

"I think the temptation is strong, and that's why we need a positive campaign like 'Phones Down. Touchdown.' To be able to increase the peer pressure and make it clear that it's not OK to drive distracted," Washington Redskins quarterback Kirk Cousins said during a Q-and-A after the press conference in McLean.

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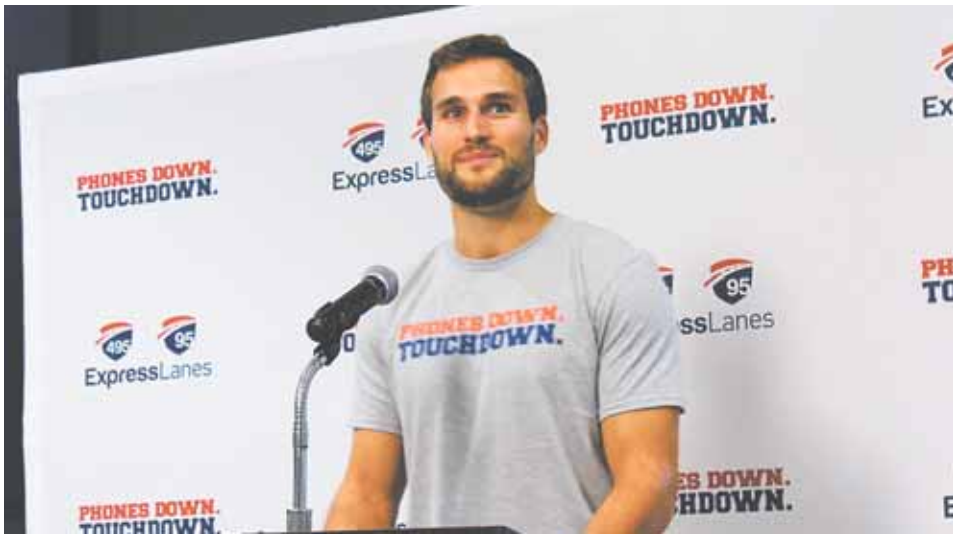
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PHOTOS BY FALLON FORBUSH/THE CONNECTION

Washington Redskins starting quarterback Kirk Cousins answers questions from the media during a press conference for the campaign's kick-off on Nov. 29. Drivers who share the "Phones Down. Touchdown." graphic on social media with the hashtag #PhoneDownTouchdown will be entered to win a month of free travel on the 495 and 95 Express Lanes.



PHOTO COURTESY OF THE OFFICE OF SUPERVISOR COOK

Supervisor John Cook (R-Braddock District), right, who is also the chair of the board's Public Safety Committee, took the pledge to commit to keeping his Phones Down while behind the wheel. Cook, who attended the press conference with Kirk Cousins (left) is the author of the "Slow Down" campaign, which helps alert motorists to the dangers of speeding.

Quarterback Promotes 'Phones Down. Touchdown.' Initiative

Redskins' quarterback urges region to put phones down while behind the wheel.

BY FALLON FORBUSH
THE CONNECTION

Washington Redskins starting quarterback Kirk Cousins kicked off the "Phones Down. Touchdown." safe driving campaign in McLean to spread awareness of the dangers and consequences of using cellphones while driving.

"I've made a career out of playing offense playing quarterback," Cousins said during the press conference. "When I'm behind the wheel, I drive defensively. I don't text or look at my phone while driving because it's dangerous. No text or phone is worth risking your life or the lives of others."

Texting for just five seconds behind the wheel is like driving blindfolded across an entire football field, he said.

"If I get sacked in a game, I can get back up and move onto the next play—for the most part," he said. "But when you text and drive, you might not get back up."

He encouraged people to apply positive peer pressure when they see the foul being committed.

"Speak up and tell them to put the Phones Down," he said. "Tell them to wait. If you're in the car, don't let a distracted driver make an excuse. No matter the call or the text, it's not worth it."

FRIENDS WHO HAVE DIED in car accidents is part of the reason Cousins was willing to be the face of the campaign. His college teammate and former Michigan State punter Mike Sadler, 24, died in a car accident in Wisconsin in July.

"Mike is one of a few people close to me who have been lost due to a car accident," Cousins says. "If we can even save one life by putting this message out, it's a worth-

while message."

While distracted driving may not have been the reason for his friend's fatal accident, it is a trend among young drivers.

According to the National Highway Traffic Safety Administration, 10 percent of all drivers 15 to 19 years old involved in fatal crashes were reported as distracted at the time of the crashes.

"I've been up here for 12 years and at least 16 troopers in those 12 years have been struck on the sides of the interstate in Northern Virginia for drivers that were distracted by various reasons," Cpt. Jim De Ford, commander of the Fairfax Division of the Virginia State Police, said during the press conference. "It is a real problem and it is one that affects us every day."

"Distracted driving has become an epidemic and one too many people are too willing to accept as the norm, and too many people are willing to be a part of the problem rather than be the solution," he said. "By the solution I mean ignore the phone, and that's even hard for me to do I'll admit, but I try to do it."

If drivers fail to ignore their phones while driving, De Ford said that he and his officers will not be ignoring them.

"I can assure you that if a Virginia state police trooper observes you texting while driving or determines that your texting caused a crash, then you will be cited," he said.

Fairfax County has not been immune to the epidemic.

"In 2016 year-to-date, [Fairfax County is] at 35,000 crashes approximately and 29 percent of those have been attributed to distracted driving," Cpt. Bob Blakley, commander of the Fairfax County Police Department Traffic Division, said during the press conference.

VIEWPOINTS

Do you think the campaign will make us safer?



Del. Marcus Simon (D-53)

"I think that having a nice and easy-to-remember catch phrase will keep it front of mind. Having a celebrity will get the kids involved. My son will catch me looking at my phone [while driving] and it's not safe."



Cpt. Jim De Ford, commander of the Fairfax Division of the Virginia State Police

"You don't have to wear a uniform to see the dangers and too often deadly consequences of distracted driving on the highway, but we see it every day ... This is caused by people who fail to do their jobs when they're on the highway and that's just simply driving a car while they're behind the wheel ... the Virginia State Police proudly supports this traffic safety initiative ... This is a pledge to do the right thing."



Cpt. Bob Blakley, commander of the Fairfax County Police Department Traffic Division

"The problem is growing ... so we definitely need help from everybody to get it under control ... Year to date, we have issued more than 13,000 citations for failing to pay full time and attention which includes texting while driving in Fairfax County ... But enforcement's not the answer to the problem. It's a combination of aggressive enforcement but more importantly a huge education and awareness campaign. This is what will truly make the difference."

That's more than 10,000 car accidents so far this year due to distracted driving, and even more citations.

POLICE OFFICERS have issued more than 13,000 citations to drivers in the county for distracted driving, Blakley said. But Blakley said enforcement alone is not the answer to the problem.

"It's a combination of aggressive enforcement but more importantly a huge education and awareness campaign," he said. "This is what will truly make the difference."

He encouraged the public to take the time to take the campaign's pledge at www.phonedowntouchdown.com and to

talk about their experiences with texting while driving.

