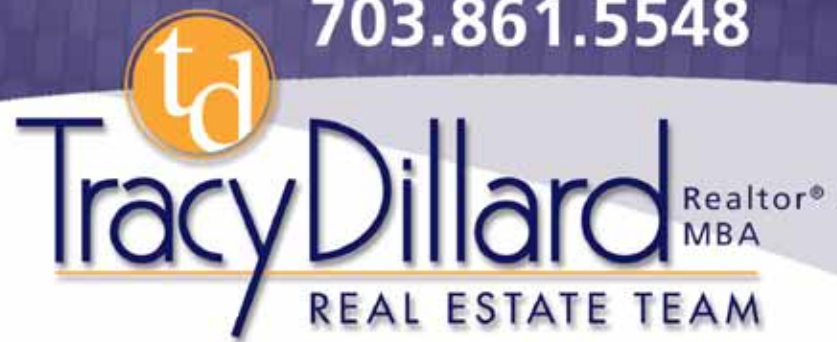
OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY REENA SINGH/THE CONNECTION

Happy New Year! Thank you to all our clients, partners, and friends.

Real Estate Results

703.861.5548



Just Listed



McLean \$1,795,000

Just Listed -1.92 Acres



McLean \$1,295,000

New Home



McLean \$2,875,000

Open 1/11 Sunday 2-4 pm



McLean \$2,699,000

For Sale



McLean \$2,449,000

New Price



McLean \$1,745,000

Open 1/11 Sunday 2-4 pm



McLean \$1,745,000

For Sale



McLean \$1,250,000

For Sale



Great Falls \$1,149,000

Sold in 10 days



McLean \$2,900,000

Sold in 12 days



McLean \$1,250,000

See www.tracydillard.com for floor plans and pictures

All Properties Offered Internationally

703.861.5548
tracy@tracydillard.com
Licensed in VA, DC and MD

LONG & FOSTER

REAL ESTATE
LUXURY HOMES

CHRISTIE'S
INTERNATIONAL REAL ESTATE



McLean residents can look forward to more pedestrian and bicycle-friendly roads this year.



PHOTO BY ALEX McVEIGH

McLean in 2015: A Lot to Look Forward to Expect renovations, downtown development in McLean.

BY REENA SINGH
THE CONNECTION

McLean has a lot to look forward to. Literally.

Between the looming pedestrian improvements and downtown development, in addition to the yearly battle for their share of the county budget, McLean leaders will be busy this year.

“The big challenge for the county will be how to reconcile the ever-increasing requests for county services and school funds,” said McLean Citizens Association President Sally Horn. “The reality is that we’re still in an economy where our resources are not finite. I think the budget issue is going to be a challenge for the county.”

As someone who has voted on the county budget in the past six years, Dranesville Supervisor John Foust agreed with Horn.

“Continuing impacts from sequestration, slow job growth, weak commercial markets and lower than projected residential values will make the board’s job particularly challenging this year,” he said. “The county executive will present his advertised budget to the board in February, but preliminary information suggests we face a projected shortfall of \$164 million including \$100 million for the county budget and \$64 mil-

lion for the school budget,” Foust said.

THE COUNTY IS PULLED in several different directions, budget-wise. The past year has seen disappointment from certain parties, including Fairfax County Public Schools’ outcry after board members and administrators felt that the county underfunded them.

At nearly every School Board meeting since the budget was approved, at least one comment about the lack of funds has been made by board members.

“Both our Board of Supervisors and the public, if they ever wanted to understand the complexity of a county of over a million people and almost 200 schools, open up this brochure and understand what we’re dealing with,”

said Braddock District board member Megan McLaughlin after a Capital Improvement Plan presentation at the Dec. 18 School Board meeting.

Foust said he is working with the McLean community to establish priorities.

“As I have done for the past six budget cycles, I have convened my citizen task force,” he said. “The task force will prepare a report with recommendations that will be presented to me in early 2015.”

He also plans to hold meetings throughout this jurisdiction to hear directly from citizens what they hope to see from this year’s county budget.

Foust also has another significant item to look forward to: the completion of the McLean Government Center’s building by this summer. Currently, the office is located in the McLean Square Shopping Center.

“The old building had inadequate space for the police and many of the building systems including HVAC and bathrooms needed replacing,” he said. “The existing 21,600-square-foot building is being expanded by 17,600 square feet, an increase to accommodate police needs through 2030.”

Changes in transportation and pedestrian and bicycle-friendliness will continue through this year. Last year, Foust helped to celebrate several new sidewalks and trails, a tradition he will continue in 2015 and beyond. Projects slated for completion this year include McLean Gateway - which currently is a median on Old Dominion Drive - that will welcome visitors into the business district as well as a relocated bus stop and acces-

sible crosswalks at the corner of Old Dominion Drive and Birch Road.

Horn said plans for downtown McLean’s growth will expand.

“We don’t want to be Tysons,” she said. “How do we renew our vitality while maintaining our core interests?”

She said that question will be answered at future MCA meetings this year, something association members can look forward to.

SPECIFIC DEVELOPMENTS in McLean include the renovation of the Spring Hill Recreation Center and a possible agreement to redevelop Lewinsville Senior Center early this year.

“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,” said Foust. “The plan will require zoning approvals and has been presented to the community for public input.”



PHOTO CONTRIBUTED

Sally Horn, McLean Citizens Association president, wants downtown McLean to retain its historic charm and set it apart from Tysons.



PHOTO BY ALEX McVEIGH

Fairfax County Supervisors may approve Lewinsville Senior Center’s redevelopment early this year.

VIEWPOINTS

McLean Residents Discuss Their Hopes for 2015

— REENA SINGH

PHOTOS BY REENA SINGH/ THE CONNECTION



Michael Adams, researcher, McLean:

“I hope that everyone makes at least 10 people happy.”



Debbie Latimer, mental health counselor, McLean:

“I hope that there’s less violence, hunger and poverty in this country.”



Debbie Bulford, teacher, McLean:

“It’s always to lose weight, to read more and spend more time with family.”



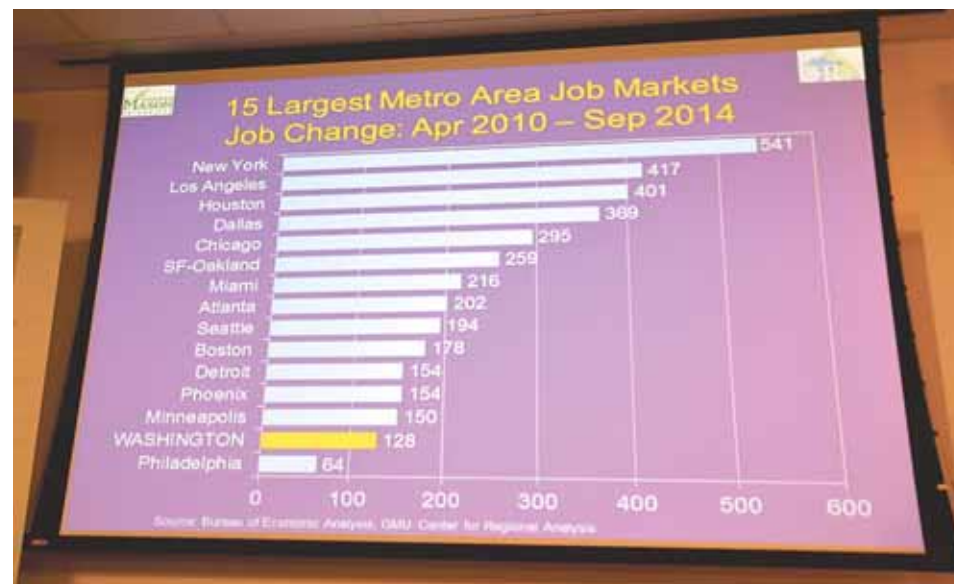
Diane Sullivan, sales associate at Pottery Barn, McLean:

“I hope for the world that people get along and there won’t be so many wars. I hope people are nicer to one another, maybe slow down a little more and be grateful to one another.”



PHOTOS BY ANDREA WORKER/THE CONNECTION

Stephen Fuller went out into the crowd of attendees during his NVAR-hosted presentation on the past year's economy and the economic outlook ahead.



The news could be better – according to Fuller and many of the charts and graphs he referred to during his presentation, the Washington Metro area, including Northern Virginia, is lagging well behind in many key recovery factors. Fuller discussed several reasons for the situation, not the least of which being the aftermath of 2013's “fiscal cliff” and the continuing impact of sequestration.

Expert Predicts ‘A Slightly Better 2015’

Realtors association hosts year-end economic update.

BY ANDREA WORKER
THE CONNECTION

Most keynote speakers are used to a bit of fidgeting from the audience about 20 minutes into their spiel. Just goes to show the level of interest both the topic and the speaker generated when after almost two hours, the hosts of the Northern Virginia Association of Realtors (NVAR) Year-End Economic Review with Dr. Stephen Fuller basically called the session “a wrap” to convince the attendees that the included lunch awaited them.

Fuller brings an impressive collection of credentials to the role; Ph.D., Dwight Schar faculty chair and university professor and director, Center for Regional Analysis, School of Public Policy at George Mason University, not to mention chief economist for Cardinal Bank. Adding an arsenal of graphs and other analytical data to his expertise and experience, Fuller provided insights about the closing year, a preview of what to expect in 2015, and some long-term economic expectations for Northern Virginia, the District and Maryland.

