

HOME		PERIOD	GUEST	
PTS	REB		PTS	REB
FOULS	TOT	PLAYER	FOULS	TOT
SCORE	RETRY	SCOR	SCORE	RETRY

PATRIOT PIONEERS

Top Sports Moments of 2015

SPORTS, PAGE 8

One year after finishing state runner-up, the McLean gymnastics team captured the 2015 state title.

McLean 2015: Year in Review

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Elected Officials Reflect on 2015

NEWS, PAGE 3

Oakton Student Honored for Scientific Research

Daniel Chae and his teammates won a \$30,000 scholarship in Siemens Competition.

BY MARILYN CAMPBELL
THE CONNECTION

A high school senior from Oakton received a national honor recently for a scientific research project on 3-D tissue printing. Daniel Chae, a student at Thomas Jefferson High School for Science and Technology, was named a national finalist in the Siemens Competition in Math, Science and Technology.

Chae hopes that his research will draw others into the discipline. "If there were to be a dramatic advancement of society using discoveries in science, then more people would become engaged in science and math," he said.

Along with his teammates Alan Tan of Fremont, Calif. and Sidharth Bommakanti of Pleasanton, Calif., Chae beat out hundreds of high school students from around the country to make it to the national competition. The team presented their project at the National Finals in Washington, D.C.,

earlier this month and will share a \$30,000 scholarship.

"These students have invested significant time and energy developing highly sophisticated projects that advance research and exploration in critical fields," said David Etzwiler, CEO of the Siemens Foundation.

The research project assessed 3-D printed structures as an alternative to plating dental pulp stem cells (DPSCs) for use as implants. The team found that DPSCs are able to differentiate substantially more on 3-D prints than on currently used structures, suggesting that 3-D printed structures could be a cheaper and better alternative for bone or dental implants.

The team was able to convert the challenge of having two different kinds of 3-D printers in the lab into an opportunity by comparing the structures from the two printers, which helped draw conclusions about the reproducibility of 3-D printers.

The collaborators created a plan for managing their geographic and time zone differences. "We dealt with that by dividing up the work and knowing what each person's responsibility would be," said Chae.

They used Skype and social media to connect with each other. "From the first day we recognized the variety of perspectives within our team," said Tan. "These very perspectives are what caused our success together."



PHOTO COURTESY OF DANIEL CHAE

Daniel Chae, a high school senior from Oakton, became a national finalist in the Siemens Competition in Math, Science and Technology.

"Daniel was an integral part of the team, providing guidance as well as friendship," added Bommakanti.

Chae, whose role model is American scientist Linus Pauling, says that he realized

his predilection for science and math as early as sixth grade when he joined a MathCounts team. In seventh grade he competed in the Science Olympiad and a Rube Goldberg Machine Contest. "In seventh grade I also had a math teacher who inspired me to continue pursuing a high level of math," said Chae.

Chae is a chemistry and biology tutor and says he spends about six hours studying each evening, staying up as late as two o'clock in the morning. Outside of the science lab, Chae enjoys archery and is proficient in Korean. He is also the co-president of the Latin Honor Society at Thomas Jefferson.

"Daniel is fantastic and is one of my right hand men running my Latin organizations," said Christine Conklin, a teacher at Thomas Jefferson and faculty co-sponsor of the Latin Honor Society.

Chae has a weighted grade point average of 4.5 and plans to attend college next fall and continue his scientific pursuits. "I'm still interested in studying chemical and biological engineering and becoming a medical doctor."

Established in 1999, the by the Siemens Foundation, the Siemens Competition supports intensive research that improves students' understanding of the value of scientific study and informs their consideration of future careers in these disciplines.

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McLean 2015: Year in Review

Noise, guns, elections and more.

BY KEN MOORE
THE CONNECTION

Neighborhood Gun Store

The second amendment couldn't defend Nova Firearms from burglary on Friday, Dec. 11. Responding to an activated alarm at half past midnight, the owner of the store found that the rear door was "damaged and two handguns were missing from inside the store. The suspect fled the area in an unknown vehicle," according to Fairfax County Police reports.

Nova Firearms opened at its new location, adjacent to Franklin Sherman Elementary School property, on Sept. 26. Dozens of McLean residents and parents and school children protested along Chain Bridge Road. Elected officials joined the event.

The store had been located in different area of McLean previously, near the post office but not next to a school.

"The protesters are exercising their right to free speech, and I'm okay with that," said James Gates, McLean gun store owner. "Our main issue now is that we wanted to stay in McLean near our old shop so we could keep our current clientele. It's hard to find a landlord in this area who will lease to a gun shop, and it's hard to find somewhere where you are actually zoned to be able to sell the firearms. And this location happened to be a good mix of all three at a good price."

By moving to the larger McLean location, Gates said at his opening that he hopes to use the extra space to offer firearm safety classes.

The gun store became focus of intense conversation in election debates. Supervisor John Foust, School Board member Janie Strauss, Del. Kathleen Murphy and Sen. Barbara Favola called the location inappropriate, even though not illegal. They pledged to try to find an alternative space for the owner.

McLean Citizens Association promised a more neutral response, and created an ad hoc committee to address the issue.

"To our knowledge we are the only entity that has talked with all sides of the issue," said MCA Board member Rob Jackson.

Jackson pointed out that there were no violations of law or zoning when the gun store opened on Chain Bridge Road bordering Franklin Sherman Elementary School.

At MCA's October meeting, a number of people attending carried weapons inside the community center, where local law cannot prevent people from openly carrying firearms.

The November MCA meeting was moved



The November MCA meeting was moved to McLean High School, a venue where firearms are not permitted. More than 80 people attended the monthly meeting, many wearing hunter-orange stickers that said, "Guns Save Lives."



Others held signs that said, "Notice, no firearms allowed on premises."

to McLean High School, a venue where firearms are not permitted. More than 80 people attended the monthly meeting, many wearing hunter-orange stickers that said, "Guns Save Lives."

Others had signs and stickers that said, "Notice, no firearms allowed on premises."

"This is a very difficult situation, and we're trying to figure out what we can all do together to solve it. And we think, if people can be flexible and patient, we'll get there," said MCA President Jeff Bartlett.

MCA: Century of Advocacy

McLean Citizens Association and McLean

Day celebrated their 100th anniversaries this year.

The McLean Day celebration turned 100 on May 16, 2015. The party, produced by the McLean Community Center, thrilled hundreds at Lewinsville Park on Chain Bridge Road with amusements, rides, food trucks, games, balloon animals, bumper ball, laser tag, tennis, a history walk, a mobile petting zoo and market place and exhibitor booths to learn about McLean civic associations and businesses.

