



# Great Falls CONNECTION

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**ENTERTAINMENT**

Santa and Mrs. Claus arrive to the Great Falls Village Centre for the community's annual Christmas tree lighting on Sunday and wave to the crowd that gathered around the Christmas Tree.

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DECEMBER 7-13, 2016

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**Great Falls Elementary School students sing in the light of the Christmas tree.**



**Sarah Kirk, owner of the Saddlery in Great Falls (left), her donkey Pixey and Joyce Kilmer Middle School student Anabela Eriksen-Brottet, 12 (right), portray Joseph and Mary during the live nativity scene when they make their journey from Nazareth to Bethlehem in Jerusalem.**

## Great Falls Lights Up for Christmas

BY FALLON FORBUSH  
THE CONNECTION

**H**undreds of people assembled in the field of the Great Falls Village Centre for the community's annual Christmas tree lighting on Sunday.

Kids were busy during the three-hour event.

Children's choral groups sang seasonal songs in front of the tree as they waited for Santa and Mrs. Claus to arrive.

"I love how universal it is," says Pat Budwig, who owns Starshine Theater in Great Falls. "It includes everyone."

She has been attending the celebration for the last 25 years and played guitar for the performance by the King's Kids Preschool of Christ the King Lutheran Church. They sang "Twinkle, Twinkle Christmas Star," "Angel Band," "We Wish You A Merry Christmas," and an original song, "Happy Birthday Baby Jesus."

Students of the St. Francis Creche of the St. Francis Episcopal Church, the Village Green Day School, the Forestville Elementary School, the Great Falls Elementary School and the Colvin Run Elementary School also performed in front of the Christmas tree.

When children weren't singing, they were getting up in close with llamas, alpacas, goats, pigs, rabbits, guinea pigs, ducks, chickens and other animals at a petting zoo put on by Squeals on Wheels.

"We like the way the town of Great Falls kicks off the season," says Jill Phillips, who owns the petting zoo business with her husband John. "It's very family-oriented and we look forward to it."

For the fourth year in a row, Tracey Whyson of Ponies Plus brought her mixed-breed Shetland ponies from Nokesville for children to ride. This year children could choose between ponies named Lucky, Jelly Bean, Beauty and Boots.

"I bet we do over 100 rides in just a few hours," Whyson says.

By nightfall, Mr. and Mrs. Claus arrived by antique fire truck to light the tree. Children and parents who were waiting in long lines could meet with them to talk about their wish lists and to take photos.

The celebration ended with a live nativity scene put on by an all-female cast of students of the Black Hill Stables in Great Falls. Sarah Kirk, owner of the Saddlery in Great Falls, also played the role of Joseph.

This is the way the celebration has finished for the last 16 years, says Margaret Johnson, who used to run the Great Falls Horse Center.

"I'm a Christian and Christmas means we celebrate the birth of Christ," says Johnson. "I was brave and approached [organizers] about the celebration and said, 'It's Christmas, let's have a nativity pageant.'"

Now that Johnson is retired, Claire Abbott of Great Falls organizes the celebration's finale. She has had a lot of practice since she has been involved in the pageant under Johnson's leadership for many years, even playing the role of Mary.

"It's a Christmas gift to the community," Abbott says.

But Johnson still played a part in the tradition that she started by narrating the pageant from behind the scenes.



**Santa and Mrs. Claus lit the Christmas Tree in white lights, which stands in the field of the Great Falls Village Centre.**



**Brooke Barlow, 2, is helped onto a mixed-breed Shetland pony by employees of Ponies Plus during the Celebration of Lights. The ponies—Lucky, Jelly Bean, Beauty and Boots—were driven in from Nokesville for the event.**



**Students of the St. Francis Creche, an Episcopal preschool at St. Francis Episcopal Church in Great Falls, sing in front of the Christmas Tree as they wait for Santa and Mrs. Claus to arrive.**



## Troop 55 Life Scouts Improve Their Community On Their Way To Eagle

The Eagle Scout must demonstrate leadership of others while performing a project for the benefit of his community. Troop 55 Boy Scouts Tim Fahlgren and Nick Hodge both found unique ways to serve the Great Falls community, use valuable scout skills, and provide opportunity for other scouts to make a difference.

