



McLean High Model UN Receives 'Oustanding Large School Award'

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Presents

'Harvey'

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Langley High

FORBUSH/THE CONNECTION

Fall

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# Gratitude Abounds At Lewinsville Thanksgiving Dinner

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From left — Minnie Fadullon and her grandchildren Shalom Fadullon, 16, a student at Annapolis High School in Maryland, and Gian Gonzalez, 22, a James Madison University student, go with their "Mama Minnie" to hang paper leaves on the tree of gratitude at the Lewinsville Retirement Residence in McLean. Guests were encouraged to write down what they were grateful for on these leaves.

November 30 - December 6, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

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### Week in McLean

## Claude Moore Colonial Farm Holiday Shop Opens

The Claude Moore Colonial Farm's GateHouse Shop has opened for the 2016 holiday season. The GateHouse Shop features a hand-picked selection of delightful and affordable gifts. These include tree ornaments. Advent calendars, Christmas trays, holiday pins, candle holders, wine stoppers, coasters, tea towels, soaps, hand wash and more. Also browse jewelry, scarves, children's toys, pirate ships as well as fruit preserves, butters and jellies. The GateHouse Shop's "Local Corner" showcases soaps from a lavender farm in Maryland, books chosen by the living history museum's volunteers, candles from a local artisan in Falls Church and colonial pewter figurines handcrafted by the Farm's very own former farmer. The GateHouse also features holiday gift baskets for busy patrons.

The Claude Moore Colonial Farm's GateHouse Shop offers a stress-free alternative to crowded

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McLean Connection Editor Kemal Kurspahic 703-778-9414 or mcLean@connectionnewspapers.com



Minnie Fadullon (left), a five-year resident of the Lewinsville Retirement Residence and Lewinsville Presbyterian Church choir member, sits at a table with her children and grandchildren who came to visit her on Thanksgiving.



Marcia Cottros, member of the Lewinsville Presbyterian Church, takes a guest's order. She has been helping serve food at the dinner for the last four years. "It's something I like doing every year," she says. "I wouldn't miss it."

# Gratitude Abounds at Lewinsville Thanksgiving Dinner

By Fallon Forbush The Connection

hose who couldn't make it home for the holiday were invited to gather at the Lewinsville Retire ment Residence in McLean on Thanksgiving Day to share a meal.

The dining room was overflowing with volunteers and guests who were reminded of the reason for the holiday: to give thanks.

"It's not always easy to be grateful ... we get used to the comforts around us," Spencer Deese, 25, said during a short message during the dinner's worship service. "Gratitude takes practice, just like any other skill."

Guests were invited to write down what they were grateful for on paper leaves that were scattered on the tables. These leaves were then hung on a tree of gratitude in the center of the dining room.

This display of appreciation is thanks to the insistence of one high school student.

### THE LEWINSVILLE PRESBYTERIAN

Church in McLean had a history of serving a Thanksgiving meal to those seeking refuge at the Bethany House of Northern Virginia, an emergency shelter for victims of domestic violence. When that tradition ceased, Kendall Deese felt like something was missing in her family's holiday.

"[Kendall] had been doing that her whole life on Thanksgiving and was very unhappy," says her mother Pamela Deese, who is an elder at the church.

"From 8:30 a.m. 'til 3 p.m., we would be doing this on Thanksgiving," says Kendall, now an 18-year-old freshman at American University. "It was a constant staple in our lives and it was so weird not having it. The feeling of gratitude that you get making people happy is just extraordinary."

So, she and her mother started organizing a Thanksgiving dinner for the elderly and college students who couldn't make it home for the holiday. Now in its fourth year, it keeps growing.

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Donna Bolton, executive chef of the Lewinsville Retirement Residence, is busy preparing food in the kitchen for the dinner.



Clay Ancell, a member of the Lewinsville Presbyterian Church, carves the turkey before meals are served. He has been doing this task for the last four years.

Photos by Fallon Forbush/The Connection

"If you want a community to have Thanksgiving dinner with, we're offering it," says Pamela. "We always get graduate students and international students who cannot go home and a lot of elderly who cannot go anywhere."

Volunteers who help with logistics also sit down and dine with those who attend. "It's like having a family dinner, but with

a very large family," says Pamela.

In 2015, 95 people attended. This year, 150 were expected to join the Deese family and the volunteers. Since the church dining room only holds 100 people, they changed the venue to the retirement residence.

"We send everyone home with another meal, so we try to feed 200 people each year," Pamela says.

The church opened the residence in September 1980 and it has been the church's largest mission project. It has 161 apartments housing approximately 165 residents, who all receive some rental subsidy from the U.S. Department of Housing and Urban Development's Section 8 Housing Program or the Fairfax County Affordable Dwelling Unit Program.

**THIS IS THE FIRST TIME** a professional chef, Donna Bolton with the residence, is helping with the event.

Early in the morning, Alexandra Foster, 24, a third-year law student at American University from Rhode Island, helped make coffee and assemble the cheese and cracker plates for the meal.

"I wasn't able to go home for the holiday and I wanted to be around people to get into the holiday spirit," she says.

Pamela says it feels good to see people enjoying themselves and wanting to come back each year.

"The whole idea is the gift of love," says Pamela. "We're supposed to extend love and warmth to the community that we live in. If there was ever a time you needed to do that, it's right now."



First-time volunteer Yvonne Mizusawa serves water to guests. She found out about the volunteer opportunity from reading a call for volunteers in the McLean High School's email newsletter. Earlier in the morning, she ran the Arlington Turkey Trot 5k with her family, including kids who attend the high school.



Photo by Diana Lin In the stage production of "Harvey," Veta Louise, played by senior Jamie Goodson, desperately begs Dr. Sanderson, played by sophomore Mark Bosset, to commit her brother into a sanitarium.



Photo by Fallon Forbush/The Connection This painted portrait of character Elwood P. Dowd-played by senior Sivan Tretiak, 17-and Harvey, his invisible six-foot-tall rabbit and best friend, is used on the set.

# Langley High to Perform First Play in **Renovated Performing Arts Center**

By Fallon Forbush The Connection

tudents will be performing their first stage play "Harvey" at the newly remodeled Langley High School Performing Arts Center from Thursday, Dec. 1, through Saturday, Dec. 3.

In the comedic show, Elwood P. Dowd insists that he has an invisible six-foot-tall rabbit for a best friend and his family believes he is insane. They want to change him until they realize that he is the normal one, says Langley Theater Director Valerie Karasek.

"I always select a season based on the students I have," says Karasek. "I like to challenge them as artists."

Senior Sivan Tretiak, 17, who is playing the lead, was "born to play the character," she says. Tretiak has been acting since he was a freshman and says this role is the most challenging yet.

"Most of the show, I have to work hard so the audience knows I can see this rabbit," he says.

This is done through pantomiming, which is why his teacher cast him in the roll.

During a theater class his freshman year, "he constructed a pantomime scene with such detail," Karasek recalls. "When he talks to Harvey, we see him," she says.

