

# You'll Be Laughing, You'll Be Crying'

## Great Falls CONNECTION

ENTERTAINMENT, PAGE 12

Langley High School students Liam Nimick of McLean and Bridget Fitzgerald of Great Falls perform in "Almost, Maine" this weekend at the Langley School.

OPINION, PAGE 10 ♦ ENTERTAINMENT, PAGE 16 ♦ SPORTS, PAGE 20 ♦ CLASSIFIEDS, PAGE 22

PHOTO BY KEN MOORE/THE CONNECTION

### House for Sale, Complete Loss

NEWS, PAGE 3

### Bridge to Altruism

NEWS, PAGE 5

Inside  
**HOLIDAY ENTERTAINMENT,  
DINING & GIFT GUIDE**

NOVEMBER 18-24, 2015

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**3909 Elbert Ave: 3 BR, 4 BA,**  
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**FX8542011 - \$989,000 - Great Falls**  
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PHOTOS BY CAPTAIN | BILL VANNOY/FAIRFAX COUNTY FIRE AND RESCUE

Firefighters attack the Great Falls blaze with hoses. The house was vacant and for sale.



The house on River Park Lane in Great Falls was consumed by the fire.

# House for Sale, Complete Loss

**A** Great Falls house on River Park Lane that was listed for sale is a “complete loss” after a fire Monday morning, according to the Fairfax County Fire and Rescue Department.

It took firefighters several hours to bring the fire under control. One firefighter was treated for non-life-threatening injuries, according to fire and rescue reports.

The house was vacant, and had been advertised for sale at an auction scheduled for Nov. 21. Previously listed at \$3.25 million according to publicity for the auction, the house had six bedrooms and 10 bathrooms.

The fire marked one of the biggest fire

losses of the year, said Captain Randy Bittinger with Fairfax County Fire and Rescue. Because there are no fire hydrants in that section of Great Falls, five tanker trucks shuttled back and forth to the scene to provide more than 30,000 gallons of water to fight the fire, Bittinger said. The house was more than 10,000 square feet and had more than 100 windows.

“Fire was spewing from all four sides when we arrived,” Bittinger said.

At its peak 75 firefighters battled the blaze in the unoccupied home.

“Firefighters encountered a large one-story home fully involved with fire upon



The house on River Park Lane was scheduled for auction on Nov. 21 before it was destroyed in a fire on Monday, Nov. 16.

PHOTO BY DECARO LUXURY AUCTIONS

arrival,” according to fire and rescue reports. Personnel responded to the house fire around 1 a.m. on Monday, Nov. 16, according to reports.

“Firefighters initiated an exterior defensive fire attack while simultaneously calling for a tanker task force, then

transitioning to an interior attack,” the Fire and Rescue report said.

Several additional specialty units and several tankers assisted in putting out the fire. The fire is under investigation.

— KEN MOORE

## Langley Senior Aims to Engage Young Voters

Swetha Ramesh invited to present nonprofit at Harvard.

**O**n Tuesday, Nov. 10, Langley High School senior Swetha Ramesh traveled to Harvard University in Cambridge, Mass. where she was invited to present her 501(c)(3) nonprofit SILVER (Students for Increased Legislation on Voter Engagement through Registration) as part of a panel discussion on millennial political engagement. The panel discussion was hosted by Harvard’s Community Action Committee (CAC) and was held on campus at the Kennedy School of Government. The panel members included Congressman Dennis Hertel (Ret., D-Mich.), Massachusetts State Senator Sal DiDomenico, (D-Suffolk, Middlesex), Dr. Wasif Syed (named as Huffington Post’s “top five people inspiring peace”), and Ramesh. “My aim in reaching out to Harvard was

to drum up grassroots support for SILVER’s initiative. I had already presented SILVER to my history class at Langley and I wanted to see if I could take this one step further and reach out to universities,” said Ramesh.

**SWETHA** founded SILVER in July of 2015 along with students Camille Edwards from C.D. Hylton High School, Kathleen Lovain from T.C. Williams High School, Grace Blanchard from Highland High School and Mallory Williamson from Dominion High School in order to advocate for automatic voter registration with a driver’s license coupled with a lower pre-registration age. Ramesh attended the Virginia Governor’s School Program for the Humanities at Radford University over the summer and it was there that she first developed the idea for SILVER. “I took a class on political en-

agement and was surprised to learn exactly how bad political apathy has become today, especially among young people. I wanted to start SILVER to give millennials a way to become part of political conversation nationwide and to hopefully inspire young people to become more politically engaged in their own communities.” Since its founding SILVER has made significant progress in advocating for its initiatives. Virginia’s Democratic State Del. Kathleen Murphy (D-34) met with Ramesh about SILVER’s initiative and pledged her support for the idea. Ramesh was also able to discuss SILVER’s initiative on Capitol Hill with Congressman Jim McDermott, a senior member of the House Ways and Means Committee and Congressman Don Beyer’s



PHOTO CONTRIBUTED

Langley senior Swetha Ramesh was invited to present her nonprofit at Harvard University.

SEE SILVER, PAGE 6



— REAL STORIES FROM THE EXPRESS LANES —

*"My daily commute to work used to take me over an hour. Now, it only takes me 20 minutes. Those extra minutes allow me to spend quality time with my children."*

- Jennifer G.  
Alexandria, VA

Thanks to the 495 Express Lanes, Jennifer says she can balance being the mother of five young children and working at her job in Tysons. Traveling from Alexandria to Tysons Corner used to take her over an hour, but now it only takes 20 minutes. With those extra 40 minutes, Jennifer is able to eat breakfast with her kids and spend more time with them in the morning. She even has time to take her older children to school before heading to work—and now she can pick them up on the way home, too.

See more real stories from the Lanes at [ExpressLanes.com](http://ExpressLanes.com)



Jennifer's story was one of our winning entries in our "Express Lanes Love Story" promotion.

Allison Granstedt, Karen Magley, Barbara Gwizdz and Holly Kuga organized the Bridge Jamboree. Judy Mahanes and Laura Bumpus are not pictured.



PHOTOS BY KEN MOORE/ THE CONNECTION

# Bridge to Altruism

BY KEN MOORE  
THE CONNECTION

**K**aren Magley teaches bridge three days a week at Christ the King Lutheran Church in Great Falls.

“Chicken soup for the brain,” said Magley, a Great Falls resident. “It makes you think, it keeps those synapses going.”

“I love watching the people learn something new. I love each new class find 20 new friends. Whether they learn to play well or not, they come out ahead,” she said.

She has taught some of her students for 10-12 years. “Every hand is different,” she said. “That’s why people come back year after year.”

“No matter how much I’ve played bridge and think I’ve seen all the permutations and combinations, the very next turn I get, I say, ‘Hmmm, how do I play this?’” said Holly Kuga.

Last Saturday, The Great Falls Friends and Neighbors Jamboree Club hosted its 12th Annual Bridge Jamboree at Christ the King Church.



Approximately 60 bridge players came to the 12th Annual Bridge Jamboree at Christ the King Church in Great Falls.

The tournament enables Great Falls and Neighbors to give scholarships to adult women returning to academics.

The group raised more than \$5,000 at Saturday’s event.

A luncheon for award recipients is held in September at the River Bend Country Club.

About 65 participated, and 60 volunteers helped, including making more than 14 desserts.

Five hours into the tournament, 12 tables were still going strong.

“It’s a little different from running a marathon,” said Kuga, of the social and enjoyable fundraiser. “We play bridge for a philanthropic purpose.”

“It’s a good way to find others that play bridge, too,” said Magley.

Great Falls Friends and Neighbors has existed for 35 years, and is a result of a 2011 merger of two local clubs, the Great Falls Woman’s Club and Newcomers of Great Falls. There are more than 200 active members.

“We’d love to have more men next year,” said Magley.

More than 40 Christmas ornaments were sold during the tournament which raises money for the Artemis House, a shelter for women and children fleeing domestic violence.

See <http://gffnva.org>.



Rekha Arness, of McLean, plays her hand.

## What’s Next

Another fundraiser, a cooking demonstration at L’Auberge Chez Francois is planned for January 2016 to benefit the charity, Kids R First. See <http://gffnva.org>.

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# SILVER Project Presented at Harvard

FROM PAGE 3

(Virginia's 8th District) legislative aide, both of whom pledged their support for SILVER's initiative as well. After this positive response from the legislators, Ramesh decided to see if she could start spreading the word about SILVER at universities. The panel discussion at Harvard was open to all students and Ramesh was able to discuss the issue of millennial voter engagement one-on-one with them. Some of the discussions included the possibility of incorporating political engagement into secondary school curriculum, reducing political disillusionment, and creating policies that would help make voter registration more secure. Ramesh had hoped to generate some ideas on how to mobilize young voters and found that the Harvard students had some insightful suggestions. "I really enjoyed the opportunity to talk to the students; they had some really innovative ideas on how to increase political engagement. I've definitely learned a lot from them and their ideas are helping shape my vision for

SILVER's future," said Ramesh.