“2014 was actually softer in all categories than expected, given the strength of the economic recovery exhibited in 2013,” said Fuller, “particularly in relationship to the housing market. Fuller credited a number of factors for the reason that things slowed down in 2014. Lower wage jobs, slower immigration and reduced international transfers, lower marriage rates, limited access to credit, degraded mobility (when the jobs being created aren’t worth moving for),

student loan burdens and even changing generational values and preferences were the reasons he cited.

“Perhaps most surprising is that for the first time in the memory of many, our local economy is underperforming compared to the rest of the country.” Based heavily on direct and ancillary federal government employment, the area has previously been less negatively impacted by the recession than other areas of the country. “This is new territory for us,” Fuller said. “Even more surprising, it didn’t really make the headlines that our economy shrank more in the last year than it did during the recession.” He likened the situation to a luxury liner with a small leak. “It may be hardly noticeable now, but someone had better start baling and repairing soon.”

ACCORDING TO FULLER and many of the sources he consulted, the “Fiscal cliff” and the introduction of sequestration in 2013 are just beginning to make an impact on the local way of life – and not in a positive way. All of the reports on the creation and status of jobs show that most growth, particularly in this area, is taking place in industries that on average pay less and that many of those who lost their positions in government or government contracting, have yet to be “redeployed” in similar situations. “Health and education and local government were the key growth industries in the this area, and we can’t sustain our economy on only these two sectors. We definitely need wage growth, something we haven’t had in this recovery so far,” added



Stephen Fuller from George Mason University held the stage for almost two hours at the Northern Virginia Association of Realtors (NVAR) Year-End Economic Review. Fuller spoke to the issues that shaped 2014, as well as predictions for the coming year, and beyond.

Fuller. “During the recession, employers learned the lessons of productivity.” With higher unemployment and older workers opting out of the workforce, employers could more easily pick and choose and keep pay rates lower. The unemployment numbers are dropping, but according to Fuller, we still haven’t reached the stage where employers must offer more to secure the best. And there is something else missing from the equation in Fuller’s educated opinion. “Where is inflation? There isn’t any. And you need it to give merchants the opportunity to provide wage growth.”

Despite a number of troubling indicators that he believes require immediate and significant attention, Fuller does predict a slightly better 2015. “We are still feeling that

pent up demand that will push things a bit higher.” Fuller does not see a repeat of the flurry of increasing house prices that many sellers enjoyed not long ago. Instead, he believes that many luxury homes will come down in price and average time from list-to-sale may increase somewhat.

WHEN ASKED during the Q&A session to comment specifically on Fairfax County, Fuller cautioned that without creation of higher-wage jobs, the county would face a “real squeeze to services – fire, policing, education.” Local government needs tax money to do its job. Lower income and property taxes coupled with an increasingly aging population could mean even more challenging times ahead. “But interesting ones,” he declared. “Downsizing or rightsizing according to your view, things

change.”

This NVAR event was sponsored by RGS Title Company and hosted by the NVAR Small Broker and Real Estate Finance and Settlement Forums. NVAR has several economic outlook programs in store for the coming year. Visit their website at www.nvar.com to keep up to date on NVAR happenings.

Fuller will speak at the 23rd Annual Cardinal Bank and George Mason University Economic Conference on Jan. 15, 2015. Pre-registration for the conference is available at www.cardinalbank.com. More on Fuller’s update, review and the analytical data he presented are available on the George Mason University Center for Regional Analysis website at cra.gmu.edu.

McLean Historical Society to Discuss the Book on Falls Church in Civil War

On Jan. 13 at 7:30 p.m. at the McLean Community Center, the McLean Historical Society will welcome Brad Gernand to discuss his book *A Virginia Village Goes to War: Falls Church During the Civil War*. This book includes references to several familiar families, including the Crockers, Minors and Magaritys. Gernand is currently the Manager of Library and Information Services at the Institute for Defense Analyses, and has formerly worked for the Library of Congress and the National Archives and Records Administration. He is the longtime Chair of the Board of Trustees of the Mary Riley Styles Public Library in Falls Church, and co-author, with Nan Netherton, of *Falls Church: A Virginia Village Revisited*. A book sale/signing will follow this free program. The community is invited.

Fundraiser Supporting Kent Gardens PTA

A fundraiser for Kent Gardens PTA has been announced by HBC Realty Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, Jan. 13, 2015 from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support Kent Gardens PTA. Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go to the charity, as long as the diner brings the flyer for the event. Contact HBC Realty Group at 703-734-0192 or visit www.HBCRealtyGroup.com to receive a flyer.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Realty Group of Keller Williams Realty, Betty Sparkman and Chris Lara of Reveal Remodel, Marcus Simon with EKKO Title, Kevin Dougherty of Pillar to Post, The Simmons Team of George Mason Mortgage, and Moe Jebali with Pulcinella Italian Host.

The Huckaby Briscoe Conroy Realty Group of Keller Williams Realty launched Community Charity Champions in 2012 as a venue to fundraise for local nonprofits. As good corporate citizens, Karen Briscoe and Lizzy Conroy were searching for a means to support charities in the community. The event is held on Tuesday evenings at Pulcinella Italian Host in McLean where a portion of the diner(s) is contributed to the charity of the month.

Karen Bune to Speak at McLean Area AAUW Branch Meeting

Karen Bune, a nationally recognized expert counsellor for victims of traumatic stress and domestic violence crimes before, during and after their time in courtrooms is the featured speaker for the Jan. 17 McLean Area American Association of University Women (AAUW) Branch Meeting at 10 a.m. at the

SEE WEEK, PAGE 7

Correction

In the Dec. 24, 2014 Connection article "How Does She Do It?" the current executive director of The Foundation for Fairfax County Public Schools should be listed as Mike Infurnari.

Bring this ad to your appointment & receive a 90-minute Traditional Thai (reg \$120) or Malee Signature Deluxe (reg \$130) for \$90!

3 locations to serve you:

Falls Church, Fairfax and our newest location in Old Town Alexandria.

Call 703-237-0105 to make your appointment now!

Thai Massage...Like No Other



www.malee-thaimassage.com

Grand Opening!

Bollywood Bistro

Restaurant and Catering
CONTEMPORARY INDIAN CUISINE

COME DINE IN OUR NEW GREAT FALLS LOCATION!

9853 GEORGETOWN PIKE | GREAT FALLS, VA 22066

703-865-0450

WWW.BOLLYWOODBISTROFAIRFAX.COM



Scaling the Mountain

YOU'RE INVITED TO REACH THE TOP

Let The Wise Investor Group's expert insight into financial planning, investments and the economy help you reach your own financial summit!

Saturday, January 24, 2015

Fairview Park Marriott
8:00 a.m. - 11:30 a.m.
3111 Fairview Park Drive
Falls Church, Virginia

A continental breakfast will be served.

R.S.V.P. by contacting Baird Corporate Events at 888-331-1907 or go to thewiseinvestorgroup.com. If you are unable to join us in person, we encourage you to sign up for a recorded version of the seminar.

Admission is \$45 for clients, \$65 for non-clients. All proceeds to go to Hopecam, a nonprofit connecting hospitalized and homebound children undergoing treatment for cancer with loved ones and support networks.



Private Wealth Management

©2014 Robert W. Baird & Co. 800-RW-BAIRD. rwbaired.com. Member SIPC, MC-43415.

OPINION

Happy New Year

Happy New Year. We need your help in 2015.

As local, weekly newspapers, the Connection's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

If you know people or organizations 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.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or so to editors@connectionnewspapers.com.

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.

EDITORIAL

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.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions, with more than 200,000 readers across the region. If you or your organization appreciate the Connection publications, please support them by patronizing our advertisers and by spending a portion of your marketing budget with us. For information about advertising, contact sales@connectionnewspapers.com,

Focused on community.

or call 703-778-9431.

Visit our website, www.connectionnewspapers.com and click on "contact us" for quick forms for:

Free digital subscriptions to one or more of our 15 papers: connectionnewspapers.com/subscribe.

Submit a letter to the editor at www.connectionnewspapers.com/contact/letter or email to editors@connectionnewspapers.com.

We provide educational, unpaid internships all year; apply at www.connectionnewspapers.com/internships or email letter and resume to internship@connectionnewspapers.com

Find us on Facebook at www.facebook.com/connectionnewspapers.