An invisible character is also a challenge from the perspective of the backstage crew.

"The only technical aspect we have to deal with is how to open doors when Harvey opens and closes doors," junior Leo Mahdessian, 16, says.

As technical director, Mahdessian is also working on a way to create an effect that would cast shadows when the rabbit is present. He hasn't figured it out yet but as for the doors, "it's pretty simple," he says.

The set was designed so the doors open out to the audience. Someone backstage will just need to swing the door open from behind the set and out of view. "We try to keep it simple," he says.

Though his teacher says the set was one of the year in his pursuit of becoming a mathematician. toughest aspects of the production, since students had to work in various locations, including parking lots, while the auditorium's renovations were being \$13.41 or \$15 at the door.



Junior Sarah McDonald, 16 (left), freshman Maddy Rubin, 14 (middle), and junior Amelia Patton, 16 (right), cut fabric to reupholster the seats of chairs used in the show.

### The Cast

Jamie Goodson Veta Simmons Sydney Copp Myrtle Simmons Sivan Tretiak Elwood Dowd Claire Goldhush Mrs. Chauvenet Elenitsa Sgouros Nurse Kelly Will Baruch Duane Wilson Mark Bosset Dr. Sanderson Thomas Miner Dr. Chumley Yoona Lee Betty Chumley Andrew Wantula Judge Gaffney Athena Landeros Miss. Johnson Kanishk Singh Cab Driver

completed.

"They are passionate about their craft," Karasek says. "We're here rehearsing on Thanksgiving evethat's dedication."

This will be Tretiak's last play on the Saxon Stage and theater has been one of his favorite extracurricular activities.

"If you're coming into the school as a freshman and don't know anyone, [theater] helps you make friends," he says.

He hopes to start studying math in college next

Tickets for Tretiak's last show can be purchased online at www.lhsharvey.brownpapertickets.com for



McLean HS Alumni Shavani Saboo, now at University of Virginia, and Abraham Haji, now at The College of William and Mary, along with Model UN team students from Georgetown University serve as conference committee judges.

## McLean High Model United Nations Holds Conference, Receives 'Oustanding Large School Award'

McLean High School Model United Nations held its second conference, McMUNC, on Oct. 21 -22. Thirty-two area schools attended with more than 600 students participating. The Secretariat was made up of Secretaries General Alex Brunner and Fatima Shahbaz, Chief of Staff Tashi Gyatso, Director of Crisis Camille Richter, and Directors of Technology Siddarth Shankar and Sungmin Kang. All were pleased with the conference and proud of the club's work in putting it together.

Langley High School took home the Best Large Delegation Award, Thomas Jefferson High School won Outstanding Large School, while Loudon High School won Best Small Delegation and Falls Church High School won Outstanding Small Delegation. Longfellow Middle School won Best Middle School.

In a Model UN conference, each student plays the role of a specific world leader in a scenario the students develop, and the judges, who in this conference were students from the Model UN teams at Georgetown University, The College of William and Mary, and University of Virginia stu-



Alex Brunner, Co-Secretary General and 12<sup>th</sup> grader at McLean High School, gavels the opening of the conference.

dents, evaluate the students' performance during the weekend competition. The guest speaker was Glenn Kessler from the Washington Post, who is the "fact checker" for political statements - the guy who Trump/Clinton referred to during a debate. Glenn evaluates their statements for truthfulness and awards 1-4 "Pinocchios" based on the veracity of the statement.

McLean High School Model UN team just took home the "Outstanding Large School" award at the University of Virginia VAMUN conference held Nov 18-20. http:// /vamun.org/



Secretaries General Alex Brunner and Fatima Shahbaz, McLean High School 12th graders, and Sungmin Kang, 11th grade, at the Opening Ceremony.

**Churchill Road** students Colin Walter and Joseph Hoeymans assisted SHARE, Inc. volunteers Steve and Phyllis Wickman load the donations from Churchill **Road families** into the SHARE van.



Photo by Kim Moran

## On a Mission to SHARE

On Friday, Nov. 18, Steve and Phyllis Wickman, volunteers from SHARE, Inc., a McLean-area food bank, picked up more than a dozen boxes of food and household items donated by Churchill Road Elementary School families. These items were distributed by SHARE to area families for the Thanksgiving holiday. Churchill Road PTA's Community Service Committee co-chairs Marta Bascom, Robin Hoeymans and Sarah Walter organized this drive. Winter Fest Parade

McLean's Only Community Parade

## When

Sunday, December 4th 3:30 P.M.

# Where

Old Chain Bridge Road

Bring a gift card for Share of McLean to help your neighbors in need.

Go to www.mcleanwinterfest.org for road closure times and parade details



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# OPINION **Opioid Epidemic in Virginia**

By Kenneth R. "Ken" Plum STATE DELEGATE (D-36)

hen my friend August Wallmeyer wrote his book, "The Extremes of Virginia, Southwest, Southside and the Eastern Shore: Two Separated and Unequal Commonwealths. Rural, Poor and Largely Unknown" (Dementi Books, 2016), he included a chapter on illegal drug use

for obvious reasons—In 2014 for the first time on record fatal drug overdoses became the most common cause of accidental death in the Commonwealth, according to the Office of the Chief Medical Examiner. As the Secretary of Health and Human Resources reported to Mr. Wallmeyer, "In 2015 we lost more than a thousand Virginians to opioid or heroin overdoses. More Virginians now die from drug overdoses than from car accidents." For another reason, the rate of fatal drug/poison overdoses in the poorest areas of the state are 47 percent higher than those in Virginia as a whole. The picture has been getting worse.

Last week the state health commissioner Dr. Marissa J. Levine declared opioid addiction to

## Letters to the Editor

## Helping Neighbors to Have a 'Normal Holiday' around them.

To the Editor:

I am writing in regards to the editorial by Mary Kimm, titled "Holidays Are for Giving" (Connection, November 17-23, 2016). This hits particularly close to home because for the past six years my mother and I have been volunteering with Fairfax County's Adopt-A-Family Holiday Program. The purpose of this program is to purchase gifts and food items for a struggling family in Fairfax County around the Holidays so that these families are able to have a "normal" holiday.

There was one time when my mother and I were delivering the gifts to a young mother of three and after we loaded them into her car she began to cry and hug us. She repeatedly thanked us and told us that if it was not for our generosity, she would not have been able to give her children presents. Later that night I began to reflect on this situation and look at it from this woman's eyes. It made me realize that not everyone is as fortunate as myself or my family, and that if you have the means, support those less fortunate. Helping this family reminded me that the holidays are not about



### Commentary

be a public health emergency in Virginia. She said the Commonwealth has seen a 77 percent increase in opioid deaths from 2012 to 2016. So great is the concern about this epidemic that Commissioner Levine issued a standing order that allows all Virginians to obtain the drug Naloxone without a specific prescription. Naloxone

is used to treat narcotic overdoses in emergency situations. Persons who know someone who is struggling with opioid addiction are advised to visit a local pharmacy to obtain Naloxone and keep it on hand for possible overdose emergencies. For more information on Naloxone, go to http:// www.getnaloxonenow.org. Another website of Virginia government offers resources on how to best discuss addiction with someone, http:// /vaaware.com/treatment-recovery/.

