

WELLBEING

PAGE 8

By 9:20 a.m., 172 voters
out of approximately
2,500 registered, checked
in the McLean precinct at
Lewinsville Center.

McLean
CONNECTION

Election Morning in Dranesville

25th Anniversary: Old
Firehouse Teen Center

NEWS, PAGE 4

Sophomore McArthur
Leads McLean Volleyball
To Regional Berth

SPORTS, PAGE 12

NEWS, PAGE 3

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 11-5-15

PRSRRT STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322



ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

NOVEMBER 4-10, 2015

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

PHOTO BY KEN MOORE/THE CONNECTION

RSVP to
703-506-
2133



We're having an **OPEN HOUSE!**

Saturday, November 7
12 p.m. - 2:30 p.m.

The Sylvestery
Memory Support Assisted Living

1728 Kirby Road
McLean, VA 22101

Walk in for a visit! Come and explore our picturesque community and all it has to offer. Meet our team, enjoy festive fall hors d'oeuvres, and learn more about our Renaissance Program. All are welcome to attend.

RSVP to 703-506-2133

Can't attend? Call us for a private tour!

The Renaissance Program at The Sylvestery is directed at those persons in the early phases of memory impairment. In a maintenance-free environment, our residents enjoy life at their own pace through engaging activities. We promote physical and spiritual well-being based on individual abilities and group interests. The Sylvestery features an award-winning layout, where residents move freely through continuous walkways, and numerous courtyards which invite residents to enjoy safe outdoor experiences. Through partnerships and continual research, we bring breakthrough technologies and tools that help our residents get the most out of life. Our staff plans a calendar of events based on their particular needs which includes additional outings. Residents of the Renaissance Program enjoy lunch and dinner in our Compass Rose Café.

**The Sylvestery Memory Support is open to the community
and does not require any military affiliation.**



VINSON HALL
RETIREMENT COMMUNITY
*Supported by Navy Marine Coast Guard
Residence Foundation*



Lewinsville Center was the home of the McLean precinct Tuesday morning, in addition to a senior center and child care center.

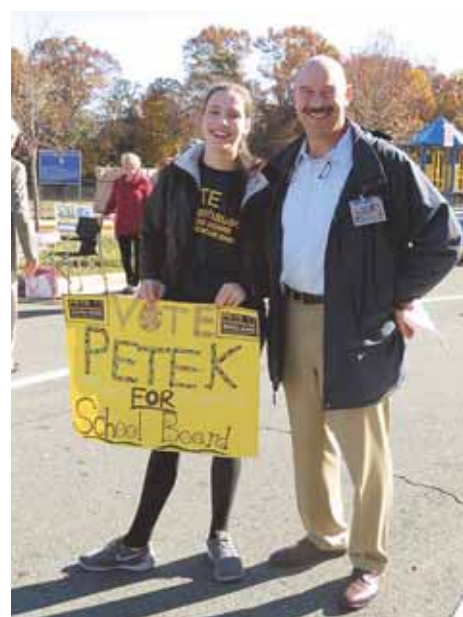
Election Morning in Dranesville

Barbara Hopkins has been voting "ever since I was 21." This year, she voted curbside in McLean with help from election officials and granddaughter Michaela.

PHOTOS BY
KEN MOORE
THE CONNECTION



Dranesville races included Supervisor John W. Foust vs. Jennifer Chronis, Del. Kathleen Murphy (D-34) vs. challenger Craig Parisot, and School Board member Janie Strauss vs. challenger Peter Kurzenhauser, Sen. Barbara Favola (D-31) vs. George Forakis.



Great Falls resident and School Board candidate Peter Kurzenhauser with daughter Ayn, a freshman at Langley High School, election morning at Great Falls Elementary School. Kurzenhauser challenged long-time Dranesville School Board member Janie Strauss. "Win or lose, I've thrown it all in," he said.



Elizabeth Poole, 88, has lived in McLean "all my life." Nothing would keep her from the polls.



Brian Dickson, husband of candidate Jennifer Chronis, and Peter Kurzenhauser greet voters at Great Falls Elementary School election morning, Tuesday, Nov. 3. By 10:07 a.m., 240 voters checked in, and more than 70 voters had voted absentee. The Great Falls precinct has 2,125 voters, according to election officials.



Six feet separated tables for the Democratic Party and for Republican candidates at Lewinsville Center. Andrea McGlinchey, who volunteers for the Democratic Party, and Paul Maloof, who volunteers for Jennifer Chronis' campaign, cross the great divide to pose for an Election Day photograph.



Voters come and go at the Lewinsville center on election morning, Nov. 3.

25th Anniversary: Old Firehouse Teen Center

Old Firehouse Teen Center

This teen center, located at 1440 Chain Bridge Road in McLean, provides a safe atmosphere for teens to meet for recreation and personal development, according to the McLean Community Center website.

Professional and experienced staff members organize and facilitate activities each day, ensuring that participants do not have to return home to empty houses.

Participants can enjoy their time at the Old Firehouse Teen Center (OFTC) after school and during the summer. Opened in 1990, the building formerly operated as a local fire station and is now a satellite of the McLean Community Center.

The McLean Community Center used the event to thank the many individuals and organizations that helped make the Old Firehouse Teen Center a reality, especially Pierce Architecture, the Friends of the McLean Community Center and the McLean Community Foundation.

By Bill Hollinger/McLean Historical Society



(From left, back row:) Dranesville Supervisor John Foust; MCC Governing board chairman Paul Kohlenberger; MCC executive director George Sachs (Front row:) Former Governing board members Pamela Danner and Gail Nields; OFTC project coordinator Janie Strauss; Former Dranesville Supervisor Lilla Richards; Former MCC executive director Page Shelp.

“This is quite a story. I want it to continue.”

— Former Dranesville Supervisor Lilla Richards

The McLean Historical Society and the McLean Community Center (MCC) celebrated the 25th Anniversary of the Old Firehouse Teen Center with dozens of residents in attendance on Oct. 13.

Supervisor John Foust noted his pleasure that a historic building was being used to serve both area teens and others, including the Lewinsville Senior Center and the SPARC program.

“It’s formerly an operating fire station and when the county built a new fire station several citizens worked together to convince the county to preserve the old station rather than sell it off to a new developer,” said Supervisor John Foust.

“Their vision was center for youth to gather. It’s been operating quite successfully every year since [as a place] for young people in McLean to go,” he said. “Rather than go to an empty home, it’s a place youth can go after school when their parents are working.”

Paul Kohlenberger, president of the McLean Historical Society, made a presentation about earlier efforts by the community to serve the teen population, including a proposed temporary MCC teen center that would have been

located behind Redeemer Lutheran Church.

Kohlenberger introduced Janie Strauss, who, as former chair of the McLean Citizens Association’s Education Committee, had been a strong early advocate of the project. Starting in April 1989, Strauss donated her time to the MCC as the Teen Center’s project coordinator. She recounted her research on other such facilities, and her difficulties ensuring the County would allow the old firehouse to be used for the teen center.

“A tough, but fun and very worthwhile undertaking,” said Strauss.

Former MCC Governing Board members Pamela Danner and Gail Nields, as well as then-executive director Page Shelp joined Strauss in remembering the Teen Center’s founding.

Former Dranesville Supervisor Lilla Richards noted that the first hurdle was ensuring that the Board of Supervisors did not sell off the former home of the McLean Volunteer Fire Department. Richards con-

sidered the Old Firehouse Teen Center to be among her proudest achievements while in office, and she exhorted those in attendance to keep working to preserve it for future generations.

“To me, this is quite a story,” she said, a week after the event. “I want it to continue.”

George Sachs, MCC executive director, reviewed current operations of the Teen Center and efforts to ensure its continued strength.

— KEN MOORE

Doug Mackall Receives Henry C. Mackall Award for Local History

At its Oct. 13 meeting, the McLean Historical Society presented the Henry C. Mackall Award for Local History to Douglass Sorrel Mackall III.

Doug Mackall grew up in Langley, on property his family had purchased from the Lee family in the 1830s. Educated at the University of Virginia, Mackall worked as an attorney for decades with his brother, Henry, in Fairfax County’s oldest law firm. During the 1970s, Mackall served as president of the Historical Society of Fairfax County, on whose board he currently sits.

