



# 'Under the Gun' Presented in Mclean

NEWS, PAGE 10

About 100 people attended the "Under the Gun" documentary screening and expert panel sponsored by the League of Women Voters of the Fairfax Area (LWVFA) at the McLean Community Center.

## McLean High Named Crown Award Finalist

NEWS, PAGE 5

## Innovate! 2016: A Look Into Personalized Medicine

NEWS, PAGE 3



# VINSON HALL RETIREMENT COMMUNITY

## Independent Living at Vinson Hall

Vinson Hall Retirement Community is located in idyllic McLean, VA and offers independent residential living for military officers and government employees of equal rank. Our apartment residences offer all the luxurious comforts of home within a vibrant Life Plan community. Come see what's new!

**[www.VinsonHall.org](http://www.VinsonHall.org)**  
**703-536-4344**

**1 and 2  
bedroom  
apartments  
available,  
call today!**



## Dulles Chamber Presents Innovate! 2016

Local experts and elected officials discuss personalized medicine, data flow, analytics, cyber security and their impact on the regional economy.

BY ANDREA WORKER  
THE CONNECTION

PHOTOS BY ANDREA WORKER/THE CONNECTION

In 2014, at a Biotech conference in California, then new Governor Terry McAuliffe discovered that the Commonwealth of Virginia ranked 46<sup>th</sup> on the list of states recognized as best places to do biotech business – as he sat on a stage between the governors who represented the first and second spots on that list. “Never again. We are not going to be beat here in Virginia. No excuses!” declared McAuliffe as he delivered the opening remarks at the fifth annual “Innovate!” Conference on Oct. 28.

The event was presented by the Dulles Regional Chamber of Commerce in cooperation with the Northern Virginia Technology Council and held at the new Inova Translational Medicine Institute in Falls Church. Titled “Intersections: Healthcare, Informatics and Personalized Medicine,” the event featured many of the key players and experts in medicine, research, informatics, cyber security and academia, from both the public and private sectors.

Dr. Keith Crandall, Director, Computational Biology Institute at the George Washington University and the “Innovate! 2016” Chairman made the introductions of McAuliffe and of Congresswoman Barbara Comstock, who also spoke in the opening section that focused on “Federal and State Intersections” with the other disciplines under discussion.

**THE GOVERNOR** insisted that cooperation among all the stakeholders is essential for the success of each individually and for the state and its citizens as a whole, and the foundation that had to be tended and improved, he said, was in the arena of education. “We need to teach the skill sets that are needed for today’s high-tech jobs,” he cautioned, or risk losing out to other areas of the country, or other parts of the world. The Governor said that there were some 36k high tech jobs “starting around \$88k” currently vacant around the state. “I need to fill them, or they’ll go away,” he warned, “but we need an educated workforce” ready to take on these positions.

McAuliffe also reminded the audience that another round of sequestration could be looming on the horizon. Every effort was required by all to champion this region as the Biotech, Cyber Security and Informatics hub. The Governor praised the quality and the numbers of Virginia’s high tech companies, schools and universities, and its medical centers, but concluded his remarks by stressing the need for tech-centric educational opportunities and the need for



**U.S. Rep. Barbara Comstock (R-10) spoke on the government’s obligation to reduce obstacles to innovation at the Innovate! 2016 Conference and echoed the Governor’s call to reform Virginia’s educational system to prepare students for employment in a high-tech environment.**



**Virginia Governor Terry McAuliffe gave the opening address to the attendees of the 2016 Innovate Conference at the Inova Translational Medicine Institute in Falls Church. Skill-specific education and a commitment to high-tech job preparation are essential ingredients for keeping Virginia on a path of growth and economic and personal success, he asserted.**



**A distinguished panel answered questions and discussed the obstacles to collaboration among the biotech, information technologists, medical, research, education and government personnel. From left: Edward Abrahams, Ph.D., Will Fitzhugh, Praduman Jain, Brig. General (ret.) Klaus Schafer, and moderator Dr. Alex Carlisle.**

greater collaboration, and less competition among all parties to achieve the common goals.

Congresswoman Comstock echoed much of the Governor’s sentiments. “We need a new structure. We need to move at the speed of innovation.” She maintained that researchers spend as much as 40 percent of their time on paperwork and that State and Federal governments should commit to finding ways to reduce the redundancies.

After a networking break, a panel took questions from moderator Dr. Alex Carlisle, Senior Scientific Advisor for Northrop Grumman’s Health IT unit and from the audience and discussed “Opportunities for Industries Big and Small.” The panellists shared the realistic obstacles to collaboration among the various invested parties. Concerns about intellectual property were a major stumbling block when trying to get “competitors” to work together. “Don’t put

it under the rug,” advised Praduman Jain of Vibrant Health. “Discuss what is the motivation for all parties...who wants what outcome and what piece of the pie.” William Fitzhugh of 5AM Solutions noted that today’s tracking systems were designed to handle more simple data, but that the actual data flow of today has grown exponentially to millions of data points. Despite the challenges, Fitzhugh is optimistic, saying that the need to handle this new information highway presents great opportunities for companies to develop systems with this increased capability and for others to form and grow by developing complementary technologies and services.

The terms “Data Islands and Formats,” and “Silos” were used often by all the panellists. Brigadier General (ret.) Klaus Schafer, Chief Medical Officer for CACI International cited the “serious problems” of differing systems between related agencies and organizations like the Veterans Administration and the Department of Defense. Schafer said it was difficult to collaborate, or even function efficiently, when their data systems differ so widely, even within their own network and between regions, but he remains proud of the region and the work being done here. “We could be the Life Sciences Center if we collaborate. There’s a hell of a lot we can do here.”

Solving these problems for our future growth and welfare will take sustained investment at all levels and a commitment to re-configure the entire system according to

SEE COMMITTED, PAGE 12



**VOTE TUESDAY, NOV. 8!**

CONGRESSWOMAN

# BARBARA COMSTOCK

A LIFETIME OF SERVICE IN THE 10<sup>TH</sup> DISTRICT

For 35 years, Barbara Comstock has lived, worked, raised a family, started a business and served as both Delegate and Congresswoman in the 10th District. Whether it was her work as a senior Justice Department official, a small businesswoman, a Mom at home, a senior aide and counsel in Congress, a Member of the House of Delegates or now as our Congresswoman, Barbara knows the challenges facing the 10th District because she has lived them with us and fought for us to get results on our priorities.

## SHE GETS RESULTS

- › Advance breakthroughs in 21st century cures for chronic disease such as cancer, Alzheimer's and diabetes.
- › A 5 year Transportation Bill, signed into law, which will help relieve traffic congestion, provide more transportation funds, and make Metro safer and more accountable.
- › A \$600 billion tax relief package, signed into law, for families, small businesses and our technology and defense businesses.
- › Increased defense and cyber funding to protect us from terrorism.
- › Human Trafficking legislation, signed into law, that cracks down on this growing crime and protects women and children.
- › Started two Heroin Task Forces to battle the heroin scourge in our communities and advancing legislation to increase education, treatment and prevention.
- › Started the "10th Congressional District Young Women Leadership Program" for junior high and high school young women.

**"I ask for your vote on  
Tuesday, November 8th.**

As your Congresswoman, I will continue to work tirelessly to strengthen our national security and protect us from terrorism; advance breakthroughs in 21st century cures for chronic diseases such as cancer, Alzheimer's and diabetes; promote a 21st century economy with more opportunity and higher wage jobs; provide transportation funding and solutions; and fight the growing problem of human trafficking and heroin abuse in our community."

*Barbara Comstock*

703.731.4466 / [info@barbaracomstockforcongress.com](mailto:info@barbaracomstockforcongress.com) / [www.BarbaraComstockForCongress.com](http://www.BarbaraComstockForCongress.com)

Paid for by Comstock for Congress



## NEWS

# McLean High Named Crown Award Finalist

School receives one of the highest national honors in scholastic journalism.

BY STEVE HIBBARD  
THE CONNECTION

**M**cLean High School's "The Highlander" was named a national Crown Award finalist by the Columbia Scholastic Press Association (CSPA) — one of the highest honors in scholastic journalism across the country for overall excellence.

"Members of the newsmagazine staff and I are all very excited about this award," said Lindsay Benedict, who teaches journalism and broadcast journalism at McLean High School. "To be in the running for a Gold or Silver Crown this year shows that my students are continuing to push their limits in terms of design and writing, as well as reporting on issues readers care about."



PHOTO CONTRIBUTED

(Pictured front to back, left to right): Sarah Therriault (holding The Highlander newsmagazine's Gold Crown award), Carlyn Kranking (holding The Clan yearbook's Silver Crown award), Zeerick Malik, Shanzeh Umerani, Young In Seo, Aisha Singh, Caroline Watkins and Graham Gibson show off their awards on the steps of Columbia University's campus on March 17, 2016. Students attended training sessions and workshops led by journalists and advisers on the campus for three days.