Currently both Oregon and California have adopted automatic voter registration and 17 other states have legislation pending on the topic, most of which has been introduced in the past year. In addition, 10 states have already enacted legislation allowing 16 and 17 year olds to pre-register to vote even if they will not be turning 18 by the next election year. However, SILVER's proposal is the only one that combines both initiatives to specifically target young voters. "I think there's still a lot of work to be done with regards to getting younger people to vote. Issues that concern millennials are often left out of political debates, and young people often just don't feel that their vote counts. I'm hoping to change that with SILVER and show people that their opinion really can make a big difference." In the future Ramesh hopes to continue to advocate for young people with SILVER as well as focus more on community-based events that encourage younger voters.

**IN COLLEGE** Ramesh hopes to pursue her interests in politics,



PHOTO CONTRIBUTED

**Langley senior Swetha Ramesh (second from right) presents her nonprofit, SILVER (Students for Increased Legislation on Voter Engagement through Registration) at the Kennedy School of Government, Harvard University.**

business, and media arts, hoping to use these three areas of interest as platforms for social change. In addition to SILVER Ramesh is also the host of an international television show "Business World, Business Class" on Global Television Network, which reaches 2.5

million viewers. On the show she interviews successful business owners in order to inspire the next generation of entrepreneurs.

More information on SILVER can be found at [www.silvervoting.org](http://www.silvervoting.org).

WEEK IN GREAT FALLS

## Books Needed for Library Book Sale

The Friends of the Great Falls Library is accepting books in good condition for the book sale, being held Friday and Saturday, Nov. 20 and 21 beginning at 10 a.m. Books of all types, excepting textbooks, are sold to help raise funds for library programs. Especially needed are gently used children's books.

Books should be dropped off at the library before Nov. 19, when the sale will be set up. Tax deductible receipts will be provided at the desk.

For those wanting first crack at the book sale, a Pre-sale and Reception with refreshments for members of the Friends group will be held Nov. 19 from 6 to 8 p.m. Membership can be purchased at the door for a one-night-only price of \$15. Scanners will not be permitted at this event only.

Questions can be directed to the Great Falls Library, located at 9830 Georgetown Pike in Great Falls, 703-759-8560.

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OFF

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# Garza Presents Budget Task Force Report to School Board

Transparency and methodology of budget review questioned.

BY TIM PETERSON  
THE CONNECTION

Fairfax County Public Schools Superintendent Karen Garza is attempting to scale a towering projected budget shortfall for Fiscal Year 2017. On Nov. 9, she presented School Board members the report of budget cuts recommended by a 36-member task force she summoned earlier this year.

A dozen of the task force members were appointed by the School Board, the rest are representatives from civic associations, teachers associations and other county staff.

Garza instructed the team to make recommendations specifically for the 2017 budget with six criteria in mind: the number of students impacted, effect on employees and students, disruption to the system, permanent cuts instead of “one-time” cuts, magnitude of the cut and student outcomes especially on the core instruction.

“No one — including the Task Force members — wants to enact significant budget reductions that will impact classroom and student programs,” Garza said in a statement. “Their involvement in the process guarantees that a wide variety of voices and suggestions were heard and seriously considered.”

**THE REPORT** from the task force includes dozens of ideas for cuts and how those were supported by task force members, as well as employees, students and the community, based on input from the “UserVoice” program, outreach meetings, budget meetings with School Board members and the online Budget Proposal Tool.

The sets of cuts are divided into two groups — one set that would cut \$50 million from the projected budget and one that would cut \$75 million — and cover a wide area: Some examples are increasing facility use fees and student parking fees, increasing class sizes, eliminating foreign lan-



PHOTO BY TIM PETERSON/THE CONNECTION

**Members of the Fairfax County School Board meet at the school system headquarters where superintendent Karen Garza presented a report from the FY 2017 Budget Task Force.**

guage immersion programs and eliminating Level IV Advanced Academic Program centers in favor of offering that advanced curriculum at each local school to reduce student transportation costs.

Garza admitted though the recommendations are just that, and far from final decisions, inevitable cuts would negatively impact essentially everyone involved with Fairfax County Public Schools.

“Reductions will be unavoidable unless we receive sufficient revenue to meet our expenditure requirements,” Garza said in her statement. “As I’ve said all along, we cannot cut our way to excellence.”

The recommendations were ranked by the percent of agreement among voting members of the task force. Two members of the task force abstained during voting on the recommendations: George Becerra, appointed by At-Large School Board member Ilyong Moon, and Mindy Carlin, representing the Fairfax County Chamber of Commerce.

A representative from the chamber said Carlin would not be available to comment personally.

Becerra, who currently serves on the Board of Supervisors and School Board joint Successful Children and Youth Policy team, said he wished the task force had conducted its meetings publicly rather than in private,

and that they had been provided with more comprehensive program evaluation information on which to base their decisions.

According to the task force report, “Due to time constraints, the Budget Task Force was unable to review programmatic evaluations for every potential item and option.”

“How good that program is to a child, it’s not up to me, it’s up to the system to quantify it,” Becerra said. “Right now, I don’t have that information in front of me. If you’re going to cut your own family budget like this, I think there’d be a divorce in my family real quick.”

Springfield District Supervisor Pat Herrity sent out a statement on the day of Garza’s presentation, also critical the task force failed to review the school’s supplemental retirement system, outsourcing or the “functions of the many ‘teachers’ that do not spend time in the classroom.”

“The School Budget Task Force missed the mark,” Herrity said in the statement.

The task force report did explain that employee compensation, health insurance and retirement are among items being reviewed and studied, so they weren’t included in the online budget tool.

Kimberly Adams, president and task force representative for the Fairfax Education Association, did vote, and said her organization is “not supportive of the majority of

the recommendations as they stand now.”

Adams said the whole task force objective being focused on what to cut rather than where else to make up revenue was “hard to hear” from the perspective of educators.

“But you have to cut \$50 million out of the system, they have to find it somewhere,” Adams said. “We have to pick the best bad choices out of that list. Nothing very palatable. Raising fees for students is not something I want to see happen, but is it a less impactful way to cut money out of the budget?”

Matt Haley, who was appointed to the task force by School Board member Jane Strauss (Dranesville) and chosen to chair the group by Garza, said the meetings were kept private to encourage more open discussion by task force members.

“We felt it was important for them to be able to share how they felt and what was feasible, possible, without being questioned on every statement by their constituents,” said Haley, a retired strategy consultant with Accenture.

Haley said that no program evaluation information in existence was withheld from the task force. “There was no less data available to us than is available to the School Board or Board of Supervisors,” he said. “We looked at everything that’s been studied. We had hundreds of questions fed through a staff answered for us. We have a lot more detailed information than just about any group has had in the past, though it is possible more analysis could be done.”

Adams agreed she would like to see more evaluative data in the future. “We had to assume every program is doing what it’s supposed to do, meeting their goals,” she said.

Garza will make her formal budget presentation to the School Board in January 2016. The School Board is scheduled to make their final decision on the proposed budget and vote at the May 26, 2016 meeting.

**FOR GARZA’S PRESENTATION** and the full report from the task force, visit the Fairfax County Public Schools online document-sharing program at [www.boarddocs.com/vsba/fairfax/Board.nsf/goto?open&id=A3KSVY653B27](http://www.boarddocs.com/vsba/fairfax/Board.nsf/goto?open&id=A3KSVY653B27).

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# In Great Falls, the Little Things You Do for Yourself Count

ABIGAIL CONSTANTINO  
THE CONNECTION

**W**ith the holidays approaching, residents of Great Falls will have twice as many more items on their plates, which all have to get done. But it is important to do little things for yourself, said Dr. Jeanette Coutin, founder of Fontaine de Jeunesse Medical and Dental Aesthetics Spa in Great Falls. “There are little things you can do for yourself to be healthy,” she said during an open house on Thursday, Nov. 12.

Women gathered to learn about the services the spa offers. The spa has the Venus Legacy machines, which Coutin said melts fat and tightens skin, removing cellulite.

Jackie Chappellear, of Reston, had the worst stretch marks after giving birth. She was living in Florida at the time. “Can you imagine living in Florida and not being able to wear a bikini?” Her mother told her about Coutin’s spa. She said that without it, she would

never have gotten her figure back.

Julie Leinberger lives in Great Falls and heard about the spa. She was looking for something to do for herself as she reached menopause. Her treatments “did an amazing job” that she decided to leave her job in accounting and work at the spa. She said that she found more gratification in her second career. “People come out being so relaxed and refreshed. It’s gratifying.”

Shannon Burwell, of Great Falls, comes in for B12 shots, which she said increases her energy.

Dr. Nasser Sitta administers medical procedures, such as botox and fillers, at the spa. He believes in doing “the least amount [of procedure] that will get you the look you are looking for without overdoing it.” But, “some people want to shock you,” he said, and go for more dramatic results.

Aside from the Venus Legacy machines, the spa also offers doTerra essential oils and the Regenica skincare line. For more information, go to <http://www.wspgtest.com/lbvttest/>.



PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

**Dr. Jeanette Coutin demonstrates the Venus Legacy machine on Shannon Burwell, of Great Falls, as Serena Burwell, 4, watches.**

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

The **Churches of the Ecumenical Council** are offering a Blue Christmas worship opportunity Sunday, Dec. 13 at 2:30 p.m. at Katie’s Coffee House, 760 Walker Rd., Great Falls. This is an opportunity to come together expressing the griefs, losses and challenges of our lives as we connect to hope and faith. Call Carol 703-582-1640 with questions.