In the early 1990s, he and Henry co-authored the by-laws of the McLean Historical Society, which Mackall has served as an officer and, cur-

rently, as a director.

Over the years, Mackall has presented the history of Langley to numerous civic groups. For his decades of work preserving and expounding the history of McLean and Fairfax County, Mackall was the unanimous choice of the Award Committee.

The Henry C. Mackall Award for Local History was established in 2014 by McLean & Great Falls Celebrate Virginia, Inc. and is now presented under the aegis of the McLean Historical Society. The award was named in honor of the late Henry Clinton Mackall, a native of McLean and a prominent historian and civic leader. The inaugural award was presented to journalist, historian and longtime McLean resident Roger Mudd.



Paul Kohlenberger, president of the McLean Historical Society, presents the Henry C. Mackall Award for Local History to Doug Mackall (right).

By Bill Hollinger/McLean Historical Society

McLean Police Highlights

Incidents from Oct. 24-30.

Larceny/Assault on Law Enforcement, 8100 block of Tyson's Corner Center, 10/28/15, around 8:07 p.m. Officers were called to the Bloomingdale's store for a report of a shoplifting in progress. Upon being located by an officer, one of two suspects struck the officer in the face and both fled on foot and entered a vehicle. The suspects attempted to flee but crashed into a parked vehicle where they took off on foot again. One of the suspects, Lewis K. J. Foreman, 20, of Dover, Del., was charged with grand larceny, larceny with intent to sell, burglarious tools, assault on law enforcement, escape with force, speed to elude, felony hit and run, and possession of marijuana.

The second suspect was described as black male wearing dark clothing. Foreman did not sustain any physical injuries during the incident. The officer was treated for non-life-threatening injuries.

Indecent Exposure, 8300 block of Leesburg Pike, 10/23/15 at about 1230 p.m. A woman was shopping when a man standing next to her began to scratch his genitals and then exposed himself. The subject fled prior to police arrival. The suspect

was described as Hispanic, between 5 feet 8 inches and 5 feet 10 inches, dark hair and wearing a dark shirt and blue jeans.

Larcenies

1900 block of Chain Bridge Road, cash from residence.

2000 block of International Drive, wallet from business.

8400 block of Lee Highway, property from residence.

9300 block of Lee Highway, cash from residence.

8900 block of Leesburg Pike, property from church.

8000 block of Tysons Corner Center, merchandise from business.

8400 block of Westpark Drive, laptop computer from business.

8800 block of Ashgrove House Lane, property from vehicle.

8100 block of Wolfrap Road, property from school.

1700 Kirby Road, property from residence.


2700 block of Gallows Road, property from business.

7400 block of Timberock Road, property from residence.

2900 block of Beau Lane, electronic equipment from vehicle.

1900 block of Chain Bridge Road, jewelry from business.

Students soar here.



Co-ed College-Prep School for Grades 6-12
Day & Boarding Programs | Air Force JROTC for Grades 9-12
Sports Teams for All Grades | Chorus | Flight Program | Drama | Band

100% college acceptance rate
Over \$6.6 million in college scholarships offers each year

Randolph-Macon Academy
Much more than an education.

You're invited! Open House Saturday, November 14th
www.rma.edu 540-636-5484

You owe it to your family to visit Brightview Great Falls.
It is the area's finest Assisted Living community.

"I am still me! This is just another stage in my life and at Brightview, I can still be who I am." – Dr. Jennifer (Ph.D.)

"Brightview offers possibilities, independence and choices. The people here are very caring and attentive. Brightview is a respectful and empowering community where we receive compassionate and dedicated care." – Sheila W.

"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." – Bill W.


"At Brightview I still have my independence. I love everything here and I have everything here that I need. My family is welcome anytime and the best part is they no longer worry about me." – Sophia C.



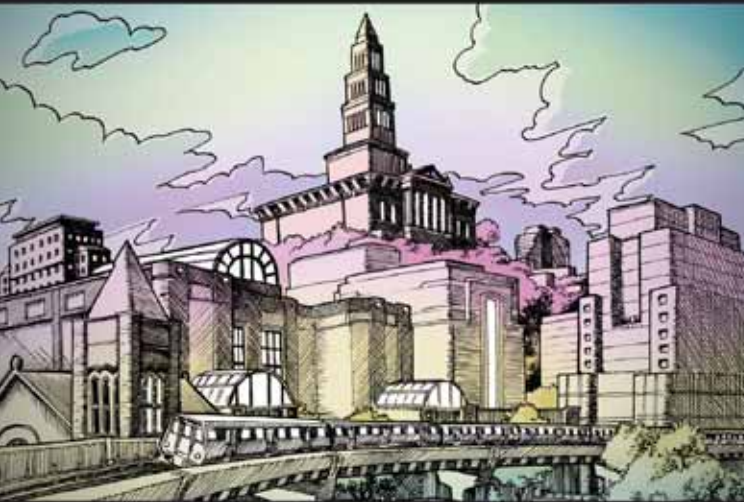
Please call either Carolyn or Joanna to schedule your personal visit.
703-759-2513



10200 Colvin Run Rd. • Great Falls, VA 22066



Alexandria Film Festival
November 5-8 2015



AMC HOFFMAN CENTER 22 | BEATLEY CENTRAL LIBRARY
Join us to celebrate the art of independent film.
More than 60 films from 17 countries. Meet the filmmakers.
Awards ceremony Nov. 8. Vote for your favorite!
For schedule and ticket information, visit: AlexandriaFilm.org

Special thank you to **THE CONNECTION** NEWSPAPERS

OPINION

Coming: Children's Connection 2015

Get ready to send your submissions soon.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. And even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

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

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

Editor's Note on Election Coverage

Eight of the 15 Connection Newspapers go to press during the day on Tuesdays, this paper among them. While reporters visited polling places and filed photos and short stories during the day on Election Day, election results were not yet available when this paper went to press. See www.ConnectionNewspapers.com for results, and next week's papers for more insight.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

come.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?
- ❖ Your opinion (50 to 100 words) about traf-

fic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Email submissions for the Children's Connection to editors@connectionnewspapers.com.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 4.

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

Please send all submissions by Dec. 4. The Children's Connection will publish the week of Dec. 28, 2015.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

COMMENTARY

Real Solutions for Real Problems on Roads

The truth behind I-66 inside the Beltway.

BY AUBREY LAYNE
SECRETARY OF TRANSPORTATION FOR THE
COMMONWEALTH OF VIRGINIA

Virginians deserve a healthy public discussion about how best to improve our transportation system. But that discussion must also be grounded in fact, not political rhetoric. Unfortunately, the leadership of the House Republican Caucus is engaged in a campaign of misleading and flatly incorrect information on the McAuliffe administration's proposal to improve I-66 inside the Beltway. So in the interest of good public policy, here are the facts.

- ❖ Fact 1: Despite unfounded claims to the contrary, dynamic tolling on I-66 will reduce congestion.

In 2013 the McDonnell Administration released a study on reducing traffic congestion in the I-66 corridor. It was the third such study in 15 years.

The study stated that dynamic tolling and multi-modal improvements could move 40,000 more people a day through the I-66 corridor, which is equivalent to 10 additional interstate lanes in the morning and another 10 in the evening. The proposal would increase travel speeds from today's low of 5 miles per hour to a more reliable pace of 45 miles per hour or

faster.

The tangible congestion alleviation benefits this proposal will generate have led the Fairfax and Loudoun County Chambers of Commerce to express support for the proposed improvements. We are working collaboratively with Fairfax, Arlington and Falls Church on the proposed project. Just recently the Washington Metropolitan Council of Governments' Transportation Planning Board approved adding this project to the region's Constrained Long Range Plan.

- ❖ Fact 2: The McAuliffe administration's proposed changes will only add more choices for I-66 commuters without impacting current HOV commuters.

If you currently carpool through the corridor, you will ride free as you always have. If you are a solo driver who used to have to exit I-66 and take secondary roads to and from work, you will now have the option to pay a toll and remain on I-66 all the way into the city. Despite the disinformation political opponents are disseminating, tolling would only be in effect during peak hours, and this proposal offers more drivers the option of a fast and reliable trip without impacting current HOV commuters.

- ❖ Fact 3: Travel times on parallel routes will either improve or stay the same.