The "Phones Down. Touchdown." Campaign is sponsored by Transurban, which manages and develops toll road networks in the U.S. and Australia. The company, which hosted the press conference at its McLean office, operates the 495 and 95 Express Lanes in Northern Virginia.

According to Mike McGurk, a spokesman for Transurban, drivers who share the "Phones Down. Touchdown." graphic on social media with the hashtag #PhoneDownTouchdown will be entered to win a month of free travel on the Express Lanes. A new winner will be selected every week throughout December and January.



Chris Herren has been drug-free and alcohol-free since Aug. 1, 2008.

‘Unguarded’ at Langley High

Former NBA player talks to McLean about countywide drug problem.

BY FALLON FORBUSH
THE CONNECTION

Chris Herren’s dream came true at age 22 when he was scheduled to play his first game for the Boston Celtics, his hometown team. On game day, announcers said the words that he had always wanted to hear his entire life: He was introduced as the starting point guard.

“I grew up with that dream,” he said. “I pretended I was a Celtic in my driveway.”

But he has no recollection of the game or his name being announced as he walked out of the stadium’s tunnel. He was too high on OxyContin.

Herren’s life has been spent battling addictions to alcohol, cocaine, painkillers and heroin. Now that he is sober, he tours the country as a motivational speaker with his nonprofit organization, the Herren Project.

He visited Langley High School in McLean on Wednesday, Nov. 30, to speak to an auditorium full of students, parents, coaches and teachers.

The former NBA player for the Denver Nuggets and the Boston Celtics had a clear message for parents who provide spaces for their kids to drink alcohol. He had a strong opinion about parents who think it’s OK to allow it as long as their kids are safe and don’t drive home because he grew up with parents who thought that it was OK.

Out of the 15 kids on his high school basketball team who drank in basements during parent-sanctioned house parties, seven became heroin addicts, he said.

That way of thinking fails kids miserably, he said. Instead, he urged them to question

day one and know the reason their kids feel the need to drink or use drugs.

Why in the world would kids need drugs to hang out with their friends? he asked the crowd.

HIS ADDICTION started at age 14 when he started drinking his father’s beer.

“I grew up in a household where my father liked Miller Lites more than he liked coming home,” he said. “Growing up as a child, I always knew in my heart that my father’s drinking was destroying my family.”

“I remember like it was yesterday, crying at night listening to my mom and dad fight. I remember praying he would come home right from work and not stop at the bar with his friends.”

By the time he was 18 years old, he tried cocaine with college roommates as a freshman at Boston College. He attributed it to peer pressure.

“I said to myself, ‘I’ll try this drug one time and I’ll never do it again.’ ... I had no idea at 18 years old when I promised myself just one time that ... it would take 14 years to walk away from.”

He lost his scholarship and was expelled from college for failing drug tests. But he was given a second chance at California State University, Fresno.

By 21, he was in rehab for his cocaine addiction. After 30 days of treatment, he finished his senior season and was the 33rd pick of the NBA draft for the Denver Nuggets. He was sober for that rookie season.

By 22, he tried OxyContin. One 40-milligram pill turned into 1,600 milligrams per day, a \$2,500 a month habit.



Langley High School Basketball Coach Mike O’Brien (left) and Football Coach Brian Lambe (right) introduce Chris Herren.

By age 28, heroin “had him hostage” and he could no longer play basketball. For the next four years, his addiction ran his world.

“I was a street junkie,” he says. “You could find me hustling heroin on street corners in my hometown, breaking into houses, bouncing checks, scrapping metal, collecting cans—whatever it took.”

By the time he was 32 years old, he could no longer afford heroin.

“I fell in love with vodka because vodka—as some of you know—is amazing at helping you forget,” he says.

But as soon as he got his hands on heroin again, it resulted in his fourth overdose and near-death experience.

Herren’s story of addiction has been captured in the book, “Basketball Junkie” and the ESPN Films documentary, “Unguarded.”

Langley High School athletic coaches heard Herren’s story first hand when they attended Herren’s presentation at Riverside High School in Lansdowne in February.

Since then, the coaches worked to raise the funds to bring him to Fairfax County.

In the end, the Fairfax County Public Schools, the Wilbert Tucker Woodson High School, McLean High School and Langley High School parent teacher student associations and the McLean High School and Langley High School athletic departments pulled together to sponsor Herren’s visit.

Fairfax County’s Story

“Drug and alcohol is an issue at the high school level,” says Langley High School Basketball Coach Mike O’Brien. “I’m afraid it’s starting at an even earlier age.”

Langley High School Football Coach Brian Lambe agrees.

“It’s a problem that Langley and McLean is facing,” Lambe says. “Whether parents

want to admit it or not, it’s a problem in the county and pretending it’s not a problem won’t fix it. Having a conversation and a dialogue will help.”

When O’Brien has suspicion that his students are struggling with substance abuse or suicidal thoughts, or if students confides in him that they are struggling with these issues, he tries to provide intervention by referring them to school counselors.

“I’m not adept with the issues, but I try to get the kids and parents involved,” he says.

He hopes Herren’s story resonates with his kids so that he can avoid the intervention altogether. “If we can get through to just one kid, it’s worth it to me.”

He also hopes students who are undergoing stressful situations and hardships will find other outlets after hearing about Herren’s painful struggles with substance abuse and addiction.

Alcohol is the most commonly used substance by Fairfax County youth, according to the 2015 Fairfax County Youth Survey of eighth, 10th and 12th grade students, which was published in the fall.

More than one-third of the students, nearly 36 percent, reported drinking alcohol at least once in their lifetime, and 16 percent reported drinking it in the month prior to the survey. Approximately 8 percent of the students reported binge drinking.

As students age, the rates of alcohol use increased, rising to over half of the 12th-grade students, nearly 57 percent, drinking alcohol at least once in their lifetime, and almost one-third, 32 percent, drinking it within the past month.

Marijuana was the second most commonly used substance by Fairfax County youth, with almost one in five, 19 percent, reporting that they have used it at least once

SEE ADDICTION, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM

News



PHOTO CONTRIBUTED

Erin Pierce (left) and Jenna Rosen with Julie Sutliff, Women's Head Coach for Langley Crew.

Langley Crew Athletes Committed to Row in College

Langley High School Varsity rower Erin Pierce commits to row for Division 1 Southern Methodist University in Dallas, Texas. Pierce will attend SMU on a full athletic scholarship.

Jenna Rosen has committed to the University of Southern California's women's rowing team as a coxswain starting in the fall of 2017. Both athletes signed their Letters of Intent in a ceremony at Langley High School on Nov. 10.

Pierce was in the 2015 Virginia State Champion J8+, placing 10th at the Scholastic Rowing Association of America's National Championship Regatta. In the off-season, she rows for Resilient Rowing Club out of Occoquan, Va., competing in nationally recognized regattas such as the Head of the Charles and USRowing Club Nationals. She is excited to begin her studies in Biology

and Russian at SMU, and can't wait to be a member of the Mustang Rowing Team.