**THE ANNOUNCEMENT** means that "The Highlander" has already been awarded either a Gold or Silver Crown from CSPA and they will find out which one they earned at the CSPA Convention this coming Spring in New York City. The school received Sil

SEE CROWN FINALISTS, PAGE 9

## OFFICE BEAUTIFUL

An Office at Work or at Home,  
We Have the Design & Furnishing for You



- **Free** Space Planning & Design
- **Free** Delivery
- **Free** Installation
- **Exec Desk**
- **Exec Chairs**
- **Computer Furniture**



## NORTH AMERICAN OFFICE FURNITURE INC.

204-A Mill Street N.E. • Vienna, VA 22180

(703) 938-3672 • FAX (703) 938-3674

[www.northamericanofficefurniture.com](http://www.northamericanofficefurniture.com)

**garai**  
ORTHODONTIC  
SPECIALISTS  
BracesVIP.com



Dr. Allen S. Garai

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Elite Invisalign Provider
- Attending Faculty – Orthodontic Department Children's/Washington Hospital
- Over 15 years of teaching orthodontics and private practice

"BEST ORTHODONTIST"  
Washingtonian Magazine  
Families Magazine

"TOP ORTHODONTISTS"  
Northern Virginia Magazine  
Virginia Living  
Health & Beauty Magazine

## Thinking **invisalign**: the choice is **clear**

- **Orthodontic Specialist** NO additional charge for braces to resolve challenging problems or non-compliance cases
- **Board Certified Orthodontist**
- **Experience** (invisalign over 15 years)
- **Attending Faculty** (teaching invisalign at Washington Hospital Center Department of Orthodontics)
- **Voted "Top/Best"** orthodontist in Northern Virginia
- **Affordable**—full in-house financing with 0% interest and affordable monthly payments



Please call our office to set up your **Complimentary Consultation**

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



703.281.4868  
[BracesVIP@gmail.com](mailto:BracesVIP@gmail.com)  
[www.BracesVIP.com](http://www.BracesVIP.com)

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

# OPINION

## Vote No Later than Tuesday, Nov. 8

### Vote early (“absentee in person”) through Saturday, Nov. 5.

Who knows what will happen on Election Day? Voters can avoid the uncertainty of possible traffic gridlock, bad weather or other impediments by voting “absentee-in person.” If you work, you qualify to vote absentee because of the possibility you could be commuting and working for 11 hours on Election Day. There are many other reasons voters qualify to vote early in Virginia.

Voters can vote absentee-in person at Fairfax County Government Center, Conference Room 2/3, 12000 Government Center Parkway, Fairfax, now through Friday Nov. 4, 8 a.m. to 8 p.m. and Saturday, Nov. 5, 9 a.m. to 5 p.m.. Nov. 5 is the last day to absentee vote in-person.

Absentee voting is also available at 10 satellite locations, now through Friday, Nov. 4, 2-8 p.m. and Saturday Nov. 5, 9 a.m. to 5 p.m.

Satellite voting locations:

- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
- ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
- ❖ McLean Governmental Center - 1437 Balls Hill Rd., Community Room, McLean
- ❖ North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston

- ❖ West Springfield Governmental Center - 6140 Rolling Road, Springfield
- ❖ Mason Governmental Center - 6507 Columbia Pike, Annandale
- ❖ Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria
- ❖ Sully Governmental Center - 4900 Stonecroft Blvd., Chantilly
- ❖ Lorton Library - 9520 Richmond Hwy., Lorton, Saturdays only.

#### VOTING ON THE QUESTIONS:

Here are our recommendations:

Vote YES for the MEALS TAX. Fairfax County needs to find alternatives to the real estate tax, and in Virginia, there are not many options allowed to localities. This is one of the few alternatives available.

Vote YES for the three Fairfax County Bond Questions: Vote YES for Transportation; vote YES for Parks; Vote Yes for Human Services.

Vote NO on on Question One. This anti-union language is already Virginia law; it doesn't belong in the Virginia Constitution.

#### For Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, or you face any other challenge to voting at your polling place, don't panic or give up. You will be given the opportunity to vote a provisional ballot. Ask for a provisional ballot if one is not immediately offered. You will then have until Monday, Nov. 14 to resolve

the issue and demonstrate your right to vote.

After completing the provisional ballot, you will be given written instructions from the election officials on how to submit a copy of your identification so that your vote can be counted.

A voter will have until noon on Monday, Nov. 14, following the election to deliver a copy of identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Monday, or the provisional ballot cannot be counted.

Also by noon on Monday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a temporary identification document. This document may be provided to the electoral board to suffice the identification requirement.

#### CORRECTION

Voters who do not present photo ID and vote by provisional ballot have until noon on Monday, Nov. 14 after the election to present their identification. Previous coverage reported that the cutoff was Friday.

— MARY KIMM

KIMM.MARY@GMAIL.COM

#### EDITORIAL

#### LETTERS TO THE EDITOR

### Wolf's Legacy, Record of Her Own

To the Editor:

For nearly 30 years our community benefited from Congressman Frank Wolf's strong representation. Now, we are fortunate to have Congresswoman Barbara Comstock not only carrying on his legacy, but building a strong record of her own. Comstock has proven that she listens to her constituents and protects their interests when she votes.

Comstock is actively engaged in the fight against human trafficking. One of her very first floor speeches in Congress addressed this heinous crime. The cornerstone of that legislative package, The Human Trafficking Prevention, Intervention, and Recovery Act of 2015, passed the House and Senate and was signed by the President.

Congresswoman Comstock is giving voice to those who have no opportunity to speak for themselves. She is compassionate and genuine. We could not have a better leader

working for us in Congress.

**Ann-Lewise Shaw**  
McLean

### Sierra Club Endorses Bennett

To the Editor:

This election season has seen very little discussion of climate change, even though it is an increasingly pressing issue: 2015 was the hottest year in recorded history worldwide, and 2016 is on track to be even hotter. Here in Virginia, we are already experiencing the effects of global warming in the form of rising sea levels. We need Congressional action to ensure an organized, economical and equitable transition away from fossil fuels. Yet the Republican-led Congress is steeped in denial and more interested in dismantling the powers of the Environmental Protection Agency than in addressing climate change.

Representative Barbara Comstock has been one of the Republicans standing in the way of action on climate. The Sierra Club

has endorsed her challenger, LuAnn Bennett, for Congress as a candidate who understands the threats posed by climate change and is committed to solutions.

The Sierra Club's endorsement decision includes a review of the candidate's environmental platform and answers to the detailed questions we pose. We believe LuAnn Bennett is best qualified to serve the 10th District.

**Ivy Main**  
McLean

### Meals Tax: A Tool We Have

To the Editor:

As a fiscal conservative, to me it's pretty simple — the meals tax is one of the only tools we have as an alternative to property taxes. It's widely agreed that Virginia counties rely too heavily on property taxes for revenue, forced by state laws barring them from other sources that cities and towns have (such as taxing alcohol or increasing tax on tobacco) and returning to us just 22 cents on every state revenue dollar generated in Fairfax County.

There's a reason why most Virginia counties have adopted a meals tax. It's why the McLean Citizens Association (no shrinking violet on fiscal restraint) and the League of Women Voters are among the many groups that have analyzed it and support it. Every dollar collected this way is better than that dollar coming from real estate taxes.

Adopting it also will show Richmond that we're taking advantage of the one alternative revenue tool already available, bolstering our case in seeking a fairer share of state revenue returned to us.

People should not conflate the meals tax question with spending issues; a “no” vote on this does not promote fiscal restraint, or substitute for citizen vigilance and holding our elected officials accountable on program performance and spending. This referendum is NOT the logical or useful place to register concerns about spending and fiscal restraint. Those matters need to be addressed continually in their own right, via political scrutiny of the budgets and spending and operations.

**William Andrie**  
McLean

## McLean CONNECTION

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

An independent, locally owned weekly newspaper delivered to homes and businesses.

**Published by**  
**Local Media Connection LLC**

**1606 King Street**  
**Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
**mclean@connectionnewspapers.com**

**Kemal Kurspahic**  
Editor ❖ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Ken Moore**  
Community Reporter  
240-393-2448  
[kmoore@connectionnewspapers.com](mailto:kmoore@connectionnewspapers.com)

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

**Trisha Hamilton**  
Display Advertising  
703-624-9201  
[trisha@connectionnewspapers.com](mailto:trisha@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising  
703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://www.facebook.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

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

**CIRCULATION: 703-778-9427**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





## WEEK IN MCLEAN

### Buy a Christmas Tree or Wreath and Help Needy Families

McLean Rotary Club and Share, Inc. are partnering on a project to help the needy in the community this holiday season. They are selling freshly-cut Fraser fir trees and wreaths at cost (about half retail price) and they ask that when you pick up your tree and/or wreath, you bring \$35 worth of groceries, grocery gift cards, or a donation for Share. A flyer describing the program and an online order form are at [www.foodfortrees.org](http://www.foodfortrees.org). Orders must be in by Nov. 15. Tree pickup is Saturday, Dec. 3 from noon to 4 p.m. in the McLean Baptist Church parking lot, 1367 Chain Bridge Road in McLean.

SEE WEEK, PAGE 19

## Home of the \$6,850 Bathroom Remodel

From Now to WOW in 5 Days Guarantee

### TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

10% down  
nothing until the job  
is complete for the  
past 17 years



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999



Free Estimates

703-999-2928

Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

### Oak Hill Remodeled Home Tour

NOVEMBER 5TH | 12PM-4PM



Remodeled Kitchen, Master Bath, Laundry Area, Dream Closet, Powder Room & More



Master Bath



Dream Closet

3295 WILLOW GLEN DRIVE, OAK HILL, VA 20171

SUN DESIGN

additions | kitchens | baths | basements | outdoor spaces

703.425.5588

[SunDesignInc.com](http://SunDesignInc.com)

[info@sundesigninc.com](mailto:info@sundesigninc.com)

### Saint Ann Catholic Church

#### SUNDAY LITURGY SCHEDULE:

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

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

PARISH WEBSITE:  
[www.stannchurch.org](http://www.stannchurch.org)

#### DAILY EUCHARIST:

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

All Are  
Welcome!



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



## NEW LEADERSHIP FOR OUR COMMUNITY

- **Keeping America Safe** by supporting tough, smart policies to destroy ISIS and combat terrorism
- **Creating New Jobs** by rebuilding our infrastructure, supporting small businesses and investing in new industries
- **Ensuring High-Quality Education** by supporting community colleges, reducing student loan debt and expanding universal Pre-K
- **Enacting Equal Pay** so women get paid the same as men for doing the same work
- **Supporting Bipartisan Transportation Solutions** to invest in our roads and bridges and improve the safety, management, and oversight of Metro

VOTE FOR  
LUANN ON  
TUESDAY,  
NOVEMBER 8TH!