Studies show dynamic tolling will manage traffic more efficiently on I-66 inside the Beltway and parallel roads. In fact, this proposal will reduce traffic on parallel routes heading to D.C. in the morning, by offering more

solo drivers the choice of paying a toll and staying on I-66.

VDOT has conducted a detailed analysis that shows no impacts on parallel routes, meaning that drivers who take Route 50 can expect roughly the same travel times in 2017 as they can today.

- ❖ Fact 4: Toll revenues will be used to help move even more people through the corridor.

Studies reveal that dynamic tolling itself is a mechanism for managing congestion and reducing travel times – and every cent from that tolling on I-66 will be used to even further reduce congestion in that corridor. This is a self-financing project and will not take funding away from other transportation improvements.

Again, contrary to what House Republicans have conjured, it would be against the law to use those revenues for bike paths in the woods or road improvements in other parts of Northern Virginia or the state.

Since the state will own and operate the facility and collect tolls, excess revenues will not go to the profit of large corporations. All monies will directly benefit the corridor to enhance motorist through-put.

- ❖ Fact 5: Widening I-66 inside the Beltway will take place – if necessary.

It is the Secretary of Transportation's job to ensure that transportation funds are spent wisely. In the case of I-66, that means implementing the most cost-effective solutions first, before we consider spending over \$100 mil

SEE REAL SOLUTIONS, PAGE 13

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

Ken Moore
Community Reporter
240-393-2448
kmoore@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
debfunc@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



U.S. Rep. Comstock Visits BASIS Independent in McLean

U.S. Rep. Barbara Comstock (R-10) toured BASIS Independent McLean, the twenty-fourth school in the nationally ranked and world renowned BASIS.ed network of charter, independent and international schools. During her visit the Congresswoman and Head of School Sean Aiken discussed the education and economic growth opportunities BASIS will bring to the community.

Comstock has been a resident of McLean for over thirty years. Not only has she raised her three children in McLean but her husband, Chip, is a retired Fairfax County Schools Assistant Principal and teacher.

She also began "The Young Women's Leadership Program" in 2013 for young women in high school and junior high, encouraging them to take an active approach in developing and pursuing their goals.

"Congresswoman Comstock knows first-hand how important a competitive education and talented teachers are," said Aiken. "And she was especially excited



Head of School Sean Aiken, U.S. Rep. Barbara Comstock (R-10), and Joanna Lange.

about the opportunities BASIS Independent McLean students will be offered to study and work within the community."

BASIS Independent McLean is the third BASIS.ed independent school nationwide and will open its doors in Northern Virginia in the fall of 2016, educating pre-

school through 10th grade students in its initial academic year, expanding to preschool through 12th grade students by 2018-19. The school is located at 8000 Jones Branch Drive in the Tysons Corner area. For more information visit BASISed.com or McLean.BASISindependent.com.

PHOTO CONTRIBUTED

Inside or out...

...Tech Painting's got you covered!

Serving:
VA
DC
MD
OBX

703-684-7702

www.techpainting.com

Since 1987

Weichert, Realtors' McLean Office, Top Associate Recognized For Regional Awards

Bruce Green, regional vice president of Weichert, Realtors, announced that the McLean/Dolley Madison office was recognized for exceptional performance in September. The office led the region, which comprises locations throughout Fairfax, Loudoun, Fauquier and Delaware counties, for resale dollar volume.

In addition, sales associate J.D. Callander of the McLean/Dolley Madison office was individually recognized for her industry success in the month



J.D. Callander of the McLean/Dolley Madison Weichert, Realtors office lead in September.

of September.

A top producer, Callander led the region for resale dollar volume.

For more information, Weichert's customer service center can be reached at 1-800-USA-SOLD.

Developing character, faith and life-long learners in the Salesian tradition

Our Lady of Good Counsel School

Established 1957

8601 Wolftrap Rd.
Vienna, VA 22182
703.938.3600

We have been providing a quality Catholic education for over 50 years...

Come to our
OPEN HOUSE
Sunday,
November 15th, 2015,
10 a.m.-1 p.m.

Find out why
OLGC School is
the right choice
for your children.

www.olgcschool.org

Full Day Grades K-8

Nationally recognized for academic excellence

Fully Insured & Class A Licensed Since 1999

LEAD-SAFE
SEPA
CERTIFIED FIRM

Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

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 Since 1999



Gearing up for Thanksgiving Turkey Trots

BY MARILYN CAMPBELL
THE CONNECTION

When many of us are still in bed early Thanksgiving morning, Susan Colarco will be lacing up her shoes, joining a group of friends and getting ready to hit the road for the Arlington Turkey Trot as she has done for many years past. “I’ve run this race more times than I can count and it’s always a great time,” said Colarco, a Road Runners Club of America certified running coach.

On a day as notorious for sloth and gluttony as it is for gratitude and family, hundreds of thousands of runners across the country pound the pavement to raise money for charity, burn off calories and spend time with friends in what have become known as turkey trots. Running USA, a non-profit organization for the running industry, reports that the number of people entering races on Thanksgiving Day now surpasses those who race on July 4th.

“[These races] are a great opportunity to get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes,” said Colarco, who also works as a coach for True Health and Wholeness in Arlington.

While Colarco and her running mates train year-round, there’s still time to get in shape and choose a turkey trot this year. “Many competitive and enthusiast runners start with



Arlington running coach Susan Colarco will run in the Arlington Turkey Trot on Thanksgiving Day.

3 or 5K races,” said Richard L. Steele, assistant dean of physical

is conveniently located ... or has special meaning to them personally, [like] a charity.”

Preparing for a turkey trot usually consists of dietary retooling, aerobic exercise and strength training.

“Typically, the folks I work with run between three

education at Northern Virginia Community College in Alexandria. “I tell most people to pick race that

and five times a week with some weight training and ... cross-training worked into the schedule,” said

hilly race, we’ll definitely work some hills into the training plan,” she said. “If it’s a trail race, we’ll leave the nice paved running routes behind and head off road.” “Up your training distance each week, but do it in small amounts,” said Steele. “A new runner should aim for three to five days per week of training,” he said.

Creating a realistic training schedule that works in harmony with one’s daily schedule is the key to becoming race-ready on Turkey Day, says Colarco. “I really try to take into account the fact that most of the runners in this area are working professionals with a lot on their plates. I work with my clients to determine not just what they should be doing, but realistically, what they can do given the stresses of everyday life.”

Diet, both on the day of the race and the days and weeks leading to it, is an often-overlooked component of race training. “Eat a high-energy meal about an hour before the race,” said Steele.

“Eating within an hour can lead to upset stomach. ... You may need to increase your calories, but don’t go crazy. If you are eating natural foods, free of artificial fats, added sugars and other chemicals, your body will respond in an amazing way.”

Protecting against injuries that can be sustained from the unrelenting pounding of the pavement, is another important, but often overlooked part of running. “You get an average of about 4,500 blows to your joints over the course of a 5K,” said Christian Elliot, a personal trainer and founder of True Health and Wholeness. “Strength training helps your body handle the blows, and there’s no downside to having

strong muscles.”

Weight training exercises for the legs should be done two to three days per week, advises Steel. “You can hit the weights at the gym, do Pilates or use body weight, whatever you enjoy. Focus on light to medium resistance with higher repetitions to build muscle endurance; 12 to 15 repetitions, two to three sets for each exercise works well.” “It has been proven that runners who do strength training have fewer knee injuries,” added Chance Heare, of Koko FitClub in Herndon, Reston and Great Falls. “Strength training builds the stabilization muscles to support the joints and runners who strength train tend to get fewer injuries and have better endurance.”

The most common injuries associated running are ankle and knee

sprains, shin splints, stress fractures, runner’s knee and plantar fasciitis. “Sprains and blisters are very common during races,” said Steel.

Running shoes play an important part of injury prevention, but “by itself can’t prevent all injuries,” said Nelson Cortes, Ph.D., an associate professor in the Sports Medicine Assessment, Research & Testing Laboratory at George Mason University in Fairfax.

“Everyone has different foot and lower body morphology and it’s important that running shoes are appropriate.”

In addition, a daily full-body stretching routine “will help with injury prevention and performance,” said Steel. “You’ll be surprised how much better you feel in general after doing this for about a week or two.”

Local fitness experts suggest a training plan that will get you off the couch in time for Turkey Day.

“Up your training distance each week, but do it in small amounts.”