Rosen has had success at the high school and club level, coxing her high school JR8+ to a win at the VA State Championships, and twice to semifinals at the SRAA National and Stotesbury Regattas. With the highly competitive TBC Racing club team Rosen has won 2 Silver medals at Club Nationals, and multiple wins at regional regattas. She also coxed her TBC Racing boats to 2nd and 3rd place finishes at the Canadian Henley Regatta, and this fall she coxed the women's 1st 8+ at the Head of the Charles. Rosen is a member of the National Honor Society and has been recognized as a National Merit Commended Scholar.

Rosen is very excited to join the Women of Troy.

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Court Should Overturn Partisan Redistricting

BY SCOTT SUROVELL
STATE SENATOR (D-36)



COMMENTARY

Virginia is represented by Democrats in all five statewide offices, has voted for a Democratic president three times, yet the Virginia House of Delegates has 66 Republicans and 34 Democrats.

This week, the U.S. Supreme Court heard arguments on the legality and constitutionality of the last redistricting of Virginia House of Delegates' districts. The court's decision could be monumental for all Virginia voters.

If I could fix one thing to make our government work better at every level, I would reform redistricting. Partisan redistricting abuse has been around since the beginning of American democracy. The term "gerrymander" originates from an 1812 attempt to draw districts favoring Massachusetts Gov. Eldridge Gerry. To be clear, both parties do it, but in the last two decades, gerrymandering has become especially powerful for a few reasons.

First, America is more partisan. Due to multiple and growing sources of information available in today's world, voters are able to self-select their news sources and are exposed to fewer alternative perspectives. This has driven up partisan identification and led to fewer voters who are willing to split their votes between political parties.

Second, and more importantly, computer-enabled mapping software has made it possible to draw districts that are finely crafted. When redistricting was done with index cards shifting precincts days because of ancillary effects and the need to recalculate and balance

district populations.

Today, computing technology analyzes data by census block and in a few seconds can draw a comprehensive set of districts to elect a predicted number from a specific political party while maximizing majority-minority districts.

Over the last 30 years, these political considerations have caused district lines to constantly shift. Many areas constantly move between congressmen, senators and delegates every redistricting cycle. Changed lines leave people confused about their representatives. Census level analysis leaves precincts split requiring local governments to redraw precinct lines to avoid polling places with multiple ballots. This costs taxpayers money and leaves voters confused about their polling place.

Resulting districts are not communities of interest. The 36th Senate district that I represent stretches 60 miles across three counties and two area codes. The 1st Congressional District crosses the 36th District and stretches from Manassas to near Norfolk. Districts should minimize jurisdictional splits, use natural geographical boundaries like rivers and be truly compact and contiguous.

Together, this creates a series of hyper-partisan districts, both Republican and Democratic, which are so safe in general elections that they incentivize incumbents to focus on galvanizing primary voters' support and not the broader electorate. This distorts public policy and increases partisanship when it is time to legislate.

There are two solutions to this problem. First, the legislature could give up redistricting power and transfer it to a bipartisan or non-partisan commission. Incumbent legislators should not pick their voters. I have always supported nonpartisan redistricting and the Virginia State Senate has passed it several times, but it always dies in the hyper-gerrymandered House of Delegates. A legislative solution is highly unlikely.

The real opportunity to remedy this situation lies in the courts. Some courts have thrown out hyper gerrymandered seats using Voting Rights Act provisions. While valuable, this law is not a comprehensive tool because it is limited to preventing racial discrimination and does not address other problems with partisan redistricting. A Wisconsin federal court recently used an analysis based on the 1st and 14th Amendments to invalidate partisan redistricting by focusing on "wasted votes," but did not recommend a remedy.

Courts can often better resolve issues that legislatures cannot. For example, in 1962, numerous legislatures, including Virginia's, refused to redraw districts recognizing the booming suburban populations. The U.S. Supreme Court required Virginia and other states to draw districts based on actual population by adopting the "one man, one vote" rule of the *Baker v. Carr* case.

Today, it is similarly time for the courts to restore democracy to our country and our commonwealth. Hopefully, they will use the Virginia House of Delegates case argued this week to restore democracy to America.

It is an honor to serve as your state senator. If you have any feedback, you can always contact me at scott@scottsuovell.org.

To Be a Delegate

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



COMMENTARY

The National Conference of State Legislatures sponsors a "Legislators Back to School Day" each year as a way to promote the idea that more legislators should visit their local schools to see the good work they are doing as well as to understand the challenges that school administrators and teachers face. I take advantage of that opportunity and other times I am invited to visit schools in my district and sometimes to visit schools in other areas to learn about special programs. For me the visits are very positive experiences. I continue to be impressed with the outstanding work that our schools are doing especially considering the thousands of children—more than 180,000 in Fairfax County—they have to educate. Ensuring that every child reaches his or her full potential is a continual challenge, but I find administrators and teachers at every level working earnestly and diligently to make sure it happens. The children in our community are amazing! They are for the most part eager learners who are full of questions and curiosity. And they are good citizens.

One question that I get from children that

may be a curiosity of some adults as well is just what is a delegate. I discuss with the students the meaning of "to be delegate" and explain that I am given a delegation of responsibility by the voters of my district to go to the state capitol each year to represent their interests. In most states and at the federal level, members of one house of the legislature are called representatives; they represent their constituents in the legislature just as I am delegated to do by the people who live in my legislative district.

Their follow-up question is a key one that must be answered appropriately if our representative form of government or republic is to be successful: How do I know the interests of my constituents? I give several explanations. My term of office is for two years. When I stand for re-election every two years I tell the voters in my district what I stand for and believe in. Their vote for me is an affirmation that I stand for the kind of things that they want in their government. If I do not represent the interests of my voters, they have an opportunity every two years to take back the delegation of responsibility they have given to me and give it to someone else.

Secondly, I know many of the interests of

my constituents because I am out and about in the community all the time. I listen to a lot of people. I encourage people to call or write to me. I try to stay very active in the community to understand my constituents and their needs. I encourage people to respond

to my annual constituent survey which you can do at www.kenplum.com. Along with Senator Janet Howell I hold public meetings; the next one is Monday, Dec. 19, 7:30 to 9:00 p.m., at the Reston Community Center at Lake Anne. Please come and participate.

Being a delegate is supposed to be a part-time job in Virginia; for me it is a full-time job and a half, but I am very honored to have been entrusted with this delegation of responsibility.

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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NEWS

The Container Store Launches Annual Holiday Hugs Program

The Container Store continues its annual, nationwide signature giving program, Holiday Hugs. In each of their Washington, DC-area stores, they are partnering with Children's National Health System to collect and deliver new, unwrapped gifts to their young patients who are spending the holidays away from home.

Customers can participate in the Holiday Hugs program by dropping off new, unwrapped books, small toys and games, toiletries, gift cards and kid-friendly stocking stuffers in collection bins at the Washington, DC, Arlington, Reston, Tysons Corner and Rockville locations between now and Dec. 18. Employees from the Washington, DC-area stores will then volunteer their time to package the donated gifts into custom Holiday Hugs Sacks and deliver them to Children's National Health System the week of Dec. 19.