Paid for by LuAnn Bennett for Congress



[LuAnnForCongress.com](http://LuAnnForCongress.com)

[/LuAnnForCongress](https://www.facebook.com/LuAnnForCongress)

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



# VOTE NO ON THE MEALS TAX!

It raises the total tax on a wide range of meals, carry-out, and prepared foods to **10%**.



**IT'S REGRESSIVE AND HURTS THOSE LEAST ABLE TO PAY.**

**The meals tax hits more than just restaurant meals, it impacts:**

- ➡ **Busy families** with parents working more than one job.
- ➡ **People on low and fixed incomes.**
- ➡ **Families juggling work and school schedules.**

**It's vague.**

**It's expensive.**

**It's written by politicians, for politicians.**

On November 8, send the Board of Supervisors a message:

**NO to regressive taxes! NO to the meals tax!**



[www.stopthefoodtax.com](http://www.stopthefoodtax.com)

Paid for and Authorized by Fairfax Families Against the Food Tax Referendum Committee



# Crown Finalists

FROM PAGE 5

ver Crowns in 2008 and 2003, and a Gold Crown in March 2016. Some 1,190 publications were entered this year, including yearbooks, newspapers/news magazines and literary magazines. Last year, of the 1,186 publications that were judged, “The Highlander” was one of 76 Gold Crown recipients, and of those, it was one of 16 magazines.

According to the CSPA website: “Crown Awards are the highest recognition given by the CSPA to a student print or digital medium for overall excellence... They consider all aspects of value to the reader or viewer: content, design or presentation, coverage, photography as well as writing and editing.”

“My students don’t put as much effort as they do into the newsmagazine just for the awards they might win—they do it because they genuinely care about creating a high quality publication that will inform and entertain their readers, said Benedict. “The most rewarding part of the process for the staff is seeing students and teachers throughout the school discussing and enjoying their work when a new issue comes out.”

She added: “I am extremely proud of the way my students collaborate to improve each other’s work. We consider the journalism staff to be like a family, and like a family, they are always supportive of each other and enthusiastic about working together to

publish the best issue they possibly can every time.”

**LAST YEAR’S EDITORS-IN-CHIEF** were Jake Barnett, Ashwin Dasgupta, Melanie Pincus and Liam Zeya. While three graduated in June, Pincus is continuing on as one of the three editors-in-chief this year. Carlyn Kranking and Ingrid Morse are the other two current editors-in-chief.

John Corvari, who won for his sports story in The Highlander, was one of the sports editors last year. He graduated in June and wrote a story about students who repeat one or more years of high school in order to gain an advantage in sports. Corvari is one of 10 finalists in the National Scholastic Press Association (NSPA) Sports Story of the Year competition—that means he wrote one of the top 10 sports articles in the entire country. His article also received first place in the category of Sports News in the Virginia High School League’s Multimedia Contest. Maggie Laird also won for her sports action photo in The Clan yearbook at McLean High.

Last March, several Highlander staff members along with Benedict attended the CSPA spring convention on the Columbia University campus to receive their Crown Award at the closing awards ceremony, as well as to attend scholastic journalism training sessions and workshops. This year, they are planning to attend the NSPA spring convention in Seattle instead, so Benedict is not certain that they will attend the CSPA convention as well.

**Inside or out...**



**...Tech Painting’s got you covered!**



Serving:  
VA  
DC  
MD  
OBX

**703-684-7702**

**www.techpainting.com**

Since 1987

**What’s your different?**



**Here’s our different:**

**We pay your fees at every ATM in America.**

Ask about a Convenient Checking account

**Bank to a different beat**

703-684-1655 • [burkeandherbertbank.com](http://burkeandherbertbank.com)  
or visit your nearest branch today.

6705 Whitter Avenue, McLean

**Burke & Herbert Bank**

At Your Service Since 1852™

MEMBER FDIC Minimum deposit to open \$25. ©2016 Burke & Herbert Bank



**Somebody really, really wants you to look into joint replacement.**

If pain is holding you back in life, talk to the joint replacement specialists at OrthoVirginia. Our team performs more than 2,000 hip, knee and shoulder replacements a year – that makes us an area leader in joint replacement. Find out more by coming to a free joint replacement seminar. You – and your best friend – will be really glad you did.

Attend a **FREE** Joint Replacement Seminar  
To register:  
[orthovirginia.com/joints](http://orthovirginia.com/joints)

**“ConforMIS Customized Knee Replacement”**  
**Mark Hartley, MD**  
Wednesday, November 9, 6:30 – 7:30 p.m.  
Reston Hospital Center  
Classroom C, West Wing

**“The Latest Advancements in Total Shoulder Replacement”**  
**Christopher Annunziata, MD and David Novak, MD**  
Tuesday, November 15, 6:30 – 7:30 p.m.  
OrthoVirginia Tysons Office



**orthovirginia.com/joints**



# 'Under the Gun' Presented in Mclean

By STEVE HIBBARD  
THE CONNECTION

## League of Women Voters holds documentary screening and expert panel at McLean Community Center.

About 100 people attended the "Under the Gun" documentary screening and expert panel sponsored by the League of Women Voters of the Fairfax Area (LWVFA) on Thursday, Oct. 27, 2016, at the McLean Community Center.

The film narrated by Katie Couric examined gun violence prevention in America by focusing on several of the gun tragedies in the U.S., including the mass shootings at Sandy Hook Elementary School in Newtown, Conn., and the movie

theater in Aurora, Colo., and what lawmakers are doing to stop the violence. The film was 1 hour, 51 minutes, and debuted at the Sundance Film Festival last summer.

Moderated by Ruth Hoffman,

co-chair of the League of Women Voters' Firearms Safety Task Force, the panel discussion after the film included speakers Matt Bennett, one of the original founders of Third Way, a D.C.-based centrist think tank and advisor to the

Sandy Hook families; and Peter Read, retired U.S. Air Force officer whose daughter Mary Karen Read, age 19, was killed during the Virginia Tech shootings in 2007.

"You hear that this issue is a difficult political issue, but that shouldn't be an excuse for inaction," said Hoffman. "We cannot be complacent...I hope everyone will walk away from this conversation wanting to be part of the conversation. I know there's some middle ground."

**AFTER THE FILM SCREENING**, questions were presented to each speaker and some came from audience members.

"My daughter Mary was one of 32 students and faculty who were taken from us in an act of gun violence," said Peter Read. A 2006 graduate of Annandale High School, "Mary was the daughter every father wants to have. She was universally remembered for her smile and she had a special gift for compassion and empathy."

Since the shooting, he said he's gotten to know many of the survivors and victims of gun violence. "Not a day goes by that I don't think of Mary," said Read. "I can't really explain it; it's like there's a hole in the life of our family, in the life of our community that's shaped like her — it never gets filled in."

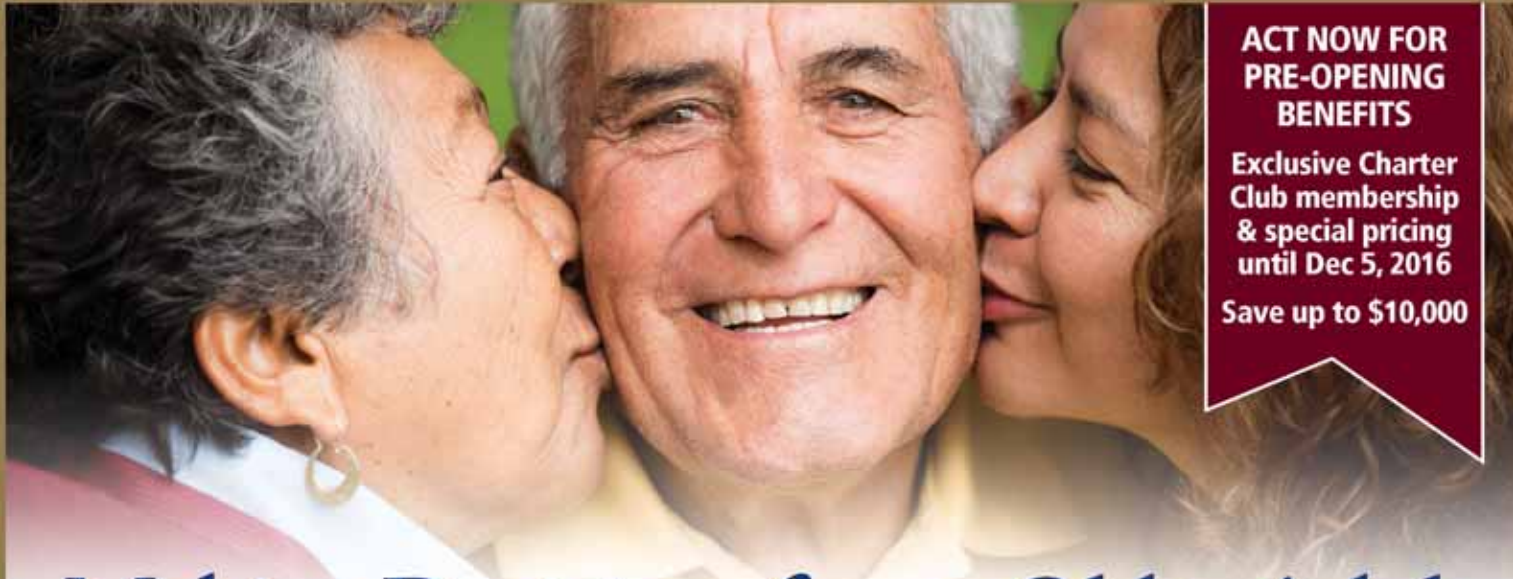
The mass shooting at Sandy Hook wasn't enough to pass a bill in Congress to change gun legislation, according to Bennett. "There's only been two times in history that major gun legislation has been passed in the United States," he said. (The 1968 Gun Control Act and the 1993 Brady Handgun Violence Prevention Act.) "It seems almost impossible to pass federal gun legislation when Democrats aren't in control of Congress."