— Richard L. Steele, assistant dean of physical education, Northern Virginia Community College

Locate a Local Turkey Trot

<http://www.runningintheusa.com> or <http://www.runnersworld.com/race-finder>

Colarco. “The distance and intensity vary based on the experience and fitness level of the runner, the goal they are aiming for and any injuries they may be working through.”

Colarco tailors her training regimen to the environment of the chosen race. “For example, if it’s a

Photo Contributed

Exceptional Schools for Exceptional Students School Fair

Showcasing the many wonderful school choices available to families of children with learning differences. Find out about individualized programs that will help your child thrive both academically and socially.

Sunday, November 8, 2015 • 11:00am-2:00pm

Katzen Art Center, American University @ Ward Circle
Massachusetts Ave and Nebraska Ave NW DC

Sponsored by
The American University School of Education, Teaching and Health

Parking is FREE in the Katzen Center • Tenleytown Metro on the Red Line

Admission is FREE and Open to the Public

PARTICIPATING SCHOOLS

The Auburn School
Chelsea School
The Children’s Guild
Commonwealth Academy
The Diener School
Eagle Hill School
The Frost School
The Gow School
The Ivymount School
The Katherine Thomas School
Kennedy Krieger School:
Montgomery County Campus

The Kildonan School
Kingsbury Day School
The Lab School
Landmark School
The Leelanau School
The Maddux School
Maryland Association
of Nonpublic Special
Education Facilities
Middlebridge School
National Child Research
Center (NCRC)

The Newton School
The Nora School
Oakland School
Oakwood School
Parkmont School
PHILLIPS Programs
The Siena School
Wye River Upper
School



For more information, please contact:

Bekah Atkinson at 301-244-3600 • exceptionalschoolsfair@gmail.com

www.exceptionalschoolsfair.com

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County’s free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Nov. 10, 7-8 p.m.** Register beforehand at www.fairfaxcounty.gov/olderadults and click on Caregiver Support.

Northern Virginia Caregivers Conference — “Prepare to Care: Getting Your Ducks in a Row,” Wednesday, Nov. 11, 8 a.m.-3:30 p.m. at the Korean Central Presbyterian Church, 15451 Lee Highway, Centreville. Speakers share their extensive knowledge on topics important to caregivers of persons with dementia. \$30 includes continental breakfast, lunch, and materials. Register at <http://states.aarp.org/nov11/>. For more information call **703-324-5425**, TTY 711.

Fairfax County is offering a free presentation on **Medicare 101** on **Wednesday, Nov. 18, 11:30**

a.m.-1:30 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. To register call Sydney Duberstein at **703-790-0123**, TTY 711. Visit www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Fairfax County’s free **Seminars for Family Caregivers of Older Adults** are held throughout the county in November:

♦ **Strategies for Difficult Conversations** take place on **Monday, Nov. 2, 7-8:30 p.m.** at George Mason Regional Library, 7001 Little River Turnpike, **Annandale**. Learn how to have conversations with an older family member about driving, accepting help in the home or moving to a safer environment. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **AARP’s Prepare to Care Workshop** takes place on **Thursday, Nov.**

5, 3-4:30 p.m. Sherwood Regional Library, 2501 Sherwood Hall Lane, **Alexandria**. Learn how to care for yourself and your loved ones. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **Scams and Financial Crimes against Seniors** takes place on **Tuesday, Nov. 10, 3-4:30 p.m.** at the North County Governmental Center, 1801 Cameron Glen Drive, **Reston**. Older adults as well as family members, caregivers, and service providers are welcome. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **Five Questions to Consider About Paying for Long-Term Care** — **WEBINAR, Wednesday, Nov. 18, Noon-1:00 p.m.** Register beforehand at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars. Call **703-324-5484**, TTY 711.

The **Hollin Hall Senior Center** in

Alexandria needs a volunteer to help with **fish aquarium upkeep** and instructors for the following classes: **Basic Guitar, Italian, Pottery and Ballroom Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Herndon Adult Day Health Care Center** needs a **Bingo Caller** and an **Art Therapy Assistant**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Kingstowne Center for Active Adults** in **Alexandria** needs a **Hula Hoop Class Leader** and instructors to teach **Country Western Line Dance, African Style Dance and Mosaic Art or Jewelry Making**. For these and other volunteer opportunities,

call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

garai
ORTHODONTIC
SPECIALISTS
BracesVIP.com



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
- Over 15 years of teaching orthodontics and private practice

“BEST ORTHODONTIST”
Washingtonian Magazine
Families Magazine
“TOP ORTHODONTISTS”
Northern Virginia Magazine
Virginia Living

Exceptional Smiles, Exceptional Service

The American Association of Orthodontics recommends children see an orthodontist at the age of 7.



Please call our office to set up your child’s Complimentary Consultation

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



703.281.4868
BracesVIP@gmail.com
www.BracesVIP.com

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

ENTERTAINMENT

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

ONGOING

Weekly Storytime. Wednesdays and Saturdays at 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

THURSDAY/NOV. 5

Sister Sparrow and the Dirty Birds. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road Vienna. Formed in 2008 by lead singer Arleigh Kincheloe, Sister Sparrow delivers high-energy anthems with her Dirty Birds. The band is currently touring behind its new release, *The Weather Below* (2015), a collection of hard-soul anthems that further bolsters the group's self-penned catalogue of hits. Tickets: \$20 advance; \$25 day of. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

SATURDAY/NOV. 7

Bruce Vilanch and Judy Gold. 9 p.m. The Alden, McLean Community Center, 1234 Ingleside Ave., McLean. "An Evening with Bruce Vilanch and Judy Gold," the comedians pair up for separate stand-up sets united by their gay, Jewish identities and raunchy, sidesplitting observations. Mature audiences. \$20/\$35. www.aldentheatre.org. 703-790-0123.

Lecture/Book Signing. 2:30-4:30 p.m. Barnes and Noble/Tysons Corner, 7851 L Tysons Corner Center, McLean. Brian Kilmeade of "Fox and Friends" discusses his new book "Thomas Jefferson and the Tripoli Pirates: The Forgotten War that Changed American History." Free.

Appraisal Roadshow. 10-11:30 a.m. Brightview, 10200 Colvin Run Road, Great Falls. Join Paradigm Experts for a fun and educational morning looking at "what you have, what it's worth, and what you can do with it". RSVP early to be one of the 25 items to be appraised. www.brightviewgreatfalls.com. 703-759-2513.

Children's Flea Market. 11 a.m.-1 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Come scope out the bargain prices at the Children's Flea Market. Do young sellers have things to sell? Register for a booth. Find out more at <http://mcleancenter.org/kids>.

SUNDAY/NOV. 8

Filene Center Backstage Tour. 2 p.m. Wolf Trap National Park for the Performing Arts, 1635 Trap Road, Vienna. Stand on a world-class stage, learn how a theater runs, and get a sneak peek at where the stars get ready. Tours are limited to 30 participants. 703-255-1827 to RSVP or for additional information.

Elska. 2 p.m. The Alden Theatre, 1234 Ingleside Ave., McLean. Hiddi Hiddi! That's how to say hello on the Island of Elska, the imaginary volcanic island off the coast of Iceland that is home to the singer Elska and a small population that includes her two-foot-tall best friend the Goobler, an arctic fox and a colony of lost socks. Ages 4+. \$10, \$15. www.aldentheatre.org. 703-790-0123.

Living for 32. 7-9 p.m. Emmaus United Church of Christ, 900 Maple Ave., East. Vienna. This 40-minute film tells the story of Colin Goddard, a 2007 VA Tech massacre survivor. Goddard and the mother of another victim will present what can be done



Totally Amazing Elska comes to The Alden, Sunday, Nov. 8 at 2 p.m. During her live show, a blend of theater, storytelling, and musical performance, Elska whisks away children and families on a musical tour of her Arctic home and introduces them to the island's wonderful inhabitants.

to stem further gunviolence. Discussion follows. Free. www.emmausucc.org. 703-281-2432.

Men's National Choir. 4 p.m. St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The choir will open it's 17th season with "Songs of the Spirit," a program spanning five centuries of European and American sacred music. \$20 at the door. Students and children free. www.nationalmenschorus.org. 202-244-7191.