"Every holiday season, The Container Store embraces the spirit of giving by helping those in need in our local communities,"



PHOTO CONTRIBUTED

The Container Store continues its annual, nationwide signature giving program, Holiday Hugs. Collections are going on now through Dec. 18 and gifts will be delivered to the hospital the week of Dec. 19. The Container Store's Washington, DC-area locations include Washington, DC, Rockville, Arlington, Reston and Tysons Corner.

said Melissa Reiff, Chief Executive Officer of The Container Store. "Our Holiday Hugs program is an easy way to bring joy to young patients and their families through this gesture of love from everyone associated with The Container Store."

For more information about the Holiday Hugs program, visit standfor.containerstore.com/holidayhugs.



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CALENDAR

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 Covell, 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 family-friendly 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 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

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.

THURSDAY/DEC. 8

Giant's In-Store Nutritionists Promote Community Wellness 10 a.m. Agewise At The Ashby Apartments Nutrition Club. Giant

nutritionist Amanda Barnes invites residents to community wellness classes, store events and in-store consultations. In a world full of food options and different diet trends, a nutritionist has the training and expertise needed to sort through individual information to provide their clients with a plan that suits their needs. A nutritionist's primary job is to help advise customers when it comes to their health and what they consume. Through setting up consultations and creating specialized diets, nutritionists can help with various concerns, like weight loss, diabetes and other health issues where diet is particularly important.

FRIDAY/DEC. 9

Carrie Newcomer at Jammin Java Doors open: 6 p.m. Show 7 p.m. 227 Maple Ave East, Vienna. She recently released her 16th CD, The Beautiful Not Yet, and will be performing at Jammin' Java. www.jamminjava.com/

SATURDAY/DEC. 10

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

VISION OF THE CLASSROOM.

Vienna Volunteer Fire Department Auxiliary Pancake Breakfast 8 - noon Vienna Volunteer Fire 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 you with a free photo of your child and a set of his or her fingerprints – using clean, inkless technology. Photo ID with fingerprints gives authorities vital information to help locate a missing child. There will also be tours of the fire equipment available. All proceeds go to the Vienna Volunteer Fire Department to assist in 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.

McLean AAUW Event 12 - 2:30 p.m. 375 Walker Road, Great Falls. Erin Garland, a National Museum for Women in the Arts docent, presents on works of artists in the museum's collection who had interesting, unusual, and humorous DC area connections. Admission: \$35 775-



PHOTO COURTESY OF MCLEAN COMMUNITY CENTER

'Fancy Nancy' at Alden Theatre

"Fancy Nancy's Splendiferous Christmas" cast. McLean Community Center presents "Fancy Nancy's Splendiferous Christmas" performed by Vital Theatre at the Alden Theatre, McLean Community Center, 1234 Ingleside Ave, McLean. Performance: 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+



Musicologist, humorist and jazz pianist John Eaton will share the history and harmonies of some favorite seasonal songs from the American Songbook at a special "Holiday Spectacular" on Saturday, Dec. 17 at The Alden.

762-8016 brionesjonesm@yahoo.com
Giant's In-Store Nutritionists Promote Community Wellness 1 p.m. McLean Giant at McLean Shopping Center, 1454 Chain Bridge Rd, McLean. Giant nutritionist Amanda Barnes invites residents to community wellness classes, store events and in-store consultations. In a world full of food options and different diet trends, a nutritionist has the training and expertise needed to sort through individual information to provide their clients with a plan that suits their needs. A nutritionist's primary job is to help advise customers when it comes to their health and what they consume. Through setting up consultations and creating specialized diets, nutritionists can help with various concerns, like weight loss, diabetes and other health issues where diet is particularly important.

Reach for the Stars at Riverbend's Astronomy Festival 5 - 6 p.m. Riverbend Park is located at 8700 Potomac Hills St., Great Falls. There will be guided star-gazing and a chance to peek at the stars through a telescope. Learn more about what's twinkling in the sky at night as you

listen to ancient stories about the constellations around the campfire. Enjoy games and activities, and if you get a little hungry, there will be hot chocolate and snacks available for purchase. Cost: \$6 online \$7 at door. <http://www.fairfaxcounty.gov/parks/riverbend-park/>. This event will be canceled if it's raining or snowing.

SUNDAY/DEC. 11

Colonial Wassail 1 - 4 p.m. The Claude Moore Colonial Farm 6310 Georgetown Pike, McLean. Stand fast, root! Bear well, top!(God send us a howling crop! In the winter the apple trees need encouragement to bear fruit during the coming year. Gather in the Claude Moore Colonial Farm's orchard to wassail the trees with singing, dancing and chants to ensure "a howling crop." Enjoy hot spiced cider, sugar cakes, a roaring bonfire and 18th century games. Fun and educational activity for all. Cost: Adults: \$3; Children 3-12 and Seniors: \$2; Children under 3 complimentary admission. AAA and military discounts. Free parking. Vicki Baker: 703-231-3545;

vbaker703@gmail.com

"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>

Great Falls Children's Christmas Program A potluck supper follows the program at 5:00 p.m. Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Open to the community, features the Christmas story told through narration, scripture and Christmas carols. The cast of children bring the Nativity scene to life with Mary, Joseph, animals, angels and shepherds. Admission: Free
Handel's Messiah Concert on Sunday 4 p.m. at Vienna Presbyterian Church, 124 Park Street. The Christmas story in music by the VPC Sanctuary Choir, with special guests Metropolitan Opera soprano Danielle Talamantes and organist Terry Sisk, and with commentary by Pastor Pete James.

FRIDAY/DEC. 16

Redeemer Lutheran Church's Annual Living Nativity and Christmas Concert. All are welcome and invited to enjoy the sounds of the season and the excitement of live animals in the creche, 6:30 to 8:30 p.m. at Redeemer Lutheran Church, 1545 Chain Bridge Rd, McLean. There is no charge to attend, and it is open to the entire community. Children are invited to put on angel or shepherd costumes, and visit the live animals, maybe pet a bunny or baby lamb. At 7:30 everyone is invited inside to experience a concert of many choirs - adult, children and bell choirs. You can also sing along with favorite Christmas Carols. After the wonder of the starry night warm up inside with complimentary hot chocolate, a treat from the Bake Sale,

SATURDAY/DEC. 17

Holiday Express and Visit with Santa at Clemjontri Park 10 - 3 p.m. Clemjontri Park is located at 6317 Georgetown Pike, McLean. Visit with Santa, go for a ride on the Holiday Express train, and take a spin on the unique carousel that's wheelchair accessible. There will also be holiday pictures for children to color. Stay for a while and let the kids play on the specially-designed playground that allows children of all abilities to have fun side-by-side. Train rides: \$5 Carousel rides: \$3. Photo with Santa: \$5 <http://www.fairfaxcounty.gov/parks/clemjontri/>

Puppy Nativity Vienna Church 10 - 2 p.m. in the parking lot of the church at 2351 Hunter Mill Road, Vienna. Bring your puppies and dogs to take part in the Live Puppy Nativity. This will be fun for the community and may make great holiday pictures. Costumes and treats will be provided for pets. Hot chocolate will be served, and the church's youth group will be on hand to accept community donations for the Britepaths Holiday Program to help needy families <https://britepaths.org/our-programs/holiday-program>

"John Eaton's Holiday Songbook" 2 p.m. 1234 Ingleside Ave, McLean. Jazz pianist and musicologist John Eaton's first-ever holiday concert last year was such a hit that we're

SEE CALENDAR, PAGE 9



PHOTO COURTESY OF MCC

Chuck D will be the featured speaker at the McLean Community Center's (MCC) annual Dr. Martin Luther King, Jr. Day Celebration.