Follow us on Twitter at [@followfairfax](http://www.twitter.com/followfairfax) overall, and locally at

McLean Connection: [@mcleanconnect](https://twitter.com/mcleanconnect)

Great Falls Connection: [@gfconnection](https://twitter.com/gfconnection)

Vienna and Oakton Connection:

[@viennaconnect](https://twitter.com/viennaconnect)

Oak Hill/Herndon Connection:

[@herndonconnect](https://twitter.com/herndonconnect)

Reston Connection: [@restonconnect](https://twitter.com/restonconnect)

Fairfax Connection: [@ffxconnection](https://twitter.com/ffxconnection)

Burke Connection: [@burkeconnection](https://twitter.com/burkeconnection)

Springfield Connection: [@sprconnect](https://twitter.com/sprconnect)

Fairfax Station/Clifton/Lorton Connection: [@lfsconnection](https://twitter.com/lfsconnection)

Centre View: [@centreview](https://twitter.com/centreview)

Chantilly Connection: [@chantillyconnect](https://twitter.com/chantillyconnect)

Alexandria Gazette Packet: [@alexgazette](https://twitter.com/alexgazette)

Mount Vernon Gazette: [@mtvernongazette](https://twitter.com/mtvernongazette)

Arlington Connection: [@arlconnection](https://twitter.com/arlconnection)

Potomac Almanac: [@potomacalmanac](https://twitter.com/potomacalmanac)

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

A Wonderful Article

To the Editor:

What a wonderful article you wrote, Kareese ("How I Left..." by Kareese Akinloba, grade 8, Irving Middle School, Children's Connection, January 1-7, 2015). Your writing ability is beyond your years. And reading it brought back so many memories. For someone at the beginning of life to someone at the other end, let me tell you to rejoice in what lies ahead. I was a happy 7-year-old when my father walked into the house in Berkeley, Calif., some 60 years ago...and announced that my mother and I were going to join him in a small town called Puerto Ordaz, Venezuela. I was not old enough to develop the ties to Berkeley that you had to Southern California but I had the 7-year-old's equivalent. This led me to a wonderful life in a new place, a new language, new friends, new experiences and while I still think at this late stage that Berkeley was "home" I know it is hardly that. The best part of every new experience is that so much of it stays

with you. And so many of your friends will become friends for life. So rejoice, young lady, for before you lies a great new world with people, ideas, values and customs that you can pick and choose from. A veritable buffet of life at your fingertips. And when you reach the other end of the journey, as have I, you will have a wonderful book of memories and a great host of friends to live with. I have only two pieces of advice. Keep in touch with your friends for when they are gone that opportunity is forever lost. And see as much of this wonderful world as you possibly can. It is full of wonder and will write your pages of life that you will read and reread many years from now.

Michael Valentine
Fairfax Station

You can read Kareese's story on page 4 at <http://connectionarchives.com/PDF/2014/123114/Springfield.pdf>



497

days since a still-unnamed Fairfax County police officer shot unarmed John Geer standing in the doorway of Geer's home in Springfield, then let him bleed to death on Aug. 29, 2013. No information has been released about the incident, officers involved not named, no explanation, no grand jury, no charges. (as of Jan. 7, 2015)

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

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
mclean@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



Overnight I-66 Closures in January

All lanes of Interstate 66 in one direction will close intermittently between midnight and 5 a.m. on several dates in January for the installation of gantries. Each closure will last up to 30 minutes.

The scheduled closures on I-66 are as follows:

❖ **Tuesday, Jan. 6 into Wednesday, Jan. 7:** Westbound immediately beyond the Route 28 overpass (Exit 53)

❖ **Thursday, Jan. 8 into Friday, Jan. 9:** Eastbound between Route 28 (Exit 53) and Fairfax County Parkway (Exit 55)

❖ **Monday, Jan. 12 into Tuesday, Jan. 13:** Eastbound between Route 123 (Exit 60) and Nutley Street (Exit 62)

❖ **Wednesday, Jan. 14 into Thursday, Jan. 15:** Westbound just beyond Nutley Street (Exit 62) at the Vaden Drive overpass

❖ **Monday, Jan. 19 into Tuesday, Jan. 20:** Eastbound just beyond the Fairfax County Parkway underpass (Exit 55)

❖ **Wednesday, Jan. 21 into Thursday, Jan. 22:** Westbound just before the Fairfax County Parkway underpass (Exit 55)

❖ **Monday, Jan. 26 into Tuesday, Jan. 27:** Eastbound just before the Fairfax County Parkway underpass (Exit 55)

❖ **Wednesday, Jan. 28 into Thursday, Jan. 29:** Westbound just beyond the Fairfax County Parkway underpass (Exit 55)

Message signs will be posted in advance of the work so that motorists can use alternate routes.

The closures are part of the Virginia Department of Transportation's ongoing effort to install 36 new gantries as part of the I-66 Active Traffic Management System (ATMS).

The traffic system is scheduled to begin operating between Route 29 in Centreville and the Capital Beltway in early 2015.

For more information, visit http://www.virginiadot.org/projects/northernvirginia/i-66_atms.asp

WEEK IN MCLEAN

FROM PAGE 5

McLean Community Center. The public is welcome.

Bune is an adjunct professor at George Mason University where she teaches victimology in the criminal justice department. She serves as a consultant for the Office for Victims of Crime, U. S. Department of Justice, and she is a nationally recognized public speaker and trainer. Bune is Board Certified in traumatic stress and domestic violence. She has received diplomate status by the American Academy of Traumatic Stress Experts and the National Center for Crisis Management—a designation of specialization in one's field. Bune has worked in public service for 33 years and has been recognized with numerous awards. She is past president of the American Society for Public Administration and holds memberships in numerous professional organizations. She received a Master's Degree (with distinction) and a Bachelor of Arts Degree (Cum Laude) from American University, Washington, D. C.

Free Estimates Patios, Walkways, Retaining Walls, Paver Driveways, Landscaping! **OFF-SEASON PRICING**

Tree Clearance Sale
30% OFF
All Trees 2013 & Prior

60-75% Off Pottery
Lowest Prices Since 2008!

Playground Chips & Organic Compost	Bagged, Shredded Hardwood Mulch	Bulk Mulch
\$29.99 cu. yd.	\$3.49	\$24.99 cu. yd.

FREE Fill

Fragrant, blooming Citrus Plants 10% Off

Cravens Nursery & Pottery
9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50, 1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week
Visit our new Web site: www.cravensnursery.com

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy
5312 North 10th Street
Arlington Virginia 22205
Parish Office: (703) 528-6276

DAILY EUCHARIST:
Weekdays
Monday-Friday, 6:30 AM & 8:30 AM
Saturday, 8:30 AM

All Are Welcome!

PARISH WEBSITE:
www.rc.net/arlington/stann

To highlight your Faith Community, call Karen at 703-778-9422

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JANUARY

1/7/2015 Wellbeing, Renewal, Resolutions

1/14/2015 HomeLifeStyle

Martin Luther King Jr. Day is Jan. 19

1/21/2015 A+ Camps & Schools

1/28/2015 Neighborhood Outlook

1/28/2015 Winter Fun, Food, Arts & Entertainment; Valentine's Preview

FEBRUARY

2/4/2015 Valentine's Dining & Gifts I

2/4/2015 Wellbeing – National Children's Dental Health Month

2/11/2015 HomeLifeStyle

2/11/2015 Valentine's Dining & Gifts II

Valentine's Day is Feb. 14 • Presidents Day is Feb. 16

2/18/2015 A+ Camps & Schools

2/25/2015 Pet Connection Pullout

MARCH

3/4/2015 Wellbeing

3/11/2015 HomeLifeStyle Real Estate Pullout

3/18/2015 A+ Camps & Schools

3/25/2015 Spring Fun, Food, Arts & Entertainment

FCPS Spring Break 3/30-4/3

E-mail sales@connectionnewspapers.com for more information.

THE CONNECTION

Newspapers & Online

703-778-9431

www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

• Alexandria Gazette Packet	• Fairfax Connection	• Oak Hill/Herndon Connection
• Arlington Connection	• Fairfax Station/Clifton/Lorton Connection	• Potomac Almanac
• Burke Connection	• Great Falls Connection	• Reston Connection
• Centre View	• McLean Connection	• Springfield Connection
• Chantilly Connection	• Mount Vernon Gazette	• Vienna/Oakton Connection

January 10th

(Snow Date: January 17th
Please call to confirm!)

12:00 to 4:00pm

REMODELER'S
CHARITY
HOME TOUR
OAKTON

Presented by

SUN DESIGN

Design. Remodel. Relationships.

Join Sun Design to *tour design trends of this renovated home and learn more about the Northern Virginia Therapeutic Riding Program (NVTRP), headquartered in Clifton, VA. It's FREE.*

2529 Hunter Mill Road, Oakton, VA 22124

Project Features:

- Uniquely designed kitchen with dual islands for cooking and entertaining, complete with a separate beverage center
- Open floor plan, enhancing the function and flow between the kitchen and adjoining rooms
- Contrasting kitchen islands made of cherry wood with a molasses finish
- Enhanced cathedral ceiling with newly added skylights

ABOUT THE TOUR

Visit the website for more details:
RemodelersCharityHomeTour.com

What do a remodeling company and the Northern Virginia Therapeutic Riding Program (NVTRP) have in common? The simple answer is this; a desire to help families enhance quality of life today and in the years to come.

NVTRP offers a wide range of programs and services to children and adults who live with disabilities in the Washington Metropolitan Area. *Come out and show your support by taking a tour and visiting with volunteers of the Northern Virginia Therapeutic Riding Program.* The chance to donate or learn about volunteering will be made available.

SunDesignInc.com

SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces

703.425.5588

WWW.CONNECTIONNEWSPAPERS.COM

MCLEAN CONNECTION ❖ JANUARY 7-13, 2015 ❖ 7

Top Fitness Trends for 2015

BY MARILYN CAMPBELL
THE CONNECTION

The beginning of a new year is often a time when many resolve to begin a fitness plan or to ramp up their current routine. Officials at the American College of Sports Medicine rang in the New Year by releasing the organization's annual survey of the top fitness trends for 2015.