When asked how people could get more involved in the issue, Read said: "I would say the first step is what I see here — be willing to get involved. Get to know like-minded citizens and learn together what the issue is — how you can impress upon your elected citizens."

He said since the Virginia Tech tragedy in 2007, he's been visiting with his elected lawmakers across the bridge on Capitol Hill as well as in Richmond.

Bennett added: "If you want to get involved, there's a lot of good groups out there. There's the Brady Group, which had Jim and

SEE 'UNDER THE GUN,'  
PAGE 11



**ACT NOW FOR PRE-OPENING BENEFITS**

Exclusive Charter Club membership & special pricing until Dec 5, 2016

Save up to \$10,000

## Making Decisions for an Older Adult


Wednesday, November 9 • 4pm-6pm • Hilton Garden Inn, 706 West Broad Street, Falls Church, VA  
— RSVP to [kakers@KensingtonSL.com](mailto:kakers@KensingtonSL.com) or 703-570-8671 —

Families of an aging loved one often reach a point where they know their loved one needs a lifestyle change. Glaring signs of decline—such as poor hygiene, frequent falls or social withdrawal—beg for attention. Memory loss or other dementias can be cause for even greater alarm. Unfortunately, guilt, grief, confusion or overwhelm can leave families feeling stuck when looking for care options, before they ever get started. All the while, the deterioration continues.


Join us for advice, information and reassurance from a housecall physician who specializes in working with homebound older adults and those with complex medical needs; an eldercare industry leader who specializes in helping seniors and their families make ideal

lifestyle decisions; and a colleague who experienced the process with her own family and has helped hundreds of others as they've done the same. You'll learn how to:


- Understand the main challenges of making transitions
- Anticipate where transition points are likely to be, and how to incrementally plan for them
- Realistically assess your resources (including time and money) and seek financial assistance
- Get "unstuck" when you find yourself immobilized
- Manage stress effectively and care for the caregiver
- Identify and implement a "good" decision



**Steve Simmons, MD,**  
**DocTalker Family Medicine**  
Dr. Steve is a physician who makes housecalls to bring medical care to homebound adults.







**Jodi Lyons**  
**CEO, Senior Sherpa**  
Jodi is an eldercare consultant who helps older and special needs adults across the country find care.



**THE KENSINGTON**  
*An Assisted Living Community*  
**FALLS CHURCH**

Information Center: 1212 West Broad Street, Falls Church, VA 22046 | 703.992.9868  
[www.TheKensingtonFallsChurch.com](http://www.TheKensingtonFallsChurch.com)





PHOTOS BY STEVE HIBBARD/THE CONNECTION

The panel discussion included (from left: Peter Read, whose daughter Mary was killed during the Virginia Tech shootings; moderator Ruth Hoffman; and Matt Bennett, co-founder of the Third Way think tank.

## ‘Under the Gun’

FROM PAGE 10

Sarah Brady as leaders. (<http://www.bradycampaign.org/>) There’s the Sandy Hook Promise. (<http://www.sandyhookpromise.org/>) All you have to do is sign up online and send an email. It does make a difference.”

Bennett said in Washington state, Initiative 594 passed in 2014, which dealt with universal background checks for gun purchases because the state has two Democratic senators and a Democratic governor. And there are only three other states in the U.S. that have ballot initiatives: Maine, Nevada, and California.

To that end, Read added: “Even here in Virginia where we don’t have ballot measures, I can’t emphasize enough to going to Richmond and making sure our legislators understand that there are people all over the Commonwealth who take this seriously.”

“Everywhere you go in Virginia, you will find people concerned with this issue. It’s important to not only go to Richmond, but to ask them point blank, ‘Do you support universal background checks?’” said Read.

A QUESTION came from the audience:

“What does it take to allow Virginia to pass legislation to allow gun sellers to sell nothing but smart guns in the state?”

Bennett responded that smart guns make enormous sense. “The guns can only be fired by the person who owns it. There’s hand-print technology involved,” he said. “Some 33 people are murdered with guns every single day in this country.”

Read said that he’s been laboring in obscurity to get the gun show loophole closed. “There’s no checks of any kinds. So we have been pushing hard to mandate that those transactions in a gun show would go through a background check,” said Read.

Bennett said that background checks are instant in most cases, and 90 percent of them are conducted in less than two minutes. “So this idea that someone would be inconvenienced is ridiculous,” he said.

“Our league is committed to protecting the health and safety of our community by raising awareness of gun violence prevention and discussing and advancing common sense solutions. We strive to promote reasonable and meaningful measures to prevent future gun violence and to save lives,” said Peggy Knight, co-president of the Fairfax League.



Peggy Knight, co-president of League of Women Voters of the Fairfax Area, said awareness about gun violence has been growing over the past few years.



Ruth Hoffman, co-chair of the League of Women Voters’ Fire-arms Safety Task Force, and panel moderator.

You're Invited



PLEASE JOIN US FOR AN EDUCATIONAL EVENT.

Hear from an MS expert and learn about an oral treatment option for relapsing MS.

<b>Date and Time:</b> 11/09/2016 at 6:30 PM	<b>Location:</b> Mon Ami Gabi 11950 Democracy Drive Reston, VA 20190
<b>Speaker:</b> <b>James Simsarian, MD</b> Neurology Center of Fairfax	<b>Event Code:</b> TR391850 (1346454)

**PLEASE RSVP\*:**

- [RelapsingMultipleSclerosisEvents.com](http://RelapsingMultipleSclerosisEvents.com)
- 1-866-703-6293
- [MSRSVP@ahmdirect.com](mailto:MSRSVP@ahmdirect.com)

\*Registration is limited to two people per RSVP. Photo ID may be requested at event entrance.

Complimentary parking or valet available.  
A light meal or snack may be provided.

Copyright ©2015  
GZUS.MS.15.05.1423(2)

SELECT NIGHTS | 5PM - 9PM

NOV. 16 - JAN. 1

ROERS ZOO FARI - VIENNA, VA  
(Formerly the Reston Zoo)



A UNIQUE EVENT FOR THE ENTIRE FAMILY

Chinese Crafts & Market • Live Stage Performances





PURCHASE TICKETS NOW! \$25 Adults/\$15 Children

[ChineseLanternFestival.com](http://ChineseLanternFestival.com)









**McLean  
Community  
Center**  
*The Center of It All*



## Here's What's Happening at MCC

**Children's Flea Market**  
**Saturday, Nov. 5, 11 a.m.-1 p.m.**  
Patron admission is free.

**Onstage @ The Alden**  
**The Okee Dokee  
Brothers**  
**Sunday, Nov. 6**  
**1 and 4 p.m.**  
\$15/\$10 MCC district residents



**McLean Antiques  
Show & Sale**  
**Saturday, Nov. 12, 10 a.m.-5 p.m.**  
**Sunday, Nov. 13, 11 a.m.-4 p.m.**  
Admission: \$10, Admission price is good  
for both days



**Silent Movie with  
Live Music**  
**"Chicago" (1927)**  
**Tuesday, Nov. 16, 7:30 p.m.**  
\$12/\$8 MCC district residents

**Family Events @  
The Old Firehouse**  
**Unruly Theatre Project  
Improv & Comedy Show**  
**Friday, Nov. 18, 7-9 p.m.**  
Free admission

**Dallas Children's Theater**  
**"Mufaro's Beautiful  
Daughters"**  
**Saturday, Nov. 19, 2 p.m.**  
\$15/\$10 MCC district residents



**The McLean Community Center**  
[www.mcleancenter.org](http://www.mcleancenter.org)  
**Home of the Alden Theatre**  
[www.aldentheatre.org](http://www.aldentheatre.org)



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



## News

# Committed to Innovate

FROM PAGE 3

panellist Edward Abrahams, Ph.D., president of the Personalized Medicine Coalition.

**DEMONSTRATING THE SPIRIT** of cooperation that was a key ingredient of the event, Dr. Rebecca Farkas of Medimmune, headquartered in Gaithersburg, made a presentation on how her company is "building a strong local ecosystem. "Our mission is to help this region become a Top 3 Biotech Hub by 2023." Farkas willingly shared Medimmune's blueprint for building this reputation for the area. The company decided not to "wait for someone else or some government agency" to get the ball rolling, and has developed a new logo and regional brand material that they want to "get into the collective conscious." They are "meeting their neighbors in their own backyard" to lead the way to their goal.

For those in the audience who were still awaiting a deeper dive into the "personalized health" topic that was part of the event's title, final speakers James McClain, Acting Chief Technology Officer for the National Institutes of Health Precisions Medicine Initiative, and Dr. John Niederhuber, CEO of host Inova Translational Medicine Institute did not disappoint. McClain went into significant detail on the NIH's "All of Us" Research Program which will grow to capture enormous amounts of data on one million volunteer participants for years to come. The project will not focus on a particular disease, and by allowing easier access to the data, will provide resources for researchers, participants, and citizen-sci-

entists on a variety of conditions. Precision, personalized medicine is the next great frontier according to McClain and his colleagues. "Imprecise medicine costs everyone time, money and health."

Niederhuber spoke to the fact that medicine and the treatment strategies of today generally begin at "acute" – when the patient is already ill. "And we've been treating for the 'average' since we began," while each person is a unique entity. Personalized medicine, based on an individual's DNA, risk factors, environment, behavioural choices and other person-specific factors makes prevention the goal, and customized and more effective treatment the new norm when prevention is not possible.

Neatly tying the topics and the considerations of the day's events into a closing bundle, Niederhuber reiterated that personalized healthcare will require a collaborating team of experts, who were equally expert at being a team. Doctors, patients, researchers, information technology and cyber security experts, engineers, academics, students, and government at all levels will need to contribute to make personalized care a reality and to reap its benefits in our lives and in our region's wellbeing and continued growth.