Public Enemy's Chuck D Will to Speak at McLean's Annual Martin Luther King, Jr. Day Celebration

Hip-hop legend Chuck D will be the featured speaker at the McLean Community Center's (MCC) annual Dr. Martin Luther King, Jr. Day Celebration. The celebration will be held at 2 p.m. on Sunday, Jan. 15, in The Alden Theatre. Tickets are \$20 for the general public; \$10, for MCC tax district residents. The theatre is located at 1234 Ingleside Avenue.

Best known as leader and co-founder of the legendary rap group, Public Enemy, Chuck D (Carlton Douglas Ridenhour) re-defined rap music and hip-hop culture with the release of the band's explosive debut album, "Yo Bum Rush the Show," in 1987. Now a political activist, publisher and producer, Chuck D co-hosted "Unfiltered" on Air America Radio, testified before Congress in support of peer-to-peer MP3 sharing and was involved in a 2004 rap

political convention. Most recently, he has appeared on national news programs providing commentary on the "Black Lives Matter" movement and the 2016 presidential campaigns.

One of Ebony magazine's "Ten Most Influential Black Americans," Rolling Stone's "50 Most Important Performers in Rock & Roll History" and a member of the Rock and Roll Hall of Fame, Chuck D is a go-to voice for insight on technology, politics, rap and soul music, and race in America. Few artists have such a sophisticated knowledge and understanding of the intersection of popular culture and politics, as Chuck D will demonstrate by his speech, "Rap, Race, Reality."

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



PHOTO BY WALTER LEAPHART

Chuck D in a 2005 photo.

FROM PAGE 8

bringing it back! Hear your Great American Songbook favorites with a yuletide twist. Admission: \$35/\$20 MCC tax district residents. <http://mcleancenter.org/alden-theatre>
Pet Adoption Event. Wolf Trap

Animal Rescue hosts an adoption event from noon to 4 p.m. at the Tysons Corner PetSmart, 8204 Leesburg Pike, Vienna. There will be puppies and kittens waiting for their "forever homes." Make this holiday season the beginning of their "forevers" in your home.

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WELLBEING

Preventing Underage Drinking During the Holidays

Experts suggest holding honest conversations.

BY MARILYN CAMPBELL
THE CONNECTION

As Bridget O'Brien took inventory of her liquor supply recently, she checked off vanilla rum, white chocolate liqueur, peppermint schnapps, Champagne and Crème de cassis. These fanciful ingredients would be the key ingredients of the signature drinks — candy cane cocktails and kir royale — that guests had come to anticipate at her family's annual Christmas caroling party. This year, however, there was a new item on her checklist: keeping a close eye on her 13-year-old daughter, 16-year-old son and their friends, who would be among the guests at the family-friendly affair.

"The party begins at our house and we stroll to the end of the street singing carols," said O'Brien. "There are so many people, that it would be easy for kids to wander off back to the house where they'd be alone with the alcohol. They're starting to want more independence now, so we naturally lose some of the control that we had when they were younger."

Flowing drinks are as much a part of some holiday parties as decadent desserts. As a result, yuletide festivities increase access to alcoholic beverages for underage drinkers. According to experts, underage drinkers are responsible for between 10 and 20 percent of all alcohol consumed. During the holiday season, they also make up the highest percentage of impaired drivers. The temptation among tweens and teens to experiment and give into peer pressure, combined with the availability of alcoholic beverages can be a deadly combination, says safety experts. They encourage parents to have conversations with their children.

"A lot of parents would be surprised that their child would drink, but there are a lot of ways for children to get alcohol," said Allen Lomax, executive director of the Substance Abuse Prevention Coalition of Alexandria. "It's easy for them to get alcohol from their parents' home if it's not locked up. You have to constantly monitor parties in your home when teens are there because there's a good chance that someone, even if it's not your own child, could have alcohol."

A child's inquisitiveness about alcohol is a sign that it's time for a parent to begin a dialogue about the dangers and consequences of underage consumption, says Linda R. Cote-Reilly, a developmental psychologist, certified family life educator and professor at Marymount University in Arlington. It is best to start the conversation ... long before the child might be in a situation where they partake in underage drinking. ... It's not that different from conversations about sexual activity. One big dif-



PHOTO BY MARILYN CAMPBELL

The holidays and the resulting increase in celebrations and parties create opportunities for underage drinking.

ference, though, is that the child will have observed his or her own parents' alcohol use, so parents should be prepared to ... answer pointed questions."

In fact, personal experiences, even those that are unpleasant, can be teachable moments and should not be avoided or sugar-coated, says Cote Reilly. "Some children will have an alcoholic in the family, and parents should always address that situation honestly and in child appropriate language. For example, a child might say, 'Why did Uncle Jim fall asleep during Thanksgiving dinner?' and the parent could respond, 'Because he drank too much alcohol.'"

Because alcohol is a legal substance that children often observe parents and other adults consuming, and that they might legally consume themselves later in life, the issue can be confusing. While parents want to curb underage drinking to keep their high school children safe and avoid legal penalties, said Amy L. Best, professor and chair, Department of Sociology and Anthropology, George Mason University. "On the other hand, parents also need to lay the groundwork for their children to consume alcohol responsibly in early adulthood."

Unfortunately, straight alcohol bans do little to protect young people as they move out from under the yoke of parental supervision. For students transitioning to college, it is very important they have the tools and resources to manage situations where binge drinking is more common.

Engaging in a straightforward discussion that is void of mandates and hard-lined rules is the most effective approach in getting children to be receptive, advised Best. "I think parents do well when they engage in honest and reasoned discussions with their children about alcohol and that these conversations be ongoing, informal and structured so their children can feel comfortable talking about what they are observ-

ing around them," she said.

"Research suggests that when parents focus on rules and discipline, adolescents tend to be more likely to engage in surreptitious drinking and succumb to peer pressure," agreed Shannon N. Davis, associate professor of sociology at George Mason University. In fact, parents who talk to their adolescents about drinking as something that is forbidden might actually be enhancing its desirability, says Davis.