The McLean Community Center held elections for its Board during the festivities.

McLean Citizens Association has been advocating for McLean and its people for

SEE YEAR IN REVIEW, PAGE 4

A YEAR IN REVIEW

Highlights of 2015

Significant Accomplishments

Congresswoman Barbara Comstock (R-10):

"As we finish out 2015, Congress has achieved significant accomplishments that impact our community: Number one, we focused on the



nation's and our community's priorities and passed a bipartisan budget that reversed the defense sequester cuts and restored needed national security and defense funds. We passed a permanent Research and Development tax credit and cut taxes for small businesses, start-ups and families. A five-year transportation funding bill, which included funds directed to reduce traffic congestion as well as requiring more accountability and reliability from Metro, was signed into law. We passed human trafficking legislation to stop this growing crime and to protect women and children, and we established two local task forces to tackle the devastating problems caused by heroin use and addiction. In 2016, I look forward to continuing to expand our 21st-century economy and opportunity for all and restoring our national security and defense."

Thank You to Retiring Supervisors

Sharon Bulova, Chairman of the Fairfax County Board of Supervisors:

"This summer, Fairfax County showcased our impressive public safety capabilities during the exciting World Police and Fire Games.



In March, to build on and enhance an already great Police Department, I convened a Police Practices Review Commission. Recommendations from this 30+ member Commission centered on use of force, response to offenders suffering from mental illness, communications, oversight and recruitment. Changes resulting from the

SEE HIGHLIGHTS, PAGE 4

Year in Review

FROM PAGE 3

100 years.

For its 20th anniversary, the McLean School and Civic League, as MCA was then called, held a community celebration and dance. In 1964, the MCA's 50th Anniversary, MCA published a special edition of its newsletter and held a ceremony honoring past presidents. At its 75th Anniversary, past presidents gave speeches and told stories at the Potomac School in 1989. MCA published "The Voice of McLean: 100 Years of the McLean Citizens Association," written by Merrily Pierce and Paul Kohlenberger in November 2014.

Foust, Murphy, Favola Elected

Supervisor John Foust (D-Dranesville) was re-elected and sworn in for a third term on Dec. 15, 2015, the first person to serve a third term in the Dranesville district in more than 100 years, according to Tony Castrilli of Fairfax County. Foust defeated first-time candidate Jennifer Chronis (R).

Del. Kathleen Murphy (D-34) was re-elected in a rematch with Craig Parisot (R). Murphy defeated Parisot by a final count of 10,820 votes to 10,632, less than one percent of voters in the 34th District.

The morning after the election, Parisot sent a legal team to observe a canvas held in Fairfax and Loudoun counties, which are represented by the 34th district, to ensure the election's authenticity.

This election was a rematch of the special election triggered last November 2014 when Barbara Comstock (R) was elected to U.S. Congress.

The 34th District has a history of close elections. In 2013, Murphy lost to Barbara Comstock 50.64 percent to 49.21 percent. Murphy received 14,540 votes to Comstock's 14,962. In 2012, Barack Obama and Mitt Romney literally tied in the district, each receiving 18,688 votes, according to Virginia Public Access Project.

Senator Barbara Favola was reelected for her second term, defeating challenger George Forakis.

MCC Expansion

When the McLean Community Center was built in 1974, community centers were designed similar to schools, said architect Greg Lukmire, "institutional facilities that could withstand all sorts of abuse."

McLean's renovated center, scheduled to be completed by the spring of 2018, promises an entirely "contemporary" new look.

"You want to see what's going on inside, you want to advertise that, you want to draw people in," said Lukmire. "Successful public buildings are open these days."

The renovation will add a total of 7,750 square feet to allow for a 1,500-square-foot fitness room; conference rooms of different shapes and sizes; renovation of the administrative area; added circulation and lobby space; additional restrooms; and

bringing the entire building into full compliance with the ADA.

The Alden Theater, which was expanded with its 100 seat balcony in 1988, and the 2000 Art Studio will not be altered.

Some of the details include an open courtyard, natural lighting throughout the building, an open hallway that people enter and allows patrons of the theater in the lobby to see the art gallery on the top floor, and a glass facade on the back that allows connectivity between the library and the center and a link to the outdoors.

"It's such a beautiful view and nobody sees it," said Lukmire. "We see the community center as a building in a park. It's set in an environment that is natural and quite lovely."

Construction is scheduled to begin in the fall of 2016. The project will cost approximately \$8 million, with \$6.1 for construction. No money will need to be requested, raised or borrowed, said Ben Drosner, with Fairfax County's Department of Public Works.

"The money is coming from the McLean Community Center's tax district capital reserves," said Drosner.

The center will remain open during the renovation. "That's the goal," said Lukmire.

New Noise Ordinance

The Board of Supervisors is at peace with the county's new Noise Ordinance.

"Believe it or not, that passes," said Board of Supervisors Chairman Sharon Bulova at the Nov. 17 meeting of the Board of Supervisors. The new ordinance becomes effective on Feb. 17, 2016.

"There were times during this process that I thought we would never get to this point. Let me tell you, there are competing needs, issues all over the place as to what is too noisy, what is not noisy, about what is needed and what is not," she said.

"It was a very productive evolution through five cycles of revisions," said Supervisor John Foust (D-Dranesville). "We negotiated this thing for so long."

"We're not totally where I want to be, but this is a significantly improved product and something I can vote for," he said.

Supervisor Michael Frey (R-Sully) spearheaded the Board's efforts and thanked county staff.

"They've managed to grasp the things we were trying to codify," said Frey.

The Board delayed the effective date of implementation of the new ordinance to February in order to provide time for staff training, to update County websites, and to assist staff in understanding the new regulations, according to county documents.

The Board will revisit the impact of the noise ordinance and its effectiveness in 18 months to determine what might need to be tweaked for the long run.

"I'm not happy with everything that is in here, but at this point I'm prepared to support it, but appreciate that we can revisit it," said Supervisor Pat Herrity (R-Springfield).

HIGHLIGHTS OF 2015

FROM PAGE 3

work of the Commission will help foster our culture of public trust and ensure the fair and timely resolution of police-involved incidents.

I signed on to Michelle Obama's "Mayor's Challenge" to end Veteran Homelessness by the end of 2015. Thanks to our strong partnership with nonprofits and faith-based organizations, homeless veterans are now quickly identified and connected to support services and housing.

2015 was an election year for local government. Please join me in saying "Thank you" to retiring supervisors Gerry Hyland and Mike Frey and "Welcome" to new Supervisors Dan Storck and Kathy Smith."