TUESDAY/NOV. 10

Paul Thorn. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Paul Thorn, who has a unique background as a former professional boxer, brings to the Barns lively music. As a son of a Pentecostal preacher, gospel has strongly influenced Thorn's sound, and he explores the dichotomy of the sacred and the profane in his 2010 album *Pimps and Preachers*. Tickets: \$25-\$27. For more information, visit <http://www.wolftrap.org> or call 703-255-1900.

WEDNESDAY/NOV. 11

Veterans Day Ceremony. 11 a.m. at the Great Falls Freedom Memorial, behind the Great Falls Library, 9830 Georgetown Pike.

California Guitar Trio. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. California Guitar Trio brings music in a variety of repertoires spanning jazz, classical, rock, world music. Their most recent album, 2014's *Masterworks*, focuses exclusively on classical music from composers such as Bach, Beethoven, Schubert, Vivaldi, and Arvo Pärt. Tickets: \$25. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

THURSDAY/NOV. 12

Debby Boone. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. As a three Grammy Awards winner, Debby Boone, the prolific musical theatre actress, starred as Rizzo in the Broadway revival of *Grease*, Maria in Lincoln Center's 30th Anniversary production of *The Sound of Music*, and has had roles in other major productions. Tickets: \$35-\$40. For

more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

BV Wine Dinner. 7-9 p.m. Ruth's Chris Steak House, 8521 Leesburg Pike, Vienna. oin Ruth's Chris Steak House in Tyson's Corner as executive Jean Bosch presents a five-course surf and turf dinner paired with elegant wines from BV Tapestry Meritage. \$79 + tax and tip. salestysons@ruthschris.com. 703-848-4290.

THURSDAY/NOV.12-SUNDAY/DEC. 20

"Harvey." Check for show times. 1st Stage, 1524 Spring Hill Road, Tysons Corner. Winner of the Pulitzer Prize for Drama, this beloved classic is a treat for the whole family. Veta Simmons and her daughter Myrtle Mae have just moved back into town and are making quite a splash on the social scene. Gatherings and engagements abound as Myrtle Mae peruses for a viable suitor. \$15-\$30. www.1ststagetysons.org. 703-854-1856.

FRIDAY-SATURDAY/NOV. 13-14

The Closet's "Everything Christmas Sale." Friday, 4 -7 p.m. Saturday, 9 a.m.-noon. The First Baptis Church of Herndon, 681 Elden St., Herndon. Get a jump start on your holiday decorating or choose something unique for that hard-to-please relative. www.theclosetofgreaterherndon.org.

FRIDAY/NOV. 13

Harth Farmers Dinner. 7 p.m Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Harth at Hilton McLean Tysons Corner is teaming up with local farms and purveyors to literally bring the farm to the table for one special night. A cocktail reception and toast to some of the region's finest farmers and purveyors, followed by a five-course dinner and informal conversation about artisan culture and agriculture in the mid-Atlantic, with some of the farmers who are leading the way. \$175. <https://www.eventbrite.com/e/harth-farmers-dinner-tickets-18631539436>.



Judy Gold and Bruce Vilanch perform at The Alden, McLean Community Center, 1234 Ingleside Ave., McLean, on Saturday, Nov. 7. The comedians pair up for separate stand-up sets united by their gay, Jewish identities and raunchy, sidesplitting observations. Mature audiences.

SATURDAY/NOV. 14

Indoor Street Market. 9 a.m.-4 p.m. Forestville Elementary School, 1085 Utterback Store Road, Great Falls. Start your Holiday shopping and get in the spirit of the giving season! This is a one day Super Sale event featuring over 35 local vendors, entertainment by young local artists, baked goods, caricature artists, a raffle and silent auction that will surely keep the attention of all ages. Free. www.forestvillepta.org.

SATURDAY/NOV.14-MONDAY,JAN.4,2016

Meadowlark Gardens' Winter Walk of Lights. A half-a-million colorful LED lights span the lakeside and gardens of Meadowlark Botanical Gardens off Beulah Road in nostalgic and fairytale scenes of the holiday season. <http://winterwalkoflights.com/>.

FRIDAY/NOV. 20

Rickie Lee Jones. 8 p.m. The Barns, Wolf Trap, 1645 Trap Road Vienna. Experience the critically acclaimed singer/songwriter's "exceptional blend of jazz, soul, [and] rock" (NPR) that defies convention, as Rickie Lee Jones, Double Grammy-winning singer, delivers fan favorites and songs off her new, "most absorbing album" (Uncut), *The Other Side of Desire*. Tickets: \$35-\$45. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

McLean Art Society Meeting. 10 a.m.-noon. McLean Community Center, 1234 Ingleside Ave., McLean. Sue Moses, a watercolorist whose work is defined by strong values,

light and shadow and emphasis on composition, will be the featured artist. She will be doing a painting demonstration. Guests are welcome. 703-790-0123.

SATURDAY/NOV. 21

Filene Center Backstage Tour. 10 a.m. Wolf Trap National Park for the Performing Arts, 1635 Trap Road, Vienna. Stand on a world-class stage, learn how a theater runs, and get a sneak peek at where the stars get ready. Tours are limited to 30 participants. 703-255-1827 to RSVP or for additional information.

Sonny Landreth. 7:30 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Louisiana-based Sonny Landreth has collaborated with a multitude of rock legends, including Jimmy Buffett and Eric Clapton. Landreth has been a regular performer at Clapton's Crossroads Guitar Festival since its inception in 2004 and released his first all-instrumental album, *Elemental Journey*, in 2012. Tickets: \$27. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

SATURDAY-SUNDAY/NOV. 21-22

The Enchanted Forest. Check website for activity times. The Westin Tysons Corner, 7801 Leesburg Pike, Falls Church. Fundraiser presented by the Junior League of Northern Virginia. Decorated holiday trees for silent auction throughout the weekend, live entertainment, a model train display, hands-on activities for children, a festival holiday marketplace and An Enchanted Affair evening gala. Visit www.jlnv.org/the-enchanted-forest for tickets and information.

NEWS



Marilyn Harwood, General Music teacher, demonstrates the recorder, which students start playing in third grade and get progressively better each year.



Dan Freeman playing the trombone.

PHOTOS CONTRIBUTED

Spring Hill Musicians Delight the Neighbors

Every year, the music teachers at Spring Hill Elementary demonstrate what is offered in their programs.

Many times during the year, they perform with their

students at the Sunrise Retirement Community, which is close enough to the school that the musicians walk over and delight the residents.



Ruth Donahue, Orchestra director, playing along with members of Spring Hill's top group to show the sound of the stringed instruments.

Deb Rudd discussing the school's Chorus which meets each Friday afternoon at the end of the school day.



LAMBKIN STUDIOS
crafting ideas into heirlooms

- Custom furniture
- Museum-quality
- Hand-crafted
- Low VOC finishes
- Sustainably sourced materials

sean@lambkinstudios.com 703-258-4319

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 7:30, 9:00, and 11:00 AM
1:30 PM Spanish Liturgy

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

5312 North 10th Street,
Arlington, Virginia 22205
Parish Office: 703-528-6276

PARISH WEBSITE:
www.stannchurch.org

All Are Welcome!

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

OAKCREST SCHOOL
presents the
Middle School Production of

POCAHONTAS

Book by Vera Morris
Music and Lyrics by Scott Deturk
Produced by special arrangement with
Pioneer Drama Service, Inc., Englewood, Colorado

**Friday, November 13, 2015
7:30 p.m.**

**Saturday, November 14, 2015
11:00 a.m. and 7:30 p.m.**

Purchase tickets at <http://theatretickets.oakcrest.org>

850 Balls Hill Road, McLean, VA 22101 • 703-790-5450

An independent school for girls in grades 6-12 guided by the teachings of the Catholic Church

**CHILDREN'S
FLEA
MARKET**

**Saturday, Nov. 7, 2015
11 a.m.-1 p.m.**

**Buy Cool Toys,
Games, Books
and Clothes at
GREAT PRICES!**

From the kids who know best.

Free patron admission, partner!

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

McArthur Leads McLean Volleyball to Regional Berth

Highlanders looking for first conference/district title since 2001.

BY JON ROETMAN
THE CONNECTION

The McLean volleyball program hasn't won a district/conference title since 2001.

This year's team won 20 matches during the regular season and earned the No. 2 seed in the Conference 6 tournament, giving the Highlanders hope of ending their lengthy championship drought.