Attorney General Mark Herring is extremely active in combating drug abuse problems in Virginia. A documentary he produced on the heroin and prescription drug epidemic in Virginia is available to individuals and organizations for their use. Preview it at http:// www.hardesthitva.com. The Attorney General has led the effort to distribute 80,000 drug disposal kits to individuals through the Department of Health and to hospitals, law enforcement and nonprofits. These kits will allow for the safe disposal of prescriptions that could be abused by others. There is a strong link between misuse of prescription drugs, opioid addiction, and the use of heroin when prescription drugs become too expensive or are no longer available. Some studies found that half of young people who use heroin got started abusing prescription opioids. The Attorney General reported that more than 500 people went to a Virginia emergency room from a heroin overdose in the first four months of 2016, a 250 percent increase over 2015.

No longer is the problem of opioid abuse one that is primarily in the poorer, "extremes" of the state. It can be found in all areas of the state affecting people of all income levels and backgrounds. The strong response to the need by the Attorney General and the State Health Commissioner are very important. Coordination among agencies and work at the local level to end root causes are critical. Fortunately they are underway to end this epidemic.

material items, they are about giving thanks and spending time with people you love. People tend to forget this because everyone gets so wrapped up in their own world, and forget about the people

> Jen Kirk Springfield

## Tremendously **Inspiring Story** To the Editor:

The article about the retired police officer, Randy Sales, receiving the Environmental Excellence Award ("Face of Integrity," Connection, November 3-9, 2016) really caught my attention. Though it was not explicitly stated by Sayles or by the author of the article, it is clear that he has been a victim countless times of unfair treatment by the law in Fairfax County, as well as Denver, because he is African American. His story was tremendously inspiring and I think many people would benefit from hearing more stories like his in order to sympathize with specific situations, and therefore better understand this problem as a whole.

Not only are his efforts to keep the county clean impressive, but his reaction to the prejudice he's faced from many police officers is really moving. It is evident that much of the law enforcement system is biased due to the lack of respect he was shown — even in situations where he was doing nothing wrong. He was actually

benefiting the county by spending hours cleaning trash that would otherwise be left on the side of the road. Sayles' reactions to these situations, like the one where a female officer automatically accused and yelled at him for having a weapon, are very powerful and inspiring.

He remains calm and humble about his history with law enforcement, and uses the resulting anger and disappointment to feed his hunger to help the county and the environment.

This article was moving — and after hearing Sayles' story, it is refreshing to see that he is finally getting the appreciation and acknowledgement he deserves.

> **Anna Hellwege-Bales** Fairfax Station

## Children's Connection Deadline Approaches

During the last week of each year, The Connec- text format (.rtf). Artwork should be photographed tion devotes its entire issue to the creativity of local students and children. It is a keepsake edition for many families. The annual Children's Connection is a tradition of well over a decade.

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

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich

or scanned and provided in jpeg format.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have the first and last name of the student. Please include the student's age and/or grade, school attended and town of residence, plus the name of the school, name of teacher and town of school location. Please provide submissions by Friday, Dec. 2.

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



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### Area Roundups

## Fairfax County Fire And Rescue Participating In Toys for Tots Campaign

The Fairfax County Fire and Rescue Department will again be participating in the Annual National Capital Region Fire and EMS Departments' 2016 Toys for Tots Campaign. The intent of the campaign is to "bring holiday joy and deliver a message of hope to children."

Last year, thanks to the generosity of those

### Faith Notes

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

Compline Service, Sunday, Nov. 20, 8–9 p.m. in St. Mary's Chapel of the Church of the Holy Comforter, 543 Beulah Rd, Vienna. Compline is the final service in the cycle of the Daily Office, and has been observed in Christian communities for centuries. The sung form of the liturgy includes no spoken text whatsoever-the service is led by a small group of singers called a schola, and all of the prayers and readings are sung. The service emphasizes spiritual peace at the close of the day, and features lush greenery, incense, candles, and icons. For more information, contact David Kelley at dkelley@holycomforter.com or the Church Office at 703-938-6521.

Taizé Contemplative Worship, Sunday, Nov. 27, 5-6 p.m. in St. Mary's Chapel of the Church of the Holy Comforter, 543 Beulah Rd, Vienna. Holy Comforter's Music Ministry sponsors evening services in a contemplative style, offering a unique opportunity to decompress and prepare for the week ahead. The service occurs on the last Sunday of each month at 5 p.m. Taizé contemplative worship is a powerful and moving combination of song and scripture featuring lush greenery, incense, candles, icons, and considerable time spent in silent meditation. For more information, contact David Kelley at dkelley@holycomforter.com the Church Office at 703-938-6521.

Great Falls United Methodist Church will be holding its annual Living Nativity on Dec.18. Three 20 minute, one act plays of this glorious event will begin at 5 p.m. and end at 6 p.m. Come listen to the story, sing some carols, pet the animals, enjoy refreshments, and rekindle your joy for Christmas. 10100 Georgetown Pike Great Falls www.greatfallsumc.org Questions? Call 703-759-3705.

**St. Thomas' Episcopal Church** at the intersection of Lewinsville and Brook Roads in McLean, just a mile west of Tysons, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Look for our Pumpkin Patch this October, and check www.stthomasmcleanva.org for Special Events and Services through the year. St. Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

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who live and work in Fairfax County, the Fire and Rescue Department collected more than 13,000 toys.

Children who are served by this campaign include toddlers and youths through age 17. The campaign will only accept new unwrapped toys and you can drop them off at any of our Fire and Rescue Stations. Toys used as weapons or considered to be weapons (i.e., toy guns or knives of any kind) will not be accepted. Checks or money orders for donations must be made payable to Toys for Tots.

Fairfax County Fire and Rescue Stations will accept donations through Friday, Dec. 16, 2016.

## Public Meetings on Draft Action Plans

Fairfax County has developed Draft Action Plans for the Chesapeake Bay, Sediment, Polychlorinated Biphenyl (PCB), and Bacteria Total Maximum Daily Loads (TMDLs) that have assigned wasteload allocations (WLAs) to the county's Municipal Separate Storm Sewer System (MS4). The draft plans will be presented at two public meetings:

Public meeting to present the County's Draft Sediment, PCB, and Bacteria TMDL Action Plans: Wednesday, Dec. 14, 6 to 8 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Conference Rooms !X

✤ Public meeting to present the County's Draft Chesapeake Bay TMDL Action Plans: Thursday, December 15, 6 to 8 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Conference Rooms 2/3

The meetings will mark the beginning of public comment periods on all four Draft TMDL Action Plans that will run through Monday, January 23, 2017. Please contact the Stormwater Planning Division at SWPDMail@FairfaxCounty.gov or 703-324-5500, TTY 711, with any questions regarding the public meetings.