Fahlgren, a Junior at the Potomac School in McLean, learned that the trophy case at Great Falls Swim and Tennis was too small to display the accomplishments of the Club. Fahlgren designed and led the construction of a new display case. Fahlgren was able to utilize the existing trophy case, and build two larger symmetrical cases to accompany it. The final project, completed with the woodworking experience and assistance of Dr. Carlton Brown, and manpower from Troop 55 scouts, tripled the size of the display area for trophies and memorabilia.

Hodge, a sophomore at Langley High School, chose a project to help the preschool at Christ the King Lutheran Church in Great Falls. King's Kids Preschool director Heidi Toloczko was concerned that the path leading from the school to the playground was sometimes difficult for preschoolers to navigate, especially when raining. Hodge worked with the Property Chair, Tom Cooper, to design a series of terraced steps and led more than twenty Boy Scouts in the construction of a new path.



**Troop 55 Scouts JP Diaz, James Ye, Arvind Nachiappan, Gordon Rissing and Patrick Fouse work on the terraced steps at Christ the King Lutheran Church, Great Falls.**



**Tim Fahlgren presents the keys for the newly installed display cases to Rob Cox, Board member of Great Falls Swim and Tennis.**

## Week in Great Falls

### Great Falls Historical Society to Host Holiday Gathering

The Great Falls Historical Society is inviting the community to join their Holiday Gathering, a neighborly celebration and potluck dinner, on Wednesday, Dec. 14 at 6:30 p.m. at the Great Falls Grange Hall at 9818 Georgetown Pike.

### Call for Nominations for the Jean Tibbetts History Award

The Jean Tibbetts History Award honors outstanding contributors to the research, articulation, dissemination and preservation of the history of life along the Potomac River corridor from McLean to west of Dranesville and south through Herndon. Candidates for the Jean Tibbetts History Award are selected from annual nominations to the Great Falls Historical Society and the award carries a stipend of \$200. The awardee's name is placed on the Great Falls Historians plaque, displayed in the Great Falls Library. Nominations should include a brief resume of the nominee; a listing of significant achievements, such as leading publications, noteworthy accomplishments; and a summary of the significance of the nominee's overall record of contributions. Deadline for submission for the 2017 award is Dec. 15, 2016. Mail nominations, with complete documentation to GFHS History Award Committee, P.O. Box 56, Great Falls, VA 22066 or by email to Greg Haymans, Chair, Tibbetts History Award Selection Committee, ghaymans@gmail.com. Jean Tibbetts herself was a writer of Great Falls history, who recognized and displayed excellence in historical research. The Great Falls Historical Society is proud to commemorate her memory with this award and appreciates community support. Donations may be made to: Great Falls Historical Society, Attention: Treasurer, P.O. Box 56, Great Falls, VA 22066.

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# Langley Crew Athletes Committed to Row in College

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 Statesbury Regattas. With the highly competitive TBC Racing club team Rosen



PHOTO CONTRIBUTED

Rosen is very excited to join the Women of Troy.

# NATS

FOR THE

# Holidays





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**Extended holiday hours Dec 12-23:**

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**Sat** 9:00 AM - 5:00 PM  
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**Peak-season service guarantees:** UPS Air and international Air packages picked up or delivered within the United States are guaranteed throughout the holiday season. Commitment times for Air and international Air packages scheduled for delivery Nov. 25, Dec. 18 - Dec. 24 and Dec. 31 will be extended as follows: UPS Next Day Air® Early and UPS Worldwide Express Plus® will be extended by 90 minutes and all other Air and international Air services will be extended to end-of-day. The guarantee is suspended for UPS® Ground and UPS® Standard shipments picked up or scheduled for delivery between Nov. 27 - Dec. 3 and Dec. 18 - Dec. 24.