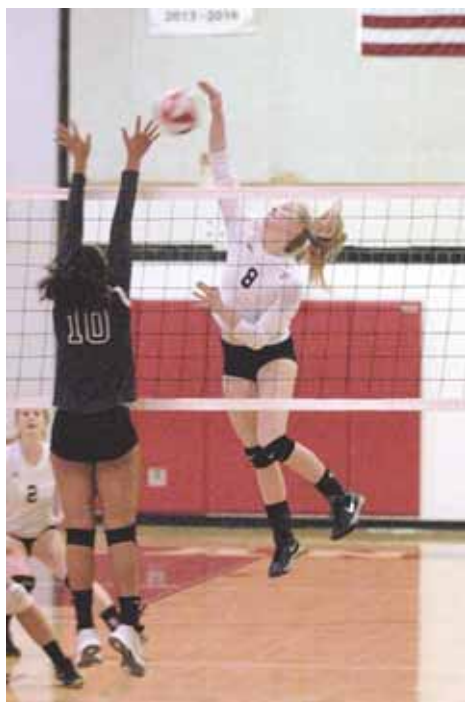
Oh, and they have Maddie McArthur, as well.

The sophomore sensation tallied 23 kills on Monday night as No. 2 McLean defeated No. 7 Washington-Lee 3-0 (25-17, 25-22, 25-20) in the Conference 6 tournament quarterfinals at McLean High School. The Highlanders advanced to the semifinals, where they faced No. 3 Madison on Tuesday, after The Connection's deadline. McLean also earned a berth in the 6A North region tournament for the first time in Bill Musgrove's three seasons as head coach.

McArthur took control early, totaling 12 kills in the opening set. After W-L cut the McLean lead to 20-16, the Highlanders scored five of the final six points, including a pair of kills from McArthur.

"That makes life easy," Musgrove said.

No. 8 continued to dominate. Her 20th



McLean sophomore Maddie McArthur tallied 23 kills during the Highlanders' sweep of Washington-Lee on Monday during the Conference 6 volleyball tournament quarterfinals.

kill of the evening finished off a pesky W-L team in the second set, 25-22.

What makes McArthur such a dangerous hitter?

"I think just the explosiveness," Musgrove said. "She hits the ball as hard as anyone I've ever coached and she's still just a sophomore. She jumps out of the gym for some-



McLean's Sierra Spraker (12) and Maddie McArthur attempt to block a Washington-Lee attack on Monday night.

one her height."

McArthur had three kills in the final set, including two after W-L had cut the McLean lead to 21-17.

"She's awesome," senior Sarah Park said. "I'm so happy. She was on the team as a freshman last year and just seeing her grow, even more through club season than this season, is amazing."

Karen Shedlock and Leona Ng each had five kills for McLean and Josephine Oakley had four kills and three aces.

McLean entered the regular-season finale against rival Langley with a chance to earn the No. 1 seed in the conference tournament, but suffered a three-set loss to the Saxons, who went undefeated during conference play. If the Highlanders can get past

Madison, the defending state runner-up, they could again face Langley in Thursday's championship match at Washington-Lee High School in Arlington.

"I think that we didn't play our best volleyball against Langley," Musgrove said. "We know that. We'd like another shot at them. We're going to be playing Madison, probably, [on Tuesday], so I'm sure they're thinking they'd like another shot at us."

What would it mean for the Highlanders to break their championship drought?

"It would mean the world," McArthur said. "I would be so happy."

She wouldn't be the only one.

"I would probably cry for weeks," Park said, "... tears of joy running down my cheeks."

SPORTS BRIEFS

Madison Football Has Shot at Outright Title

The Madison football team will host Hayfield at 7 p.m. on Friday, Nov. 6, with an opportunity to secure an outright Conference 6 championship.

The Warhawks enter Friday's contest with an 8-1 record, including 6-0 in the confer-

ence. The Warhawks have already secured at least share of the conference title, with Hayfield and South Lakes one game behind at 5-1. If Madison loses to Hayfield, the teams will be co-champions. If Hayfield wins and South Lakes beats Fairfax, there will be a three champs. But if the Warhawks beat the Hawks, they will be outright champs.

Madison defeated Washington-Lee 21-13 on Oct. 30, giving the Warhawks eight straight victories after losing their opener to Oakton.

Madison is No. 4 in the latest VHSL 6A North region power rankings. South Lakes is No. 6 and Hayfield is No. 9. The top 16 teams make the playoffs.

Oakton Football Beats Falls Church

The Oakton football team beat Falls Church 41-7 on Oct. 30, improving its record to 4-5.

The Cougars will conclude the regular season with a road game against Herndon at 7 p.m. on Friday, Nov. 6.

Oakton is No. 11 in the latest VHSL 6A North power rankings. The top 16 teams

make the playoffs.

Madison Volleyball Earns Regional Berth

The Madison volleyball team swept Yorktown on Nov. 2 in the Conference 6 tournament quarterfinals, earning a berth in the 6A North region tournament.

The Warhawks faced McLean in the conference semifinals on Tuesday, after The Connection's deadline. The championship match is Thursday at Washington-Lee High School in Arlington.

Langley Volleyball Beats Hayfield

The No. 1 Langley volleyball team swept No. 8 Hayfield on Monday in the Conference 6 tournament quarterfinals. The Saxons advanced to the semifinals, where they faced South Lakes on Tuesday, after The Connection's deadline.

The championship match is Thursday at Washington-Lee High School in Arlington.

Langley finished the regular season with an 18-4 record and went undefeated in con-

ference play.

Langley Football Beats Yorktown

The Langley football team improved to 2-7 and snapped a three-game losing streak with a 48-23 home victory over Yorktown on Oct. 30.

The Saxons will wrap up the regular season with a road game against rival McLean at 7 p.m. on Friday, Nov. 6.

Langley is No. 19 in the latest VHSL 6A North region power rankings. The top 16 teams make the playoffs.

Oakton Volleyball to Host Centreville

The Oakton volleyball team will face Westfield in the Conference 5 tournament semifinals at 5 p.m. on Wednesday, Nov. 4 at Centreville High School.

Oakton finished the regular season with a 19-5 record and went undefeated in conference play, earning the No. 1 seed and a first-round bye in the conference tournament, along with a regional berth.



John DeSciociolo and the Madison football team will host Hayfield on Friday with a chance to win the Conference 6 championship.

An Evening with Music at McLean Community Center

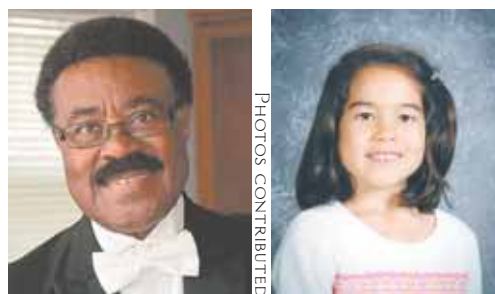
Dingwall Fleary, conductor and music director of The McLean Symphony and the Reston Community Orchestra, will be the guest speaker at the McLean branch meeting of the American Association of University Women (AAUW) Tuesday, Nov. 17, 7 p.m. at the McLean Community Center.

An accomplished pianist, he has performed in chamber music ensembles around the world and is well known throughout the greater Washington, D.C. area. He has received numerous honors for his musical leadership and awards from prestigious professional organizations.

In 1976 Fleary was the first person to receive the McLean Community Center Arts Award presented by the McLean Citizens' Association.

At the AAUW meeting, he will present an overview of the history of The McLean Symphony, its mission, its on-going support of youth and education, and its achievements as it enters its 44th year as the community's only all-volunteer orchestra.

Fleary will be joined by fourth-grade violinist Serenna Semomsen, citing her as an example of the exceptional talent he has discovered among the youth in the community. She has won a number of first-place prizes in music competitions and has performed at Carnegie



Dingwall Fleary

Serenna Semomsen

Hall in New York as well as at Sidney Harman Hall in Washington, D.C. She was chosen to perform with The McLean Symphony this past March.

Serenna will perform and will be accompanied by Maestro Fleary at the piano. A few members of the Symphony will be present at the meeting and will be given the opportunity to comment on what the orchestra means to them.