"Instead, [discuss it] as something that in moderation is part of adult life; [these discussions] are more likely to have their children express ideas about moderation in their own subsequent alcohol consumption," she said. "This is not to say that parents should encourage their adolescents to break the law. Instead, rather than focusing on the illegality of the behavior and the rules around drinking, parents should have honest conversations about drinking, the consequences on bodies of drinking, and explain why the rules exist in general."

Honest conversations also help clear up misconceptions. "Children often harbor ideas about alcohol that are downright wrong," said Best. "Sometimes this means

"Instead, rather than focusing on the illegality of the behavior and the rules around drinking, parents should have honest conversations about drinking, the consequences on bodies of drinking, and explain why the rules exist in general."

**—Shannon N. Davis,
associate professor of sociology at
George Mason University**

parents just listen and then can share their own observations, as well as the strategies they used to navigate the complex world of adolescent and adult drinking."

It is important that parents set clear boundaries. "I also think parents do well when they set clear guidelines and follow them," said Best. "It is important that teens have the means to forge a sense of self that is separate from their parents. That is the fundamental developmental project of adolescence. When teens have productive means to forge a sense of self independence of parent(s), alcohol holds less appeal."

It also holds less appeal to confident teens. "Most importantly, parents want to ensure that their adolescents have high levels of self-esteem that allow them to feel comfortable saying 'no' to any circumstance where they are uncomfortable or pressured by their friends," said Davis. "Reminding adolescents that it is OK to be different is a hard thing, and it is a hard thing for the adolescents to hear."

Free Holiday Cab Rides Offered to Prevent Drunk Driving

Combating that holiday period which the National Highway Traffic Safety Administration says is a "dangerous time to be on the road due to a high number of drunk drivers behind the wheel," a local nonprofit organization announced that free cab rides will be offered to would-be drunk drivers throughout the Washington-metropolitan area during the winter holidays.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the annual

Holiday SoberRide® program will operate between 10 p.m. and 6 a.m. each evening between Friday, Dec. 16, 2016 and Sunday, Jan. 1, 2017 as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period.

During the evening hours, between Dec. 16 and Jan. 1, Washington-metropolitan area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$ 30 fare), safe way home. (AT&T wireless users can dial #WRAP for the same service.)

More information about WRAP's SoberRide initiative can be found at www.soberride.com.

NEWS

Santa Claus rode on top of the McLean Volunteer Fire Department's fire truck.



PHOTOS BY KENT ARNOLD

McLean WinterFest Parade Celebrates Eighth Run

BY FALLON FORBUSH
THE CONNECTION

More than 60 groups marched down the mile-long parade route for the WinterFest Parade in McLean on Sunday, Dec. 4.

"It's been around for a long time," says Maureen Scholz a seven-year member of the parade's steering committee.

It used to be a homecoming parade back in the 1970s and '80s before it fizzled out, she says. It was resurrected eight years ago by the Greater McLean Chamber of Commerce and has been run by the steering committee for the last seven years.

"We wanted to bring awareness that McLean is a home town and to basically show off," she says.

Trish Butler has been involved in the parade for the last eight years and has been leading the steering committee.

"She pours her heart and soul into this event every year," Scholz says of Butler.

Butler gives credit for the parade's resurrection to two retired volunteer firefighters: Clyde Clark of the McLean Volunteer Fire Department and Homer Johns of the Great Falls Volunteer Fire Department.

"Firefighters have always marched in parades, but there just wasn't a venue for them to do that in McLean," Butler says.

Like Reston and other surrounding communities that have holiday parades, Clark and Johns "wanted to create community spirit here," she says.



The McLean High School Marching Highlanders finish the parade route.

The first parade eight years ago had 50 units and this year boasted more than 60.

"We tend to get repeats marching in the parade," Scholz says. "It's become an exciting event that people are waiting for each year."

Though downtown McLean is the focus, groups come from all over Fairfax County to participate, including Falls Church, Reston, Great Falls, Herndon and Vienna.

Last year, more than 800 people watched the parade. This year's count is still being finalized, but Scholz anticipates that around 600 people attended. She attributes the anticipated dip to Sunday's chilly weather.

The cold did not stop elementary students from

SEE WINTERFEST, PAGE 12

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Girl Scouts from the Nation's Capital Council, which is comprised of girls from throughout the Greater Washington Region, hold hands as they walk the parade route.



PHOTOS BY KENT ARNOLD

Cub Scout Pack 0665 from St John's Episcopal Church in McLean marches down the parade route.

WinterFest Celebrated in McLean

FROM PAGE 11

performing at the Langley Shopping Center, says Scholz, who runs the pre-parade entertainment each year while her husband and son set up the stage equipment.

Children from the Westgate Elementary School in Falls Church and the Spring Hill Elementary and Kent Gardens Elementary schools in McLean performed an hour before the parade began.

"There's an old couple that come out every year and put their chairs right up front," she says. "It's a nice feeling to be a part of a hometown tradition."

Food trucks were parked on Old Chain Bridge Road on the parade route to feed parade goers.

Trucks included Mama's Donut Bites, which specializes in hot mini donuts; the Crepe Love Truck, an extension of Crêpe Amour, a creperie and café brand in Vienna;

and Doug the Food Dude, a caterer and food truck serving the Northern Virginia Metro area.

An annual tradition for the parade's organizers is to give some money that they raise back to the community. They do this by donating to Share, Inc., a nonprofit that provides emergency assistance to those in need in McLean, Pimmit Hills and nearby areas of Northern Virginia.

"We feel that Share is the best way to give

it back," says Scholz.

Last year, the steering committee presented the Share with a \$1,500 check. Organizers plan on giving the organization another check in January.

The steering committee will start to organize next year's festivities in August.

"We're always looking for volunteers to help plan the parade and are always looking for groups to support it financially," says Butler.

A video and photo slideshow of the parade will be posted on the parade's website at www.mcleanwinterfest.org.

THE

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1/4/2017.....Wellbeing, Renewal, Resolutions

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FEBRUARY

2/1/2017.....Valentine's Dining & Gifts I

2/1/2017.....Wellbeing - National Children's Dental Health Month

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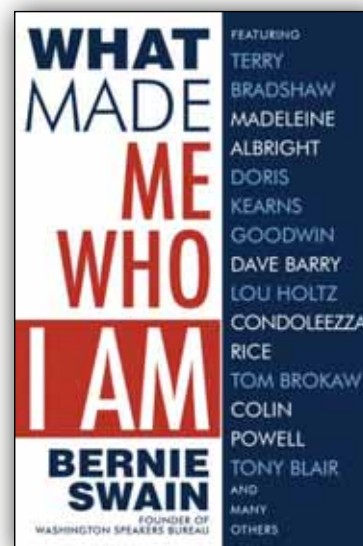
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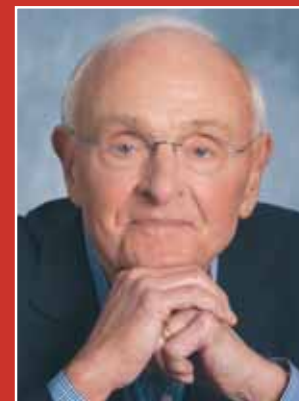
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by
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News

Addiction Is Not 'Somewhere Else'

FROM PAGE 4

in their lifetime, and 10 percent using it in the past month.