From push-ups to plank, bodyweight training tops ACSM's list of fitness trends. Low cost and mobile, this routine takes exercise back to the basics: think pull-ups and squats. "You really don't need equipment or a gym membership, and there's almost no cost involved," said Katrina Salum, a personal trainer based in Arlington. "It's effective because you can build muscle and burn fat simply by using your own body weight for resistance."

The popularity of bodyweight moves are due to the ease in which they can be incorporated into your daily routine, said Salum. "You can do three sets of eight squats while you're brushing your teeth and 10 pushups while you're waiting for your coffee to brew."

THE PRACTICE of alternating intense periods of aerobic activity with low intensity exercises, known as high-intensity interval training (HIIT), is number two on the list of trends. Varying exercises can stave off boredom, a factor that leads many people to abandon their fitness practice," said Scott Goldberg, a personal trainer in Potomac, Md. "Most HIIT routines can be done in 30 minutes," he said. "One simple routine is warming up by walking on a treadmill, then doing 10 squats, 10 push ups and 10 planks followed by a 30-second fast-paced sprint. Then walk slowly in place for four minutes to rest then repeat the entire routine five times."

Taking classes or training sessions from licensed, certified and educated fitness professionals is number three on the list. Traditional weight training is number four, followed by enlisting the help of a personal trainer and combining exercise and nutrition into a fitness plan, which are numbers five and six respectively.

"To be healthy you need to exercise, but also eat foods that are good for you," said Gretchen Juliano, a dietician in Old Town Alexandria. "Eating foods that are low in

carbs and high in protein before working out forces your body to burn fat and gives you energy."

Fitness industry pros say yoga is number seven. "The practice of yoga gives you muscular flexibility through the stretching involved in the yoga poses," said Dawn Curtis, East Meets West Yoga Center in Vienna.

"It is like vitamins. The real affect is doing it over time and incorporating it into your life rather than just doing it once."

— Sara VanderGoot

"Yoga also provides immune strengthening. A regular yoga practice will also help with your healthy tissue maintenance and healthy growth of new muscles, bones, tendons, and ligaments, which are essential body components for fighting disease."

Curtis points to the detoxifying effects

of yoga.

"A regular yoga practice will increase your blood circulation, which in turn helps flush out toxins from your body," she said. "As your body flushes out these toxins, to be released by the stretches of the muscle movement, they are replaced with new nourishing nutrients for a healthier body and mind...Students with a regular practice...report [having] long lasting results both physically and mentally, especially with reducing stress."

A commitment of practicing two to three times each week is necessary for noticeable results.

"Consistency is the key in yoga," said Sara VanderGoot of Mind the Mat Yoga and Pilates in Arlington and Alexandria. "It is like vitamins. The real effect is doing it over time, and incorporating it into your life rather than just doing it once."

Yoga is not a quick fix, but a very powerful transformative practice if done regularly over time."

Fitness programs for seniors make the list at number eight. "Even 30-minutes of strength training and 20 minutes of aerobics 2 or 4 times a week can help us fight

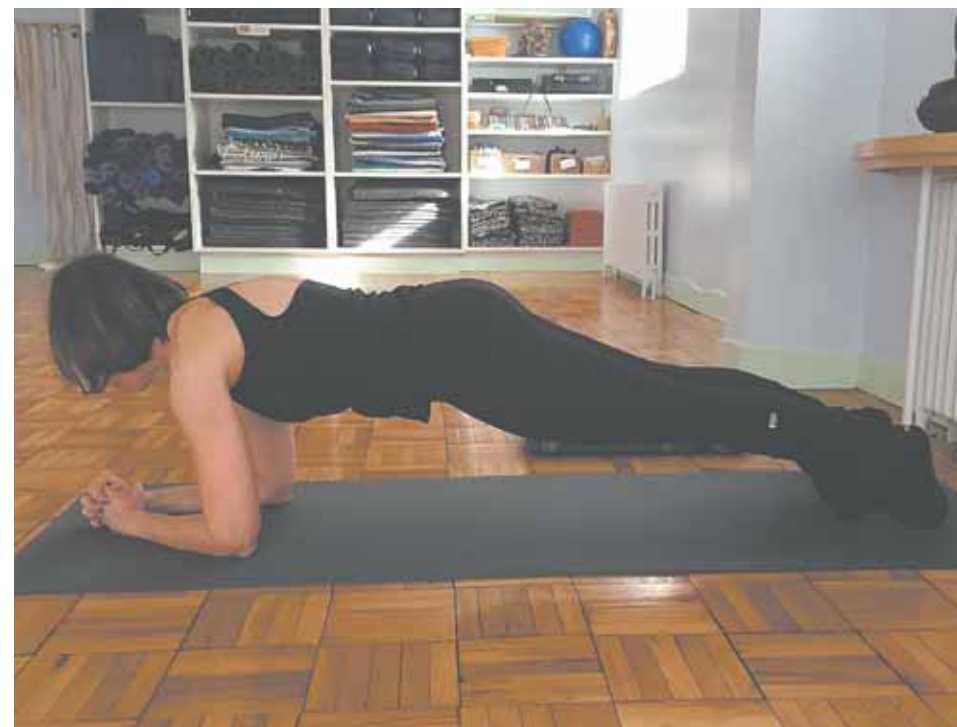


PHOTO BY MARILYN CAMPBELL

Bodyweight training, which includes exercises such as plank, is the top fitness trend for 2015 according to the American College of Sports Medicine.

diseases like diabetes and heart disease as we age," said Goldberg.

FUNCTIONAL FITNESS EXERCISES, those that make your body stronger for everyday activities like doing laundry, lifting small children or simply using good posture

when sitting at a desk, come in at number nine on the ACSM list while group personal training sessions are number ten.

"One of the benefits of working out with a group is accountability," said Salum. "It's also less expensive than hiring a personal trainer and can be more fun."

VOLUNTEER OPPORTUNITIES

Volunteer Solutions of Fairfax County Division of Adult and Aging Services provides meaningful volunteer opportunities to improve the lives of older adults and adults with disabilities in Fairfax County. To volunteer for any of the following positions, please complete an online registration form at <http://www.fairfaxcounty.gov/dfs/volunteer/VolReg/VolunteerRegistration.aspx>. For more information please call 703-324-5406, TTY 711, email VolunteerSolutions@FairfaxCounty.gov or visit <http://fairfaxcounty.gov/olderadults> and follow the link to "Volunteer Solutions".

❖ **The Lewinsville Senior Center in McLean** needs an office assistant on Tuesdays and Thursday from 10 a.m. to 2 p.m. and instructors for the following classes: Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance, and Tai Chi.

❖ **The Kingstowne Center for Active Adults in Alexandria** needs a Van Driver to take participants on outings and instructors for the following classes: Mosaic Art or Jewelry Making and Belly Dancing.

❖ **The Gum Springs Senior Center in Alexandria** needs a Spanish teacher for a beginner's class one hour on Tuesday, Wednesday, or Thursday between the hours of 10 a.m. to 1 p.m.

❖ **Korean Meals on Wheels** needs Korean-speaking volunteers to deliver meals 11 a.m. to 1 p.m. Monday, Wednesday and Friday in Centreville, Reston and Annandale.

❖ **Meals on Wheels** - Transport meals to older adults or adults with disabilities Monday, Wednesday and Friday, midday. Program also needs driver coordinators and group coordinators. Commitment: two hours/month and longer. Volunteer opportunities are available near where you work or live. Employee groups are welcome to share a delivery commitment. Check us out on YouTube now!

❖ **The Annandale Adult Day Health Care Center** in Annandale needs Spanish-

speaking social companions Monday-Friday from 3 p.m. to 5 p.m.

❖ **Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs; urgent need in Reston area.

❖ **The Hollin Hall Senior Center in Alexandria** needs a DJ to provide a wide array of music from ballroom to line dancing, Wednesdays from 2 p.m. to 4 p.m., a Ballroom Dance Instructor to teach a class on Thursday afternoons and an Italian Instructor.

❖ **The Wakefield Senior Center** in Annandale needs Bilingual English/Spanish Activity Leaders, Tuesday-Friday, 10 a.m. to 2 p.m. to assist in engaging Spanish-speaking and English-speaking participants in center activities. They also need certified instructors for classes in Ballroom Dance, Pilates, Chair Exercise and Ballroom Dance. Volunteer instructor positions could lead to part-time employment.

❖ **The Sully Senior Center** in Centreville needs a certified personal trainer, preferably with experience working with older adults, for one hour, twice a week.

❖ **Volunteers, who are fluent in American Sign Language**, are needed in Reston, Herndon and Vienna to provide clients with direct assistance (not interpretation) with computers, grocery shopping, or social visiting.

❖ **Respite Care volunteers** give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Emmy Thompson at 703-324-7404, TTY 711, or Maura.Thompson@fairfaxcounty.gov.

❖ **Adult Day Health Care and Senior Centers** - Visit centers to assist with fitness activities, arts and crafts, meal time, entertainment and much more.

❖ **Grocery Shopping** - Shop for an older adult or accompany them to the grocery store. Commitment: two hours every other week.