**Chancel Choir**, children and youth of the Great Falls United Methodist Church invite you to join them for worship as they offer “Welcome to Our World,” a musical for Christmas written by Claire Cloninger and Robert Sterling on Sunday, Dec. 13 at 10 a.m. The musical includes traditional carols, newer praise songs and original material.

Robert R. “Mitch” Mitchell, Director of Music Ministries at Great Falls UMC, former U.S. Army Bandsman, and local area Piano teacher/freelance Musician will be conducting the choir and narrators. Church keyboardist Thomas Pandolfi will be accompanying the musical. Great Falls United Methodist Church is located at 10100 Georgetown Pike, right next to the Fire Station in the center of the

SEE FAITH NOTES.  
PAGE 18

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## Holidays Are About Giving

Give thanks and share locally; tens of thousands of families around us are in need.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country, and many if not most of us go through our usual routines without encountering evidence of needy families among us.

### Where to Give Locally

- ❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, [www.cornerstonesva.org](http://www.cornerstonesva.org). Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Thanksgiving Food Drive, Gifts for Kids and annual Coat Drive. Sign up this week to give Gifts for Kids, Alacia Earley at 571.323.9568 or [alacia.earley@cornerstonesva.org](mailto:alacia.earley@cornerstonesva.org). Hunter Mill District Winter Coat Closet distributed over 5,500 winter coats and jackets last winter, plus over 4,000 hats, gloves, mittens and scarves to individuals and families in need of winter gear. Bring coat donations to the North County Governmental Building, 1801 Cameron Glen Drive, Reston, VA 20190 through Feb. 29, 2016, 24 hours a day.
- ❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis; provided gift cards and holiday presents to over 230 needy families, including 650 household members, last holiday season. Donate online or contact 703-229-1414. [www.SHAREofMcLean.org](http://www.SHAREofMcLean.org). [info@shareofmclean.org](mailto:info@shareofmclean.org)

### EDITORIAL

But more than 51,000 children who attend Fairfax County Public Schools are poor enough to receive free or subsidized meals, a significant measure of poverty. That's 28 percent of students in Fairfax County Public Schools.

In Arlington more than 31 percent of the students are poor enough to receive free or subsidized meals; that's 7,749 students at last count.

In Alexandria, 8,664 students are poor enough to receive free or subsidized meals. That's 59 percent of the 14,671 students enrolled.

These are children who are living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. These are children who may not be sure that they will have a meal between the meals they get in school. School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiving and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again during the holiday, so let us know what we have missed.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

- ❖ **Alternative House** — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, 703-506-9191. Now have a new program to help young people who are homeless while still in high school and who don't have the support of a parent or guardian. Requests for food and clothing are up more than 50 percent. [www.thealternativehouse.org](http://www.thealternativehouse.org).
- ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. More than 4,000 adults and children have signed up for help with Thanksgiving and Christmas meals. 703-437-1776, [www.linkagainsthunger.org](http://www.linkagainsthunger.org).
- ❖ **Herndon-Reston FISH** (For Immediate Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105, <http://herndonrestonfish.org>.
- ❖ **Committee for Helping Others (CHO)**, Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Last year 450 children had a special Christmas through the annual Christmas Store. Collecting gently used jackets and bikes, new toys, gift cards for teens, and food gift cards. Drop gently used bikes off at the Vienna Presbyterian 10 a.m.-2 p.m. on Saturday, Nov. 28. On Friday, Dec.

- 11, bring new, unwrapped toys for children ages 1-12, gift cards for teens, and food gift cards. Volunteers needed Saturday, Dec. 12, we to help clients shop at Vienna Presbyterian Church, call at 703-281-7614 and leave a message in box #1. <http://www.cho-va.com>.
- ❖ **Northern Virginia Family Service**. Mail check or Shoppers Food Warehouse gift card to Northern Virginia Family Service, ATTN: Operation Turkey, 10455 White Granite Drive, Suite 100, Oakton, VA 22124. Gifting for Families was able to bring some extra holiday cheer to 2,122 children in Northern Virginia last year. Monetary contributions and online donations help the most. [www.nvfs.org](http://www.nvfs.org). Contact Pam Boyle at [pboyle@nvfs.org](mailto:pboyle@nvfs.org) or 571-748-2537.
- ❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. <http://www.touchingheart.com>, 703-901-7355.
- ❖ **Assistance League of Northern Virginia** is an all-volunteer organization that clothes, feeds, educates and nurtures those in need focusing five of the neediest elementary schools. Volunteers and donors are always needed. Contact [ALNorthernVA@yahoo.com](mailto:ALNorthernVA@yahoo.com) or see [www.northernvirginia.assistanceleague.org](http://www.northernvirginia.assistanceleague.org).

### LETTERS TO THE EDITOR

## Misinformation and Fear

To the Editor:

Thanks to The Connection for printing homage to the last heritage oak tree in Great Falls. Recently, three heritage oaks had been lost to extreme and standard utility pruning, felling to make room for infrastructure that was never installed, and condemnation after routine pruning to correct its lean was neglected.

The Great Falls Citizens Association hired us to thoroughly inspect the leaning tree and its twin, consult the best science available, and provide management options. We climbed into the canopy, and tomographed the trunks. Applying European research specific to the fungus involved, we specified standard pruning. VDOT obtained reports that were based on incomplete inspections, engineering formulas, and many assumptions,

recommended removal.

VDOT never questioned our findings, but removed the leaning oak. Our report that a little reduction restores stability was confirmed by eyewitnesses. When the first cuts were made, the tree pulled back toward vertical. VDOT's contractor also cut four limbs from the top of the last heritage oak. Arborists know that topping kills trees. In 2015, VDOT hired more consultants who tomographed the upper trunk, drilled into nine buttress roots, made many assumptions, and condemned the tree.

So say goodbye to the last heritage oak in downtown Great Falls, and know why your landscape is lacking. The beautiful greenery that once cooled the community, sustained its history, cleaned the air and water, and gave habitat to wildlife was taken for granted, and lost. Joni Mitchell was right—we don't know what we got til it's gone.



PHOTO CONTRIBUTED

**Joni Mitchell was right—we don't know what we got til it's gone: The stump of the fallen oak.**

For a study in contrasts, compare our 2012 report with VDOT's reports. Like George Washington, a tree cannot tell a lie: a picture of the stump today demonstrates the integrity revealed in our 2012

tomograph. This last oak fell not to science or reason, but misinformation and fear.

**Guy Meilleur**  
New Hill, N.C.

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# BULLETIN BOARD

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

## WEDNESDAY/NOV. 18

### Introduction to Special Education.

10 a.m.-noon. Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. This workshop is appropriate for parents with children in the referral or eligibility phase of the Special Education process; parents who want to know more about how the Special Education process works; and parents with children new to Special Education. Free. Register at <http://www.fcps.edu/dss/osp/prc/index.shtml>.

## DEADLINE THURSDAY/NOV. 19

### Books Needed.

Great Falls Library,

9830 Georgetown Pike, Great Falls. The Friends of the Great Falls Library is accepting books in good condition for the book sale, being held Friday-Saturday, Nov. 20-21. Books of all types, excepting textbooks, are sold to help raise funds for library programs. Especially needed are gently used children's books. Books should be dropped off at the library before Nov. 19. Tax deductible receipts will be provided at the desk. Questions, contact the library at 703-759-8560.

## MONDAY/NOV. 23

### Ayr Hill Garden Club Meeting.

12:45 p.m. Emmanuel Lutheran Church, 2589 Chain Bridge Road,

Vienna. "Growing Orchids" will be the subject of guest lecturer, Mark Patterson, a member of the American Orchid Society. In his lecture and demonstration, Mr. Patterson will speak on the care, maintenance and repotting of orchids with special emphasis on orchids as wonderful gifts. Guests welcome. <https://ayrhillgardenclub.shutterstock.com/>.

## TUESDAY/DEC. 1

### Successful Transitions.

8:30-10 a.m. Brightview, 10200 Colvin Run Road, Great Falls. Join Gerontologist and our Wellspring Village Director, Mikki Firor, for an interactive discussion on understanding the fundamental aspects of dementia as

well as signs, stages and supports. RSVP early. [www.BrightviewGreatFalls.com](http://www.BrightviewGreatFalls.com). 703-759-2513.

### All About IEPs - Answers to Frequently Asked Questions About IEPs.

7-8:30 p.m. Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. FCPS IEP Specialist, Andrew Guillen, from the Office of Special Education Procedural Support will discuss answers to the most frequently asked questions about IEPs. Free. Register at <http://www.fcps.edu/dss/osp/prc/index.shtml>.

### Handling the Holidays.

5-7 p.m. Long and Foster, 1355 Beverly Road, Suite 300, Cafe 3, McLean. The Women's Center of Vienna identify common

holiday stressors. Learn to cope with holiday-related emotions. Understand how to create expectations for your holidays that can become a reality. Free. 703-903-8643.