Dranesville in 2015

Supervisor John Foust (D-Dranesville):

Fiscal Year 2016 Budget:

The Board of Supervisors adopted the Fiscal Year 2016 budget that provided funding for essential services including Education, Public Safety and Human Services, while controlling the tax burden on homeowners. Schools remained the number one priority for the Board of Supervisors, receiving nearly 53 percent of the County's General Fund, which represented 99.8 percent of what the School Board requested.

Spring Hill Recreation Center: A highlight of 2015 was the opening last January of the renovated and expanded Spring Hill Recreation Center in McLean. New features include a two-story fitness center, a gymnasium with basketball and volleyball courts, an elevated running track and family changing rooms.

World Police and Fire Games: Fairfax County was the host to the 2015 World Police and Fire Games from June 26-July 5. Over 9,000 athletes from 68 countries participated in 61 sporting events at 53 venues with the assistance of over 6000 volunteers and staff.

Lewinsville Center: The Board of Supervisors approved an agreement with a major nonprofit developer to redevelop the Lewinsville Senior Center. New space will be constructed for the senior center, adult day care center, two child care centers and 80 independent living apartments. Construction will begin in 2016.



Grange: With funding from the Board of Supervisors and the Park Authority, the historic Grange building in Great Falls was made fully ADA-compliant with the addition of a wheelchair lift, an ADA-compliant unisex bathroom, and improvements to the parking areas and walking routes.

Economic Development: The Board of Supervisors adopted a strategic plan to strengthen the County's economy for the 21st century. The strategy focuses on high-level policy recommendations to help the County to expand and diversify the economy. The economic roadmap was created by the 50-member, board-appointed Economic Advisory Commission, along with county staff.

Ad Hoc Police Practices Commission: The Board of Supervisors created the Ad Hoc Police Practices Review Commission, which delivered a final report with 142 policy recommendations for the Fairfax County Police Department, in the areas of communications, recruitment/diversity/vetting, mental health, crisis intervention training, use of force and independent oversight and investigation.

Better Laws on Gun Shop Locations

State Sen. Barbara Favola (D-31):

"I am grateful for the voters' choice to reelect me and honored for the chance to serve the community with my recently elected colleagues, including:

Fairfax Supervisor John Foust, Delegate Kathleen Murphy, and Arlington County Board Members Katie Cristol and Christian Dorsey.

The year 2015 highlighted the need for better laws governing the location of gun shops. I joined McLean advocates and other legislators to protest a gun shop opening next to Franklin Sherman Elementary School. In the General Assembly, I fought to protect survivors of domestic violence and advocated for mental health services in our public schools. Although these efforts did not pass, my successful initiatives will: keep campuses safe while protecting the privacy of sexual assault survivors; fund a program that helps students get an Associate Degree while completing high school; and improve the quality of in-home child care. I also helped shape the long overdue ethics bill."



Supervisor Jeff McKay (D-Lee District) says the outcome makes the ordinance much easier to enforce.

"This turned into something entirely different from where it started.

I also agree that this wasn't intended to address every noise issue," said McKay, "but at the end of the day it makes for better enforcement and makes it a lot more clear which made the noise ordinance difficult to enforce."

The overall goal of the Noise Ordinance is to recognize that there will always be certain levels of noise that occur in the normal course of daily living; to allow certain levels of daytime noise so that people can live, work and play during the day; and to minimize noise at night so residents have an appropriate quiet environment in their homes at night. For more, see <http://www.fairfaxcounty.gov/dpz/zoning/noiseordinance/>.

Metro's New Manager Meets the Public

Farewell paper tickets, welcome General Manager Wiedefeld.

By RYAN DUNN
THE CONNECTION

In 1965, federal legislation allowed for the creation of a mass transit system for Washington, D.C. The Washington Metro system would be part of President Lyndon B. Johnson's vision to rebuild cities and bring the nation together. Washington Metro system was begun with ambitions, and started service in 1976. Almost forty years later, new General Manager Paul Wiedefeld is trying to win back public support for the transit system.

WMATA transit systems have been facing a loss of credibility with frequent delays and lack of transparency. Wiedefeld said his priority is safety and to improve reliability. Wiedefeld is a former head of Baltimore-Washington International Thurgood Marshall Airport and a former Maryland transit official. The new GM says he will not seek to raise wage transportation fees until 2017. With the opening of the Silver Line, Metrorail serves a total of 91 stations on a 118-mile system in Virginia, Maryland and the District of Columbia.

Since accepting the position of general manager, Wiedefeld has fielded questions from riders at a public forums, including the newly formed WMATA Riders' Union. The Northern Virginia Transportation Commission hosted a forum at the Wiehle-Reston East station Thursday, Dec. 17 to hear from the public about WMATA and help identify solutions for Metro. Attending were Wiedefeld, Fairfax County Supervisor Catherine Hudgins (D-Hunter Mill), Chair of the Board of Directors of the WMATA Mortimer L. Downey, and Fairfax County Chamber of Commerce CEO Jim Corcoran.

Virginia's two principal (voting) directors on the WMATA board include Corcoran, who represents the state government, and Hudgins who represents Fairfax County on the panel. In January, Hudgins will reach the 12-year mark as a Metro board member. Virginia's two alternate members, Arlington County Board Chairman Mary Hynes and Alexandria Mayor



PHOTO BY RYAN DUNN/THE CONNECTION

Fairfax County Chamber of Commerce CEO Jim Corcoran, new Metro general manager Paul Wiedefeld, Chair of the Board of Directors of the WMATA Mortimer L. Downey, and Fairfax County Supervisor Catherine Hudgins attended a Dec. 17 public meeting at Wiehle-Reston East station. Wiehle-Reston East station is the current final stop for the Metro's Silver Line.

Bill Euille, are leaving office.

After an introduction, Wiedefeld joined Hudgins, Downey, and Corcoran in taking questions from an audience of over twenty persons at the Wiehle-Reston East station. Wiedefeld shared he uses the Metro in his work commute. Downey said the Metro radio system needs to be replaced, so at the same time equipment to improve cell phone reach will be installed. FCC Commissioner Michael O'Rielly and Downey hope the project can be completed in less than five years. Wiedefeld also said a nationwide search is underway for a new safety director at Metro.

Arlington resident Audrey Clement encouraged Wiedefeld to focus on maintenance issues during his first year as manager. Other topics mentioned at the Reston meeting included the possibility of a frequent-flyer or frequent-rider program, along with time changes for Metro morning peak hour fare. WMATA will also try out a flexible "name your own price" passes. Some in audience wondered if praise is shared with Metro staff. "I never hear anything back if I call in to compliment a conductor," said

Merrifield resident Kerry Morse. This lead to questions on whether Metro staff and station managers could enjoy a sense of ownership or pride on the stations and lines they worked.