Dr. Allen S. Garai

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Elite Invisalign Provider
- Attending Faculty- Orthodontic Department Children's/Washington Hospital

"BEST ORTHODONTIST" Washington Magazine Families Magazine
"TOP ORTHODONTISTS" Northern Virginia Magazine Virginia Living Health & Beauty Magazine

ACCELERATED INVISALIGN

Adults and Teens

Visit our iBracesVIP Centers in Vienna and Great Falls

AcceleDent^{aura}

Commitment to Excellence

- Our Promise to treat your teen with braces at **No Additional Cost** if invisalign does not satisfy our orthodontic standards
- Latest Technology**
- ITERO** laser scanner - No more messy impressions
- AcceleDent** - up to 50% shorter treatment
- A **Board-Certified Orthodontic Specialist** to diagnose and treatment plan every case

Vienna
427 Maple Ave, West
Vienna, VA 22180
703-281-4868

Great Falls
9912D Georgetown Pike
Great Falls, VA 22066
703-281-4868

Do You Have Enough to Retire?

Find out in this SEMINAR

The Truth About Retirement Plans and IRAs

This seminar is based on the principles of Ric Edelman, three times ranked #1 Independent Financial Advisor by Barron's¹.

In less than 90 minutes, a member of Ric's Financial Independence Team will cover everything you need to know about retirement plans, including:

- The 4 investments you should never choose for your retirement plan
- How to invest the contribution you make with your current paycheck
- How to invest the money already in your account
- What to do with old, dormant retirement accounts
- and much more!

January 20 & 21

1pm and 7pm

Sheraton Tysons Hotel
Tysons Corner, VA

Reserve your seats at
EdelmanFinancial.com/mc1
or call 800-457-7641

All attendees will receive the #1 National Bestseller²

FREE Admission

SPECIAL OFFER

Enter Promo Code: MC1

¹According to Barron's, "The formula [used] to rank advisors has three major components: assets managed, revenue produced and quality of the advisor's practice. Investment returns are not a component of the rankings, because an advisor's returns are dictated largely by each client's risk tolerance. The quality-of-practice component includes an evaluation of each advisor's regulatory record. The rankings are based on the universe of applications submitted to Barron's. The selection process begins with a nomination and application provided to Barron's. Principals of Edelman Financial Services LLC self-nominated the firm and submitted quantitative and qualitative information to Barron's as requested. Barron's advisory services through EFS and a Registered Principal of (and offers securities through) Sanders Morris Harris Inc., an affiliated broker/dealer, member FINRA/SIPC.
²The Washington Post, Washington Bestsellers Paperback Hardcover General, April 20, 2014.

CALENDAR

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

THROUGH SATURDAY/JAN. 31

Exhibit of Colorful Nutcrackers. 11 a.m. - 4 p.m. Closed on Tuesdays. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an amazing array of nutcrackers, both old and new, in a colorful case exhibit. Did you ever wonder where the craze for collecting nutcracker dolls came from? Nutcrackers have a fascinating history. The first nutcrackers were produced to crack nuts more effectively and the oldest known metal example, on exhibit in Tarent, Italy, is from the third or fourth century B.C. The Leavenworth Nutcracker Museum in Leavenworth, Washington, shows a bronze Roman nutcracker dated between 200 B.C and 200 A.D. German nutcrackers, made as decorative pieces, were developed around 1500. Early nutcrackers were in the shapes of animals, birds and people. Later, they were made in the likeness of kings, soldiers, church leaders and ruling class figures. Fine wood carved nutcrackers were created across Europe, especially in France and England by the 15th and 16th centuries. Admission: \$7/adult, \$6/student, \$5/senior or child.

THROUGH WEDNESDAY/MARCH 11

Ice Skating at Tysons Corner Center. Monday-Thursday, 11 a.m. - 9 p.m.; Friday-Saturday, 11 a.m. - 11 p.m.; Sunday, 11 a.m. - 7 p.m. Tysons Corner Outdoor Center, 1961 Chain Bridge Road, Tysons. Adults, \$10; Child/Senior/Military, \$9; Skate

"Boy," oil on paper by Anna Watson, Peoples' Choice winner at Treasury of Art. Meet the artists as the Vienna Arts Society celebrates winners from the 45th annual Treasury of Art juried show and sale on Jan. 16 at the Vienna Art Center, 115 Pleasant Street, NW, Vienna.



Rental, \$6; Group of 10+, \$12 and includes skates

THURSDAY/JAN. 8

Artist Demonstration. 12:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Springfield artist Anabela Ferguson (www.anabela-artist.com) will present her style of painting as well as her skill in the craft of restoring and presenting fine art at the Vienna Arts Society's January meeting. Free and open to the public.

Dobet Gnahoré. 8 p.m. The Barns Wolf Trap, 1635 Trap Road, Vienna. Discover delicate ballads and sensuous African grooves from this Grammy-winning vocalist, percussionist, and dancer praised as one of contemporary African music's most charismatic talents. \$25-30. 703-255-1900. <http://www.WolfTrap.org/Barns.aspx>.

FRIDAY/JAN. 9

Winter Wonderland. 7-9 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Fifth and sixth grader party. \$35/\$25 MCC district residents.

The Ying Quartet. 8 p.m. The Barns Wolf Trap, 1635 Trap Road, Vienna. Ying Quartet occupies a position of unique prominence in the classical music world, combining brilliantly communicative performances with a fearlessly imaginative view of chamber music in today's world. \$35. 703-255-1900. <http://www.WolfTrap.org/Barns.aspx>.

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and play space for children, coffee and conversation for grownups.

SATURDAY/JAN. 10

Cars and Coffee. 7-9 a.m. 760 Walker Road, Great Falls. Early on Saturday mornings you'll find an amazing gathering of cool cars at Katie's Coffee House in Great Falls, Virginia. Antique, custom, hotrods, exotic, sports cars, they're all here.

The Sweet Side of Tea. 1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This interactive tasting seminar explores the many flavors of honey and maple syrup and how they can enhance a variety of green, black and herbal teas. Learn what creates these different styles and taste treats made with these three straight from nature ingredients. Advance reservations and payment (\$30 each) required through the Mill at 703-759-2771.

Science Workshop for Kids. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Hands-on science workshop presented by the iSchool, using unique STEAM SEL (science, technology, engineering, arts, math, and social and emotional life skills) approach. Ages 6 & up.

Lego Club. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and build with LEGOs. Ages 3 & up.

TUESDAY/DEC. 13

Lego Club. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and build with LEGOs. Ages 3 & up.

WEDNESDAY/JAN. 14

Art Lecture Series. 7-8 p.m. GF School of Art, 1144 Walker Road, Suite D, Great Falls. The first in the Series, John Francis McCabe's talk "The Art of Portraiture - An Historic Look at the Greatest Works of Portraiture Art," will cover the great age of European fine art portraiture, from the late Renaissance to the genre's great achievements in the 19th Century.

McLean Photography Club. Meet



PHOTO BY DAVID SEGAL PHOTOGRAPHY

Actors Allison Shelby, Casey Bauer, Daddy Issa and John Barclay Burns rehearse a scene from Vienna Theatre Company's upcoming production of Ken Ludwig's romantic comedy, "Be My Baby," opening Jan 23.

and greet: 7:15 p.m.; Program: 7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Noted photographer, Steve Gottlieb, will speak on flash photography: "Miracles with One Hot Shoe Flash." Everyone is welcome. <http://www.mcleanphoto.org/>

love. Tickets: \$14. To reserve tickets email vtcshows@yahoo.com. Additional performances: Jan. 24, 30, 31, Feb. 6,7: 2 p.m.; Feb 1, 8: 8 p.m.

ONGOING

LRA Displays "Changing Colors." Through Friday, Jan. 9. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art, and photography. Free. www.leagueofrestonartists.org.

Tai Chi Beginners' Practice. Through March 21. Free Tai Chi beginners' practice. Open to all. Every Saturday, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean.

Free Comedy Showcase. Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

Family Fun Entertainment Series. Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

Movies and Mimosas. Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Showings in the morning; look up showings online. www.bowtiecinemas.com.

Smart Markets. Wednesdays 3-7 p.m., Smart Markets at 12001 Sunrise Valley Drive, Reston. Smart Markets is a producer-only farmers' market that offers food and live music from local jazz group, devoted to supporting local economy and a healthier environment. For more information visit, facebook.com/smartmarketsreston, twitter.com/smartmarkets and www.smartmarkets.org.

Open Mic Night. Wednesdays 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

TGIF Free Fridays. 5-7 p.m., at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. An evening of family art making and storytelling. 703-471-9242 or www.restonarts.com.

Insomnia Theater. Friday and Saturday 11:30 p.m., at Reston Town Center, 11940 Market St., Reston. Look up showings online. www.bowtiecinemas.com.

Open a World of New Possibilities!

Register Now for

Winter Classes

at the

McLean Community Center

- Parent & Child Workshops
- Dance & Fitness
- Technology & Science
- Music & Art
- CPR, Babysitting & Safety
- Writing & Theater
- Fencing & Soccer
- Lifetime Learning

For a complete listing of classes, tours, performances and events, visit our Website at: www.mcleancenter.org—and register online.

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

NEWS

Bollywood Bistro Finds Home in Great Falls

Restaurant adds spice to shopping center.