And as for where the Commonwealth now ranks on biotech matters? Governor McAuliffe says we are making great strides. To prove his assertion, he was pleased to tell the audience that in June of this year, at the 2016 Bio International Convention in California, he received the 2016 Governor of the Year award in recognition of leadership and commitment to strengthening the biosciences industry within Virginia. "And we are just starting to put our foot on the gas."

## EXCEPTIONAL SCHOOLS FAIR

**November 13, 2016 | 11:00am - 2:00pm**  
[www.exceptionalschoolsfair.com](http://www.exceptionalschoolsfair.com)



Showcasing the many wonderful school choices available to families of children with diverse learning needs. Admission is FREE and open to the public.



### KATZEN ARTS CENTER

AMERICAN UNIVERSITY @ WARD CIRCLE  
MASSACHUSETTS AVE NW & NEBRASKA AVE NW  
WASHINGTON, D.C.



### PARTICIPATING SCHOOLS

THE AUBURN SCHOOL | BREHM PREPARATORY SCHOOL | CHELSEA SCHOOL  
COMMONWEALTH ACADEMY | CORTONA ACADEMY | THE DIENER SCHOOL  
EAGLE HILL SCHOOL | EMERSON PREPARATORY SCHOOL | FORMAN SCHOOL  
THE FROST SCHOOL | FUSION ACADEMY | THE GOW SCHOOL  
THE HOWARD GARDNER SCHOOL | THE IVYMOUNT SCHOOL | THE KATHERINE THOMAS SCHOOL  
THE KILDONAN SCHOOL | KINGSBURY DAY SCHOOL | THE LAB SCHOOL  
LANDMARK SCHOOL | THE MADDUX SCHOOL | MANSEF SCHOOLS | MIDDLEBRIDGE SCHOOL  
NATIONAL CHILD RESEARCH CENTER | THE NEWTON SCHOOL | THE NORA SCHOOL  
NORTHSTAR ACADEMY | OAKLAND SCHOOL | OAKWOOD SCHOOL | PARKMONT SCHOOL  
PHILLIPS SCHOOL | THE SIENA SCHOOL | WYE RIVER UPPER SCHOOL



Sponsored by the American University School of Education, Teaching and Health  
For more information, please contact Bekah Atkinson at [exceptionalschoolsfair@gmail.com](mailto:exceptionalschoolsfair@gmail.com)



# CALENDAR

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

## ONGOING

**McLean Farmers Market.** 8 a.m.-noon. Fridays from May 6-Nov. 18. Lewinsville Park, 1659 Chain Bridge Road, McLean. The market provides area residents an opportunity to purchase locally grown or produced products. [fairfaxcounty.gov/parks/farmersmarkets](http://fairfaxcounty.gov/parks/farmersmarkets)

### McLean Project for the Arts

**Exhibition** 10 - 5 p.m. Sept. 15 through Nov. 5, 1234 Ingleside Avenue McLean. MPA is opening three new exhibitions open between the above dates. Cost: Free. [mpaart.org/exhibitions/](http://mpaart.org/exhibitions/) Contact: Rachel Rippis [rrippis@mpaart.org](mailto:rrippis@mpaart.org)

**Cheerleaders for Charity** Fridays 5:45 - 6:30 p.m. Sept. 16 - Dec. 9 No lesson on 11/11, 11/25 & 12/2. McLean Community Center 1234 Ingleside Avenue. Introduces students to cheers, motion techniques, jumps, and more. Come build flexibility, physical conditioning and self-esteem. Cheerleaders for Charity performs at a charity event each semester. This class requires a cheer uniform fee of \$70. Instructor: Miss Raven, USA Gymnastics Certified Instructor. [mcleancenter.org](http://mcleancenter.org)

**Aerobic Dance Workout Mondays** 9:15 - 10:10 a.m. Sept. 19 through Dec. 12 No lesson on 10/10. McLean Community Center 1234 Ingleside Avenue. Choreographed routines provide heart-healthy benefits, while sculpting and mat work offer strengthening and stretching. Please bring aerobic shoes, light weights, tubing and a mat. Instructor: BodyMoves Fitness, LLC. Cost: \$168/\$144 MCC district residents. [mcleancenter.org](http://mcleancenter.org)

**Zumba Mondays** 10 - 11 a.m. Sept. 19 - Dec. 12 No lesson on 10/10 and 10/31. Old Firehouse Teen Center (OFTC), located at 1440 Old Chain Bridge Road. A great cardio workout, set to Latin music, and targets the whole body. Instructor: Joy of Dance Staff. \$172/\$143 MCC district residents. [mcleancenter.org](http://mcleancenter.org)

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

**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](http://FreeTaiChi.org). 703-759-9141.

## SATURDAY/NOV. 5

**Stop Hunger Now Meal Packaging Event** 8 a.m. - 4:30 p.m. Redeemer Lutheran Church 1545 Chain Bridge Rd McLean. To donate to Stop Hunger Now McLean or to register to volunteer for the November 5th Meal Packaging Event go to <http://events.stophungernow.org/McLeanRotary2016>

**Children's Flea Market** 11- 1 p.m. McLean Center 1234 Ingleside Avenue. There will be bargain prices at the Children's Flea Market. Children's toys, clothes, games and other items will be sold by those who know them best...the kids. Help support our local youths' entrepreneurial venture. Admission: free. [www.mcleancenter.org](http://www.mcleancenter.org)

## SUNDAY/NOV. 6

**The Okee Dokee Brothers at The Alden** 1 p.m. 1234 Ingleside Ave. McLean. Grammy Award-winning Folk & Roots Music for Families. Justin Lansing and Joe Mailander



PHOTO BY CAROLINE WATKINS/THE CONNECTION

**Santa makes an appearance in McLean's seventh annual WinterFest parade on Dec. 6, 2015. This year's parade will be held on Sunday, Dec. 4 beginning at 2:45 p.m. along the Chain Bridge Road. [www.mcleanvfd.org](http://www.mcleanvfd.org). Registration to be in the parade is open now at [www.mcleanwinterfest.org](http://www.mcleanwinterfest.org), benefitting Share of McLean.**

## Plan Ahead McLean

### SUNDAY/NOV. 20

**The Washington Symphonic Brass.** As a Thanksgiving appetizer, the area's premier brass ensemble offers a cornucopia of music from the cultures that created America. 4 p.m. at Saint Luke Catholic Church. Tickets are \$30 and may be purchased at the door or online at <http://www.amadeusconcerts.com>. Students 17 and under and active military are admitted free of charge. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 p.m., 45 minutes prior to the start of the concert. A reception will follow the concert, at which attendees may meet and chat with the performers and fellow music lovers.

### FRIDAY-SUNDAY/NOV. 25-27

**Thanksgiving Art and Craft Show** presented by The Northern Virginia Handcrafters Guild (NVHG) at the recently renovated Spring Hill RECenter, 1239 Spring Hill Rd., McLean. The show will feature the original handmade craft and artwork of approximately 80 juried artists and artisans offering original jewelry, woodworking, photography, painting, fiber art, pottery, fused and stained glass, and much more. Friday and Saturday 10 a.m. to 5 p.m. and Sunday, 11 a.m. to 4 p.m. Admission is \$5 for adults (free for children 12 and under) and includes free return and free

parking. For more information, visit [www.nvhg.org](http://www.nvhg.org).

### FRIDAY-SUNDAY/ DEC. 2-4

**McLean Holiday Crafts Show.** 11 a.m.-7 p.m. Friday, 10 a.m.-6 p.m. Saturday, 11 a.m.-4 p.m. Sunday. McLean Community Center, 1234 Ingleside Ave. McLean, VA 22101. This highly regarded, juried show features fiber arts, wood, ceramics, pottery, jewelry, glass, holiday decor, fashion, items for children, gourmet foods, paper art, photography, sculpture, paintings and more. Cost: Adults \$5, children free. Visit <http://www.mcleancenter.org/>.

### SUNDAY/DEC. 4

**McLean WinterFest parade & celebration** 2016 Begins at 2:45 p.m. on Old Chain Bridge Road The star of the parade, Santa, will be riding on top of the McLean Volunteer Fire Department's antique fire engine. [www.mcleanvfd.org](http://www.mcleanvfd.org) REGISTRATION for WinterFest OPEN NOW. [www.mcleanwinterfest.org](http://www.mcleanwinterfest.org)

### SUNDAY/DEC. 18

**McLean Symphony Family Holiday Concert.** 3 p.m. at McLean Community Center, 1234 Ingleside Ave. McLean, VA 22101. Features Antonio Vivaldi's Winter from "The Seasons" and highlights from Gian-Carlo Menotti's "Amahl and the Night Visitors." Admission: \$25/adults, \$20/seniors, \$15/students.

have been exploring the outdoors together since they were kids, and have translated these adventures into song. Cost: \$15/\$10 MCC tax district residents. [mcleancenter.org](http://mcleancenter.org)

**All Saints Sunday** at 5:30 p.m. St. John's Episcopal Church located one mile east of Beltway Exit 44, at 6715 Georgetown Pike. Requiem in D Minor will be offered at St. John's Episcopal Church The St. John's Choir will be joined by choristers from St. Dunstan's Church and will be accompanied by three trombones, a french horn, and an organ. 703-356-4902

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

**3rd annual McLean Interfaith Choral Concert** 7 p.m. at Temple Rodef Shalom 2100 Westmoreland Street, Falls Church. The concert will feature choirs from local faith

communities. Admission: free. Just bring Thanksgiving food items for the food pantry.

### TUESDAY/NOV. 8, 2016

**Election Day.** General election. [sbe.virginia.gov/](http://sbe.virginia.gov/) and [fairfaxcounty.gov/elections/upcoming.htm](http://fairfaxcounty.gov/elections/upcoming.htm)

### FRIDAY/NOV. 11

**Everything Christmas Sale** Preview Sale: 4 - 7 p.m. Main Sale is 9 a.m.-noon on Saturday. At The First Baptist Church of Herndon 681 Elden St. There will be holiday decorations and a variety of gift options. The proceeds benefit The Closet of the

SEE CALENDAR, PAGE 14

# CHILDREN'S FLEA MARKET

Saturday, Nov. 5, 2016  
11 a.m.-1 p.m.