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# Meet the Team Reception at The Kensington Falls Church Thursday, December 8, 2016 from 5:00-7:30pm Festive Happy Hour + Hors d'Oeuvres + Door Prizes RSVP to 703-992-9868 or ConciergeFS@KensingtonSL.com

ur Team at The Kensington Falls Church wakes up every day looking forward to the chance to provide assistance to seniors and their families. The residents we seek to serve have spent a lifetime giving of themselves to their spouses, their children, their professions, their communities and sometimes, their country. It is our privilege to honor them and the marks they've made by indulging them

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Join us at our Information Center at 1212 West Broad Street in Falls Church. Enjoy festive beverages and hors d'oeuvres while you meet and mingle with our Team, who can't wait to hear about the senior you love.



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Information Center: 1212 W Broad St, Falls Church, VA | 703.992.9868 | www.TheKensingtonFallsChurch.com

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# Fairfax Water

### PUBLIC HEARING ON WATER RATES AND PROPOSED 2017 BUDGET

At 6:30 p.m. on Thursday, December 15, 2016, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges and the 2017 Annual Budget. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2017, include the following:

- 1. An increase in the Local Facilities Charge from \$10,240 to \$16,020.
- 2. An Increase In the Service Connection Charge from \$1,150 to \$1,240 f.
- 3. An increase in the Quarterly Billing Service Charge from \$10.10 to \$12.20 f. 4. An increase in the Base Commodity Charge from \$2.68 to \$2.81 per 1,000
- gallons of water.
- 5. A decrease in the Turn-Off / Turn-On Charge from \$52 to \$44.
- 6. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge.
- 7. An increase in the Overhead Charge for Labor from 104% to 105%.
- 8. A decrease in the Installation of Sewer Use Meter Charge from \$46 to \$35.

Revenues are expected to be \$171.3 million in 2017. Water sales are expected to provide \$149.2 million. Approximately \$22.1 million is expected from connection charges, investment income and other sources.

### The major areas of operation and maintenance expense are:

Category	- \$1,000s -	
	2016	2017
Personal Services & Employee Benefits	\$ 53,877	\$ 55,808
Power and Utilities	10,417	10,572
Chemicals	6.342	7.566
Purchased Water	4,512	5,576
Supplies and Materials	5,173	5,248
Insurance	1,176	1,201
Fuel	567	625
Postage	632	654
Contractual Services	10,473	10,671
Professional Services	748	910
Other -	2,305	2,484
Subtotal	96,222	101.315
Transfer to Improvement Fund	(9,616)	(9.305)
Total	\$ \$6,606	\$ 92,010

Net revenues are expected to be appropriated as follows Debt Payment \$41,129,000 improvement Fund \$11,000,000 \$25,733,000 General Fund

A copy of the proposed changes can be viewed on our website at www.fairfax water.org/rates. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017.

Interested parties may submit written comments to PublicHearingComments@ fairfaxwater.org or mail written comments to:

> Fairfax Water **Public Hearing Comments** 8570 Executive Park Avenue Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 14, 2016, to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charo

# HOLIDAY ENTERTAINMENT

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

#### ONGOING

- 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 CHO Food, New Toy, and Bike Drive Nov. 1-Dec. 31 at various locations around Vienna. Dish soap, canned fruit, chili, canned beef stew, diapers and wipes, canned salmon, Spam, tuna, tomato sauce, and laundry detergent are in particular need. CHO requests that no food be expired.
- Drop-off boxes are available at Town Hall, 127 Center Street S; Patrick Henry Library, 101 Maple Ave. E; Bikes @ Vienna, 128 Church Street NW; Caffe Amouri, 107 Church Street NE; Doctors Covel, Stack, and Henon, 120 Beulah Road NE; Evolution Fitness, 216 Dominion Road NE; Rexall Drug Store, 150 Maple Avenue W; Vienna Arts Center, 115 Pleasant Street NE.
- Gently-used bikes are accepted on Nov. 26, 10 a.m. to 2 p.m. at two locations: Vienna Presbyterian Church - Mill Street parking lot - and Antioch Christian Church at 1860 Beulah Road. Bicycles will be renewed as a courtesy by local bike shops.
- Bring new unwrapped toys to Vienna Presbyterian Church, from 9:30 a.m. to noon, on Dec. 9 for distribution by CHO from 9:30 till noon. Gift cards from Target delight teens. Winter Walk of Lights at Meadowlark
- Botanical Gardens open every day beginning on Friday, Nov. 18, 2016, through Jan. 8, 2017. Open Thanksgiving, Christmas and New Year's, too. The walk of lights runs daily from 5:30 - 10 p.m. Last tickets sold at 9:30 p.m. This familyfriendly six-week winter wonderland of spectacle is only a few years old but has garnered a loyal following from throughout the Northern Virginia area, particularly Vienna and its environs. To buy timed tickets online: https:// www.novaparks.com/events/winter-walk-of-

lights 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 hearthealthy 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

- 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. 703-759-9141.
- The Lights, Camera, Save! Video Contest is a competition that encourages teens to write and produce a 90-second video to explore the value of saving and use their creativity to inspire others to become lifelong savers. This program inspires students to take an active role in being smart money managers and ties in well with new state financial literacy requirements.
- The Contest is open to students age 13 18 years old and is free and easy to enter. Students can win up to \$5000 in the national competition. Burke & Herbert Bank is awarding \$350, \$100, and \$50 to the top three local winners. The entry deadline is December 1. save@burkeandherbertbank.com

### WEDNESDAY/NOV. 30

**Ambassador Speaks at School BASIS** Independent McLean 6:30 p.m. 8000 Jones Branch Road, McLean. Ebrahim Rasool, former Ambassador to the U.S. from South Africa, will be speaking at BASIS Independent McLean about "Nelson Mandela's Lessons for Thought Leadership for the Next Generation" on Wed., Nov. 30 from 6:30 p.m. to 8 p.m. at 8000 Jones Branch Road in McLean, VA Entrance is free and open to the public, but registration is requested at www.mclean.basisindependent.com/ambassador

### FRIDAY/DEC. 2

**Coffee with BASIS Independent McLean's** Head of School 8 a.m. 8000 Jones Branch See Calendar, Page 10



The Great Falls Grange Hall and Forestville School 9818 and 9812 Georgetown Pike Great Falls, VA 22066

The Great Falls Studios Holiday Fest Art Market will be held Saturday, Dec. 3 and Sunday, Dec. 4

## Great Falls Studios to host Holiday Fest Art Market

All ye friends and neighbors lean your ears this way! Tell everyone what I am going to say: Market is coming soon.

Saturday, Dec. 3 (10 a.m. - 5 p.m.) and Sundav. Dec. 4 (10 a.m. - 4:30 p.m.) @The Great Falls Grange Hall and old Forestville School. 9818/9812 Georgetown Pike, Great Falls. Unique art, cards and gifts perfect for Secret

Santas, special someones and serious collectors. Greet fiber artists, jewelry makers, painters, photographers, potters and sculptors.