## TUESDAY/DEC. 8

**Rotary Club Meeting.** Noon-1:15 p.m. Fellowship Hall of the Lutheran Church of the Redeemer, 1545 Chain Bridge Road, McLean. Carrie Hessler-Radelet, director of the Peace Corps, will address the club at its meeting on Tuesday, December 8, 2015. Hessler-Radelet will speak briefly about the history of the Peace Corps and more extensively about the Peace Corps current activities. Free. [www.mcleanrotary.org](http://www.mcleanrotary.org).

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# 'You'll Be Laughing, You'll Be Crying'

Langley High School students perform 'Almost, Maine' this weekend at The Langley School.

BY KEN MOORE  
THE CONNECTION

Playwright John Cariani convinced Richie Follin and Peter Ongman to stare into each other's eyes for 25 seconds. On stage,

"On stage, that's an eternity," said Follin. Cariani gave Langley High School's theater cast hints for their upcoming theater performance this week of his play "Almost, Maine."

"At first we were like, 'Are you serious? You've got to be kidding me,'" said Ongman.

"He had us doing some funny stuff," said Follin.

Ongman said he was dared into trying out for his role.

Jamie Goodson already has performed professionally. She acts throughout the year, during the school year and summer. She's learned that to "give it all you've got, to take chances, to take risks."

"I come alive on stage. It is the most fun thing to pretend you're somebody else," she said. "Theater is my safe place at school. I go there for my free period. I go there whenever I just want to chill out."

Caroline Bugge auditioned for her role, knowing she loved the character she will play.

"This is my first time trying out for something and it was such a treat to get a role," she said. "I like to be the center of attention, I'm not going to lie."

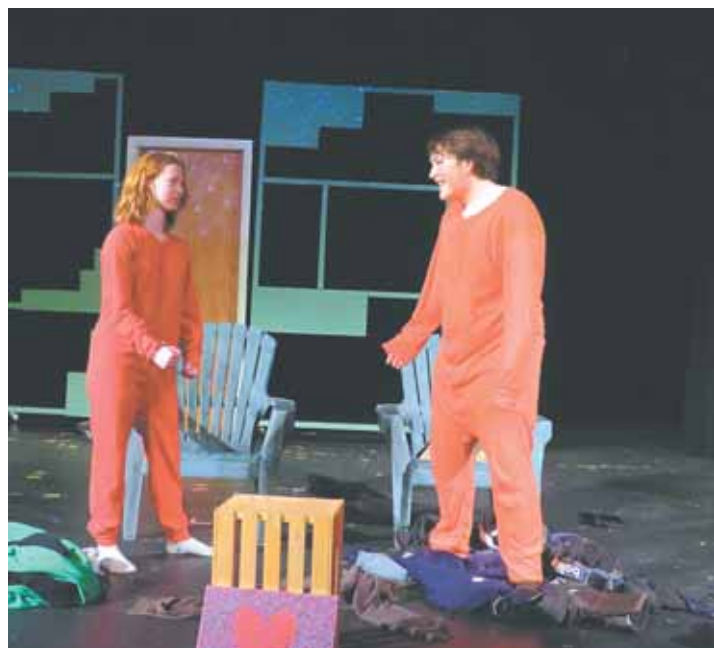
**LANGLEY'S PRODUCTION** will be performed this weekend at The Langley School while renovations continue at the high school.

"It's done in vignettes, each scene is 10 minutes, 15 minutes, and they are strung together," said Bugge. "When you sit back and watch the whole play, you see storylines are intertwined, even the slang is overlapped."

Josh Haydn finds himself on stage, awakened by his girlfriend to be in the middle of a life-changing discussion.

"In my scene, my girlfriend, she wants me to return all the love she gave me, and she returns all the love I gave her, and there's all these big bags of love, and I'm just very confused," said Josh Haydn. "But it's nice because for my costume I get to wear sweatpants and socks and sleep. It's pretty grand."

Andal Paul plays a wife in her 30s who attempts to fix a broken marriage. "So she takes her husband Phil out to go ice skating with her," said Paul. "But the scene is kind of a revelation to her that the mar-



Langley High School students Liam Nimick of McLean and Bridget Fitzgerald of Great Falls perform in "Almost, Maine" this weekend at the Langley School.



Valerie Karasek, teacher



Jamie Goodson calls her scene serious, but it transitions to a hilarious one. "You'll be laughing your butt off," she said.



It's "hell week" this week for actors and crew, but Langley students live for the performances they give to the community.

riage is not going to be mended."

"It's kind of taking who I am and trying to find something in my life that translates to the character. You have to make it believable because that's how people that watch you are going to believe you," she said.

Bugge meets her friend, Sivan Tretiak, on stage after she hits him on the head with an ironing board at a laundromat.

"I play Marvalyn and I see her in so many little things that I do. She's kind of a mess and so am I. I'll be getting into the car and I'll hit my head and say, 'Oh that was such a Marvalyn thing of me,'"

On stage, her character has an abusive boyfriend. She's surprised by how sweet Sivan is. She kisses him.

Bridget Fitzgerald plays Rhonda, a character who likes to drink beer and is a snowmobiler.

"My costume," said Fitzgerald. "I have a

total of five layers on. I've got a jump suit, and then I've got a sweater, I've got a ski suit, and then I've got a sweatshirt, and then I have a winter jacket."

"It gets very hot back there. I was back there for 20 minutes and I felt like I ran a marathon," she said.

"This was definitely one of the scenes I thought was very funny, just crack up," she said.

Goodson calls her scene serious, but the serious scenes transition to others that are "hilarious."

"You'll laugh your butt off, as well," she said. "You'll be laughing, you'll be crying, you'll be smiling, maybe all at the same time."

**IT'S HELL WEEK** for the actors, actresses and tech crew, meaning they rehearse each night until 9 p.m. or later on top of continuing to be students for a full day of

school, family members, athletes, friends.

"We're a community, we're a family, we all feed off each other, we all get closer because we're all going through the same things. We say it's a lot of work, but when it's done all we all want is to get into another show," said Paul.

They call their teacher, Valerie Karasek, Mrs. K. "She says sometimes the scene will find itself in a different way than it did the night before. She's always looking for us to play off each other. Sometimes the stakes will be higher than they were the night before," said Paul.

"It feels like you went there, yourself, as the character," she said. "It feels, you gained a part of yourself, you lost a part of yourself."

**"IT'S FUNNY.** We have some romance ac

SEE LANGLEY, PAGE 19

# NEWS

## Rugby Tournament in Great Falls

Great Falls Rugby Club's second annual tournament to support spinal cord research and recovery at the MedStar National Rehabilitation Network will take place on Sunday, Nov. 22 in Great Falls (behind library, 9830 Georgetown Pike). A number of top D.C., Maryland and Virginia youth, middle school and high school teams are already registered. The fun begins at 9 a.m. and will go all day. Food will be available. Come out and enjoy a day of kids playing rugby for a good cause. For more information visit <http://www.greatfallsrugby.com/>.



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<p><b>PROVIDE HEALTHCARE</b> \$300 will buy one child a year of medical care.</p>	<p><b>FEED THE HUNGRY</b> \$100 will buy a holiday meal for a family in need.</p>	<p><b>FUND SOME SUMMER FUN</b> \$50 provides a week of summer fun at camp.</p>	

Enough with all the snowflake ties and reindeer sweaters, too. This year, there are lots of great ways to give *and give back at the same time*. Now you can donate to any of these Fairfax County nonprofits in honor of anyone on your gift list. It makes shopping easy and offers you a nice tax deduction. But best of all, it helps those organizations succeed in bringing goods and services to those who need them most at this special time of year. Learn more at [givefairfax.net](http://givefairfax.net)

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# HOLIDAY ENTERTAINMENT, DINING & GIFT GUIDE

PHOTOS BY STEVE HIBBARD/THE CONNECTION



Christmas dog toys come in all shapes, sizes and chewing levels — both hard and soft. Prices range from \$9.95 to \$29.95.



Dog chews and bones, including bully sticks, rawhides and filled bones, range from small at \$2.95 to large at \$15.95.



Great Dogs of Great Falls offers a large assortment of treats for all tastes, whether they like meats or cookies, from \$5.95 to \$16.95.

## Pet Gifts at Great Dogs of Great Falls

Store sells large assortment of holistic foods, treats, bones, toys, collars, leashes.

BY STEVE HIBBARD  
THE CONNECTION

Great Dogs of Great Falls is gearing up for the holidays with Christmas-themed gifts for dogs and cats. The neighborhood store for canine and feline friends at 9859 Georgetown Pike, in the Great Falls Shopping Center, literally carries everything, with a large assortment of holistic foods, treats, bones, as well as toys, collars, leashes, beds and accessories.

"It gives us great pleasure to help loving pet parents spoil their dogs and cats during the holiday season," said store owner Linda Waitkus. "They're very important to us. Our pets bring great joy to our households all year long and this is a great time to thank them with their favorite things such as toys and treats."

In addition to pet food and treats, the 1,800 square foot store also has a grooming salon set up in the back to make your dogs beautiful for the holidays. "People do love their animals and they're really important to them," said Waitkus.