Rates of use also increased by grade level, rising to 36 percent of 12th-grade students reporting lifetime use, and 20 percent indicating use in the past month.

Fairfax County youth reported lower rates of use than those seen nationally for many of the investigated substances, according to the survey. Overall rates of use of alcohol, marijuana, inhalants and all forms of tobacco were lower than the national rates.

However, Fairfax County youth were slightly more likely than their peers nationally to report past month LSD, cocaine, methamphetamine and heroin use.

Alison Senold, who volunteered with the Langley High School Parent Teacher Student Association to organize the Herren event, says substance abuse among county teens is more of an issue than parents realize.

"I think families tend to look around McLean and Langley and Woodson districts and they go, 'These are really nice neighborhoods. We don't have a problem with drugs and alcohol. We send our kids to the best schools in the country.' Yeah, they are the best schools in the country, but that doesn't mean kids aren't still confronted with those decisions around drug and alcohol use on a regular basis. And they still need the tools to make good decisions as they go through adolescence."

Herren confirmed her theory.

"I'm going to be honest with you," he said. "The wealthier the community, the worse the problem—by far."

Senold, who is the parent of two high school boys, says she has ongoing conversations with her kids about the topic.

"They hear the conversations that go on and are aware of the parties that get thrown and they know what their friends are doing, and it takes a lot of talking and support as a parent to guide them through those decisions," she says. "It's not a one and done thing. You can't just check the box."

Lucy Caldwell, spokesperson for the Fairfax-Falls Church Community Services Board, a public agency that helps people with mental illness and substance use disorders, says this parental support system is what Herren was urging parents to provide.

"[Herren's] message was targeting parents to not look the other way, to pay attention and know what's going on with their child and that it's not just a beer," Caldwell says. "It's not about a beer or pot, but it's about why, and that's absolutely part of the issue."

Caldwell was on site manning a resource table for the CSB during the event and was available to answer any questions about addiction and mental illness.

"Sadly, it's not just about the beer. Many people do end up becoming addicted," she says. "His message was very clear and very strong and sometimes that makes people uncomfortable."

In her line of work, she has seen that most everyone with heroin or opioid dependency started by abusing marijuana or alcohol at a younger age.

"They don't need to understand worst day, they need to understand first day," Herren told parents in response to an audience question.

"I find it awfully sad when a young child loses the ability to be themselves 24-7," he said. "When all of a sudden, a child needs a substance to get through

VIEWPOINT

What impression did his story have on you?



McLean High School sophomore Imani McCormick, 15

"I think it was an influential and powerful speech. I've always been against substance abuse. It made me hate it a bit more."

McLean High School sophomore Aaron Choi, 16

"It's cliché to say, but he spoke from the bottom of his heart. Peer pressure and everything he talked about ... I'll think of his words next time I'm in that situation."



Langley High School sophomore Hannan Mumtaz, 15

"It was very powerful and something this community needs to hear. I know a lot of people that get themselves into these circumstances. Every party here will offer you drugs or alcohol, but parents won't discourage it."

Gregg Monday

"It was a powerful speech. I watched the ESPN special on him. I had to do a lot of self-reflecting about what kind of parent I was" [when his adult children were younger].



Matt Haley

"I don't think it changed my perception of substance abuse as much as it changed the conversation I need to have with my daughter [sophomore at Langley High School]. If you don't focus on the beginning, the end result could happen. The first yellow pill ... the initial choice to just try it."

the day; that's not good. That's sad."

He told the crowd that the main point of his story was not just about drugs and alcohol.

"It's more about self-esteem and self-worth," he said. "It's about confidence and feeling comfortable. It's about recognizing when your anxiety is high and your self-esteem is low. But nobody talks about this."

There were some tears in the audience as his talk stirred up painful emotions for some who have experience with the struggles of addiction.

As Herren walked off the stage, he let out a loud sigh of relief that reliving his troubled past was over.

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Rocking the Chair

By KENNETH B. LOURIE



Not that I was ever a CB person (Citizens Band radio), good buddy, but right now, I am in the middle of both my four-to-five week infusion interval and my quarterly-scan interval. Far enough past that I don't have any residual food or emotional issues and not close enough that I have any anxiety about the food and emotional issues that will inevitably occur. I am between a rock and a hard place, and I mean that in an atypical way: I am under no pressure, but no illusions either, oddly enough. I am sailing smooth and riding high, mindful of my reality, but appreciative of the relative — and comparative calm with which this interval affords.

Not that I can be normal (not a cancer "diagnosee"), but this is as close to 'normal' as it gets — for me. After all, I do have a "terminal" form of cancer (non-small cell lung cancer, stage IV), not a cold, so it's not as if it will go away with time. Nevertheless, I am grateful for the particularly good times — now, while trying to manage my expectations for the bad times — later, after this honeymoon-type period ends. But since there have been many more good times than bad since I was diagnosed in late February 2009, I am not bogged down, emotionally by my circumstances, although I am somewhat compromised, physically. Nothing I can't live with, however. Actually, I'm thrilled to live with any of it, 'live' being the operative word.

At this juncture, nearly eight years post initial symptoms (New Year's Day 2009), mostly I can handle what happens to me, so far any way. But when similar stuff happens to others: death, disease, disability, dementia; I feel their pain, sort of; and suffer emotionally. It's not as if I take in all their anxiety, but in a way, the weight of it does affect me. And sometimes, I get weepy over it. As I've written before, and heard many times as well in the cancer world, negative anything is extremely harmful to cancer patients — or most other "terminal" patients I would imagine as well. From my own experience though, I certainly understand the difficult circumstances under which all us patients/survivors endure; remaining positive and being surrounded by positivity is key as is humor, encouragement, compliments, congratulations, compassion and empathy. All are crucial to our core. Healthy bodies we may no longer have, but healthy minds we have to maintain. And the stronger and healthier that mind is, the more it will help us to mind our own business and do so in a manner that will prevent the cancer from taking over those minds.

Just as The United Negro College Fund "slogans" "A mind is a terrible thing to waste;" in the cancer world, it's terrible when patients are unable to use their minds to fight their disease. In many cases, cancer is a killer, there's no doubt about that, but allowing negative emotions to take over is really unhelpful. Accentuating the positive (like the subject of this column) and minimizing the negative has to be the order of the day — and the night, too. You have to find the good or the funny and embrace it, exaggerate it, extend it, elongate it, and reinforce it. Anything to make sure it matters more than the bad. Bad is bad enough on its own. It doesn't need any help from us. Focusing on what I can enjoy hopefully will enable me to keep on trekking, and to "Live long and prosper."

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

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21 Announcements

ABC LICENSE
Natural Food LLC trading as Asia Origin, 1753 Pinnacle Dr., McLean, VA 22102. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Chaosheng Liu Member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC NOTICE
Maru, Inc trading as Maru Korean Cuisine & Sushi, 128 Maple Ave West, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Chun Ki Lee, President/Owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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 publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
Gong & Yuan, LLC trading as Hunan Gate, 4233 Fairfax Dr. Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage On Premises license to sell or manufacture alcoholic beverages. Zhao Feng Gong, owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

OBITUARY



Joseph Gerald Teresa, age 75, died suddenly at home on November 22.