BY REENA SINGH
THE CONNECTION

Great Falls loves lamb - at least according to Bollywood Bistro owner Pankaj Sharma.

The restaurant has been open for two months and already has regular clientele, he said.

"The people here are so nice. We have a lot of repeat customers," said Sharma when asked why he decided to open the location at the Safeway shopping center.

This is Sharma's third location for Bollywood Bistro. Other locations include Fairfax and a catering wing for parties and weddings.

Before Bollywood Bistro, however, he worked at hotels and restaurants around the nation's capital and his hometown New Delhi.

The inside of the restaurant - which is self-designed - has black and white photos of bygone Bollywood actors and elegantly set tables. Set against exposed brick, the slogan "contemporary Indian cuisine: colors you can taste" is

realized visually. The menu, created by restaurant partner and self-taught head chef Sunil Bastola, is yet another way the restaurant makes northern Indian dishes - food that has been made for centuries - into masterful, contemporary meals.

Items like sweet and savory garlic shrimp incorporate both honey and white wine to create a memorable glaze. Tender tandoori lamb chops - under the menu as "Champe" - comes with a nontraditional berry chutney.

Bastola moved from Nepal to the U.S. in 2001 and specializes in northern Indian fare.

"I'm always looking for new ingredients for the taste and presentation," he said. "I'm always researching."

Although there are plenty of contemporary dishes, Bastola made sure to incorporate Indian staples like potato-stuffed samosas, fiery and tender lamb shank vindaloo and tandoori chicken.

Since the opening two months ago, Sharma noticed what Great Falls residents prefer to order over Fairfax-area restaurant goes.

"They are more fond of lamb," he said. "They like spicy lamb curries and shanks. They also really love seafood."

Bollywood Bistro is located at 9853 Georgetown Pike. Visit www.bollywoodbistrofairfax.com.



REENA SINGH/ THE CONNECTION
Bollywood Bistro owner Pankaj Sharma and head chef Sunil Bastola.

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

Adopt Donate Volunteer

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.



lostdogandcatrescue.org



"EXQUISITE THAI CUISINE"

★★★ *Conde Nast Traveler*
"50 Best" *Washington Post*
".. Would be equally hip in Paris, Bangkok or Soho."
The New York Times March, 1998

www.busara.com



Photo by Kenneth M. Wyner

Join Us For Lunch & Dinner

Open Daily: Mon - Sun
11964 Market Street (Reston Towncenter) Reston • 703-435-4188
8142 Watson St. (Tysons) McLean • 703-356-2288

FREE Delivery Available
Please call for details for each location.



McLean
Community
Center
The Center of It All



Here's What's Happening at MCC

Guess Who's Coming to The Alden? **Chita Rivera:**

"A Legendary Celebration"

Tuesday, Feb. 24, 7:30 p.m.

\$75/\$45 MCC district residents

Martin Luther King Jr. Day Celebration Theatre IV's

"I Have a Dream"

Sunday, Jan. 18, 2 p.m.

\$15/\$10 MCC district residents

New Year, New You!

Register now for Winter Classes

Children * Teens * Adults

View a full listing on our Website

5th and 6th Grader Party Winter Wonderland

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

\$35/\$25 MCC district residents

Spring Kid's Show Auditions

"Totally RED!"

Wednesday, Jan. 14 & Thursday, Jan. 15

7-8:30 p.m.

Call to reserve an audition time.

Family Fun Bingo

Friday, Jan. 16, 7-8:30 p.m.

\$10/\$5 MCC district residents; children

up to 36 months are free.

Registration is required.

Midday Thrillers

Jurassic Park

Wednesday, Jan. 21, 1 p.m.

Free admission

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



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





CONNECTION FILE PHOTO

Joey Sullivan helped the McLean baseball team reach the 2014 state playoffs.



CONNECTION FILE PHOTO

Langley running back Tyler West concluded the 2014 regular season with a four-touchdown effort against McLean.

Top Moments in 2014 McLean/Great Falls Sports

Highlights of 2014 and what lies ahead in 2015.

The following is a look at some of the top moments in McLean/Great Falls sports during 2014 and what lies ahead in 2015.

McLean baseball qualifies for states

The McLean baseball team struggled during the regular season under first-year head coach John Dowling. But thanks to a change in focus and the right arm of senior pitcher Joey Sullivan, the Highlanders made a run in the postseason that ended with a state tournament berth.

After closing the regular season with a 10-9 record, Sullivan propelled McLean to states with three dominant postseason outings. He shut out South Lakes in the Conference 6 tournament quarterfinals, earning the Highlanders a trip to regionals. Sullivan threw a one-hit shut-out against Oakton in the opening round of regionals, and held perennial power Madison to one run in the regional semifinals, earning McLean its first-ever trip to a region championship game.

"Joey did a great job," Dowling said after beating Madison in the region semifinals. "It's been the same story all year long — when he commands his fastball, he's extremely difficult. When he keeps his fastball down, he gets a ton of groundballs and he was able to locate three pitches today, pretty effectively until the storms came. When he does that, he's tough because he's got the velocity. He always throws strikes, but it's those quality strikes that make the difference for him."

The Highlanders finished region runner-



CONNECTION FILE PHOTO

McLean quarterback Brian Maffei set a single-game state record for completions against Herndon on Oct. 2.

"I'm not going to lie, it felt pretty good knowing I set a new state record, but I was still pretty upset because of the loss."

— McLean quarterback Brian Maffei

up to Chantilly before losing to Western Branch in the state semifinals.

Langley boys' lacrosse returns to state final

The Langley boys' lacrosse program won four consecutive state titles from 2009-2012. After failing to reach the state final in 2013, the Saxons returned in 2014, but

lost to Robinson, 9-7.

Langley got off to a rough start and was 5-5 after a loss to Chantilly on April 16. But the Saxons responded with nine straight wins and qualified for states with a 7-6 overtime win over Chantilly in the region semifinals.

Langley football rallies to make playoffs

The Langley football team started 2-4 in 2014, but closed the regular season with four straight wins to finish with a winning record and earn a playoff berth.

Running back Tyler West rushed for 276 yards and four touchdowns during a 36-13 win over McLean in the regular season finale. The week before, the Saxons came from behind to beat Madison 21-20.

"It's a young group that we had this year," West said after the McLean game. "We kind of knew it would take a little while and it did. We started slow and [head] coach [John] Howerton and everyone worked together. ... Probably around the time of the Fairfax game is when the line started to get everything going."

Langley lost to Westfield in the first round of the playoffs.

McLean QB Maffei sets state record for completions

Brian Maffei and the McLean football team fell short against Herndon on Oct. 2, but the quarterback etched his place in history.

Maffei set a single-game state record with 42 completions against the Hornets. The senior completed 42 of 71 passes for 415 yards and four touchdowns, with two interceptions.

McLean lost to Herndon, 51-35.

"I'm not going to lie, it felt pretty good knowing I set a new state record," Maffei said, "but I was still pretty upset because of the loss."

A look ahead to 2015

*The Langley girls' basketball team entered 2015 with an 8-1 record, having won five in a row.

*The Langley boys' lacrosse team will look to make its sixth trip to the state final in the last seven years.

*The McLean baseball team returns several key players from a team that reached the state playoffs.

*The Langley softball team returns much of its roster from a team that fell one win shy of reaching the state tournament.

— JON ROETMAN

OBITUARY

Charles Clinton Thompson II Dies at 72

McLean resident was an award-winning journalist, decorated Naval officer.

Charles Clinton Thompson II, 72, of McLean died Dec. 15, 2014 at Perry Point Veteran's Medical Center in Perry Point, Md., with his wife and sons by his side. Thompson, known as "Charlie," was an Emmy award-winning investigative reporter for "60 Minutes," author, and decorated Naval officer who served bravely in Vietnam.

His funeral was held on Jan. 3 at the Cathedral of the Immaculate Conception in Memphis Tenn., with burial at Mount Zion Cemetery near Medina.

A Tennessee native, Thompson graduated from Central High School in Memphis. At the University of Tennessee in Knoxville he served as an ROTC officer and was a member of the Kappa Sigma fraternity. He transferred to Memphis State University after his junior year and worked as a reporter for the Memphis Commercial-Appeal. He graduated from Memphis State with a degree in journalism.

After college Thompson volunteered for military service and enrolled in the United States Navy Officer Candidate School in Newport, R.I. He served two tours of duty in Vietnam. Thompson spent his first combat tour working in aviation ordnance and gunnery on the USS Oriskany, an Essex-class aircraft carrier nicknamed the "Mighty O."

During his second tour, Charlie was a naval gunfire spotter, artillery observer and forward air controller with the First Air Naval Gunfire Liaison Company (Fleet Marines Pacific). His forward observer position was perilous in scope, requiring he fly low over enemy territory in a tiny fixed wing Cessna. Surrounded by enemy fire, he would radio enemy positions to various Navy vessels, which would in turn unleash devastating salvos upon the Viet Cong guerrilla and North Vietnamese forces on the ground.

"Charlie flew more than 300 missions," said Tom Green, who served with Thompson in Vietnam. "He went up more than anyone else I knew over there. Sometimes, if there was a lot of action, he would go up three times in one day."

ON SEVERAL OCCASIONS Thompson's aircraft was struck by enemy ground fire.