Alexandria resident John Nelson, who uses the Metro Blue Line and will join the Riders' Advisory Council (RAC) in January, asked if police presence could be encouraged at the Metro stations. Wiedefeld agreed with the idea, and wants increased police visibility, not just at the information kiosks but also on the platforms.

Arlington resident Brian Gannon, who works in Reston as a facility manager at the Reston Community Center at Hunters Wood, attended the Dec. 17 Reston meeting. While Gannon said the official WMATA mobile phone app could be improved, he was glad Metro has a permanent manager. "I like how the general manager is making himself available and listening. I am optimistic," said Gannon.

In the meantime, work continues on Phase 2 of the Virginia Silver Line, which is expected to reach Dulles International Airport and begin service in 2020.

Usable, Accessible, and Universal Design: What's the Difference?



Most people are familiar with the word design. In fact, we base many of our decisions on design. When things look good we are tempted to choose them over the things that are more useful. But it actually is possible to combine great design with function. Here are three practices that do just that.

Usable Design refers to the act of creating an environment or products that are not only efficient, but also easy-to-use. When talking about usability there are three aspects to consider: Learnability, Consistency and Efficiency.

Accessible Design is a design process in which the needs of people with disabilities are specifically considered. It is about creating an environment that allows for independence and safety in day-to-day life. Curb-less showers are an example of this.

Universal Design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design. Grab bars or rollout drawers in the kitchen are popular universal design products.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

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OPINION

Merry Christmas

We wish you hope, peace, love and joy during this holiday season.

The pages of the Connection have been full of holiday spirit for more than a month. Menorah lightings, group and individual efforts to help the needy, stories of giving, secular celebrations, religious celebrations. Shopping locally. Giving locally.

Christmas is about the birth of Jesus Christ. Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, the promise of redemption.

It is also about embracing the teachings of Jesus: to love thy neighbor as thyself; to help the needy; to feed and clothe the poor; to care for those who are sick; to treat others as you would have them treat you.

Matthew 7:12 "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

Matthew 25:35-40 "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we

EDITORIAL

see you sick or in prison and go to visit you?' Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

So let us share the verse relating the birth of Jesus from the Bible, Luke 2: 4-19:

"And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David:) To be taxed with Mary his espoused wife, being great with child. And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

And there were in the same country, shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, 'Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.'

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, 'Glory to God in the highest, and on earth peace, good will toward men.'

And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, 'Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us.' And they came with haste, and found Mary, and Joseph, and the babe lying in a manger. And when they had seen it, they made known abroad the saying which was told them concerning this child. And all they that heard it wondered at those things which were told them by the shepherds."

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Editor's Note about the rest of 2015: This is our last regular edition of 2015. Next week, after Christmas, we will publish our annual Children's Connection, devoted entirely to the artwork and writing of local students. Our next regular editions will publish Jan. 6-7, 2016, with deadline for content and advertising of Dec. 30 (late ads accepted).

In the meantime you can reach the editors at editors@connectionnewspapers.com and sales/marketing/advertising at sales@connectionnewspapers.com.

Digital replica editions of the most recent week's papers are available at www.ConnectionNewspapers.com/PDFs

Past issues of the Connection back to 2008 are available at <http://connectionarchives.com/PDF/>

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The Time to Give

County promotes 11 ways to give back to your community.

BY WENDY LEMIEUX
FAIRFAX COUNTY OFFICE OF
PUBLIC PRIVATE PARTNERSHIPS
(OP³)



It's the most wonderful time of the year ... to help others. Fairfax County has made it easy with its "Forget the Fruitcake — Ways to Give Campaign" that promotes 11 ways to give back to your community. Running through the end of the year, you can donate to any of these 11 county nonprofits, foundations and agencies 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 time of year.

On any given day more than 67,000 people go hungry in the county and more than 30 percent of the students in Fairfax County

schools are eligible for free and reduced lunch. Despite its affluent status, Fairfax has a population that benefits from programs such as "Ways to Give." There is something for everyone on your list whether they like animals, education, summer fun or community spirit. Gifts that give back include books, a week at camp, medical care, bikes, trees and food for the hungry.

Through a partnership with ad agency Williams Whittle, Fairfax County's Office of Public Private Partnerships has honed the mes-

sage and the graphics which has made a difference in the look and feel of the campaign. Williams Whittle liked the campaign in previous years and offered their professional services and contacts to make the program even better. And it's resulted in numerous pro bono advertisement and engagement from community stakeholders. One beneficiary of the increased exposure was the Fairfax County Restoration Project (FCRP) — whose mission is to restore the tree canopy in Fairfax County. When the first ad was placed in

the Connection in mid-November, FCRP reported a 70 percent increase in visits to their website that offers to plant five native trees in honor of a family member or friend.

This is the fifth year of the "Ways to Give" campaign that so far has resulted in an increase of 50 percent in web traffic. Although donation numbers won't be available until January, participating agencies and nonprofits have reported a surge in traffic to their sites.

To donate and learn more visit www.GiveFairfax.net.



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CALENDAR

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

THURSDAY/DEC. 24

Good For The Jews. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Good For the Jews is a clever, hilarious music duo from New York whose Christmas Eve shows at Jammin Java have become a grand tradition. Join for the duo as they share songs about bar mitzvahs, Passover, Jewish girls, and relatives who live in Boca Raton. \$20. <https://jamminjava.com/>. 703-255-1566.

FRIDAY/DEC. 25

It's a Fu@*in SUPER bob Christmas. 8 p.m. Jammin Java, 227 Maple Ave E, Vienna. Join for some lively music from the Super bob rock band. \$12-\$15. <https://jamminjava.com/>. 703-255-1566.

SATURDAY/DEC. 26

Egypt "Annual Reunion Show." 8 p.m. Jammin Java, 227 Maple Ave E, Vienna. Join the band with a long history, and have some fun time listening to their music. \$15-\$18. <https://jamminjava.com/>. 703-255-1566.

MONDAY/DEC. 28

Winter Break Trip - David & Buster's. 8:30 a.m.-5:30 p.m. McLean Community Center, 1234 Ingleside Ave. McLean. Eat, drink and play games! Dave and Buster's is one of the best dining and entertainment attractions around. Lunch and a \$20 game card with unlimited arcade game play are included. Bring money for additional ticket games, if desired. Fees: \$65/\$55 MCC district residents. <http://www.mcleancenter.org/>. 703-448-8336.