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

*Free patron admission, partner!*

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

Free Outdoor Film and "The Nighthawks" Concert Opening Night!

# 10 years

## Alexandria Film Festival

*Join us as we mark a decade of celebrating independents*

# November 10-13

[AlexFilmFest.com](http://AlexFilmFest.com)  
#AlexFilmFest | @AlexFilmFest

Special thank you to



# Live & Online Luxury REAL ESTATE AUCTION

**SATURDAY, NOVEMBER 5 • 11:30AM**

*Held ON SITE - 1 Court Sq., Madison, VA 22727*

*Pre-Register Now or on Auction Day at 11am*

## THE EAGLE HOUSE CIRCA 1730 - MADISON, VA



Own a Piece of History! The Eaheart's are downsizing and the Eagle House, a Historic Mansion circa 1730 is ready for a new owner. The 10,000+- Sq. Ft residence 7 Bdrms, 5.5 Baths, 13 Fireplaces, Gourmet Kitchen and Historic Taproom with a solid walnut bar & hanging grill, visited by George Washington.

**Excellent Potential for Bed & Breakfast, Residential and Commercial Use**

**\$250,000 OPENING BID!**  
**Original List Price: \$1,500,000**



**AUCTION PREVIEW:**  
**Sunday, Oct. 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> • 1-3pm**



Lic #2908000975  
10% Buyers Premium

**PRIME AUCTION SOLUTIONS**  
**REAL ESTATE**  
ACCELERATED MARKETING & SALES

**Visit [www.PrimeAuctionSolutions.com](http://www.PrimeAuctionSolutions.com)**  
**for an information packet & Details**

**Find us on Facebook and become a fan!**

**[www.Facebook.com/](http://www.Facebook.com/connectionnewspapers)**  
**connectionnewspapers**

**THE CONNECTION**  
Newspapers & Online  
The Connection to Your Community  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com)



## DC AREA HOMEOWNERS CHOOSE CASE BECAUSE QUALITY IS EVERYTHING.

With more than 50 years of transforming homes in the DC metro area, Case offers the highest quality in design and craftsmanship, unbeatable client service and the best warranty in the business.

**Visit [casedesign.com](http://casedesign.com) or call 703.241.2980 to schedule your free design consultation today.**



ADDITIONS | BATHS | CONDOS | INTERIORS | KITCHENS

## CALENDAR

FROM PAGE 13

Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students.

### SATURDAY/NOV. 12

**Everything Christmas Sale** 9 a.m.-noon At The First Baptist Church of Herndon 681 Elden St. There will be holiday decorations and a variety of gift options. The proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students.

**Vienna Volunteer Fire Department Fall Bazaar and Craft Show** 10 - 4 p.m. held in the Flame Room at the fire department, located at 400 Center Street, South. The craft show features crafts and home based businesses. Admission: Free. Proceeds from the rental of the table spaces and raffles benefit the fire department in their effort to raise funds for lifesaving fire and rescue equipment. To reserve a space call Carol at 703-309-3468 or email [Dancers1023@aol.com](mailto:Dancers1023@aol.com).

**Model Trains and Thomas Open House.** 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free. [nvmr.org](http://nvmr.org). 703-938-5157.

## Ellen B. Braaten, PhD

*Processing Speed, Learning and the Brain*

Director, Learning and Emotional Assistance Program  
at Massachusetts General Hospital

## Daniel S. Pine, MD

*Anxiety and the Impact on Learning*

Chief, Emotion and Development Branch  
Chief, Section on Development and Affective Neuroscience  
National Institute of Mental Health Intramural Research Program

**Saturday, November 12**

**8:00 am - 2:30 pm**

Breakfast, Keynote Speakers, Workshops, and Lunch | \$35

**Workshops on ADHD, Dyslexia, Mindfulness, College, Academics, Sensory Processing Disorder, Executive Function, and Family Dynamics**

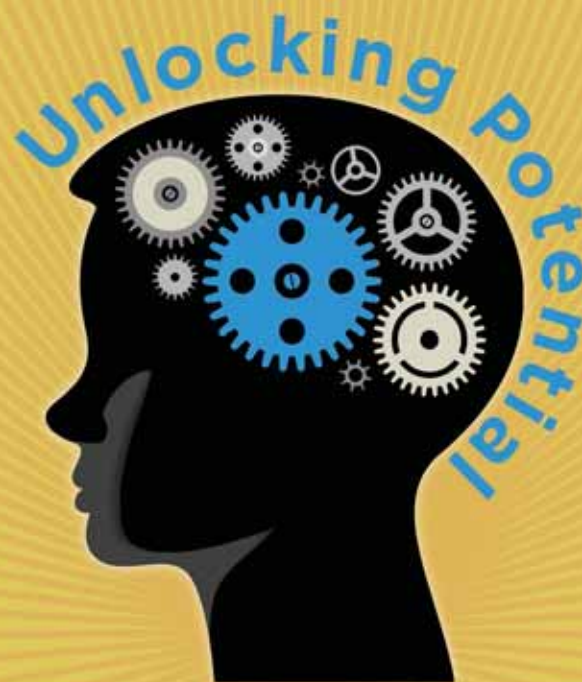
**Register Now!**

**[mcleanschool.org/caw2016](http://mcleanschool.org/caw2016)**

McLean School is a K-12 College-Preparatory School  
Supporting Bright Students' Individual Learning Styles

8224 Lochinver Lane Potomac, Maryland 20854 301.299.8277

## McLean School



**Learning and the Brain**

**Cecily's Advocacy Workshop**



# OPEN HOUSES IN VIENNA



**Sunday November 6, 2-4 PM**

**303 Tapawingo Rd SE and 925 Hillcrest Drive SW**



Stahl Homes creates distinctive homes with superior craftsmanship and attention to detail. Inside and out, we blend timeless architectural details with today's trends and innovations. Visit our website to see our current offerings and open houses.



*Building Quality Custom Homes in Vienna Since 2006*

703-399-9897 | [info@stahlhomesllc.com](mailto:info@stahlhomesllc.com) | [www.stahlhomesllc.com](http://www.stahlhomesllc.com)



## Dermatology & Allergy

SPECIALISTS OF VIRGINIA

Kathryn J. Sowerwine, MD



Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

Dr. Sowerwine has specialized training and experience to find out what causes your allergies, prevent and treat symptoms, and help keep them under control.

Allergy Patch Testing • Asthma • Hives • Allergy Eczema  
Food & Environmental Allergy Testing • Sinusitis  
Insect Venom Allergy Testing • Immunotherapy • Allergic Rhinitis

Accepting New Patients

1800 Town Center Dr., Ste. 415 Reston, VA 20190  
1715 N. George Mason Dr., Ste. 105 Arlington, VA 22205

Phone 703-709-1492 • Fax 703-709-5111

www.dermspecialistsva.com

**THE CONNECTION**  
Newspapers & Online

Holiday Happenings 2016



Call 703.778.9431 or email sales@connectionnewspapers.com  
For special early advertising rates

**LOCAL MEDIA CONNECTION**  
Newspapers & Online  
703-778-9431  
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

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

## WELLBEING

# Managing Holiday Weight Gain

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL  
THE CONNECTION

**H**oliday weight gain between Halloween and New Year's Eve is not only common, a new study published in the New England Journal of Medicine found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?"

What different ways can I celebrate?"

In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing

tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon," she said. "It forces a kind

of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?'" said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said. "It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it."

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

"Some people ... just give up on [weight management] during the holiday season. ... Some people say, 'I'm just going to deal with it in the New Year.' It's easy to get derailed that way."

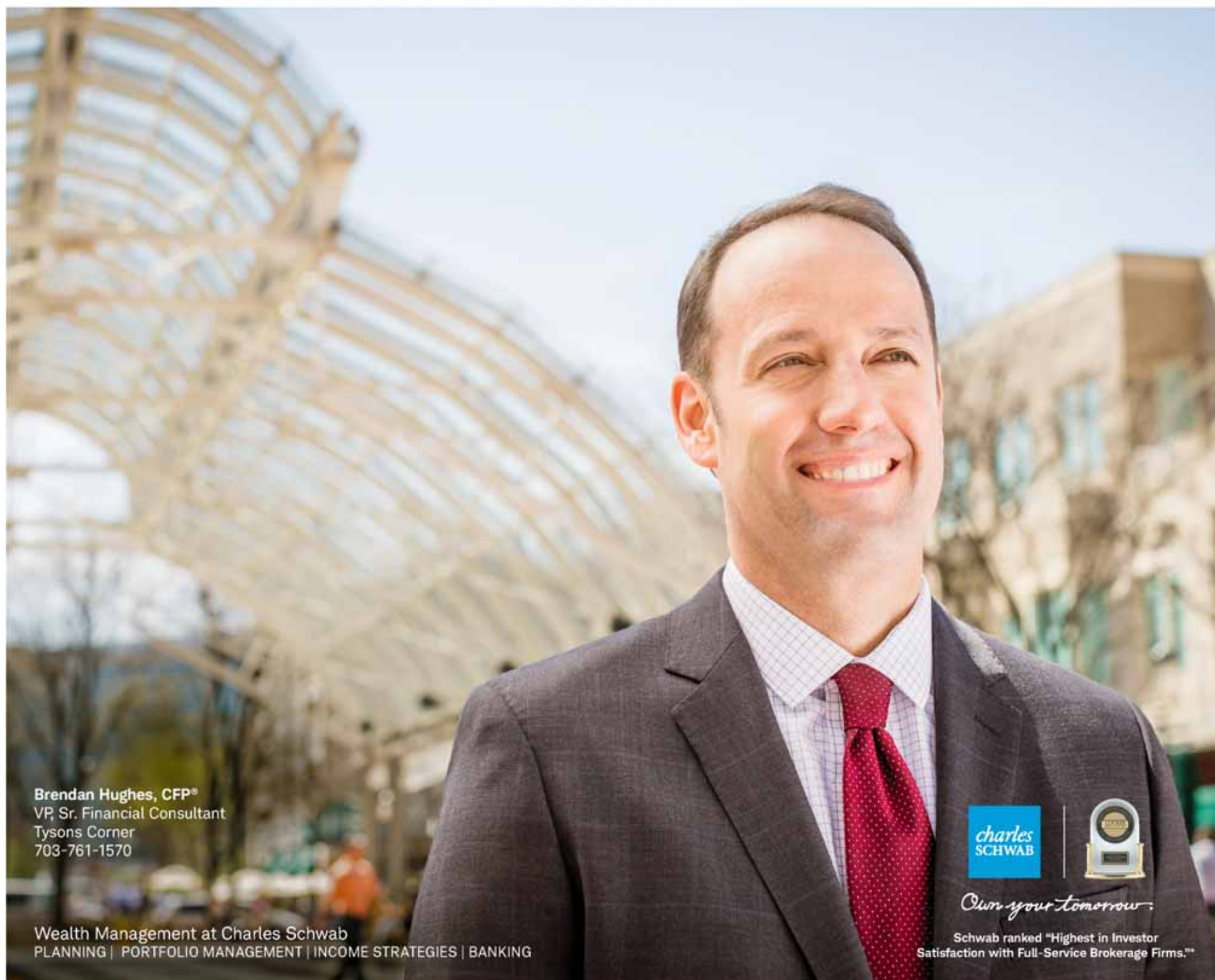
— Domenica M. Rubino, M.D.