"Lieutenant Thompson's cour-

age, conduct and dedication to duty while participating in these hazardous aerial flights," the Navy document states, "were in keeping with the highest traditions of the United States Naval Service."

Stationed in Nha Trang during his second tour, the young officer's orders often carried him into the jungles where he coordinated and controlled Naval gunfire while working closely with U.S. ground troops and other "free world forces" serving in Vietnam. His time on the ground, where he was routinely exposed to the defoliant Agent Orange, would lead to devastating medical consequences later in life.

Thompson counted ten air medals among his eighteen service decorations.

Returning stateside, he married his college sweetheart, Elizabeth (Betty) Law Cole and began a distinguished career in journalism.

After a brief stint as a police reporter for the Austin American-Statesman, Thompson returned to Tennessee where he was hired as a reporter for the Tennessean in Nashville.

During his tenure at the Tennessean, Thompson wrote a three-part series about a small town sheriff who walked tall and carried a big stick. The lawman's name was Buford Pusser. Thompson described Pusser as a "six-foot-six monument of a man ... who once took on six bullies in a bar fight and beat them single-handedly."

A publisher approached Thompson after the series ran, but he turned down a book deal, believing no one would be interested in a hard-living small town cop with a penchant for blowing up moonshine stills. Pusser's life was later immortalized in the 1973 film "Walking Tall" which starred Joe Don Baker.

Not long after the Pusser series, Thompson accepted a position as an investigative reporter with WJXT-TV, a Post-Newsweek station in Jacksonville, Fla. The medium was new to him, but as Thompson wryly recalled, "I had figured out how to blow things up in Vietnam, so, in comparison, how hard could television be?"

He was fired after he exposed several of the station's leading advertisers for dumping chemicals into the St. John's River. The incident might have been the end of his television career, but Time

Magazine picked up the story. Other news outfits actively recruited the brash young journalist.

During the first half of the 1970s Thompson worked for CBS News, transferring frequently, with his young family, to bureaus in New York, Atlanta and Los Angeles before settling in the Washington, D.C. area.

In 1978 he became a founding producer of the news magazine 20/20. During his time at the ABC program Thompson frequently worked with investigative reporter Geraldo Rivera and was credited as senior producer on many news documentaries.

Thompson left 20/20 in 1989 to join the staff of 60 Minutes where he worked alongside legendary newsmen Mike Wallace. Thompson developed a reputation as being the go-to guy for military stories. He was awarded an Emmy in 1991 for a segment he produced on mus-

tard gas.

A workhorse in and out of the office, Thompson, and his brother-in-law Jim Cole, published a book on the last days of Elvis Presley in 1992. The book, which contained an exclusive copy of Presley's autopsy report, revealed the true cause of Presley's death. The book was a runner up for the 1992 Edgar Allan Poe Award from the Mystery Writers of America.

"Charlie was a newshound in the best sense of the word," said Cole, his co-author on the Elvis book. "If you asked him to name the most important story he'd ever covered he would always pick the one he was working on at that particular moment." Thompson's second book, "A Glimpse of Hell: The Explosion on the USS Iowa and Its Cover-Up," was developed as a made-for-TV movie starring James Caan.

IN THE MID 1990s, at the peak

of his career, Thompson's health began to fail. Decades earlier, Thompson had walked away from Vietnam seemingly unscathed, but exposure to Agent Orange had left its mark. After a rare blood disorder left him incapacitated, Thompson left "60 Minutes." He began to suffer from PTSD and cancer. He survived a liver transplant only to contract Parkinson's disease.

Survivors include his wife, Betty Thompson of McLean; sons, Cole Thompson of New York, and Shannon Thompson, of New Jersey; daughters-in-law, Marcela and Kristine and grandchildren Finn and Luke. His son Owen was stricken with dystonia and later died in 2011.

The family requests that any donations be made to the Southern Poverty Law Center, <http://www.splcenter.org/> or Scripps Research Institute for Parkinson's Disease, <https://support.scripps.edu/parkinsons/>



Charles Clinton Thompson

PHOTO CONTRIBUTED

Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates
703-999-2928



Visit our website: www.twopoorteachers.com

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed
Est. 1999



SHOP THE COMPETITION FIRST!

703-938-3160



Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.

FREE ESTIMATES ON INSTALLATIONS

SE HABLA ESPAÑOL

VIENNA FLOORS

ESTABLISHED IN 1984

208 DOMINION ROAD • VIENNA, VA

HARDWOOD-CARPET-WOOD LAMINATES-CERAMIC TILE-SHEET VINYL

WWW.VIENNAFLOORS.COM

Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm

Down and Not Out, Yet



By KENNETH B. LOURIE

Thankfully (so far as I know, which isn't very far), after a five-week interval between infusions, which included two additional weeks of pre-chemotherapy lab work and an out-of-the-ordinary 24-hour urine collection ("creatinine clearance") to boot – to more accurately measure my kidney function in hopes of meeting a 1.6 threshold – muster was finally passed, and I was subsequently infused without any further adieu. Planning forward, Ron, my oncology nurse, said that we should return to our usual-and-customary three-week interval for chemotherapy as well as the normal pre-chemotherapy lab work – with no "creatinine clearance." And given that I'm alive and reasonably well six years post-diagnosis by following a similar protocol, I'd be hesitant to get off the horse I've been riding so successfully – mostly – since early 2009, so I'm prepared to saddle up once again.

However, I do wonder if this five-week interval, which ultimately showed my creatinine level/kidney function returning to normal, might suggest that a rest-for-the-chemotherapy-weary might not be all bad. My Certified Holistic Health and Fitness Coach, Rebecca, feels that after six years of nearly non-stop chemotherapy, its toxicity has probably caused enough internal organ damage; "shrinkage" and all notwithstanding. Chemotherapy is hardly a non-corrosive additive. It does what it does, but there are consequences/side effects to be sure, many of which are not pretty and hardly worth waiting for. The question is: Is stopping and/or delaying any kind of conventional treatment, with which I have become most familiar during my six years of treatment, a new beginning or a tragic end? Generally speaking, I feel fine. Still, I'm not Alfred E. Neuman from Mad Magazine, so "What, Me Worry?" Yes. Cancer is not for the faint of heart, so challenges persist, whether the circumstances are good, bad or indifferent. It is impossible to leave well enough alone – for me, anyway.

As a result, I have a present that in the past was a future not promised. Initially I was told by my oncologist that he could treat me but that he couldn't cure me. Oddly, at the time, I didn't really grasp the obviousness of his statement, nor I imagine, did team Lourie. They were words with which we were familiar certainly, but their meaning sort of escaped us. Soon thereafter however, we learned what it all meant, and over the proceeding years, have become a little bit better at comprehending what the medical staff has been telling us. Now, our regular and seemingly recurring conversation is about creatinine and kidney function. It's likely my body is indeed under stress – after six years of chemotherapy. Nevertheless, given my most recent CT Scan result, as well as my eventually-reducing-to-normal creatinine level, I am going to continue to roll the dice. Perhaps I'm being penny-wise/pound foolish or just plain foolish and not too wise. Unfortunately, nobody really knows for sure, and besides, when you're life hangs in the balance, it's seems whatever decisions are to be made, should be made by the patient. So I will continue to employ Rebecca's advice in hopes that the supplements and all that she has advised I take over the last six years continue to strengthen my immune system enough to offset the likely damage the chemotherapy is causing along its cancer-cell-killing way. I realize it's not perfect, but it's a living. THANK GOD.

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

EMPLOYMENT

ZONE G • ARLINGTON • GREAT FALLS
• MCLEAN • VIENNA/OAKTON

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.COM

703-778-9411

ZONE G AD DEADLINE:
MONDAY NOON

BUSINESS OPP	BUSINESS OPP
TELEPHONE A great opportunity to WORK AT HOME! NATIONAL CHILDRENS CENTER No sell! Salary + Bonus + Benefits! 301-333-1900 Weekdays 9-4	TELEPHONE A great opportunity to WORK AT HOME! NATIONAL CHILDRENS CENTER No sell! Salary + Bonus + Benefits! 301-333-1900 Weekdays 9-4

VET ASSISTANT
Small animal hosp. Great Falls.
Will train. 703-757-7570 •
www.ourvets.com

Reflections Salon & Spa is looking for a
**hairstylist, manicurist and
massage therapist** with VA license.
Pay comm 60/40, booth rental welcome.
703-356-6555

Dental Front Desk
Position in quality cosmetic-oriented
practice in Burke, VA.
Great staff & salary
Experience preferred
Call 703-978-5660

Educational Internships
Unusual opportunity to learn many aspects of
the newspaper business. Internships available
in reporting, photography, research, graphics.
Opportunities for students, and for adults
considering change of career. Unpaid. E-mail
internship@connec
tionnewspapers.com **THE CONNECTION**
NEWSPAPERS

HOW TO SUBMIT ADS TO
THE CONNECTION
Newspapers & Online
CLASSIFIED
DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411
EMPLOYMENT
DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411
ZONES
Zone 1: The Reston Connection
The Oak Hill/Herndon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette
Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

ELECTRICAL
K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated
Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

GUTTER
GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards
PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawsandgutters.com
web: lawsandgutters.com
Friendly Service with a Friendly Price!