He leaves his wife of 36 years, Anne (Hancock) Teresa, their son Benjamin Teresa, daughter-in-law Erica Sims, and granddaughter Eleanor of Richmond, Virginia; a nephew Carl Williamson of Frederick, Maryland; and his mother-in-law, Eugene Hancock of the home.

Born and raised in Monrovia, California, Joe was the son of Carl and Frances (Bonfiglio) Teresa.

From his early years on he loved and excelled at mathematics. He obtained a B.S. in Biology and a M.S. in Mathematics, and received a National Science Foundation Fellowship to the University of Michigan, where he obtained a Ph.D. in Education.

He taught at the University of Michigan in Ann Arbor for several years, co-authoring a number of studies and books published by the Rackham School of Graduate Studies. In 1976 he joined the U.S. Department of Education as a senior statistician. He spent 24 years at the Department designing, conducting and contributing to large-scale national education studies, including the National Assessment of Educational Progress (NAEP). He held teaching positions at the University of Arkansas at Monticello; Bluefield College in Bluefield, VA; The University of Maryland; and George Mason University. Joe was passionate about teaching and loved working with students of all ages.

In 1980 he married the former Anne Hancock of Bluefield, West Virginia. They moved to Vienna, Virginia in 1988 where they raised their son, Benjamin, born in 1982. Joe was a true family man, reflecting his Italian heritage, and spent many years as a Boy Scout leader with Troop 152 in Vienna.

In 2011 Joe and Anne moved to Shepherdstown where he made many close friends and truly enjoyed the beauty of the area. He volunteered with the Good Shepherd Caregivers and was a member of Shepherdstown Presbyterian Church. He was a friend to all animals, loved to travel, and never met a cookie he did not like.

A celebration of life will be held at the Shepherdstown Presbyterian Church in Shepherdstown, WV on December 17 at 2:00PM. In lieu of flowers memorial contributions may be made to the Shepherdstown Presbyterian Church; the Good Shepherd Caregivers of Shepherdstown, WV; or the Sons of Italy Foundation.

The biggest things are always
the easiest to do because there
is no competition.
-William Van Horne

21 Announcements

ABC LICENSE
Backstage Bistro Arlington, LLC trading as Stageplate Bistro-Arlington, 900 N. Glebe Rd. Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises; Mixed Beverage license to sell or manufacture alcoholic beverages. Mary Marchetti, President of the managing corporation
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Light tomorrow
with today!
-Elizabeth
Barret Browing

21 Announcements

ABC LICENSE
Fun Eats and Drinks, LLC trading as Champps #65226, 1201 S. Joyce Rd, Suite C-10, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises; Mixed Beverage Restaurant on Premises license to sell or manufacture alcoholic beverages. Michael R. Kelly, Manager (LLC)
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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I believe the future is only the past again, entered through another gate.
-Arthur Wing Pinero

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House Doctors of McLean Celebrates One Year Anniversary

When Richard Marzan opened House Doctors in the fall of 2015, it was because he saw an opportunity to meet two needs: he wanted to begin a new career after retiring from the Army and the community needed a trustworthy, professional handyman service. Now Marzan and his team celebrate the one-year anniversary of House Doctors of McLean.

"The first year of a new business is always a building year and we've done that. Now, with a solid foundation, we are moving forward with plenty of lessons learned and a bright future. We exceeded all expectations and we're receiving strong community support – I'm very excited about year two," Marzan said.

House Doctors of McLean offers professional handyman services in Dunn Loring, Falls Church, Great Falls, McLean, Arlington, Oakton, Tysons and Vienna as well as the surrounding areas.

Marzan, a retired Lieutenant Colonel, served in the United States Army for more than 27 years. He is an ROTC Distinguished Military Graduate and a 1995 graduate of the Armor Officer Basic Course at Fort Knox, Ky. Marzan earned his Bachelor's degree in Industrial Management from the Polytechnic University of Puerto Rico and his Master's degree in Administration from Central Michigan University. He is also a

graduate from the Captains Career Course and the United States Army Command and General Staff College. Marzan's awards and decorations include the Defense Meritorious Service Medal, Meritorious Service Medal, Iraq and Afghanistan Campaign Medals, Humanitarian Service Medal, NATO Medal, and the Parachutist and Rigger Badge.

"I retired from the military in 2015 and I didn't want to transition into an office job or government contracting work. With the help of the Army Retirement Services, I met with a business coach who opened my eyes to franchising. When I talked to the folks at House Doctors, I knew this business would be a good fit for me and for the region I call home," Marzan said. "House Doctors is a professional handyman service and that means any repair we do will be done right."

House Doctors' technicians specialize in projects that take two hours to two days to complete, such as light remodeling and repairs of decks, doors, bathrooms and kitchens; repairing drywall; painting; exterior repairs; making home modifications and much more.

For more information about House Doctors of McLean or for an estimate on your project, call 703-639-0391, email HD535@HouseDoctors.com or visit <http://housedoctors.com/handyman-mclean/>.

BULLETIN BOARD

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

THROUGH DEC. 18

The Container Store Annual Holiday Hugs Program in Partnership with Children's National Health System Collections are going on now through December 18th and gifts will be delivered to the hospital the week of December 19th. The Container Store is thrilled to continue its annual, nationwide signature giving program, Holiday Hugs. In each of our Washington, DC-area stores, we are partnering with Children's National Health System to collect and deliver new, unwrapped gifts to their young patients who are spending the holidays in the hospital. Customers can participate in the Holiday Hugs program by dropping off new, unwrapped books, small toys and games, toiletries, gift cards and kid-friendly stocking stuffers in collection bins at our Washington, DC, Arlington, VA, Reston, Tysons Corner and Rockville locations

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. 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-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.

TUESDAY/DEC. 13

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.

ONGOING

17th Annual Wish List Angels Project

Wish List Angels directly help families in local elementary schools, area shelters, alternative housing and children in foster care. Your generosity and support will perpetuate the essence of the holiday season. New this year - The Wish List Project has partnered with Buzz Aldrin, Herndon and Hutchison elementary schools when we learned that there were so many students struggling to make ends meet including basic needs.

In conjunction with the school guidance counselors and social workers, we happily added individuals to our Wish List Project to help spread some holiday cheer. Some of their stories were difficult to hear – the father in need of a heart transplant, the child battling leukemia, the mother fighting cancer, the teenage girl who survived mental and physical abuse working on her college degree in psychology to help others. The list goes on and once again, we reach out to our Wish List Angels to work their magic this holiday season.

Last year our community generously granted wishes to over 400 individuals in our community during the holiday season.

Please look at the wish lists and take this opportunity to spread some cheer this December.

<http://www.signupgenius.com/go/10c0f4faea2ea57-thewish1>



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