Six Area Students Compete in Siemens National Finals

Six students in the Northern Virginia area are competing in the 2015 Siemens Foundation STEM Competition.

These regional finalists recently advanced through the semifinal round, and now have a chance to compete at the National Finals tak-

ing place on Dec. 4-8 in Washington, D.C., where grand prize winners walk away with \$100,000 scholarships.

The Siemens Competition is a signature program of the Siemens Foundation; it promotes STEM education and encourages young students to push their academic boundaries through hands-on projects. The students all have projects for the Siemens Competition, and they also participate in many other pursuits outside of STEM related projects.

The finalists from the area include:

- ❖ Michael You, of Alexandria, Thomas Jefferson High School for Science and Technology (Researched SONAR-related whale beachings and how bubbles in blood vessels can contribute to the injuries of whales exposed to SONAR;

- ❖ Christina Oh and Edward Oh, of Lorton, Thomas Jefferson High School for Science and Technology and South County High School (Found a potential method to mitigate the attachment of the barnacle, that could help with drastically improving marine vessels' efficiency);

- ❖ Kelly Cho of McLean and Harriet Khang of Great Falls, Thomas Jefferson High School for Science and Technology (Found an inexpensive and uncomplicated method for a biosensor for breast cancer that could potentially be slightly modified for other diseases as well);

- ❖ Daniel Chae, of Alexandria, Thomas Jefferson High School for Science and Technology (Found a way to develop more cost-effective and improved bone implants through 3-D printing).

COMMENTARY

Real Solutions

FROM PAGE 6

lion to perform even a limited widening of I-66.

The Governor's proposals for I-66 will better manage traffic flow at a fraction of the cost of widening the road. We owe it to taxpayers to exhaust low-cost solutions, but, if after 5 years, vehicles are not traveling at free flow on I-66 during rush hour, then toll revenues will be used to widen the road.

❖ Fact 6: Doing nothing is not an option.

Opponents of the Governor's proposal for I-66 have a host of complaints. What they have yet to put forward are facts to back those claims, or real ideas for moving Virginians through the I-66 corridor more quickly. I am confident that this plan meets the transportation and political realities of this corridor – and that allowing campaign gamesmanship to block progress is not an option.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

NOVEMBER

11/18/2015.....A+ Camps & Schools

11/19/2015..Holiday Entertainment & Gift Guide I

Thanksgiving is November 26

11/25/2015.....Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015.....Wellbeing

12/9/2015...Holiday Entertainment & Gift Guide II

12/9/2015...HomeLifeStyle; Home for the Holidays

12/16/2015.....A+ Camps & Schools; Holiday

Entertainment & Gifts Pages

12/23/2015.....Special Issue – Safe for the Holidays

12/30/2015.....Children's Connection

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



The magic of Christmas comes to life!

November 12, 2015 - January 3, 2016

- 2 million twinkling lights along with lavish holiday displays
- NEW ICE! theme - 2 million pounds of colorful, hand-carved ice sculptures and slides featuring *Christmas Around the World*
- NEW – Rudolph's Holly Jolly™ Breakfast
- NEW – Friends of Rudolph Meet & Greet
- NEW - The Elf on the Shelf® Scavenger Hunt
- Santa's Wild Workshop Snow Tubing
- Milk & Cookies with Mrs. Claus
- Gingerbread Decorating Corner sponsored by PEEPS®
- And much more...

ChristmasAtGaylordTexan.com
(817) 778-1000



GRAPEVINE, TX

PRESENTED BY
NOERR PROGRAMS

ICE! PRESENTED BY



PEPSI and Pepsi Globe are registered trademarks of PepsiCo, Inc. The Elf on the Shelf® and © 2015 GCA and B, LLC. All rights reserved. PEEPS® trademark Just Born, Inc. © 2015. All rights reserved. Rudolph the Red-Nosed Reindeer and all related elements © & ™ under license to Character Arts, LLC. All rights reserved.

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

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE G AD DEADLINE:
MONDAY NOON

CLASSIFIED

GUTTER

GUTTER

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

LANDSCAPING

LANDSCAPING

JUAN'S LANDSCAPING Since 1987

- COMPLETE TREE SERVICE • MASONRY • LEAF REMOVAL
- GUTTER • CHIMNEY CLEANING • HAULING • POWER WASHING
- HANDYMAN • PAINTING • TRASH REMOVAL • DRYWALL

Res./Com. • Free Estimates
• CELL 703-732-7175

LANDSCAPING

PAVING

A&S CONSTRUCTION

Bathrooms, Kitchens,
Flooring, complete
remodeling.

703-863-7465

**Joseph Sealcoating
Specialist**

PAVING

40 Years
Experience! Free
Estimates!
703-494-5443

26 Antiques

26 Antiques

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

HANDYMAN

HANDYMAN

**Hand and Hand
Handyman**

General Remodeling
Residential & Commercial
Specializing in:

- Kitchen/Bathroom/Basement Remodeling
- Plumbing • Electrical • Custom Carpentry
- Doors Windows • Hardwood Floors
- Crown Molding • House Cleaning
- Interior/Exterior Painting • Brick/Stone Work
- Ceramic Tile • Decks, Fences, Patios
- HOA Maintenance, Granite Counter Tops
- Realtors Work and Much More

Licensed and Insured Serving Northern Virginia
703-296-6409

J.E.S. Services
Your neighborhood company since 1987
703-912-6886

TREE SERVICE

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

21 Announcements

21 Announcements

VA GOLD BUYERS & LOANS

21580
Atlantic Blvd.
#120
Sterling,
VA 20166

703-444-7804
www.VAGoldBuyers.com

Latinos como tú sirviendo a nuestra comunidad

- We are Local
- We Buy Gold, Silver and Diamonds
- Over 40,000 Satisfied Customers
- We are Licensed and Specialize in State Sales

**Not Ready to Sell? Please call us
for our Lending Options!**

IMPROVEMENTS

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

MASONRY

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

TREE SERVICE

Pit bull Tree Choppers

We take a
bite out of
your bark.

Call: Lee Lohan 703-400-5005
Licensed and insured. We accept all
major credit cards.

- Complete tree removal, stumps and limbs.
- Clearing of deadwood,
- Landscaping and design,
- Ponds and waterfalls,
- Trimming and pruning.

Division of Lohan Construction, LLC.

101 Computers

101 Computers

**HDI
COMPUTER SOLUTIONS**

JENNIFER SMITH • Serving the Area Since 1995

- Speed Up Slow Computers
- Virus Removal
- Computer Setup
- Help with Windows 8

571-265-2038
Jennifer@HDIComputerSolutions.com

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia

Potomac Masonry
703-498-8526

New Installations & Repairs
Stone - Flagstone - Brick - Concrete

FREE ESTIMATES!!
Lic. & Ins
potomac-masonry.com

BBB
Angie's list

**Picture Perfect
Home Improvements**

(703) 590-3187

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
<http://www.pphionline.com/>
"If it can be done, we can do it"
Licensed - Bonded - Insured

BBB

ALBA CONSTRUCTION INC.

CONCRETE WORK
Licensed • Insured

Driveways • Patios • Exposed Aggregate
Sidewalks • Carports • Pool Decks • Garages
Flagstone • Brick • Stonework

703-204-0733

PAVING

PAVING

**GOLDY BRICK
CONSTRUCTION**

Walkways, Patios, Driveways,
Flagstone, Concrete

FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

**Quality Tree Service
& Landscaping**

Reasonable prices. Licensed & insured.

Summer Cleanup...
Tree removal, topping & pruning,
shrubby 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**

WINDOWS & GLASS

WINDOWS & GLASS

CHESAPEAKE/POTOMAC WINDOW CLEANING

Residential Specialist
Working Owners Assures Quality
No Hidden Fees/No Broken Window Springs
30 yrs Exp in local area Lic./Bonded/Ins.
703-356-4459

21 Announcements

21 Announcements

SAVE \$500*

*Any job over \$1,000. Good only when presented at time of free inspection. Not to be combined with any other offer.