Deanna Bogart Band. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Drawing on a variety of musical sources ranging from boogie-woogie to New Orleans R&B to swing to rock & roll, singer and barrelhouse pianist Deanna Bogart emerged as one of the most eclectic performers in contemporary blues. \$20. <https://jamminjava.com/>. 703-255-1566.

MONDAY-WEDNESDAY/DEC. 28-30

SciCamp. 9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Explode, experiment and explore! Guaranteed days of hands-on, interactive science fun! Create slime, volcanoes and even experiments you can take home. Bring snack, lunch and drink. \$180/\$195. Ages 5 to 8. <http://www.fairfaxcounty.gov/parks/riverbend-park/calendar.htm>.

Wild Chemistry. 9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Discover hidden mysteries of the soil and stream through chemical analysis of water and sediments. Develop your skills as a junior scientist as you use materials and procedures professionals use in evaluating the health of ecosystems. Using scientific techniques, explore the natural world. Ages 9 to 12. \$180/\$195. <http://www.fairfaxcounty.gov/parks/riverbend-park/calendar.htm>.

TUESDAY/DEC.29

Winter Break Trip - Flight Indoor Trampoline Park + Sakura Hibachi. 9 a.m.-4:30 p.m. McLean Community Center, 1234 Ingleside Ave. McLean. With the opportunity for casual jumping or testing your bouncing dodgeball skills, Flight Trampoline Park has something for everyone. After jumping around, participants will be immersed in a fine Japanese culinary adventure at a Hibachi restaurant. Gaze at skilled hibachi artists as they prepare a succulent meal right before your very eyes! Lunch and admission are included. Appropriate exercise clothing required. Fees: \$55/\$45 MCC district residents. <http://www.mcleancenter.org/>. 703-448-8336.

Jammin Java Local Scene: Richtown + Cargo & The Heavy Lifters. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Come join for some country music as Ryan Shepherd, a country singer, and the recording artist, Richtown, perform for the evening. \$10-\$15. <https://jamminjava.com/>. 703-255-1566.

WEDNESDAY/DEC. 30

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.

"Lady Sings the Blues" by Susan Webster, watercolor, can be seen in "The Blues Exhibit" at the Vienna Art Center from Jan. 5-23.

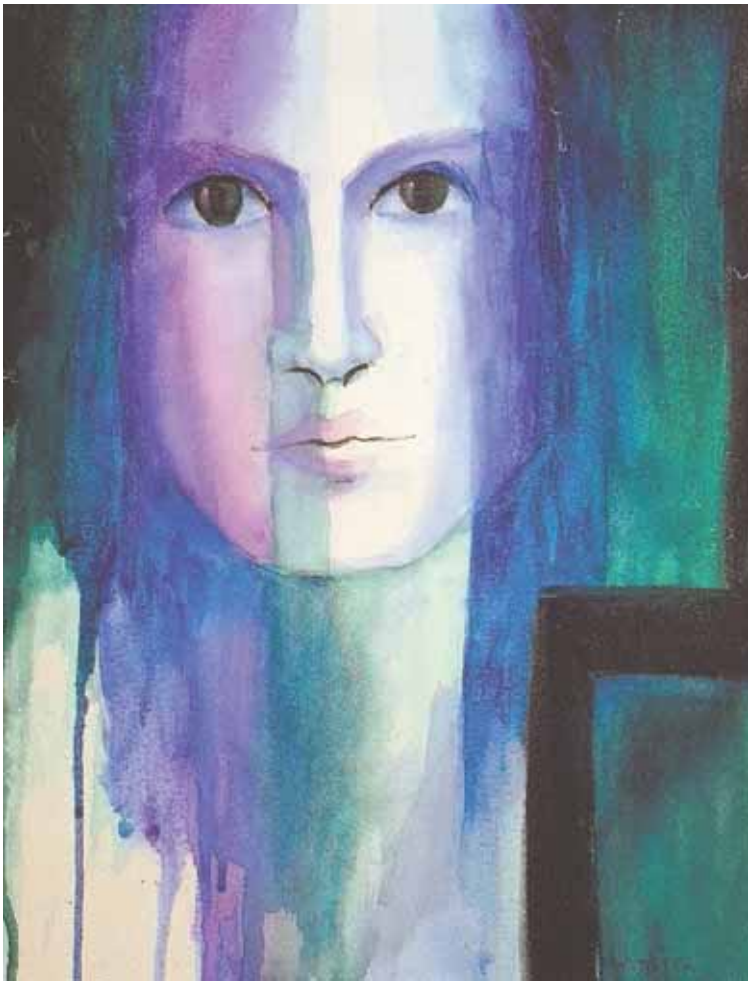


PHOTO CONTRIBUTED

Ongoing

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

"The Blues" Exhibition. Jan. 5-23. Vienna Art Center, 115 Pleasant St., NW, Vienna. Exhibition of VAS members paintings with the theme, "The Blues." Free. 703-319-3971. www.ViennaArtsSociety.org.

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/>.

Bingo Night! 4 p.m. Sunday, Dec. 27. Vienna Volunteer Fire Department, 400 Center Street South, Vienna. The Vienna Volunteer Fire Department hosts smoke-free bingo every Sunday night in the Flame Room and activities include 33 games for a \$100 prize each and one \$1,000 jackpot game.

<http://winterwalkoflights.com>. 703-255-3631.

Winter Break Trip - Autobahn Indoor Go Kart. 9:30 a.m.-5 p.m. McLean Community Center, 1234 Ingleside Ave. McLean. Experience a thrill like no other while driving an electric pro-style Italian go kart on two completely different Grand Prix-style racing tracks. Lunch and races are included in the fee. All participants must have an additional waiver signed by a parent or guardian. Fees: \$75/\$65 MCC district residents. <http://www.mcleancenter.org/>. 703-448-8336.

Back to the 90s. 8 p.m. Jammin Java, 227 Maple Ave E, Vienna. Enjoy the evening as the three bands - RATM 2, Hostile Apostle and Enjoy! - bring music from the 90's. \$15-\$20. <https://jamminjava.com/>. 703-255-1566.

FRIDAY-SATURDAY/JAN. 1-2

Rock This Holiday. 8 p.m. Jammin Java, 227 Maple Ave E, Vienna. Enjoy the evening with the variety of bands and individual singers collaborate and perform together for rock music and more. \$60-\$65. <https://jamminjava.com/>. 703-255-1566.

Admission: minimum \$10. 703-255-6300.

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 or 703-938-1142.

Trail and Ales with Caboose Brewing and Grass Roots Fitness. Mondays through Jan. 31. Caboose Brewing Company, 520 Mill Street, NE Vienna. Come Run with us every Monday night. \$1 Off All Pints! All paces welcome. We will run between 3-5 miles with options to go shorter or longer. You can walk or run. Dog and stroller friendly. Contact Joann Meginley at joannandfrancine@grassrootsfitness.org.

Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

SUNDAY/JAN. 3

The Fred Eaglesmith Traveling Steam Show. 7 p.m. Jammin Java, 227 Maple Ave E, Vienna. As a veteran of the music industry, Fred Eaglesmith performs lively rock'n roll music. \$20. <https://jamminjava.com/>. 703-255-1566.

MONDAY-THURSDAY/JAN. 4-7

The Band Battle - Prelims. 7 p.m. Jammin Java, 227 Maple Ave E, Vienna. Come join for some rock music and featured artists. \$10-\$15. <https://jamminjava.com/>. 703-255-1566.

FRIDAY/JAN. 8

The Tone Rangers. 8 p.m. Jammin Java, 227 Maple Ave E, Vienna. In a few choreographed minutes, the Tone Rangers propel through 900 years of Western music—from Gregorian chant to classic rock to TV theme songs—in a fresh approach to contemporary a cappella music and comedy. Come listen to their beautiful voice as they were voted as the Best A Cappella Group for four consecutive years. \$16-\$20. <https://jamminjava.com/>. 703-255-1566.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

St. John's Episcopal Church services on Christmas Eve, Thursday, Dec. 24, will be:

- ❖ 4 p.m. - Family Service of Holy Eucharist with Christmas Music at 3:30 p.m.
 - ❖ 7 p.m. - Holy Eucharist with Christmas Music at 6:30 p.m.
 - ❖ 10 p.m. - Holy Eucharist with Christmas Music at 9:30 p.m.
- There will be a Holy Eucharist service on Christmas Day at 10 a.m.
- The church is located at 6715 Georgetown Pike, McLean. 703-356-4902. www.stjohnsmclean.org.

Celebrate Advent and Christmas at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Weekly worship is Sundays at 8:30 and 10:30 a.m.; Wednesdays at noon. Holiday events include:

Thursday, Dec. 24, Christmas Eve, 5 p.m. family service; 8 p.m., Candlelight and Communion; 11 a.m., Candlelight and Communion. www.imtrinity.org.

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.

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

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.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or 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.

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.

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.

SPORTS



PHOTO BY LOUISE KRAFFT/THE CONNECTION

The Langley boys' soccer team won the 2015 6A state championship.

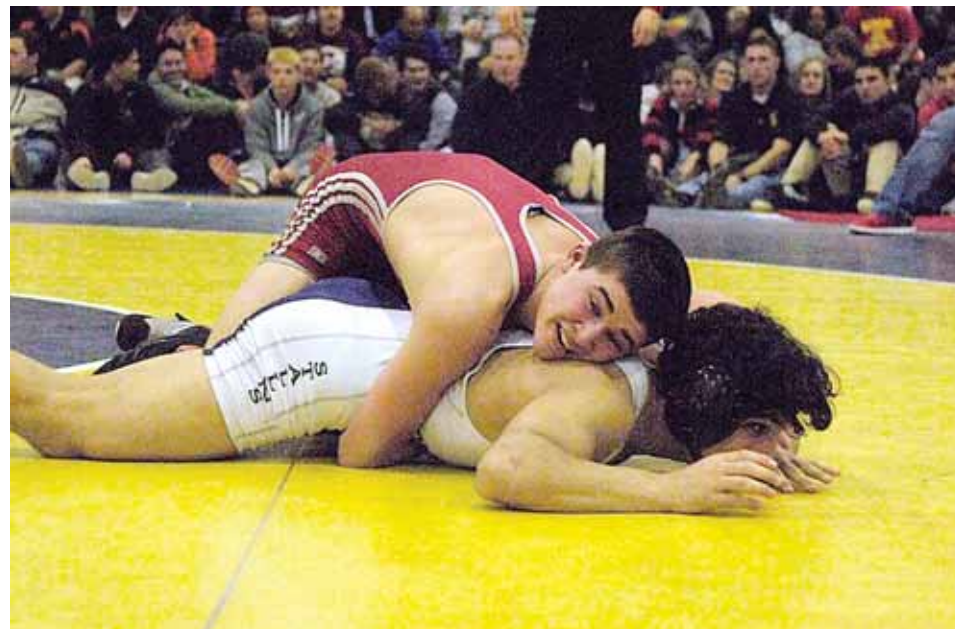


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

McLean's Conor Grammes, then a junior, won the 152-pound 6A state wrestling title in 2015.

Top McLean/Great Falls Sports Moments from 2015

Langley, McLean win multiple championships.

BY JON ROETMAN
THE CONNECTION

The year 2015 included championship glory for multiple McLean/Great Falls high school sports teams, and one team just missed taking home a state title.

Langley High School had two teams win state championships and others fall just short. McLean captured a team state title, as well, and produced an individual championship on the wrestling mat.

The following is a look at some of the top moments in McLean/Great Falls high school sports from the year 2015.

Langley Boys' Soccer Wins It All

The Langley boys' soccer team completed a dominant 2015 season by winning the program's first state championship.

The Saxons defeated Madison 2-0 in the 6A state final on June 13 at Robinson Secondary School, with goals from Jacob

Labovitz and Cameron Bacso. It was the fourth time the Saxons beat the Warhawks during the season.

Langley finished the year with a 20-1-1 record and went unbeaten during its final 18 matches. Along with a state championship, the Saxons took home Conference 6 and 6A North region titles, as well.

Grappler Grammes Wins 152-Pound State Title

Conor Grammes is a standout middle in-fielder for the McLean baseball team and is committed to play at Xavier University.

Grammes' most memorable performance of 2015, however, occurred on a wrestling mat.

Grammes won the 152-pound 6A state championship, defeating South County's Jacob Wassif with a 5-2 decision on Feb. 20 at Robinson Secondary School. His effort helped the Highlanders finish seventh as a team.

Grammes defeated Herndon's Samuel Milligan in the semifinals with a 6-3 decision.

McLean Gymnastics Captures State Championship

The McLean gymnastics team took home a trio of titles during the 2015 season, highlighted by winning the 6A state championship on Feb. 20 at Patriot High School.

After finishing state runner-up the year before, the Highlanders earned the program's first state title with a score of 145, finishing ahead of second-place Stafford (144.75) by a quarter-point. McLean became the first Fairfax County program to win the big school state gymnastics championship since Langley won it all in 2004.

Jacqueline Green produced the Highlanders' top score on floor (9.525), vault (9.425) and beam (9.35) during the event, and finished with a score of 8.8 on bars.