Halls decked in holiday cheer. Greenery and arrangements for the season from Pots and The Great Falls Studios Holiday Fest Art Plants on the Pike to enjoy and for purchase. Yummy treats, savory and sweet, to carry home from the Creamery.

> Wrap up the weekend on Sunday at 4:30 p.m. with the Celebration of Lights on Great Falls Village Centre Hill sponsored by Celebrate Great Falls. Free and family friendly.

> More details and information at www.GreatFallsStudios.com



Santa was the last to make an appearance in McLean's seventh annual WinterFest parade on Sunday, Dec. 6, 2015.

# McLean Holiday Parade Set for Dec. 4

n Sunday, Dec. 4, McLean residents will welcome in the holidays as fun and fancy entries proceed down Old Chain Bridge Road for the eighth annual WinterFest parade. The stage will be set in the Langley Shopping Center, with Peggy Fox from WUSA Channel 9, again calling the parade. Parade entries will begin at Fleetwood Road and proceed down Old Chain Bridge Road to Elm Street if in a vehicle, or turn up Curran Street if marching. Old Chain Bridge Road will be closed to all traffic from 2:15 to 5:30 p.m. on the day of the parade. Langley Shopping Center parking lot, as well as all other business lots and shopping centers on the parade route, will be closed to all traffic as of 2 p.m. until the conclusion of the parade. The Safeway parking lot will be accessible only from Chain Bridge Road.

Pre-parade entertainment begins at 2:30 p.m. and will be introduced by local busi-

ness leader, Bill DuBose. It will include performances by students from Westgate, Spring Hill and Kent Gardens Elementary Schools. Food vendors will be available in the Langley Shopping Center parking lot and will include Mama's Donut Bites, Crepe Love and Doug the Food Dude.

As in years past, parade observers are asked to bring a gift card for food or merchandise that will be passed along to Share of McLean. There will be a giant holiday stocking in the front of the stage for gift cards or cash donations to Share.

The parade steps off promptly at 3:30 p.m. on Sunday, Dec. 4. This year's WinterFest parade will be bigger and better than ever. Go to www.mcleanwinterfest.org to see the local businesses that have donated to WinterFest to help make it a success. You can also find additional parade information such as parking options, the parade route and road closure points.



Photo BY CAROLINE WATKINS/THE CONNECTION Old Chain Bridge Road was closed down for the parade, allowing guests to enjoy the musical performances and food trucks during 2015 WinterFest Parade in McLean.

www.ConnectionNewspapers.com









# December 3rd-11th • 2016

28 Artists. Two floors of top quality handmade crafts and

original art. Baskets, ceramics, hand woven, wooden and glass items, holiday cards, paintings, limited edition prints, jewelry and more!



## All in the lovely holiday decorated historic

Hendry House at Fort C.F. Smith 2411 North 24th Street | Arlington, VA



Saturday, Dec 3rd I 10am-5pm Sunday, Dec 4th I Noon - 5pm Saturday, Dec 10th | 10am-5pm Sunday, Dec 11th | Noon - 5pm

Wednesday, Dec 7th I Noon-8pm Children's Corner, all items \$15 and under



McLean Connection 🚸 November 30 - December 6, 2016 🚸 9

## What is an "Adaptable" Home?



is the prospect of an aging parent living in your home at some point a real possibility? Maybe you are thinking long-term toward your future needs and want to make your home livable both now and down the road. Or possibly you have regular visitors to your home who have a mobility issue or injury and you want to remove barriers. Whatever the reason, an adaptable design remodel may be the answer.

Adaptable design allows you to make temporary adjustments and plan for future needs. Adaptable features are those that can be adjusted easily, in a short period of time, by unskilled labor without involving structural or finished material changes.

Some examples: Grab bar reinforcements can allow grab bars to be secured into place without opening the existing walls. Removable base cabinets can be unscrewed from adjacent cabinets and slipped out when needed. Counter tops and closet rods can be placed on adjustable supports rather than fixed to allow for adjustments.



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.

Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

# CALENDAR

From Page 8

Road, McLean. Learn more about our school's philosophy and program offerings, and meet the Head of School. Free

### TUESDAY/NOV. 29 - DEC. 3 2016 Bitar Cosmetics PSA

Women's Professional Squash Tournament Qualifying rounds begin at 4 p.m. Tuesday. The event will be held at The McLean Racquet & Health Club 1472 Chain Bridge Road, McLean, VA. Watch top local players and US Girls # 1 Marina Stefanoni vie for 4 spots in the main draw. To purchase tickets please contact Jay Naseem @ jay@Jahangirsquash.com or call 703-691-5916 http:// www.jahangirsquash.com/category/ tor/

### 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

- National Men's Chorus Presents Yeletide Carols with Debi Smith 4 p.m. Providence Presbyterian Church 9019 Little River Turnpike, Annandale. Debi Smith of The Birchmere will be singing with the chorus, and Tom Pandolfi will also be our featured pianist. Admission: \$20 at the door. Students and children free. Parking is Free. nationalmenschorus.org
- Jill's House Event to Support Special Needs 7:30 p.m. at Mclean Bible Church 8925 Leesburg Pike, Vienna. The program is "A Star is Born, An Evening in December" with Ellie Lofaro, international speaker, and singing group, Point of Grace. This is an all women event. A quilt silent auction of 13 quilts will be featured in the church's Main Lobby with proceeds also going to Jill's House. The guilts have been generously donated by local quilting guilds including the Reston Quilters Unlimited and friends. www.jillshouse.org

## 'Fancy Nancy' at Alden Theatre

**"Fancy Nancy's Splendiferous** Christmas" cast. The McLean **Community Center presents** "Fancy Nancy's Splendiferous Christmas" performed by Vital Theatre at the Alden Theatre located at 1234 **Ingleside Ave, McLean. Perfor**mance: Sunday, Dec. 11, 2016 at 1 p.m. Tickets: \$15/\$10 for MCC tax district residents. Call: 703-790-0123 or visit www.mcleancommunitycenter.com **Note: Length of performance** is approximately 60 minutes. Best for children 4+



## 'John Eaton's Holiday Songbook' Comes to The Alden Dec. 17

For the second year in a row, John Eaton, Washington, D.C.'s beloved musicologist, humorist and jazz pianist will perform a special holiday concert at The Alden in McLean. The show will be held at 2 p.m. on Saturday, Dec. 17. Tickets are \$35 for the general public, \$20 for McLean tax district residents. The theatre is located at 1234 Ingleside Ave., inside the McLean Community Center. Considered one of the foremost interpreters of American music, Eaton offers a combination of ultra-tasteful jazz, fascinating observations and humorous

commentary. In a typical concert, he

performs music from the vast treasure

**BASIS Independent McLean's Open** 

House 10 a.m. 8000 Jones Branch

Road, McLean.Grades 1 - 10: At our

Open House, a representation of our

teaching staff will be available for a "Meet & Greet" and to share their

Vienna Volunteer Fire Department

Department, 400 Center St. South,

Vienna, Va. Santa Claus will make his

arrival at 10:30 a.m. to greet all. The

Sheriff's office will be there to provide

using clean, inkless technology. Photo

ID with fingerprints gives authorities

missing child. There will also be tours

of the fire equipment available. All

Fire Department to assist in

proceeds go to the Vienna Volunteer

vital information to help locate a

you with a free photo of your child

and a set of his or her fingerprints -

Auxiliary Pancake Breakfast 8

SATURDAY/DEC.10

vision of the classroom.

noon Vienna Volunteer Fire

trove of American popular song and jazz. Cole Porter, George Gershwin, Fats Waller, Hoagy Carmichael, Duke Ellington and Harold Arlen are just a few of the great American composers he highlights.