**Additional time-in-transit:** From Nov. 21 to Dec. 30, a limited number of UPS Ground and UPS Standard packages, with transit times of three or more days, and with specific origins and destinations, will require an additional day in transit. Visit [ups.com/holidays](http://ups.com/holidays) to use the Holiday Ground Impact Tool to identify changes by ZIP code pairs. All UPS 3 Day Select shipments tendered Dec. 19 - 20 will require an additional day in transit. The most up-to-date time-in-transit details will be available at [ups.com/ctc](http://ups.com/ctc) at the time of shipping.

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## NEWS

# Tips from the Pros Make Holiday Shipping Simple

## The UPS Store in Great Falls Center aims to make shopping-to-shipping transition easier.

**W**ith Christmas just around the corner, now is the time to start thinking about how to get those holiday gifts to their destinations securely and on-time. It does no good to shop till you drop and then pack out of whack. And whether it's a child's first train set or a 17-foot kayak, trained professionals at The UPS Store in Great Falls Center are prepared to help consumers with all their packing and shipping needs.

The experts at The UPS Store™ in Great Falls Cen-

## Holiday Working Hours

Be sure to visit the folks at The UPS Store in Great Falls Center, 9893 Georgetown Pike, for any additional holiday packing and shipping information. You may also visit them at [www.theupsstorelocal.com/6725](http://www.theupsstorelocal.com/6725). And, don't forget - AAA members receive 5 percent off shipping. Beginning Monday, Dec. 12 The UPS Store in Great Falls Center will offer extended Holiday Hours - Monday-Friday 8:30 a.m. - 8 p.m., Saturday 9 a.m. - 5 p.m., and Sunday 12 - 4 p.m.

ter never tire of helping customers understand that proper packing is the best way to ensure the safe and secure delivery of packages. A recent study commissioned by The UPS Store revealed that more than half (51 percent) of Americans make the mistake of packing fragile gifts in crumpled newspaper or wrapping paper that doesn't adequately protect items for shipping.

Packages need to be protected against three primary factors: compression, shock and vibration, say Marat Metoff and Marlon Barrera, Owners of The UPS Store in Great Falls Center. The more fragile the item, the more care and expertise is required to ensure it arrives at its destination intact.

"The best recommendation we can give consumers this holiday season is to heed the advice of trained professionals," Metoff said. "If customers are uncertain about their packing skills, they might wait to seal their boxes until they arrive at our store. Then we can ensure everything's appropriately packed. The last thing we want to see is a gift arriving damaged due to improper packaging."

With that in mind, Barrera offers the following six simple guidelines to ensure safe delivery of packages this holiday season:

1. For the best value, ship as early as possible. Those who plan ahead can save money and avoid



PHOTO CONTRIBUTED

Joe Kehrli, 17, of Great Falls has been recognized by co-owners as UPS Store in Great Falls "best associate."

SEE HOLIDAY SHIPPING, PAGE 7

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# Colors of Pride

The Steigleman family of Great Falls shares their Patriotic Christmas Tree with the community.

Amy, Tim and Timmy Steigleman wanted to share their Patriotic Family Christmas Tree that they have decorated in their front yard at 849 Seneca Road in Great Falls.

“My husband and I love to drive around the neighborhoods this time of year and look at everyone’s Christmas lights, but we’ve never seen any red white and blue displays. We have decorated our indoor tree with red, white and blue lights for the last 3 years, and we decided we wanted to take it outdoors and share it with the neighbors. All of whom would see it as they drive by daily, since we are on a main road. Our tree is 45 feet tall and has over 7,000 lights .

We had to rent a huge man lift for the company to use to hang the lights and it took them 7 1/2 hours.



PHOTO CONTRIBUTED

**Patriotic Christmas Tree at 849 Seneca Road in Great Falls is 45 feet tall and has over 7,000 lights.**

We are so proud of our Patriotic Christmas Tree and just wanted to share it with the Great Falls community residents,” said Amy Steigleman.

# Holiday Shipping

FROM PAGE 6

the stress of shipping holiday gifts at the last minute by using UPS Ground and shipping by Dec. 10. Procrastinators can ship UPS as late as Dec. 22 for Christmas Eve delivery.