Lizzy Brown-Kaiser scored 9.15 or better in each event, with her best effort coming on floor (9.425).

Calista Parude, Carolyn Brown-Kaiser, Mathilde Larose, Madison Schumann and Delaney Gallagher also competed for the Highlanders.

McLean also won Conference 6 — the Highlanders' fourth straight conference/district title — and 6A North region championships during the season.

Langley Volleyball Wins Region Championship

The Langley volleyball program won its second region championship in three years with a four-set victory over Madison on Nov. 14.

This time, however, the Saxons failed to follow their region title with a state crown.

Langley, which won the 2013 state title, faced Madison for the fifth time this season in the 6A state final on Nov. 20. The Saxons won the first set and two of the first three, but fell to the Warhawks in five sets at VCU's Siegel Center in Richmond on Nov. 20.

Langley finished the season with a 25-6 record.

Langley Girls' Swim, Dive Wins States

The Langley girls' swim and dive team won the 2015 state championship with a score of 206, beating Oakton by two points.

It was the Saxons' sixth state title since 1998.



PHOTO BY JON ROETMAN/THE CONNECTION

The Langley volleyball team won the 6A North region championship in 2015.



PHOTO BY MIKE GALLACHER

One year after finishing state runner-up, the McLean gymnastics team captured the 2015 state title.

Taylor Betts reads the kindergarteners a gingerbread story.



Cooper Middle Students Attend Kindergarteners' Holiday Party

On Thursday, Dec. 17 Cooper Middle school students visited Pine Spring Elementary for their annual holiday party. The kindergarteners performed songs for the students, and then the eighth graders read the story and helped the kindergarteners decorate cookies. At the end of the party, each kindergartener was presented with a gift that they had "wished" for.

PHOTOS CONTRIBUTED



Mikayla Schoff at the Pine Spring Elementary holiday party.



Catherine Brown works with Pine Spring Elementary kindergarteners.



Brian Feinstein helps a kindergartener decorate his cookie.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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1/6/2016..... Wellbeing, Renewal, Resolutions
1/13/2016..... HomeLifeStyle
Martin Luther King Jr. Day is Jan. 18
1/20/2016..... A+ Camps & Schools
1/27/2016..... Community Guide
1/27/2016..... Winter Fun, Food, Arts
& Entertainment; Valentine's Preview

FEBRUARY

2/3/2016..... Valentine's Dining & Gifts I
2/3/2016..... Wellbeing – National Children's
Dental Health Month
2/10/2016..... HomeLifeStyle
2/10/2016..... Valentine's Dining & Gifts II
2/17/2016..... A+ Camps & Schools
2/24/2016..... Pet Connection

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-Dagobert Runes

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21 Announcements

21 Announcements

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The Sycamore School admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school administered programs.

21 Announcements

21 Announcements

Notice of Trustee's Sale
2050 S. Glebe Road, Arlington, VA 22204
Arlington County
In execution of a Deed of Trust dated October 11, 2013, in the original principal amount of \$555,000.00, recorded as Deed Book 4732 at Page 1740 of the Clerk's Office of the Circuit Court of Arlington County, Virginia, the undersigned Trustee will on **Wednesday, January 6, 2016 at 9:30 a.m.**, by the front main entrance to the Arlington County Courthouse, 1425 N. Courthouse Road, Arlington, VA 22201, offer for sale at public auction to the highest bidder, the following property, with improvements thereon commonly known as 2050 S. Glebe Road, Arlington, VA 22204 and more particularly described as follows:
Parcels 2,3, and Part of Lot 2, Estate of Benjamin Perry Improved by premises known as 2050 S. Glebe Road, Arlington, VA and as more particularly shown on plat attached hereto and made a part of hereof entitled "Lot 2 of the Partition of the Estate of BENJAMIN PERRY and a Vacated 16.5' Outlet Road" by Alexandria Surveys International, LLC, dated Mark 5, 2002, as the same is duly platted and attached to the corrected Deed recorded in Deed Book 4196 at page 1179 among the Land Records of Arlington County, Virginia.

RPC: 31024007

This sale is subject to any reservations, restrictions on use, covenants, obligations, rights of way, conditions, easements, leases and mechanic's liens, if any, whether of record or not of record, to the extent any of the foregoing apply and take priority over the lien of the Deed of Trust.

Deposit of \$20,000.00, or 10% of the sales price, whichever is lower, by cashier's or certified check, shall be required to qualify as a bidder prior to the sale, except for the Noteholder.

The deposit, without interest, is applied to the purchase price at settlement. Settlement will be held on or before fifteen (15) days after the sale. Upon purchaser's default, the deposit shall be forfeited and the property shall be resold at the risk and costs of the defaulting purchaser.

The balance of the purchase price shall be paid by certified or cashier's check, or wire transfer. Settlement shall be at the offices of the undersigned Trustee, or other mutually agreed upon location. The property and any improvements thereon shall be sold in "as is" condition without any warranties. The successful bidder shall assume all loss or damage to the property from and after the time of the sale. Purchaser shall be responsible for all costs of the conveyance, which shall be by special warranty including, but not limited to, the preparations of the deed, Regional Congestion Relief fee, and the grantor's tax. Real estate taxes shall be adjusted as of the sale date. The sale is subject to such additional terms as the Trustee may announce at the time of sale. The purchaser will be required to sign a Memorandum of Sale incorporating all the terms of the sale.

George J. Shapiro, Trustee

FOR INFORMATION CONTACT:

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-Dagobert Runes

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By KENNETH B. LOURIE

Last week I was "naive and delusional." This week, not so much. Meaning: I'm well aware of my circumstances and not minding what usually matters. To that point, there's no doubt there are days/weeks that are more challenging than others. And even though I'm a veteran of the cancer wars, seven years and counting come this Feb. 27, I have been to have been blessed with the proper temperament and attitude for the task at hand: enduring the stress and strain of dealing with a cancer diagnosis and all its effects and affects and not going negative/dark in the process. It's not as if cancer has become my new best friend, more like a roommate I've learned to accept — who's not moving out any time soon, but I have learned to manage, mostly. (I am a Libra after all, and balance is my symbol.)

Still, over time, you do get used to the demands. You find a way to ignore the symptoms, not so much that it risks your health, but enough so it doesn't "anguish" your daily life. Because there's definitely no future — or rather not much of one, when every day becomes an emotional battle to the hopefully-not, death, so to speak. I don't want to give cancer too much credit but, it's a fairly powerful adversary and contributing to its strength serves no purpose and creates no advantage. It doesn't need any help doing all the harmful physical, emotional and spiritual, things it does. Granted, nipping it all in the bud is much easier in the garden than it is in the doctor's office/infusion center, but unless you become the master of your domain, the king of the castle, the lord of the manor, the more difficult your cancer experience will be.