In addition, they also sell the White House Christmas ornaments for the Great Falls Friends and Neighbors, with all proceeds



At Great Dogs of Great Falls, Oliver, a Golden Retriever, sits on a luxurious bagel bed made out of soft fabrics. It comes in sizes of small for \$129.95 to extra large for \$199.95. The soft, double-sided reversible, animal print throw with ruffled edges sells for \$35.95 for extra small to \$125.95 for extra large. The Huggle Hound Monkey dog toy sells for \$15.95 for small and \$35.95 for large.



Dog blankets, monkey dolls and dog toys range from \$15.95 to \$125.95. Some assorted holiday dog collars range from \$19.95 to \$32.95.

going to charity; it is a fundraiser for the Artemis House. Also, they sell the Holiday Homes Tour Book for the McLean Women's

Club, with all proceeds going to charity. Great Dogs of Great Falls is located at 9859 Georgetown Pike, in the Great Falls

Shopping Center, in Great Falls. Call 703-759-3601 or visit the website at [www.greatdogsofgreatfalls.com](http://www.greatdogsofgreatfalls.com).

Great Falls  
**Holiday Fest**  
 Dec. 5 & 6

## Great Falls to Host Holiday Fest

The Great Falls Holiday Fest, to be held Saturday, Dec. 5 and Sunday, Dec. 6, will offer shopping, art, food, lights and Saint Nicholas, too!

Both days, 10 a.m. – 5 p.m. Twenty-three Great Falls Studios member artists at the Grange and Old Schoolhouse, 9818 Georgetown Pike, will display something for Secret Santas and serious collectors. Original art, prints, photography, fabric arts, pottery, sculpture, wood carvings, holiday gifts, note cards and more.

Both days, noon – 4 p.m.. Santa will be at the Old Schoolhouse posing for pictures with girls and boys and local authors will be storytelling there, too. Gather for live music and dance, festive food and drink at the Grange, make an ornament at the Arts

of Great Falls School, delight in art demonstrations at the Artists' Atelier and Artists on the Green.

Wraps up Sunday, 4:30 – 6:30 p.m. with the 25th Annual Celebration of Lights. Hot cider and cocoa to sip by the blazing Yule log and community choral groups singing seasonal music. A petting zoo, pony rides and a live nativity scene. Santa and Mrs. Claus are scheduled to arrive by antique fire truck to begin the cheer when the own Christmas tree is lit!

Family friendly and free.

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# HOLIDAY CALENDAR

## ONGOING

### SATURDAY/NOV. 14

**Nutcracker Storytime.** 10:30-11:30 a.m. Barnes and Noble Tysons Corner, 7851 Tysons Corner Center, McLean. Costumed dancers from BalletNova Center for Dance read the Nutcracker to children followed by a mini-performance, crafts, and the chance to meet the dancers. Free.

### FRIDAY/NOV. 20

**Tysons Corner Center Tree Lighting.** 6 p.m. Tysons Corner Center, 1961 Chain Bridge Road, McLean. Tysons Corner Center will host their tree lighting ceremony on The Plaza emceed by Alison Victoria of HGTV's Kitchen Crashers featuring Loo and Chilli from 97.1 WASH-FM and an intimate holiday concert by American Idol's, Elliot Yamin from 6:30-7:30 p.m. Stay till the end of the show as special guest, Santa Claus himself, will make an appearance after the concert with a very special entrance featuring some of his favorite reindeer.

### SATURDAY/NOV. 21

**36th Annual Christmas Bazaar.** 9 a.m.-3 p.m. St. John's Academy Gym, 6422 Linway Terrace, McLean. Over 30 vendors, Live music all day including McLean High School orchestra and Bach to Rock, Bratwursts, beer, bake sale, and Lobster Maine-ia. Free admission. Womencouncilofsbj@gmail.com.

### 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](http://www.jlnv.org/the-enchanted-forest) for tickets and information.

### SUNDAY/NOV. 29

**Breakfast with Santa.** 9 a.m., 10 a.m., noon. Wildfire, Tysons Galleria, 2001 International Drive, McLean. Chilli, morning show co-host on 97.1 WASH-FM at iHeartMedia, will be Wildfire's special guest host for the event. In addition, children will get to visit with Santa and receive a special gift bag. \$15 for children under 12, \$20 for adults. Reserve at 703-442-9110.

### THURSDAY/DEC. 3

**Holiday Homes Tour.** 10 a.m. - 3 p.m. Lewinsville Road, McLean. The four homes are all large, elegant houses on half- to one-acre lots and are easily accessible from Lewinsville Road and other local arteries. Each house will be decorated with the holidays in mind and will highlight family life in McLean. [www.mcleanwc.org](http://www.mcleanwc.org).

**Face Painting.** 5:30-9 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Children will enjoy festive snowflakes, snowmen and other holiday face painting images. Free. <http://winterwalkoflights.com>. 703-255-3631.



**"A Christmas Carol" with a kid-friendly twist comes to The Alden in McLean for a two-show performance on Saturday, Dec. 12. Photo contributed.**

### FRIDAY-SATURDAY/DEC. 4-5

**Annual Renaissance Feaste.** 7 p.m. Capital Church, 10233 Leesburg Pike, Vienna. Journey back to Merrie Olde England for a festive evening of Renaissance-style dining and musical entertainment. Enter the Greate Halle for a spectacular holiday celebration featuring costumed servers, jesters, minstrels, musicians and the Langley Madrigals. Reservations required. Go to <http://www.langleychorus.com/monthly-calendar/> to find out how to reserve your spot.

### SATURDAY-SUNDAY/DEC. 5-6

**Great Falls HolidayFest.** 10 a.m.-5 p.m. Sunday, 10 a.m.-6:30 p.m. Great Falls Grange and the Old Schoolhouse, 9818 Georgetown Pike, Great Falls. Shopping, art, food, lights, crafts. Noon-4 p.m. Santa will be at the Old Schoolhouse for pictures. On Sunday, 4:30-6:30 p.m. will be the Celebration of Lights, which will have hot cider and cocoa, Yule log, choral groups, petting zoo, pony rides, live nativity scene and the arrival of Santa and Mrs. Claus by antique fire truck. Town Christmas tree will be lit. Free. [www.GreatFallsStudios.com](http://www.GreatFallsStudios.com).

### SATURDAY/DEC. 12

**Traditional Holiday Tale, "A Christmas Carol."** 1 and 4 p.m. The Alden Theatre, 1234 Ingleside Ave., McLean. Perhaps the best loved holiday story of all time, Theatre IV's adaptation of Charles Dickens' classic is particularly suited to children. \$10, \$15. <http://mcleancenter.org/aldentheatre>. 703-790-0123.

### SUNDAY/DEC. 13

**"Welcome to Our World."** 10 a.m. Great Falls Methodist Church, 10100 Georgetown Pike, Great Falls. A musical for Christmas written by

Claire Cloninger and Robert Sterling. The musical includes traditional carols, newer praise songs and, of course, original material. There's something for everyone in the family. [www.greatfallsumc.org](http://www.greatfallsumc.org). 703-759-3705.

**Christmas Festival.** 6-7:30 p.m. Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. The church choirs will be joined by a string ensemble as they prepare for Christmas with a program entitled "Dance and Sing! Christ is Born!" The music includes those carols written with the rhythms of dance of many styles as well as songs about dance, including the final movement of the Bach Brandenburg Concerto No. 5. The program will be followed by dessert in St. Andrews Hall. Free. [www.lewinsville.org](http://www.lewinsville.org).

### SATURDAY/DEC. 19

**John Eaton "Holiday Spectacular."** 2 p.m. The Alden, McLean Community Center, 1234 Ingleside Ave., McLean. Musicologist, humorist and jazz pianist will share the history and harmonies of some favorite seasonal songs from the American Songbook at a special "Holiday Spectacular." [www.aldentheatre.org](http://www.aldentheatre.org). 703-790-0123.

### SUNDAY/DEC. 20

**McLean Symphony Concert.** 3-4:45 p.m. Alden Theatre, 1234 Ingleside Ave., McLean. My Favorite Things: Holiday Celebration. Featuring Tanya Anisimova, Cello. Celebrate the season with holiday favorites, and sing along with carols, children's songs, and a Hanukkah medley. \$Free, \$15, \$20, \$25. [www.mclean-symphony.org](http://www.mclean-symphony.org). 703-991-7197.



**From left, Tonya Beckman, and Kelsey Meiklejohn in "Harvey" at 1st Stage. The show runs through December 20, 2015 in Tysons Corner. Photo by Teresa Castracane.**

## CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

### ONGOING

**Weekly Storytime.** Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

**"Harvey."** Check for show times. Nov. 12-Dec. 20. 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](http://www.1ststagetysons.org). 703-854-1856.

**Meadowlark Gardens' Winter Walk of Lights.** Nov. 14-Jan. 4. 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/>.

**53rd Annual James A. Bland Contest.** Through Monday, Feb. 15. Vienna Lions Club invites elementary and high school vocalist and instrumentalists to present a song or piece for cash prizes. For information and application, contact Susan Stiles at [sandcs89@yahoo.com](mailto:sandcs89@yahoo.com) or 703-938-1142.