IMPROVEMENTS
R.N. CONTRACTORS, INC.
Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting
We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION
BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE
You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.
We Accept VISA/MC
Licensed Insured
703-441-8811

Picture Perfect
Home Improvements
(703) 590-3137
Remodeling Bathrooms, Kitchens & Basements
Exterior & Interior Repair, Painting, Carpentry,
Wood Rot, Drywall, All Flooring, Decks
•FREE Estimates •EASY To schedule
•FAST & Reliable Service •NO \$\$\$ DOWN!
Handyman Services Available
www.pphionfine.com
"If it can be done, we can do it"
Licensed - Bonded - Insured

LAWN SERVICE
PINNACLE SERVICES, INC.
LAWN SERVICE
MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES
Friendly Service for a Friendly Price
703-802-0483

HAULING
ANGEL'S HAULING
Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Furniture & Appl.
703-863-1086
703-582-3709
240-603-6182

If tomorrow
were never to
come, it would
not be worth
living today.
-Dagobert Runes

MASONRY

BRICK AND STONE
Custom Masonry
703-768-3900
www.custommasonry.info
Patios, Walkways, Stoops, Steps, Driveways
Repairs & New Installs • All Work Guaranteed

TREE SERVICE

Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured
Leaf Removal
Gutter Cleaning
25 years of experience
Free estimates
703-868-5358
24 Hour Emergency Tree Service

Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured.
Fall Cleanup...
Tree removal, topping & pruning,
shrubbery trimming, mulching,
leaf removal, planting, hauling,
gutter cleaning, retaining walls,
drainage problems, etc.
25 years of experience - Free estimates
703-868-5358
24 Hour Emergency
Tree Service

THE CONNECTION
NEWSPAPERS
CLASSIFIED
Classified or Home • Lawn • Garden:
703-917-6400
Employment: 703-917-6464
E-mail: classified@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All
Your
Advertising
Needs...

It Works.
Week
After Week.

703
917-6400

Place
Your
Ad
Today!

THE CONNECTION
to your community

15 Getaways

**FOR SALE
JUPITER FLORIDA
CONDO**
Oceanfront condo for
sale. 3BD/2BA.
Renovated. MLS
#RX-10052707.
301.983.2273

26 Antiques

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME
JEWELRY, FURNITURE,
PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefers@cox.net

For a free digital sub-
scription to one or all
of the 15 Connection
Newspapers, go to
[www.connectionnews-
papers.com/subscribe](http://www.connectionnews-
papers.com/subscribe)

Complete digital rep-
lica of the print edition,
including photos and
ads, delivered weekly
to your e-mail box.

Questions? E-mail:
[goinggreen@connection-
newspapers.com](mailto:goinggreen@connection-
newspapers.com)

THE CONNECTION
NEWSPAPERS

21 Announcements

102 Instruction

Larry Rice Music Teacher
Free Intro Lesson
Fiddle/Violin, Guitar, Mandolin, Banjo,
Bass & Ukulele Lessons



Falls Church City
703-869-1419
LarryRice53@hotmail.com
www.iTeachMusic2U.com

101 Computers

HDI COMPUTER SOLUTIONS
JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed up Slow Computers
- Troubleshooting
- Virus Removal
- Computer Setup



(571) 265-2038
jennifer@HDIComputerSolutions.com

4 RE for Sale

**Looking for Someone Nice to
Buy My Home**

After living almost 23 years in my home, I realize that it is important to me to sell my home to someone nice. This has been a wonderful home, set on a half acre in Oakton, backing onto a golf course, built in the late 50's with brick, hardwood floors, and cathedral ceiling. 520K
If interested, email
sharon@sharonburtner.com

21 Announcements

21 Announcements

21 Announcements

WET BASEMENTS STINK !!

Mold, mildew and water leakage into your basement causes health and foundation damage. What can be done to fix the problem? Allstate American Waterproofing is an honest, hardworking local company. We will give you a **FREE** evaluation and estimate and a fair price. We have repaired thousands of basements in the area; we can provide local references. When your neighbors needed waterproofing, they called Allstate American. Why don't you? Call now to receive a 20% discount with your **FREE ESTIMATE**. MHIC#36672

CALL 1 800 420 7783 NOW!

**HOW TO SUBMIT ADS TO
THE CONNECTION
Newspapers & Online
CLASSIFIED**

DEADLINES
Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon
E-mail ad with zone choices to: [classified@connection-
newspapers.com](mailto:classified@connection-
newspapers.com) or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES
Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon
E-mail ad with zone choices to: [classified@connection-
newspapers.com](mailto:classified@connection-
newspapers.com) or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection The Oak Hill/Herndon Connection	Zone 4: Centre View North Centre View South
Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/ Lorton Connection	Zone 5: The Potomac Almanac Zone 6: The Arlington Connection The Vienna/Oakton Connection
Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	The McLean Connection The Great Falls Connection



PHOTOS CONTRIBUTED

McLean Children's Academy's youngest class, The Carebears, lead the group in a pledge of allegiance, with teacher Jamila Essa.

**Holidays Celebrated at
McLean Children's Academy**

The preschool students from McLean Children's Academy performed for their families at the McLean Community Center singing and acting out holiday songs and decorating the tree with child made ornaments. Students are from McLean, Great Falls, Arlington and Falls Church. After the performance, families gathered for a potluck lunch, always a favorite. The students' families are from many different countries and tasting treats from other nations is always a favorite part of the celebration.



McLean Children's Academy staff gather with the children after the Holiday Program held at the McLean Community Center. Pictured left to right are Jacqueline Vargas, Marina Sarakinis, Executive Director Barbara Touchton, Meredith Karam, Jamila Essa, Director Sarah Bowlen, Cristina Rosas, Tarah Mauzy & Lydia McGrath. Wishing you all Happy Holidays.

BULLETIN BOARD

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

TUESDAY/JAN. 13
The Parent Encouragement Program (PEP) will present an 8-week class titled "PEP I: Parenting 5 to 12 Year Olds," which teaches parents the skills they need to handle challenging behavior in their children while raising them to become respectful, confident individuals. 12 - 2 p.m. \$255 per person. Starbucks Conference Room, 9863 Georgetown Pike, Great Falls. PEPparent.org or 301-929-8824 to register.

The Great Falls Citizens Association Townhall Meeting. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The community's first survey on deer issues will be released, including residents' experience with deer/vehicle collisions, Lyme disease, the impact of rising deer herds on local forests, and residents' views on steps to manage deer in the area. Two local residents who have developed deer control measures through bow hunting will discuss the impact on their neighborhoods and ways in which other residents can be involved.

THURSDAY/JAN. 15
Chapter 227, Vietnam Veterans of America Inc. Meeting. 7:30 p.m. Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. All veterans, friends, and the general public are invited to attend the chapter meeting. Mike Walsh, Vietnam War veteran, will discuss his quest to document every Vietnam War Memorial in the United States. Free. For more information, call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

OVER 90 HOMES SOLD IN 2014!



JD CALLANDER

Top 1% of Realtors Nationwide
Wall Street Journal - Top 100 Agents

(703)606-7901

JD@newNOVAhome.com
www.newNOVAhome.com

Get JD's
unique analytic
approach to
selling your
home!

1 AGENT - COMPANYWIDE



#1 Listing Agent #1 Selling Agent
#1 Total Volume #1 Total Transactions
Weichert, Realtors (Dolley Madison Office)



FABULOUS SUN-FILLED HOME!



OPEN
Sunday, 1/11
2-4pm!

3109 Shadeland Drive

Falls Church/Sleepy Hollow Listed for...\$575,000
DON'T MISS this LOVELY 3/4 BR/3 full bath rambler w/ fresh paint & gleaming hardwoods; RENOVATED kitchen w/ granite & stainless steel; updated hall bath & new roof in '08!

WONDERFUL home in Casemont!



Haycock,
Longfellow
and McLean
schools!

6714 Moly Drive

Falls Church Listed for...\$775,000
**BEAUTIFUL* RENOVATED/UPGRADED home with granite kitchen; high-efficiency heating; updated roof/gutters; new paint; refinished hdwds; close to metro!*

JUST LISTED in The Renaissance!



OPEN
Sunday, 1/11
2-4pm!

2230 George C. Marshall Drive

Falls Church Listed for...\$319,000
**GORGEOUS* 1br + den condo on 9th floor in the Renaissance! Parking spot & storage unit included; daily metro shuttle; 24-hour security; pool/tennis!*

Lovely Victorian in Falls Church City!



Falls
Church City
Schools!

108 Jefferson Street, E.

Falls Church City \$999,000
**FABULOUS* 5br/2.5 bath Victorian farmhouse on 3 levels in downtown Falls Church City! 2 owner's suites with fireplaces; renovated sunny kitchen; inviting backyard patio!*



FOR
SALE!

McLean/Potomac Hills
Call for details!



Under
Contract!

Falls Church
\$550,000



SOLD!

McLean
\$889,900



FOR
SALE!

Falls Church
\$654,999



FOR
SALE!

Falls Church
Call for details!



FOR
RENT!

McLean
\$3300/month

CALL ME TODAY TO SCHEDULE A PRIVATE SHOWING OR
FOR A FREE ANALYSIS OF YOUR HOME'S VALUE! (703) 606-7901