This is not to imply that a positive attitude cures cancer. (But I doubt it hurts.) This is more to say that being miserable, feeling sorry for yourself or "woeing" is me, though understandable under the circumstances is boring and as Prince Kuragin (a character from Downton Abbey) said: "Nothing is more tedious than other person's misfortunes." And I certainly don't want to be tedious and boring. As a matter of fact, I'll make the extra effort — even when I don't feel like it, to avoid being thought of as anything but healthy and dare I say, normal. The more positivity I can exude, the more positivity I likely will receive in turn. It's not exactly chemotherapy, targeted treatment or immunotherapy, but "Good Vibrations" is more than just a Beach Boys classic. It's a way to my heart and soul, and hopefully to my lungs as well.

When it comes to being a cancer patient, I know what I know/what I feel, and more importantly — in my mind, anyway, I know what I don't know. Facts, figures, protocols, drugs, clinical trials, I don't know. As my wife's deceased, maternal grandmother, Franny would say: I'm as "dumb as a post." For me, ignorance is sort of bliss. I don't worry about what I don't know; I already have enough trouble worrying about what I do know.

Ergo my strategy: take the good with the bad — which is easy, and when there is bad, compartmentalize it somehow; put it in "the vault." To summarize; and with all credit and respect to Bing Crosby (singing in "White Christmas"): I must "Accentuate the positive. Eliminate the negative. Latch on to the affirmative." Moreover, I have to believe if I want to feel good, I have to think good — thoughts that is. And the more humor and normalcy I have in my life, the better I'll feel and think. I don't know if my future will be any better because of it but my present sure will be.

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

News

Success with a Little Help

Northern Virginia Family Service is changing families and changing futures.

Crystal Farrington isn't afraid to work. In fact, she worked at a dry cleaning company for seven years and increased her salary by 50 percent in that time. The problem is that going from \$8 per hour to \$12 per hour still leaves you living in poverty. In trying to make ends meet, Crystal went to social services in spring 2013. She and some family members were living in a hotel on Route 1 in Mount Vernon at the time.

She was told that she didn't qualify for much because her income was too high. However, she noticed a sign about the Vehicles for Change (VFC) program, which led her to Northern Virginia Family Service (NVFS).

As the NVFS caseworker helped Crystal get an affordable vehicle to get to and from work, she saw something in Crystal...a drive and tenacity. She told her, "You are supposed to do something much greater Crystal." The caseworker told her about the Training Futures program, located in Tysons Corner.

Just weeks later, Crystal's mother died of pancreatic cancer. Crystal said that she felt



PHOTO CONTRIBUTED

Crystal Farrington: Northern Virginia Family Service has helped change her future.

as if her VFC caseworker took her under her wings and let her cry on her shoulder. She also encouraged her again to apply for Training Futures and in October 2013, Crystal began the Training Futures (TF) program. TF is an intense program which required that Crystal reduce her hours at the dry cleaning company. Resourcefully, she found another nonprofit to assist her with affordable housing which required that she pay a very modest stipend enabling her to focus on the Training Futures program.

"It amazed me that a stranger could have more faith in me than I did in myself," shared Crystal. In March 2014, Crystal graduated from Training Futures and was even selected by her classmates as a keynote speaker. She said that the program gave her confidence and purpose. It also landed her a job. Crystal is now a concierge in an office building in downtown D.C. She is the "go-to person" for 12 businesses covering administrative tasks and distributing weekly events. Her job is to stay abreast of all that is happening in the city. With regular 8 a.m.-5 p.m. hours, a \$35,000 salary and benefits, Crystal sees a bright future for herself and her children.

Having grown up poor, Crystal is proud to shout out to the world, "I'm above the poverty line!" NVFS is changing families and changing futures.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

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.

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.

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.

Chun-Ming "Chris" Chen of Vienna and Maria Vera Alvarez of South Riding have been awarded **Jack Kent Cooke Foundation Undergraduate Transfer Scholarships**. Both students attend Northern Virginia Community College.

Chen and Vera Alvarez are among 90 students nationally to receive the prestigious award which provides up to \$40,000 a year toward tuition, books, living expenses and required fees for the final two to three years needed to earn a bachelor's degree. It is the largest private scholarship for two-year and community college transfer students in the country.

Kathryn Seymore Hahne of Vienna, was named to the Dean's List at the Frank Batten School of Leadership and Public Policy for the spring semester of 2015. The University of Virginia established the Batten School in 2007 as part of its strategic plan and as an expression of its Jeffersonian heritage.

Saba Chinian of Vienna, was named to the Dean's List at the Frank Batten School of Leadership and Public Policy for the spring semester of 2015. The University of Virginia established the Batten School in 2007 as part of its strategic plan and as an expression of its Jeffersonian heritage.

BULLETIN BOARD

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

TUESDAY/DEC. 22

TIPS I: Lead Sharing & Networking at Fleming's. 12:15-1:30 p.m. Fleming's Prime Steakhouse and Wine Bar, 1960A Chain Bridge Road, McLean. Free to join, \$16 for lunch. Contact Peter Himmelberger, Travel Cruise and Tour, 703-496-4125 or phimmelberger@travelcruiseandtour.com.

MONDAY/JAN. 4

Town Council Meeting. 8-10:30 p.m. Town Hall Council Chambers, 127 Center Street South, Vienna. All Town Council meetings are open to the public and individuals are invited to attend and provide their input. Agendas are made available to the public on the Town's website after 12 p.m. on the Friday preceding a scheduled meeting. www.viennava.gov.

JAN. 5, 7, 12

ESL Registration. 7-8 p.m. St. Mark Catholic Church, 9972 Vale Road, Vienna. Classes begin Jan. 19 and ends March 17. Classes held Tuesdays and Thursdays. \$25 for English classes, \$10 for conversation, writing, citizenship and workshop. Textbook cost extra. Cash only. 703-502-9433.

WEDNESDAY/JAN. 6

Northern Virginia Chamber of Commerce Brand Launch. 8:30-10 a.m. Silverline Center Atrium, 7900 Westpark Drive, Tysons. Meet staff and members of the board of directors. Hear plans for future collaboration. Learn about upcoming meetings and events where businesses can get involved. Call 703-749-0400 for registration information.

WEDNESDAY/JAN. 20

Fairfax Commission on Aging. Noon. Oakton Regional Library, 10304 Lynnhaven Place, Oakton. The public is welcome to attend and join in the comment period that begins each session. www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. 703-324-5403, TTY 711 for meeting access needs.



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