**2.** Don’t dumpster dive for old boxes. Contrary to popular belief corrugated boxes do not have 9 lives. Used boxes can break apart in shipping, and leftover shipping labels can create confusion about a package’s destination. Always use a new corrugated box to ship gifts and never wrap the outer box in kraft paper or string, which can potentially get caught in the package sorting equipment and rip off the shipping label.

**3.** Pack like a pro. For die hard do-it-yourselfers, we have all the proper packaging materials for your convenience. Use appropriate packaging techniques and materials, such as bubble cushioning, polystyrene “peanuts,” corrugated dividers or plastic foam, to provide proper cushioning and internal protection. Be sure to provide at least two inches of packing materials on all sides of each item, use proper tape to seal the package and give it the “shaker proof” test, no noises when vigorously shaking the box. Better yet...

**4.** Leave it to the experts. The UPS Store associates receive specialized training so they can handle any packing challenge. We know every technique to pack your precious

gifts, saving you time and effort.

**5.** Shipping to home or office or their nearest The UPS Store? We live in a world where there are fewer and fewer folks who stay at home during the day. If you know someone who works during the day, you may want to consider sending your gift to them at work, rather than to a home address — 99 percent of deliveries made to offices are successful on the first delivery attempt. Also consider taking advantage of our mailbox services at The UPS Store, where we accept mail and packages from any carrier. We even offer 24-hour mailbox access and you can call in to find out if a package has arrived.

**6.** Track your package. Choose a shipping option, like UPS, that provides a package tracking number. Tracking also lets you notify recipients when to expect a delivery and affords you peace of mind that your package will arrive on time. You can always track your shipments online at [www.theupsstore.com](http://www.theupsstore.com), by calling 1-800-PICK-UPS or via wireless access at [UPS.com/wireless](http://UPS.com/wireless).

The best protection for your package is proper packing, but UPS provides automatic protection against loss or damage up to \$100. However, it is important to note this protection does not extend to improper or insufficient packing.

For additional information, please visit [www.theupsstore.com](http://www.theupsstore.com)

## RESTON TOWN CENTER

# HOLIDAYS ARE HERE!

### Community Holiday Performances

#### FOUNTAIN SQUARE

**December**

- 8 Fairfax Christian School, 12:30 pm
- 9 Oak Hill 6th Grade Chorus, 7 pm
- 14 Sunrise Valley Elementary School Chorus, 6:30 pm
- 15 Apostolic Faith Church, 7 pm
- 16 KISD Honor Choir, 5:30 pm
- 17 Calvary Temple Church, 12 pm

#### THE PROMENADE

**December**

- 10 The Reston Chorale, 1 pm & 2 pm  
Northern Virginia Ukulele Society, 3:30 pm
- 11 Northern Virginia Ukulele Society, 12 pm  
The Reston Chorale, 2 pm & 3 pm
- 17 Tenor Tim McKee, 12 pm & 1 pm  
Catchin' Toads, 2:30 pm

#### Horse-Drawn Carriage Rides

**SATURDAYS, December 10 & 17, 4 - 9 pm**

#### Mini-Train Rides

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- Chico's
- Cigar Town
- Crunch Fitness
- Davelle Clothiers
- Eyewear Gallery
- Francesca's Collections
- Greater Reston Arts Center
- Hyatt Regency Reston
- Ice Skating Pavilion (seasonal)
- Jos. A. Banks Clothiers
- Jouvence Aveda
- Kendra Scott
- L'Occitane
- Lou Lou
- Madewell
- Mayflowers
- Midtown Jewelers
- Origins
- PNC Bank
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- Pottery Barn
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- World of Beer

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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 36<sup>th</sup> Senate district that I represent stretches 60 miles across three counties and two area codes. The 1<sup>st</sup> Congressional District crosses the 36<sup>th</sup> 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 1<sup>st</sup> and 14<sup>th</sup> 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](mailto: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](http://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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1606 King St., Alexandria VA 22314  
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## News



PHOTO COURTESY OF FCPS

Glasgow Middle School teacher Lindsay Mulcahy and seventh grade students at the Dec. 1 school board meeting.