Looking for  
a Financial  
Consultant  
who's into  
accountability?

### Meet Brendan.

The small town values of Vienna are what drew Brendan to raise his family here. Those same values are also what drew Brendan to Schwab because he understands that values like straight talk and accountability have a place in wealth management. And he knows that trust anchors any good relationship. If you find this modern approach to wealth management compelling, stop by the Schwab Tysons Corner branch or give Brendan a call.



**Brendan Hughes, CFP®**  
VP, Sr. Financial Consultant  
Tysons Corner  
703-761-1570

**Wealth Management at Charles Schwab**  
PLANNING | PORTFOLIO MANAGEMENT | INCOME STRATEGIES | BANKING

**charles SCHWAB**

*Own your tomorrow.*

Schwab ranked "Highest in Investor Satisfaction with Full-Service Brokerage Firms."

For a full list of branches in the DC area, visit [Schwab.com/DC](http://Schwab.com/DC)

Brokerage Products: Not FDIC Insured • No Bank Guarantee • May Lose Value

There are eligibility requirements to work with a dedicated Financial Consultant.  
Branch located at: 1650 Tysons Blvd., Suite #150, Tysons Corner, VA 22102

To see how Schwab stands by our word, visit [www.schwab.com/accountability](http://www.schwab.com/accountability)

\*Charles Schwab received the highest numerical score in the J.D. Power 2016 Full-Service Investor Satisfaction Study, based on 6,006 responses from 20 firms measuring opinions of investors who used full-service investment institutions and were surveyed in January 2016. Your experiences may vary. Visit [jdpower.com](http://jdpower.com).

Wealth management refers to products and services available through the operating subsidiaries of the Charles Schwab Corporation of which there are important differences including, but not limited to, the type of advice and assistance provided, fees charged, and the rights and obligations of the parties. It is important to understand the differences when determining which products and/or services to select.

The Charles Schwab Corporation provides a full range of brokerage, banking, and financial advisory services through its operating subsidiaries. Its broker-dealer subsidiary, Charles Schwab & Co., Inc. ("Schwab"), Member SIPC, offers investment services and products, including Schwab brokerage accounts. Its banking subsidiary, Charles Schwab Bank (member FDIC and an Equal Housing Lender), provides deposit and lending services and products.

©2016 The Charles Schwab Corporation. All rights reserved. (0516-FY6J) ADP77864-03



## Not a Week In the Knees



By KENNETH B. LOURIE

This is an easy week. No 24-hour urine collection on Tuesday. No pre-chemotherapy lab work on Wednesday. No stress on Thursday waiting for the lab results (to determine if I go in for chemotherapy on Friday). No chemotherapy infusion on Friday. No subsequent side effects: fatigue, general discomfort, eating challenges, etc., for the following Saturday to 10-days-later-Monday. No CT Scan. No P.E.T. Scan. No M.R.I. of the brain and/or liver. No anxiety concerning the results, and no follow-up appointment with the oncologist to assess the damage/discuss the results from all of the above. And most importantly, no strategy session (with my oncologist) to consider the treatment options because things have changed for the worse, which at least for this quarterly moment in time, they have not! For a cancer patient undergoing treatment for an incurable disease, this week is as good as it gets.

Given my chemotherapy infusion intervals: alternating between four and five weeks; my CT Scan intervals: occurring quarterly; my P.E.T. Scan and M.R.I. intervals: every six months — and not every infusion/scan is on a similar day/date schedule, I probably experience the kind of relative calm I described in the opening paragraph, one to two weeks out of every four or five weeks (depending on my infusion schedule) per quarter. Every third month, this 'relative calm' is interrupted by my recurring scans and M.R.I.s. To try and summarize, I would say there's probably three to five of these one-to-two-week intervals over the course of six months when I can semi inhale and breathe normally (lung cancer-related issues notwithstanding). Hey, I'm not complaining; it's a living and one I'm incredibly lucky to still have, nearly eight years post diagnosis. I'm just saying.

And though I'm generally not in the chicken-counting business (nor am I in the collecting my eggs-in-one-basket business, either), I am happy take my life one day at a time, and count myself fortunate to do so, never presuming any facts not in evidence. Nor do I expect any guarantees or clarification concerning my present/future treatment and/or any side effects, challenges, compromises, relating to yours truly having cancer. As Linda Hunt as Stella, a k a "The Midnight Star" (she "always shines at night") said to Kevin Kline — as Paden, in a bar scene from the movie "Silverado": "The world is what you make of it friend. If it doesn't fit, you make alterations."

As a cancer patient, 'alterations' is exactly what you make. Every day. Every night. Every lab. Every infusion. Every scan. Every appointment with your oncologist. Change, as has often been said, is the one constant. To expect consistency or predictability — or dare I say, normalcy — in your cancer life, is out of the question and beyond the realm of possibility. Thinking otherwise is creating additional stress regarding an outcome/eventuality which not only is beyond your control, but totally unrealistic, too.

Cancer is like a roller coaster, but one without any tracks; and one that rarely returns to the station to allow you to get off and get your bearings. For cancer patients, the trip is non-stop, with few opportunities to change direction. All you can do is buckle up and enjoy the ride, sort of. Much easier said than done, I admit.

Nevertheless, viewing one's circumstances without any hope or humor is hardly the positive attitude worth embracing. There's good, as this column seeks to highlight; and more than enough bad, as any cancer patient/others impacted by this terrible disease knows, to go around. As much as I wish it had gone around somewhere else, the reality is, it hasn't and it looks as if it's here to stay; just like me (from my pen to God's eyes).

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

ZONE 6: • ARLINGTON • GREAT FALLS  
• MCLEAN • VIENNA/OAKTON

# HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE 6 AD DEADLINE:  
MONDAY NOON

ELECTRICAL

ELECTRICAL

IMPROVEMENTS

IMPROVEMENTS

LANDSCAPING

LANDSCAPING

**K & D ELECTRIC**  
**COMMERCIAL / RESIDENTIAL SERVICE**  
Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...

Licensed/Bonded/Insured  
Office 703-335-0654  
Mobile 703-499-0522  
lektrkman28@gmail.com

**Roofing • Siding • Gutters**  
**Windows & Doors**  
**Flagstone & Brickwork**

**(703) 587-7762**  
Quality Builds Trust

[www.mainstreet-home-improvement.com](http://www.mainstreet-home-improvement.com)

**GUTTER** **GUTTER**

**GUTTER CLEANING**  
Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards

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

**Picture Perfect**  
**Home Improvements**

**(703) 590-3187**

**HANDYMAN** **HANDYMAN**

Interior/Exterior • Driveway Re-sealing  
Drywall Repair • Window Glazing  
Caulking • Powerwashing  
**Plumbing & Electrical**  
**No job too small**  
**703-884-7768**  
[www.changeprusa.com](http://www.changeprusa.com)

**Remodeling Bathrooms, Kitchens & Basements**

Exterior & Interior Repair, Painting, Carpentry,  
Wood Rot, Drywall, All Flooring, Decks

- FREE Estimates
- EASY To schedule
- FAST & Reliable Service
- NO \$\$\$ DOWN!

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

**IMPROVEMENTS** **IMPROVEMENTS**

**Power Washing**  
Go from Green to Clean. We clean Houses,  
Decks, Fences, Patios, etc. Deck Staining and  
Sealing, Exterior Wood Rot, Deck & Fence Repair.