A graduate of Yale University and a student of renowned classical teacher Alexander Lipsky, Eaton has been performing professionally for decades and was named to the Steinway Concert Artist roster in 1988.

Tickets are on sale now. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123, TTY: 711.

purchasing life saving fire equipment. Come have a delicious breakfast, spend time with the members of the VVFD and the community and visit with Santa. Joanie@vvfd.org

Wish List Project Drop Off Event 10 – 1:00 p.m. The Perez Family Home at 10440 Down Patrick Lane, Great Falls. Directly help families in need in area shelters, local elementary schools, alternative housing and children in foster care. New this year — The Wish List Project has partnered with Buzz Aldrin, Herndon and Hutchison Elementary schools for students who qualify for the free/reduced meal program. Your generosity and support will perpetuate the essence of the holiday season. It is important that ALL DONATIONS be received no later than the 10th as school counselors. social workers and shelter directors will be picking up the following day.

If you have a conflict with the 10th, a time for drop-off can be arranged the

week prior. Gift receipts are encouraged to be included with the presents you purchase. Please contact Christie Shumadine at

703-405-8561 or cshumadine1@gmail.com with any questions. All gifts are tax deductible and forms will be available at the driveway during drop off.

### SUNDAY/DEC. 11

**"Fancy Nancy Splendiferous** Christmas" at 1 & 4 p.m. 1234 Ingleside Ave, McLean. For ages 4+. What could be fancier than Christmas? This year, Nancy is especially excited. She has enough money to buy a brand-new sparkly Christmas-tree topper. But when things don't turn out the way Nancy planned, will Christmas still be splendiferous? Admission: \$15/\$10 MCC tax district residents/ http:// mcleancenter.org/alden-theatre



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# McLean Project for the Arts To Open Chain Bridge Location

n December, McLean Project for the Arts (MPA) will open a second location at 1446 Chain Bridge Road in the space between CVS and Kazan Restaurant at Chain Bridge Corner Shopping Center in downtown McLean. MPA, in residence at the McLean Community Center (MCC) for more than 25 years, must relocate temporarily while the MCC undergoes a major renovation in spring, 2017. Until then, MPA's existing galleries and DuVal Studio in the MCC will remain open and active. The new location, called MPA@ChainBridge, will have an exhibition gallery as well as art education space. Once the renovation begins, MPA@ChainBridge will serve as MPA's primary gallery, classroom and office space for about two years.

A number of exhibitions and events are planned for the new location. The inaugural exhibition, scheduled for early December, will feature large-scale photography by David A. Douglas. An opening reception is planned and will be free and open to the public. Plans for a pop-up party are also in the works.

"We're thrilled about our new gallery space, and we are grateful to McLean Properties for helping us find this wonderful location in downtown McLean," said Lori Carbonneau, MPA's Executive Director. "MPA will continue with its mission to exhibit contemporary art by critically acclaimed mid-Atlantic artists and offer the high-quality educational programs and art classes that we're known for. We'll be doing that in both locations until next spring. We hope to see old friends and make lots of new ones while we're here."

Vidal Sadaka, Principal of McLean Properties commented, "For years we have been so impressed with



PHOTO CONTRIBUTED

On Sunday, Dec. 4, MPA will host a post-Winterfest Parade open house at their new location. The community is invited to stop in for refreshments and a sneak peek between 4 and 5:30 p.m.

MPA's ArtReach program that brings school children, seniors and people with disabilities into the galleries for art education. We are excited to help this amazing program continue its remarkable growth while the McLean Community Center undergoes its renovation."

On Sunday, Dec. 4, MPA will host a post-Winterfest Parade open house at their new location. The community is invited to stop in for refreshments and a sneak peek between 4 and 5:30 p.m.

For more information, visit www.mpaart.org or call 703-790-1953.

### WEEK IN MCLEAN

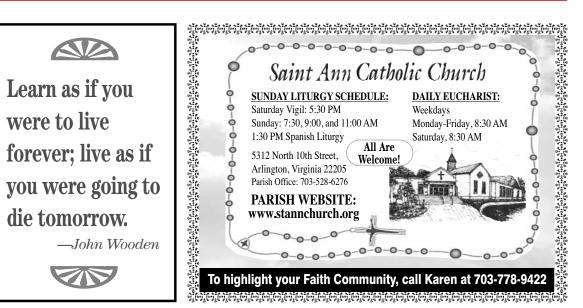
From Page 2

malls and shopping centers. The Shop is located at the entrance to the living history museum at 6310 Georgetown Pike in McLean. All sales proceeds benefit the programs and services of the privately operated and funded National Park. The GateHouse Shop welcomes visitors on Wednesdays through Sundays, from 10 a.m. until 5

## Free Public Service Seminars for Retirees

The Retiree Real Estate Education Association announces free public service seminars for January, 2017, the "Downsizing" seminar takes place Jan. 5 at McLean High School, a "Retirement Communities" seminar takes place on p.m. through Saturday, Dec. 24. Jan. 11 at Falls Church HS, "Sell-

ing You Home in Today's Market" seminar will take place Jan. 18 at Marshall HS, and a "Tax & Estate Planning" seminar will be held on Jan. 25 at Madison HS. These are part of a series of 8 free seminars on real estate issues unique to retirees. Seminars are free and begin at 7 p.m. For more information and seminar registration go to RetireeRealEstate.org, email RickRio@RetireeRealEstate.org, or call 703-772-3033.



www.ConnectionNewspapers.com



# Here's What's Happening at MCC

## **Give A Gift That Keeps on Giving** MCC Gift Certificates

Purchase a gift certificate for a class, workshop, event or performance for your loved ones this year. A new experience can start them on a lifelong adventure.

## We Wait All Year, It's Finally Here! McLean Holiday **Crafts Show**

Friday, Dec. 2, 11 a.m.-7 p.m. Saturday, Dec. 3, 10 a.m.-6 p.m. Sunday, Dec. 4, 11 a.m.-4 p.m. Adult: \$5 Admission price good for all 3 days! Children: Free (12 years or younger)

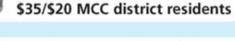
## Winter-Spring Session **Registration Begins**

Monday, Dec. 12, for MCC district residents Monday, Dec. 19, for all others Look for a copy of the Winter-Spring Program Guide in your mailbox this week.