### THURSDAY/NOV. 19

**Vietnam Veterans of America Inc. Chapter 227 Meeting.** 7:30 p.m. Neighbor's Restaurant, 262D Cedar Lane, Vienna. Col. Ben Buckley, USA (Ret.), chapter member, will discuss "General Grant's Overland Campaign in Virginia."

**Funny Photo Night.** 5:30-9 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. You provide your camera and smiles, and we will provide the props and staff to take your photo. <http://winterwalkoflights.com>. 703-255-3631.

### FRIDAY/NOV. 20

**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.

### Nature Night.

5:30-9:30 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Visit with the naturalist and his reptile and amphibian friends. <http://winterwalkoflights.com>. 703-255-3631.

### Tysons Corner Center Tree

**Lighting.** 6 p.m. Tysons Corner Center, 1961 Chain Bridge Road, McLean. Tysons Corner Center will host their tree lighting ceremony on The Plaza emceed by Alison Victoria of HGTV's Kitchen Crashers featuring Loo and Chilli from 97.1 WASH-FM and an intimate holiday concert by American Idol's, Elliot Yamin from 6:30-7:30 p.m. Stay till the end of the show as special guest, Santa Claus himself, will make an appearance after the concert with a very special entrance featuring some of his favorite reindeer.

### SATURDAY/NOV. 21

**Filene Center Backstage Tour.** 2 p.m. Wolf Trap National Park for the Performing Arts, 1551 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.

**36th Annual Christmas Bazaar.** 9 a.m.-3 p.m. St. John's Academy Gym, 6422 Linway Terrace, McLean. Over 30 vendors, Live music all day including McLean High School orchestra and Bach to Rock, Bratwursts, beer, bake sale, and Lobster Maine-ia. Free admission. Womencouncilofsbj@gmail.com

### 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

SEE CALENDAR, PAGE 17



# CALENDAR

FROM PAGE 16

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](http://www.jlnv.org/the-enchanted-forest) for tickets and information.

## SUNDAY/NOV. 22

**Japanese American Care Fund Annual Bazaar.** 10 a.m.-3 p.m. Patriot Hall, Vienna American Legion Post 180, 330 North Center St., Vienna. Japanese books including manga, locally grown Japanese vegetables, and various donated items will be sold. Authentic Japanese foods will be sold as take-away packages and served at the food court. The Embassy of Japan will be on site to accept overseas voter registration from 10:00 a.m. to noon. Medical consultation desk by Dr. Tsunewoka. \$2 admission. Free to children under 12. [www.jacarefund.org](http://www.jacarefund.org). 703-256-5223.

**Amadeus Orchestra with the Silver-Garburg Piano Duo.** 4 p.m. St. Luke Catholic Church, 7001 Georgetown Pike, McLean. Silver Garburg Piano Duo will play Vivaldi, Bach and Mendelssohn. \$30. Free to 17 and under. <http://www.amadeusconcerts.com>. [Hobie.Audet@comcast.net](mailto:Hobie.Audet@comcast.net).

## TUESDAY/NOV. 24

**Holiday Crafts for Children.** 5:30-9 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Visit the craft table and make a free craft to decorate for the holidays. <http://winterwalkoflights.com>. 703-255-3631.

## THURSDAY/NOV. 26

**Wildfire Thanksgiving.** 10:30 a.m.-8:30 p.m. Wildfire, Third floor, Tysons Galleria, 2001 International Drive, McLean. A special family style menu featuring spit roasted turkey and all the traditional Thanksgiving dishes. \$45.95 per person, \$19.95 for children 12 and under. Portion of the day's proceeds will be donated to Food for Others. 703-442-9110. [www.wildfirerestaurant.com/mclean](http://www.wildfirerestaurant.com/mclean).

## FRIDAY/NOV. 27

**John Eaton.** 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Join renowned pianist and vocalist, John Eaton, as he interprets the Great American Songbook. Eaton is one of the flagship artists of the Wolf Trap Recording label and he has released eight albums to date that include the music of Richard Rodgers, Ray Charles, the Beatles, and Cole Porter. Tickets: \$25-\$27. For more information, visit <http://www.wolftrap.org/> or call 703-255-1900.

## SATURDAY/NOV. 28

**Dream Discs: the Wild, the Innocent & the E Street Shuffle/Moondance.** 7:30 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Experience a thrilling tribute to two of rock 'n' roll's best-loved albums, made famous by Van Morrison and Bruce Springsteen, as they're performed in their entirety by some of the finest musicians and vocalists in the D.C. area. Tickets: \$25-\$27. For more information, <http://www.wolftrap.org/> or call 703-255-1900.

## FRIDAY-SUNDAY/NOV. 27-29.

**33rd Annual Thanksgiving Art and Craft Show.** Friday-Saturday, 10 a.m.-5 p.m. Sunday, 11 a.m.-4 p.m. Spring Hill RECenter, 1239 Spring



**Musicologist, humorist and jazz pianist John Eaton will share the history and harmonies of some favorite seasonal songs from the American Songbook at a special "Holiday Spectacular" on Saturday, Dec. 19 at The Alden.**



PHOTO CONTRIBUTED

**Jane Getter Premonition performs at Jammin' Java, 227 Maple Ave. E., Vienna, on Monday, Dec. 14. She will be joined by Adam Holzman on keyboards (Miles Davis), Stu Hamm on bass (Steve Vai/Joe Satriani) John Mader on drums (Pat Benatar, Steve Miller) and guitarist Alex Skolnick (Ozzy Osbourne).**

Hill Road, McLean. Featuring original, handmade craft and artwork of approximately 80 local artists and artisans. \$5. [www.nvhg.org](http://www.nvhg.org).

Gardens Court, Vienna. Visit with the naturalist and his reptile and amphibian friends. <http://winterwalkoflights.com>. 703-255-3631.

## SUNDAY/NOV. 29

**Breakfast with Santa.** 9 a.m., 10 a.m., noon. Wildfire, Tysons Galleria, 2001 International Drive, McLean. Chilli, morning show co-host on 97.1 WASH-FM at iHeartMedia, will be Wildfire's special guest host for the event. In addition, children will get to visit with Santa and receive a special gift bag. \$15 for children under 12, \$20 for adults. Reserve at 703-442-9110.

## WEDNESDAY/DEC. 2

**Eric Hutchinson.** 8 p.m. The Barns, Wolf Trap, 1645 Trap Road, Vienna. Singer/songwriter Eric Hutchinson takes the stage with radio favorites, including "Rock & Roll" and "Watching You Watch Him" and more and performs his foot-tapping brand of pop and rock. Tickets: \$22 advance; \$25 day of. For more information, visit <http://www.wolftrap.org/tickets/calendar/performance/1516barns/1202show15.aspx> or call 703-255-1900.

**Nature Night.** 5:30-9:30 p.m. Meadowlark, 9750 Meadowlark

## THURSDAY/DEC. 3

**Holiday Homes Tour.** 10 a.m. - 3 p.m. Lewinsville Road, McLean. The four homes are all large, elegant houses on half- to one-acre lots and are easily accessible from Lewinsville Road and other local arteries. Each house will be decorated with the holidays in mind and will highlight family life in McLean. [www.mcleanwc.org](http://www.mcleanwc.org).

## THURSDAY-SATURDAY/DEC. 3-5

**"She Kills Monsters."** 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. TheatreMcLean, the recently renamed award-winning theatre department at McLean High School, launches its new season by entering into the fantasy role playing realm of Qui Nguyen's "She Kills Monsters." This show marks the first production directed by new theatre faculty members Chip Rome and Phillip Reid. \$12-\$15. Mature audiences. visit <https://sites.google.com/site/theatre/mclean/>.

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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### NOVEMBER

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

### JANUARY

1/6/2016 ..... Wellbeing, Renewal, Resolutions

1/13/2016 ..... HomeLifeStyle

*Martin Luther King Jr. Day is Jan. 18*

1/20/2016 ..... A+ Camps & Schools

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- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

# Legacy of Faith

## Great Falls Churches – 1850s through the 1940s

On Wednesday evening, Nov. 4, The Great Falls Historical Society program provided a panoramic view of the founding and early beginnings of historic churches throughout an area currently known as Great Falls. The march of people of faith toward Great Falls began well before the civil war in some faiths, but seemed to manifest its greatest expressions in the area in the decade just prior to the civil war (1861-1865), or just at the turn of the century that followed. The story of each local church shares the longing for a place of worship and the importance of building a specific place for the life of the community of faith to take root and grow. Here are some of the highlights:

### ❖ Andrew Chapel, 1854 – Carol Blackwell

A chapel is a church that bears a family name. Andrew Chapel, founded in 1854, was occupied by Yankees and damaged during the civil war. It was rebuilt in 1869 by its 51 members, which grew to 80 members by 1871 – including the Follin family, the Money family, and the Gunnell family, among others - and was later renovated in 1907. The church was served by a circuit of ministers and did not have a full-time minister until 1957.