Single Family Homes \$185.00  
Townhouses \$140.00  
Licensed & Insured • Free Estimates  
email: jnave@comcast.net  
**703-987-5096**

**A&S Landscaping**

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

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

**RN. CONTRACTORS, INC.**

Remodeling Homes, Flooring,  
Kitchen & Bath, Windows,  
Siding, Roofing, Additions &  
Patios, Custom Deck, Painting

We Accept All Major Credit Cards  
Licensed, Insured, Bonded • Free Estimates • Class A Lic  
**Phone: 703-887-3827**  
E-mail: [rncontractorsinc@gmail.com](mailto:rncontractorsinc@gmail.com)  
[www.rncontractors.com](http://www.rncontractors.com)

**MASONRY** **MASONRY**

**Alfredo's Construction Company, Inc.**

- Concrete Driveways
- Patios • Sidewalks
- Stone • Brick

**Phone:**  
VA: (703) 698-0060 • MD: (301) 316-1603  
[www.alfredosconstructioncompany.com](http://www.alfredosconstructioncompany.com)

**HANDYMAN** **HANDYMAN**

**HANDYMAN** **HANDYMAN**

**HAND & HAND HANDYMAN LLC**  
General Remodeling • Residential & Commercial

**DESIGN AND BUILD • COMPLETE HOME RENOVATION**

- Kitchen, Bath, Basement Remodeling • Electricity, Plumbing • Doors, Windows, Crown Molding, Hand Rails, Chair Rails, Interior, Exterior, Finish Carpentry • Interior, Exterior Painting, Pressure Washing • Ceramic, Hardwood Flooring, Refinish Floors, Deck Reflooring
- Build Deck, Fence, Patios, Retaining Walls • Concrete Driveway, Brick or Stone Sidewalk
- Building Maintenance • Residential, Commercial • Foreclosures, Realtors Welcome

Serving Northern Virginia, D.C., Maryland • Licensed and Insured  
**703-296-6409** [Hnhhandyman.com](http://Hnhhandyman.com)

**NOVA**  
**DEERSHIELD**

ARE YOU READY FOR WINTER?  
HAVE YOU PROTECTED YOUR SHRUBS FROM  
HUNGRY DEER?

We offer a one-time spray application that lasts the entire winter. Our product is the longest lasting, most effective product on the market. Created in New England and currently used by over 3000 customers. Call today to get on our schedule for fall application.

540-882-3703 [NOVADEERSHIELD.COM](http://NOVADEERSHIELD.COM)

"It's the only thing that works."

**LAWN SERVICE** **LAWN SERVICE**

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

**Landscaping & Construction**  
Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

**PAVING** **PAVING**

**GOLDY BRICK CONSTRUCTION**  
Walkways, Patios, Driveways,  
Flagstone, Concrete  
**FREE ESTIMATES**  
Licensed, Insured, Bonded  
**703-250-6231**

**TREE SERVICE** **TREE SERVICE**

**Quality Tree Service & Landscaping**

Reasonable prices. Licensed & insured.

**Summer Cleanup...**  
Tree removal, topping & pruning,  
shrubbery trimming, mulching,  
leaf removal, planting, hauling,  
gutter cleaning, retaining walls,  
drainage problems, etc.

25 years of experience — Free estimates  
**703-868-5358**

**24 Hour Emergency Tree Service**



McLean celebrates differences; they don't walk away from them. These kids are the people who will think differently and solve the world's problems.

The love, attention, and the individualized understanding of our daughter's academic needs were managed in such a positive manner. McLean has changed our child's life, and our family dynamic.

It is surprising how few public or private schools understand how to educate a child with learning disabilities—yet capable of high academic performance. McLean is the only school that can provide a rigorous, college prep curriculum for students with learning challenges!

Our son was off the charts smart—but couldn't get organized. It was a relief to come to a school that recognized his intellectual strengths.

## Parents Talk.

Join the conversation about McLean School.

K-12 College preparatory school supporting bright students' individual learning styles

8224 Lochinver Lane Potomac, Maryland 20854 [www.mcleanschool.org](http://www.mcleanschool.org)

## Open House

9:00 am Saturday, November 19

9:00 am Friday, December 2

RSVP [admission@mcleanschool.org](mailto:admission@mcleanschool.org)

240.395.0698

**McLean School**  
Transformative.



## HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.COM

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

## CLASSIFIED

703-778-9411

ZONE G Ad DEADLINE:  
MONDAY NOON

## EMPLOYMENT

### FIREWOOD

**FIREWOOD**  
Double Shredded Hardwood  
Firewood  
Full Cord Guar  
All Hardwood  
Free Delivery  
& Dumped  
**703-327-4224**

### LANDSCAPING

**A&S CONSTRUCTION**  
SOD, Mulch, Clean-Up  
Leaf Removal  
Hauling.  
**703-863-7465**

### TILE/MARBLE

### TILE/MARBLE

### BATHROOM REMODELING

by Brennan Bath and Tile  
Partial or Full. Kit. Floors, Backsplashes.  
Specializing in Ceramic, Porcelain, Glass Tiles  
and Natural Stones. Also repair work. 35 yrs exp.  
**www.brennan-tile.com**  
**703-250-2872**  
Licensed • Bonded • Insured

### THE CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden:  
**703-917-6400**

Employment: 703-917-6464

E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

### 21 Announcements

#### LEGAL NOTICE State Water Control Board Public Notice

An enforcement action has been proposed for Virginia Electric and Power Company for violations of state water control law that occurred in Arlington VA and Augusta County, VA. A description of the proposed action is available online at [www.deq.virginia.gov](http://www.deq.virginia.gov). Lee Crowell will accept comments by e-mail, [Lee.Crowell@deq.virginia.gov](mailto:Lee.Crowell@deq.virginia.gov) or postal mail, PO Box 1105, Richmond VA 23219, from October 31, 2016 through November 30, 2016.

### 21 Announcements

Light tomorrow  
with today!  
-Elizabeth  
Barret Browing

### 21 Announcements

**ABC LICENSE**  
K. Rob Krupicka, Jr. trading as  
Sugar Shack Donuts, 1014  
S. Glebe Rd. Arlington, VA  
22204. The above  
establishment is  
applying to the  
VIRGINIA DEPARTMENT OF  
ALCOHOLIC  
BEVERAGE CONTROL (ABC)  
for a Beer On Premises  
license to sell or  
manufacture alcoholic  
beverages. K. Rob Krupicka, Jr.,  
Managing Member  
NOTE: Objections to the  
issuance of this license must  
be submitted to ABC no later  
than 30 days from the publish-  
ing date of the first of two  
required legal notices.  
Objections should be  
registered at  
[www.abc.virginia.gov](http://www.abc.virginia.gov) or  
800-552-3200.

The future  
comes one day  
at a time.  
-Dean Acheson

### 101 Computers

### HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed Up Slow Computers
- Virus Removal
- Computer Setup
- Help with Windows 8 & 10

**571-265-2038**

[Jennifer@HDIComputerSolutions.com](mailto:Jennifer@HDIComputerSolutions.com)



### 21 Announcements

### 21 Announcements

### 21 Announcements

## LIFETIME METAL ROOFING

**Storm Proof  
Metal Roofing**

Will your roof  
withstand another  
storm season?

Call us today for a  
free roof inspection!

**WE FINANCE!**

**CALL 800-893-1242**

[WWW.METALROOFOVER.COM](http://WWW.METALROOFOVER.COM)

by VA CAROLINA BUILDINGS, INC

SINGLE WIDES  
DOUBLE WIDES  
HOUSES

### SENIOR MARKET RESEARCH ANALYST

Mine disclosure documents; collect/analyze info; lead team research projects; interact with CEOs, press & others; conduct in-depth phone interviews; present findings; contribute ideas on standard/custom research product development/packaging/selling; draft proposals & prep reports. Req. MA in Finance/ Business or related field; 2 yrs exp as Market Research Analyst or finance/investment exp w/ 2 yrs exp conducting/preparing company/industry reports; knowledge/exp w/ MS Excel w/ ability to model data, use macros/pivot tables; utilize linked databases & statistical methods to extract info from datasets. Req ability w/ CapitalLine, MS Visio, SPSS, & SAS; MS Office. Excellent references. Send CV to work location at FRANData, ATTN: A. Crews, 4075 Wilson Blvd, Ste 410, Arlington, VA 22203.

### Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail [internship@connectionnewspapers.com](mailto:internship@connectionnewspapers.com)

THE CONNECTION  
NEWSPAPERS





# JD CALLANDER

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

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



***JD SOLD MORE HOMES last year  
in 22101 than any other agent!*** (Per MRIS)



**1436 Laburnum Street, McLean \$1,509,000**  
***GORGEOUSLY UPDATED 5BR/3 full BA + 2 half BA contemporary home*** in sought-after Chesterbrook Woods! Top-of-the-line finishes throughout this completely renovated space. Kitchen with Viking range, eat-in dining space, walkout to the patio. Huge fenced-in yard. The home is filled with bright, natural daylight from the fabulous floor-to-ceiling windows. Owner's suite includes a spacious room size, balcony overlooking the yard and an updated luxury bath.



**1821 Westmoreland St., McLean \$1,299,000**  
***Magnificent Stanley Martin Arts & Crafts custom home*** featuring 5BR/4.5BA on a lovely lot. Quality finishes throughout with an open and flowing floor-plan. Gourmet kitchen with island space, bar seating, eat-in dining area and separate formal dining room. Family room with perfect ambience and walkout to slate patio and huge backyard. Master suite with sitting area and luxury spa bath. 4 BR on upper level. Kent Gardens, Longfellow and McLean schools!



**Fulton Ave., Falls Church City \$1,010,000**  
***Perfection within this 5BR/3BA home*** in Falls Church City! Updated kitchen with granite counters, upgraded appliances, plenty of counter and cabinet space. Huge eat-in dining space + separate formal dining room. Screened-in porch is the entertaining focal point of the home! Built in 2012, features gorgeous skylights and overlooking the huge level yard and pool area. Main level bedroom or office/den. Upper level features 2 bedrooms; LL huge rec room and 2 beds + attached 1 car garage and storage space

## BEST WASHINGTONIAN 2016



**704 Live Oak Drive  
McLean 22101  
\$1,495,000**



**1605 Maddux Lane  
McLean 22101  
\$1,599,000**



**6005 Copely Lane  
McLean 22101  
\$1,199,000**



**9118 Briarwood Farms Ct  
Fairfax 22031  
\$799,000**



**1620 Forest Lane  
McLean 22101  
\$1,548,000**



**6212 Loch Raven Drive  
McLean 22101  
\$825,000**



**6420 Divine Street  
McLean 22101  
\$1,499,000**

***Over 65 homes sold so far this year!***