## Onstage @ The Alden **John Eaton's Holiday Songbook** Saturday, Dec. 17, 2 p.m.





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# Fabulous Offers at Earls Kitchen + Bar

## Meet young chef Ryan Spicknell.

By Alexandra Greeley The Connection

f you are among the Northern Virginians who have not indulged in the fabulous food at Earls Kitchen + Bar located in Tysons Corner Center then you have totally missed out on some of the area's best cooking. That's all thanks to the energy and dedication of its young chef, Ryan Spicknell, a native of Canada.

Of course, the parent company is Canadian, so picking this fellow as its executive chef makes sense. Besides, Spicknell has been a foodie his entire life. As he noted, his mother was always in the kitchen preparing family meals, and as a youngster, he sat in the kitchen, either watching her cooking techniques or doing his homework.

As luck would have it, Spicknell had dinner at the Vancouver location of the Earls group, and learned that management was looking for summer help. So he jumped at the chance, and from dishwasher to kitchen help, the youngster, perhaps unintentionally, launched his culinary career. After attending a twoyear culinary program at the age of 20, he earned the Red Seal of Accreditation—a Canadian trades designation—and started working fulltime with Earls.

Now in Virginia, Spicknell adheres to the

company's standard recipes—all of which are topnotch—but also tweaks dishes to appeal to the Virginian palate. "My cooking is so diverse," he said. "It is really interesting to see what people want, and seeing how it has changed. There is still a lot of demand for Asian cuisine, like my sushi and bibimbap, and also for Latino flavors, like the chimichurri skirt steak," adding he works with many different providers so that even the seafood, from scallops and salmon to codfish, is ultra-fresh.

As he reflects on this past year in Earls Kitchen he noted that he has really loved working with such great ingredients—and with figuring out American culinary preferences. "It has been great working with such excellent ingredients," he said. "There are things I have had to change, such as portion sizes, and listening to what patrons are asking for." And to date, he lists as the most asked-for recipes the Dynamite Mango Sushi Roll appetizer, the chimichurri skirt steak entrée with the house-made chimichurri sauce, and the sticky toffee pudding with warm molten toffee sauce poured over the chocolate cake for dessert.

Delighted with his Northern Virginian life and working scene, Spicknell said he loves meeting new people every day, being welcomed by the community, seeing how the staff has come into its own, and on his days off, hiking. And, of course, heading into DC to explore the culinary scene there. "And the weather? I cannot complain much," he said.

Earls Kitchen + Bar, Tysons Corner Center, 7902 Tysons One Pl, Tysons. Phone: 703-847-1870. Hours: Lunch & Dinner daily, Brunch weekends.



**Ryan Spicknell** 

Photo contributed

# Holiday Fest Art Market December 3, 2016 10:00 am - 5:00 pm December 4, 2016 10:00 am - 4:30 pm



The Great Falls Grange Hall and Old Forestville Schoolhouse 9818 and 9812 Georgetown Pike Great Falls, VA 22066

## Potomac School **Debate Coaches Receive** National Honor

The Potomac School's current debate coach and a former coach were recognized for their work during the Holy Cross School of New Orleans Invitational Tournament, which ran from Sept. 29 to Oct. 2.

Potomac Speech and Debate Coach Harry Strong received the Brother Melchior Polowy, C.S.C. Excellence in Coaching Award. Strong, who joined the Potomac community this July, previously served as director of forensics at Battle Ground Academy in Tennessee. At the tournament, he was recognized for his students' consistent performance over the years at the nation's highest level in speech and debate. In 2014, when he was a faculty member at Roosevelt High School in Des Moines, Iowa, Strong was named National Speech and Debate Coach of the Year by the National Speech & Debate Association.

Now, as a faculty member in Potomac's Upper School, Strong teaches a course titled "Speech that Matters," and coaches the school's competitive interscholastic speech and debate team, which competes in both the Extemporaneous Speaking and Public Forum categories. In addition, as director of K-12 public speaking, he will work with faculty in all grades to develop opportunities to strengthen students' skills in public speaking.

Tom Rollins, a Potomac parent who served as the school's speech and debate coach from 2006 to 2009 and has continued to assist the team in a volunteer capacity, was honored for his leadership and com-



From left — Tom Rollins and Harry Strong.

mitment to developing Worlds School Debating in the United States. In this international style of debate, students must develop a logical, persuasive argument without heavy use of evidence. During Rollins' time as Potomac's coach, the school won two Virginia State Championships and secured 5th place at the National Tournament. Rollins also worked to create Team USA Debate, the high school Olympic debate team that is designed to field the best possible American team in international competitions. As a student at Georgetown University in the 1970s, Rollins was named Debater of the Decade through a survey of collegiate debate coaches and participants.

Potomac Head of School John Kowalik says, "We congratulate these two outstanding coaches on their most recent well-deserved honors." He continues, "We are happy to have Harry as a member of our faculty; I am confident that his expertise will be a tremendous asset for both our speech and debate team and our K-12 focus on public speaking. Tom's accomplishments are truly impressive, and we are grateful for all that he has done to strengthen Potomac's speech and debate program over the years."

### FAITH NOTES

### From Page 7

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing (first Sunday of the month, 5 p.m. at St. Mary's Chapel.. The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MacCracken and includes a team of lay healers who have gone through intentional training and formation. Questions? Please contact the Rev. the Rev. Valerie Hayes vhayes@holycomforter.com.

Yoga Class with a Christian Focus is held Saturdays, 3-4 p.m., McGill Hall or the Library at the Church of the Holv Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Feel free to bring a towel, block(s) or strap if you have them. Questions? Please contact the Church Office at 703-938-6521

Mom's Group meets second and fourth Thursday of the Month, 9:30-11:30 a.m. at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna

Please join the group for coffee and fellowship. The group meets in the Lillian Croy Room, near the Church Office. Childcare will be available just across the hall in the Childcare Center. If you are interested in joining the group, contact the Church Office at 703-938-6521 so that we can plan appropriately for materials and childcare.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including an 8 a.m. worship service without music and a 10 a.m. worship service with nursery care available during the summer. 703-759-2082

**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.



Visit our website: www.twopoorteachers.com



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



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McLean Connection & November 30 - December 6, 2016 & 13

www.ConnectionNewspapers.com

# Not Hardly, I Knew You

### By KENNETH B. LOURIE

Not about me, at first. My oncology nurse of almost seven years, a person with whom I had much in common and who, quite frankly, probably saved my life back in August of '13 when I showed up at my regularly scheduled chemotherapy infusion with an oxygen level of 85. This ultimately led to a week-long stay in Holy Cross Hospital to solve the problem which was that 4.7 litters of fluid had accumulated in my lungs, a not uncommon occurrence for lung cancer patients. It became quite clear after our first few infusions together that we were well suited. To say that I would be looking forward to my infusions because of Ron's hands-on care and concern — and depth of our relationship might be a bit naïve (let's face it, I didn't want to be there at all; certainly not as a patient, although I'd be happy to visit/support a friend, family member of fellow cancer patient). But I will admit to this: I never dreaded it because invariably Ron lifted my spirits through his schtick and excellent intentions

When I walked into the Infusion Center two Fridays ago and walked over to my barcolounger, I didn't see Ron so I joked aloud 'where's Ron? Maybe I'll get some decent service today?" Another nurse (all of whom I know) quickly responded and said "Ron's not here." "Oh," I said, thinking nothing of it. "You mean because it's Veteran's Day?" "No," she said. "He's gone. He took early retirement." "Wow," I said. "Is he OKAY? Is his family OKAY?" I stammered. What few additional inquiries I made to the other nurses about when he left, his last day, what he's doing now, if he's moving, etc., were all met with a sincere "I don't know."