Foundation & Structural Repair • Concrete Lifting
Crawl Space Moisture Control • Basement Waterproofing

**FREE
INSPECTION
& ESTIMATE**

888-876-3113
www.jeswork.com

**JES
Foundation Repair**
Crawl Spaces • Waterproofing

Jesse Waltz, PE
& Stella Waltz
Owners

Please check back
next week for
Kenny's Column



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@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

HEAVY EQUIPMENT OPERATORS:

JK Enterprise Landscape Supply, LLC is one of the largest producers of mulch and soil products in Northern Virginia. We make it, sell it and distribute it! JK is looking for experienced Heavy Equipment Operators to work in our northern Virginia locations. Must have experience operating wheel loader, track loader, excavator, grinding and chipping equipment.

Make \$55,000 to \$70,000 a year, depending on experience level.

We offer full time, year-round employment, competitive pay, health and dental insurance, life insurance, paid leave, 401(k) and profit sharing.

Email resume to zach@lumberjake.com. No phone calls please.

Reston Hospital Center & StoneSprings Hospital Center

★ JOB FAIR ★

When: Wednesday, November 11, 2015 • 1PM – 7PM

Where: Reston Hospital Center • 1850 Town Center Pkwy, Reston, VA 20190

Use West Wing entrance – Classroom C

We are seeking exceptional candidates for our Patient Access Departments!

It all starts with you... The Patient Access team is responsible for timely and accurate patient registration, interviewing patients to obtain account information and verifying insurance coverage.

Available opportunities include:

- Patient Access Manager (Reston - FT)
- Patient Access Team Lead (Reston - FT- evening shift)
- Registrar (Reston/StoneSprings - PRN -every other weekend, PT and FT, various shifts available)

Ideal candidates will have:

- Excellent patient and customer service skills
- Ability to work in a fast-paced team environment
- At least 1 year of customer service experience, preferably in a healthcare setting
- Minimum 3 years management experience for Manager position
- Previous supervisory experience for Team Lead position
- High school diploma or GED

We offer tuition reimbursement, competitive pay, health benefits, incentives, 401K, employee stock purchase plan, a healthy work environment and a variety of other rewards, in an effort to create a valuable employment experience.

To submit your application and resume prior to the job fair, please visit www.parallon.com/careers, Select "View Opportunities" Under Business and Operational Careers category. Enter keywords: Parallon, Registrar, Reston, StoneSprings.



Parallon Richmond Shared Service Center, an affiliate of HCA (Hospital Corporation of America), was formed in 2000 as part of a revenue cycle shared services for healthcare providers. Our business office supports acute care facilities in multiple states including Virginia, as well as across the United States.

EOE

(Minority/Female/Veteran/Disabled)

21 Announcements

ABC LICENSE

Capital Food Partners, LLC trading as Culinaria Cooking School, 110 Pleasant Street, NW, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on and off Premises license to sell or manufacture alcoholic beverages. Stephen P. Sands, CEO 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 to www.abc.virginia.gov or 800-552-3200

Donate A Boat or Car Today!

BoatAngel

"2-Night Free Vacation!"

1-800-CAR-ANGEL

www.boatangel.com

sponsored by boat angel outreach centers

STOP CRIMES AGAINST CHILDREN



Outer Banks, North Carolina - Vacation Rentals



- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla
- Fall Weeks... Still feels like summer - Discounts!!!



Reserve your family vacation today!

877-642-3224 . www.brindleybeach.com

CDL TRAINING FOR LOCAL/OTR DRIVERS!

\$40,000-\$50,000 1st Year!

4 Weeks or 10 Weekends



Veterans in Demand!



Richmond/Fredericksburg 800-243-1600
Lynchburg/Roanoke 800-614-6500
LFCC/Winchester 800-454-1400

LIFETIME METAL ROOFING

by VA CAROLINA BUILDINGS

VACarolinaBuildings.com



Licensed & Insured
Financing Available WAC
Competitively Priced
Lifetime Warranty •
Local Contractor
Energy Efficient

WE ALSO BUILD SHOPS, GARAGES & BARNS!

MetalRoofover.com

Call For Your Free Roof Inspection!

434-645-7411
1-800-893-1242

COVANTA

Powering Today. Protecting Tomorrow.

CAREER FAIR

Thursday, November 12, 2015

12:00 pm – 5:00 pm

Comfort Inn

8180 Silverbrook Rd, Lorton, VA 22079

Covanta is growing and investing in its Fairfax Energy-from-Waste facility.

15+ positions available.

IMMEDIATE HIRES • Walk-ins Welcome

- | | |
|---------------------------------|---------------------------|
| • Maintenance Supervisor* | • Auxiliary Operator* |
| • Maintenance Planner* | • Equipment Operator |
| • Shift Supervisor* | • Scale House Operator |
| • Control Room Operator* | • Tipping Floor Attendant |
| • Maintenance Mechanic/ Welder* | |

*Prior experience in a power plant is required/desired

For more information, please visit:
covanta.com/careers

An Equal Opportunity Employer

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



JD CALLANDER

Direct: (703) 606-7901
Office: (703) 821-1025
jd@newNOVAhome.com
www.newNOVAhome.com

#1 Agent Companywide
Top 1% Realtors Nationwide
Top 10 Realtors in Virginia
NVAR 80+ Million Dollar Sales Club

OVER 90 HOMES SOLD SO FAR THIS YEAR!



1505 Brookhaven Drive McLean, VA \$2,049,950

MAGNIFICENT elegantly-styled Craftsman home is both inviting and enchanting! Featuring 7BR and 6.5 baths, this GORGEOUS property includes sparkling hardwood floors; state-of-the-art technology for light, heating & sound controls; perfect living & formal dining room spaces with plantation shutters; easy-flow open concept floorplan; DREAM gourmet island kitchen w/ granite & stainless steel plus breakfast area; walkout to outdoor deck; main level BR suite-great for au-pair or in-laws; fabulous owner's suite with breathtaking luxury bath; huge walkout lower level with wet bar, media room, bedroom and full bath!



1911 Pimmit Drive Falls Church, VA \$1,299,900

ABSOLUTELY SPECTACULAR 5BR/4.5 bath home plus office on 3 spacious levels! Gorgeous 2-story foyer; family room with gas fireplace and large windows; upgraded oak finished stairs & door; main level hardwood floors; large gourmet kitchen w/ breakfast area includes granite counters, oak maple finished cabinets, double oven, dual pantry; mud room w/ storage bench; upper level laundry room; spacious owner's suite w/ tray ceiling, luxury MBA, his/her walk-in closets; mostly fin walk-up LL w/ rec room, bedroom & full BA; build out your media room/gym! Convenient location!



6501 Kerns Court Falls Church, VA \$649,000

CONTEMPORARY MASTERPIECE with 4BR/3 full baths located on over a lovely, level half acre in a private cul-de-sac location! This open concept home includes renovated kitchen (2015) with quartz counters and stainless steel appliances; spacious bedroom sizes; wonderful owner's suite with full bath plus his/her closets and bright sunroom to complete a perfect morning! New carpet in the walk-up lower level; large rec room areas, wet bar plus potential guest space and full bath! New luxurious pergola and patio (2014); beautifully landscaped yard, private driveway and 2 car garage!



6712 Osborn Street
Falls Church 22046
\$675,000



6203 Hardy Drive
McLean 22101
\$759,000



6010 Oakdale Road
McLean 22101
\$1,499,000



1507 12th Street, N. #A
Arlington 22209
\$589,900



6610 Chesterfield Avenue
McLean 22101
\$1,675,000

**BEST
WASHINGTONIAN
2015**



Mike McBride
N. Virginia Branch Manager
Stearns Home Loans
(703)801-4771 (Cell)
mmcbride@stearns.com
www.mcbride1003.com

MLO NMLS #: 457863

Stearns Lending, LLC and the above mentioned company are not affiliated. This is not a commitment to lend. Program restrictions apply. Stearns Lending, LLC also operates under the trade name Stearns Home Loans in all states except for Arizona, Illinois, Massachusetts, Minnesota, Missouri, and New York. Stearns Lending, LLC offers many loan products. Stearns Lending, LLC is a California Limited Liability Company headquartered at 4 Hutton Centre Drive, 10th Floor, Santa Ana, California 92707. (800) 350-LEND (5363) Company NMLS# 1854 (www.nmlsconsumeraccess.org). Stearns Lending, LLC is licensed, registered or exempt from licensing to conduct businesses in Virginia State Corporation Commission Lender/Broker License #MC-2184. This information is accurate as of September 2, 2015. © 2015 Stearns Lending, LLC All Rights Reserved.

I am never too busy for your referrals!