### ❖ Brown's Chapel, 1850 – Virginia Rita

At 76 years old, Reverend Jesse Brown and his wife Abigail came to the Leesburg Pike area with their 44-year old son, Augustus and 2 other ministers and purchased a 317-acre farm that spanned both sides of the Leesburg Pike, now known as Colvin Run Road, for \$12 per acre. Both Jesse and Augustus had preaching licenses. The first worship service in Brown's Chapel took place in 1879. They worshipped in the Liberty Church prior to that. Brown's Chapel was moved to the entrance of Reston on May 3, 1968 to save the chapel, after 90 years of fine religious use.









Legacy of Faith: Great Falls Churches - 1850s-1940s GFHS November 4, 2015 Program			
	<b>Arnon Chapel</b> Carolyn Miller Presenter	<b>Salem Church</b> Carolyn Miller Presenter	
	<b>Dranesville Church of the Brethren</b> Joyce Trickett Presenter	<b>Dranesville Methodist Church</b> Pat Camp Presenter	
	<b>Salem Baptist Church</b> Roland Smith Presenter	<b>Smith Chapel</b> Beanie Beach Lambert Presenter	
	<b>Andrew Chapel</b> Carol Blackwell Presenter	<b>Brown Chapel</b> Virginia Rita Presenter	

PHOTO COURTESY OF GREAT FALLS HISTORICAL SOCIETY

### ❖ Dranesville Church of the Brethren, 1905 - Joyce Trickett

The worshippers who would later establish this church on Georgetown Pike originally came from Germany in 1708, via Lancaster, Pa. in 1719, then Prince William County in 1904. The Church of the Brethren site was established in 1905. Prior to building the church, they prayed at home in fellowship, then met at the Liberty Meeting House, where they met one Sunday per month. They built their own church in one year on the site of the Battle of Dranesville, where union forces fought on Dec. 20, 1861 – at one of the opening skirmishes of the civil war. They conducted their first service on Oct. 27, 1912. Each year on Dec. 20 they conduct a peace service, recalling the men who lost their lives in the Civil War battle at that location.

### ❖ Dranesville Methodist Church 1852 – Pat Camp

The first chapel of the Dranesville Methodist Church, a small log cabin, was built at Sugarland Run in 1786. In 1790, the chapel was relocated to land granted to James and Eliza Coleman. Referred to as the Liberty Meeting House, the chapel was deeded for public use, free for all denominations and for the education of youth. The first class was held in 1852. In 1861, 161 men were killed during the civil war and the church was used as a hospital.

### ❖ Salem Baptist Church, 1903 – Roland Smith, Pastor

After the Civil War, Lettie Ford Ellis walked from Louisiana to Dranesville to her home near Seneca Road. In 1903, she dedicated a one-acre portion of the property

given to her to build a church. Recently collapsed, there are plans to rebuild the church with the intention of sharing the new construction with the entire neighborhood, across all denominations.

### ❖ Smith Chapel, 1890 – Beanie Beach Lambert

Jesse Smith came from Mainstone, England, via New York and was a carpenter by trade. Starting in 1985, Jesse Smith attended the Liberty Meeting Hall. In 1861, Abraham Lincoln was elected President and one month later the Civil War began. There was a skirmish that took over the Dranesville Church, took crops and chickens. After the war the Smith Chapel was built. Beanie Lambert's great-grandmothers worshipped at the church.

### ❖ Salem Church, 1877 – Carolyn Miller

In 1854, Charles Whittier of the Methodist Protestant Conference conducted prayer meetings in homes. In 1876, they made plans for a permanent house of worship and in 1877 they dedicated the new church. The Follins, Hendersons, Cornwells, Sanders, Winstons and others worshipped at this church. Ann Stark Cornwell wrote about Christmas at Salem Church in her book, "Grandpa's Shadow."

### ❖ Arnon Chapel, 1893 – Carolyn Miller

Annie Johnson built Arnon Chapel. They cut trees from the property, and built the chapel. The bark of the oak trees can still be seen in the basement of the building. It was opened as Forestville, but in 1893, the name was changed to Arnon. Carolyn's grandmother had a Sunday School class. When Carolyn's grandfather heard that the name was Arnon, he left the new church and returned to Salem.

—CAROLYN MILLER AND ROBERT LUNDEGARD, PROGRAM COORDINATORS

## FAITH NOTES

FROM PAGE 8

village. All are welcome.

**Emmanuel Lutheran Church**, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or [www.elcvienna.org](http://www.elcvienna.org).

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

**The Antioch Christian Church** offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. [www.antiochdoc.org](http://www.antiochdoc.org)

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org).

**McLean Bible Church** Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m.

Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**St. Dunstan's Episcopal Church**, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

**Vienna Christian Healing Rooms** are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or [www.viennachristianhealingrooms.com](http://www.viennachristianhealingrooms.com).

**Chesterbrook United Methodist Church** is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or

[www.ChesterbrookUMC.org](http://www.ChesterbrookUMC.org).

**Centering Prayer Group** meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at [mmthomas211@hotmail.com](mailto:mmthomas211@hotmail.com) or call the church at 703-759-3509.

**The Jewish Federation of Greater Washington and the Jewish Outreach Institute** offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. [ShalomDC.org](http://ShalomDC.org).

**Unitarian Universalist Congregation of Fairfax**, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The RE program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.

**Trinity United Methodist Church**, 1205 Dolley Madison Blvd., McLean. Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or [umtrinity.org](http://umtrinity.org).

# NEWS



**Quinn Partee and Ben Goodson take down the set after rehearsal Sunday at the Langley School.**

## Langley High Presents 'Almost, -Maine'

FROM PAGE 12

tion, fun for the whole family. It should be interesting to watch," said Haydn.

"The characters are very real," said Follin. "John Cariani told us that the characters are based off people he knew. Even so you say, I've been in a situ-

ation like that, maybe not as extreme as some of them, but there is something in every scene where you can totally relate to that character."

"You can go see a movie or you can come see your friends be the stars," said Bugge.

"Come see the show," said Follin.

### SCHOOL NOTES

Send school notes to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com) by Friday.

Fishburne Military School in Waynesboro, Va. announced Cadet Second Lieutenant **Chase Dixon** from Vienna as Officer of the Month for October. Dixon is a senior and the son of Mr. Michael Filan and Mrs. Elizabeth McElroy-Filan. Cadet Dixon is the Executive Officer of Alpha Company and is a member of the Key Club.

**Masato Chang**, of Vienna, an eighth-grader at Longfellow Middle School was awarded first prize at the Music Teachers National Association (MTNA) for the State of Virginia. He will travel to Florida in January 2016 to represent the State of Virginia for the next round.

**George Mahaney-Walter**, son of Mary Claire Mahaney and Herbert Walter of McLean, was awarded the degree of Master of Business Administration in recent commencement exercises at the Simon School of

Business of the University of Rochester.

**Northern Virginia Community College** is preparing to welcome 17 incoming Honors Program Scholars for the start of the 2015-2016 academic year, which begins Aug. 24. The scholarship provides \$10,000 to be divided into fall and spring semesters for two years, at \$2,500 per semester. It will assist students with the cost of tuition toward a NOVA degree. **Natalia Chavez Choque** and **Benjamin Atherton, of McLean High School**, received this scholarship.

**Victor Zheng, 21, of McLean**, is among five University of Virginia scholars who have received Critical Language Scholarships to assist them in pursuing their love of language. They will spend seven to 10 weeks in intensive language institutes this summer in one of 13 countries to study languages the U.S. government has deemed "critical." Zheng will study Chinese in Dalian, China. He is a third-year history and Chinese major who is learning Mandarin Chinese.

"I applied out of a desire to have another opportunity to go back to China and be immersed in its environment," he said. "I also just inherently love being abroad where I believe I learn the best and the most." Zheng, who is a member of U.Va.'s Virginia Glee Club, plans to pursue a master's degree in international relations.

**Graham P. Lobel**, the son of Doug and Betsy Lobel of McLean, received a Bachelor of Science degree cum laude, from Haverford College, in Haverford, Pa., at the school's 177th Commencement on Sunday, May 17. Lobel graduated with High Honors in Chemistry. At Commencement, Lobel also received The George Peirce Prize in Chemistry, for excellence in undergraduate research. Lobel graduated from the Thomas Jefferson High School for Science and Technology in 2011.

**Gabrielle Greco, of Vienna**, daughter of Drs. Stephen and Judith Greco, was named to the Dean's List at the College of William and Mary for the Spring Semester.

### Thanksgiving Art & Craft Show

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# SPORTS

## Langley Volleyball Wins 6A North Region Championship

Saxons avenge conference tournament loss to Madison.

BY JON ROETMAN  
THE CONNECTION

Saxons sophomore setter Elena Shklyar stood in the Langley High School gymnasium following an August practice and shared the team's lofty goals for the 2015 season, which included the desire to win multiple titles.

Langley's first shot at a title arrived Nov. 5, but the Saxons fell flat and were swept by Madison in the Conference 6 championship match.

Nine days later, having already secured a state berth by beating Battlefield in the region semifinals, the Saxons had a second opportunity to win a championship and a chance for revenge against the Warhawks.

This time, Langley would leave with the first-place hardware.

The Saxons held off a late Warhawks rally in the fourth set to win 3-1 (25-17, 21-25, 25-23, 25-22) in the 6A North region championship match on Nov. 14 at Madison High School.