As I waited for my chemotherapy to be mixed/prepared (as you may or may not know, chemotherapy is not exactly off the shelf. Oh, sure, it's on a shelf but not ready for prime time until the patient actually arrives and his vitals are taken and then, presumably along with one's pre-chemotherapy lab work results, communicated to the patient's oncologist for assessment and if satisfactory on to the on-site pharmacy for the actual preparation), I thought about the effect Ron's departure would have on his patients. I imagine, they were similar to many of the ones I was having

When I mentioned this likely effect to another of the oncology nurses, (and you get to know and are treated by all of the nurses staffing the Center, but generally there is one nurse to whom you are assigned), she explained/understood how caring for oncology patients in an Infusion Center is much different than caring for a patient in a hospital where you might see the patient for a few days and then never again. In an Infusion Center, you might see the same patient for years (for me, it will be eight years, come March 2017), she said. As such, she added, you develop relationships, friendships, much more so than a typical patient/acquaintance you have in a hospital experience.

If I were to calculate how many times I've seen Ron at The Infusion Center over the past seven-plus years, I would guess upwards of 90. And we talked plenty during those 90 visits, and not always about cancer. In fact, it was almost always about life. It was never morbid. it was always merrier. He was a humorous breath of fresh air in an environment/set of circumstances where the breath --- so to speak, can occasionally be stale and hard to take. I don't want to say/want to think: what about me? But if I were to allow it for one minute, one column, I would say what my rother, Richard often says after he hears a good report from my oncologist about me: "If he's happy, then I'm happy." Well, If Ron's happy then I suppose I'm happy, believe it or

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



♦ McLean Connection ♦ November 30 - December 6, 2016





703-778-9411 Zone 6 Ad Deadline: Monday Noon



### Bulletin Board

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ . The deadline for submissions is noon on Friday.

### WED/NOV. 30 & THURS. DEC. 1

- Additional I-395 Express Lanes Public Meetings 6:30 - 8:30 p.m. with a presentation at 7 p.m. The Virginia Department of Transportation (VDOT), in partnership with the Department of Rail and Public Transportation, will host two public meetings on the I-395 Express Lanes Northern Extension project. The project involves extending the I-395 Northern Express Lanes for eight miles from Turkeycock Run near Edsall Road to Eads Street near the Pentagon.
- The project's draft Environmental Assessment (EA), which will be presented at the meetings, is available on the VDOT website: www.virginiadot.org/395expresslanes, —and at the following locations:

VDOT Permitting Office

4975 Alliance Drive, Fairfax, VA 22030

Arlington Central Library (Virginia Room) 1015 N Quincy Street, Arlington, VA 22201

Arlington County Government Center 2100 Clarendon Boulevard, Arlington, VA 22201

Beatley Central Library 5005 Duke Street, Alexandria, VA 22304

To provide comments on the design plans or draft EA at the public meetings, or until close of business on Monday, December 12, 2016. Email: 395expresslanes@VDOT.Virginia.gov or mail to Ms. Amanda Baxter, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030. Please reference "I-395 Express Lanes Northern Extension" in the subject line.

#### WEDNESDAY/DEC. 7

**Decluttering Seminar.** The Retiree Real Estate Education Association announces free public service seminar for December, 2016, on Decluttering (McLean High School, 7 p.m.). The seminar is a part of a series of 8 free seminars on real estate issues unique to retirees. Seminars are free, in the evenings at County public schools. For more information and seminar registration go to Retiree- RealEstate.org.

### FRIDAY/DEC. 9

Bring New Unwrapped Toys to Vienna Presbyterian Church 9:30 - noon, for distribution by CHO. Please also if possible bring gift cards from Target for teens.

### SATURDAY/DEC. 10

- Wish List Project Drop Off Event 10 1:00 p.m. The Perez Family Home at 10440 Down Patrick Lane, Great Falls. Directly help families in need in area shelters, local elementary schools, alternative housing and children in foster care. New this year — The Wish List Project has partnered with Buzz Aldrin, Herndon and Hutchison Elementary schools for students who qualify for the free/reduced meal program. Your generosity and support will perpetuate the essence of the holiday season. It is important that ALL DONATIONS be received no later than the 10th as school counselors, social workers and shelter directors will be picking up the following day. If you have a conflict with the 10th, a time for drop-
- f you have a conflict with the 10th, a time for dropoff can be arranged the week prior. Gift receipts are encouraged to be included with the presents you purchase.
- Please contact Christie Shumadine at 703-405-8561 or cshumadine1@gmail.com with any questions. All gifts are tax deductible and forms will be available at the driveway during drop off.

### TUESDAY/DEC. 13

for an information packet & Details

**Aging in Place Seminars.** The Retiree Real Estate Education Association announces free public service seminar for December, 2016, on Aging in Place (Falls Church H.S., 7 p.m.). The seminar is a part of a series of 8 free seminars on real estate issues unique to retirees. Seminars are free, in the evenings at County public schools. For more information and semi- nar registration go to Retiree- RealEstate.org.



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2024 Madrillon Springs Ct., Vienna \$689,000 ELEGANTLY updated townhome with 3BR/2 full BA + 2 half BA in the heart of Vienna. Formal living room with bright, natural daylight and open concept floorplan leads you into separate dining room with chair railing, chandelier with medallion and French door walkout to the deck. Kitchen with

quartz counters, stainless steel appliances and plenty of prep space. UL has 3 BR including master suite with updated bath and huge walk-in closet.

1605 Maddux Lane, McLean\$1,549,000STATELY AND ELEGANT 5BR/4.5 BA customhome in private cul-de-sac location! This spectacu-lar home features gourmet chef's island kitchen withhigh-end stainless steel appliances, granite, & break-fast room; owner's suite with tray ceiling and fire-place plus luxury bath; 4 full baths updated in 2016!Upper level den & cupola w/ treetop views; LL w/huge rec rm & media rm; wonderful locationbacking to nature preserve; 1 stoplight to DC!

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 floorplan. 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!





1560 McLean Commons Ct McLean 22101 \$845,000



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



16 \* McLean Connection \* November 30 - December 6, 2016