A kill by senior middle blocker Katie Sissler gave Langley match point at 24-18. Madison responded with four consecutive points to make things interesting before Saxons sophomore middle blocker Allison Franke provided the match-winning kill.

"We've been trying to do this all year and this has been our goal," Shklyar said. "Obviously, states is our next goal."

How did the Saxons go from getting swept by Madison in the conference final to beating the Warhawks in four sets on Saturday?



The Langley volleyball team won the 6A North region championship on Nov. 14 with a four-set victory over Madison.

"We had the right game plan in the conference (tournament), but we couldn't pass and ... they just weren't in it," Langley head coach Susan Shifflett said. "(We had) pretty much the same game plan tonight, but they were ready. You beat Oakton (in the region quarterfinals), you beat Battlefield (in the semifinals); they've been on a tear lately and they were ready."

**OFFENSIVELY**, Langley had a balanced attack, with four players producing at least eight kills. Sissler led the Saxons with 12 kills, and Shklyar, Franke and senior outside hitter Jess Donaldson each had eight.

Defensively, Langley's tall front row made life difficult for Madison hitters.

"They really improved on their blocking in just a week-and-a-half time and that's all

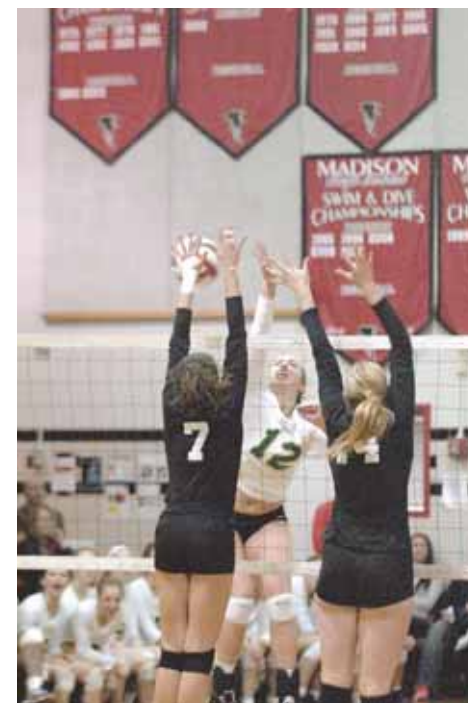
them," Shifflett said. "... I didn't do anything different."

Franke finished with two solo blocks and five block assists. Senior outside hitter Kristian Stanford had two solo blocks, Shklyar had one solo block and five block assists, Sissler had one solo block and two block assists, and junior right side Raya Mufti had five block assists.

"When we get the block, it not only affects the front row, it affects the back row," Franke said. "For us, a lot of times the block will get us more excited than the hit just because we stopped them."

Donaldson was named MVP of the region tournament. Franke and Sissler were named to the all-tournament team.

Saturday's region championship was Langley's second in three years. After los-



Langley sophomore Elena Shklyar finished with eight kills against Madison during the 6A North region championship match.

ing to Yorktown in the 2013 conference semifinals, the Saxons bounced back to win a region title and state championship.

**LANGLEY** hosted 6A South region runner-up First Colonial in the state semifinals on Tuesday, after The Connection's deadline. The 6A state championship match is scheduled for 7 p.m. on Friday, Nov. 20, at VCU's Siegel Center in Richmond.

"I love to win, so it's always good," Shifflett said after winning the region title. "... I want states, so I'm excited, but I'm done now. It's time for states."

## McLean High Athletes to Play at Colleges



PHOTO BY NATALIE LUU

The following McLean High School student-athletes signed a National Letter of Intent this week to play a sport on scholarship in college (from left): Bella Norton, Indiana University (softball); Jon Clines, Virginia Military Institute (baseball); Delaney Gallagher, San Diego State University (diving); and Karynne Baker, Ohio University (field hockey).



PHOTO BY MIPAD

The following McLean High School student-athletes also signed a National Letter of Intent this week to play a sport on scholarship in college (from left): Isabell Wyerman, Boston College (crew); Kaela Wilbur, Clemson University (crew); Autumn Brenner, College of William and Mary (volleyball); and Conor Grammes, Xavier University (baseball).

## SPORTS

# Area Coaches to be Honored for Work Empowering Girls

**One strong woman builds many strong girls.**

**D**oreen Peters will receive the Crystal Coach Award on Saturday, Nov. 21 in a pre-race ceremony that kicks off the Girls on the Run 5K, presented by Innovation Health in Woodbridge.

Peters is one of the organization's longest-serving volunteers, having mentored more than 300 girls over 20 seasons as a Girls on the Run coach — first at Floris Elementary School in Herndon, and this season at Lutie Lewis Coates Elementary in Herndon.

Other Crystal Coach award recipients include: Aliceson Johnson Wirth of Kent Gardens ES in McLean, Carla Maughlin of Lemon Road ES in Falls Church, Carla Prokop of Rolling Valley ES in West Springfield, Rena Rose of Centre Ridge ES in Centreville, Gwendolynn Gall of Navy ES in Fairfax, and Cori Lonnett of Westbriar ES in Vienna. Together, the women have coached a combined 94 seasons and have mentored more than 1,400 girls.

Crystal Coaches are a group of thirteen Northern Virginia women who are committed to making a difference in the lives of



PHOTO CONTRIBUTED

**Doreen Peters, of Great Falls, will receive the Crystal Coach Award from Girls on the Run.**

girls. Each woman has served as a volunteer coach for 10 or more seasons with Girls on the Run — an after-school that equips girls with lifelong skills that will help them develop into strong, healthy, confident young women. The 10-week season culminates in a celebratory 5k run with more than 5,000 girls, parents, teachers and community members completing a 3.1-mile run.

Peters said that "Seeing girls conquer their personal anxieties/fears (often associated with speaking up in the group or doing the 5K) and seeing their confidence grow," inspired her. And the Girls on the Run program gives girls the "confidence to go out and do good things that may be outside their current comfort zone."

For more information about Girls on the Run visit <http://gotrnova.org/>.

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

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

**21 Announcements**

**ABC LICENSE**  
DT Virginia Fine Wines, LLC trading as Total Wine and More, 800 North Glebe Rd, Suite 130, Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off-Premise and Keg with Delivery Permit license to sell or manufacture alcoholic beverages. David Trone, Managing Member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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## Introspective Perspective Not Effective



By KENNETH B. LOURIE

One of the greatest challenges – for me – in having cancer, is trying to live a “normal” life. And by “normal” I mean: emotionally. Obviously, having chemotherapy every three weeks – with its week-long side effects, diagnostic scans every three months – with its associated anxiety waiting for results, regular lab work, recurring appointments with my oncologist, the change in diet, the pills, the non-Western alternatives that I have semi embraced into my routine, the many well-meaning (and much appreciated) inquiries about my health/status, the occasional fatigue and ongoing food/taste issues, the neuropathy in my feet which makes walking and even sleeping difficult, the planning of my comings and goings and what else I might be doing in the future ALWAYS being contingent on my infusion schedule, and a few other effects I’m probably forgetting because of another effect I’m not remembering: “chemo brain,” (now a documented side effect), complicates living that “normal” life. However, if I don’t find a path of least resistance somehow and get to where I want to be, I risk getting lost in a cycle of abnormality which no doubt will upset more than my figurative apple cart.

The problem is, sometimes you become who you don’t want to be (or at least who I don’t want to be): a self-indulgent victim of circumstance. As I droned on about in the opening paragraph, there are ample reasons for me to not be who I want to be; and whenever I find myself crossing that line of caring about myself at the expense of caring about others, I worry that I’ve allowed the cancer to do more than just invade my body, that now I’ve allowed it to invade my mind.

Somehow, I have to remain true to myself in order to keep the cancer from doing what cancer so often does. I need to maintain my sense of humor and sunny disposition; I need to look more to the future and preoccupy less with the past or even the present – too much, anyhow; I need to live my life like I’m living, not like I’m dying – despite the lyrics of a recently popular Country song; and most importantly, somehow, I need to maintain an interest in things outside of me, myself and I. Way back when, I remember being told by a person whose opinion I value and whose cancer experience predated mine: “It’s all about you, Kenny.” And though I often took that advice to heart, and even employed it a few times, it was more a coping/temporary mechanism than it was a permanent/live-your-life mechanism.

Living life has to be more than just about me; how boring! I don’t want to live inside. I want to live outside. What matters most is what goes on around me; not through me/because of me. I want to be stimulated by external goings on, not internal comings off. Granted, if I’m not in some sort of internal balance, what goes on externally likely won’t matter, but excluding the latter won’t enhance the former. They go hand in hand. Actually, they go hand in glove.

Cancer is insidious enough on its own. The physical damage doesn’t need to be compounded, exacerbated even, by additional emotional damage. Maintaining one’s personality and not getting consumed emotionally by your disease is the goal. Fighting back against this killer is more than just hoping and praying, “doctoring” and “protocolling;” it’s about dignity and determination. I am determined to not become someone I’m not and when I am (like this past week), I feel as if I’ve been made worse for the experience. I don’t know if I’ll ever beat cancer, but never do I want to feel like it beat me.

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



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