# Fairfax County Public Schools to Start Before Labor Day in 2017

## School board approves 2017-2018 calendar at Dec. 1 meeting

On Labor Day in 2017, students at Fairfax County Public Schools will have already returned to classes. In their Dec. 1 meeting, members of the school board approved the 2017-2018 calendar which sets the first day of school as Aug. 28, 2017 and the last day as Friday, June 15, 2018.

"These changes are being made to provide more instructional time before winter break," a statement from the school system said, "enhanced flexibility to help students and school staff members meet college application deadlines, and to end the school year earlier in June."

Students will again see a solid two-week winter break that lasts from Dec. 18, 2017 to Jan. 1, 2018,

and a one-week spring break from March 26-30, 2018.

The change comes after the school board learned FCPS was qualified for a Virginia Department of Education waiver to start classes before Labor Day due to weather conditions.

Over the last decade, the FCPS statement said, the school system has had five years when there were more than eight days canceled due to snow.

FCPS said it received more than 36,000 responses from a survey sent to all parents and staff on March 30, 2016 asking for feedback on starting before Labor Day.

The new calendar is available online at <https://www.fcps.edu/news-and-calendars/calendars-and-events/>

## FAITH NOTES

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

**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.greatfalls.umd.org](http://www.greatfalls.umd.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 Sun-

day 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.stthomasmc.org](http://www.stthomasmc.org) for Special Events and Services through the year. St. Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

**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. Valerie Hayes at [vhayes@holycorforter.com](mailto:vhayes@holycorforter.com).

### VINSON HALL RETIREMENT COMMUNITY

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

**www.VinsonHall.org  
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Chinese Crafts & Market • Live Stage Performances

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# CALENDAR

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

## ONGOING

**Great Falls Farmers Market** in the parking lot at 778 Walker Road, Saturdays, 9 a.m. - 1 p.m. The farmers market moves indoors into the historic Great Falls Grange Hall, 9818 Georgetown Pike on Saturday, Dec. 10 for the winter. We wish you a happy Thanksgiving.

**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; Caffè 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.

**Winter Walk of Lights at Meadowlark Botanical Gardens** open every day 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>

**Great Falls Farmers Market.** Saturdays, 9 - 1 p.m., 778 Walker Road Great Falls.

[greatfallsfarmersmarket.org](http://greatfallsfarmersmarket.org)  
**Fishing Rod Rentals** 8700 Potomac Hills Street, Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2hr max). Valid driver's license required. Our rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for persons 16 years or older. The park does not sell fishing licenses. [www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/)

**Great Falls Studios Virtual Gallery** Open online 24/7 at <http://www.greatfallsstudios.com/copy-of-virtual-gallery> for the month of October. The gallery features the member artists participating in the Great Falls Studios 2016 Art Tour. During the month of October, in the Large Meeting room at the Great Falls Community Library, 9830 Georgetown Pike, GF, member artists participating in the Art Tour are on display. The exhibit will be open during regular library hours.

**Colvin Run Mill** open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Rd, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Winter Hours: January & February, 11am-4pm, last tour 3pm. Admission to park is FREE except for some special events.

**Art Walk in the Village: First Fridays** beginning Sept. 9, 6 - 9 p.m. through Dec.31 at 756 Walker Road, Great Falls. Admission free and open to the public. [greatfallsart.org/artwalk/](http://greatfallsart.org/artwalk/)



PHOTO CONTRIBUTED

## Living Nativity at Great Falls United Methodist Church

**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](http://www.greatfallsumc.org)**



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](http://www.mcleancommunitycenter.com) Note: Length of performance is approximately 60 minutes. Best for children 4+**



PHOTO BY DONNA MANZ/THE CONNECTION

**Meadowlark Botanical Gardens becomes ablaze with a half-a-million colorful sparkling lights in its annual Winter Walk of Lights, beginning on Friday, Nov. 18, 2016, through Jan. 8, 2017.**

## Plan Ahead Great Falls

### SATURDAY/JAN. 7

**The Capitol Steps at The Alden** 8 p.m. 1234 Ingleside Ave. McLean, VA 22101. To recover from this off-the-wall election cycle, remain calm and walk, do not run, to The Alden and shelter-in-place with these master political satirists. \$50/\$35 MCC tax district residents. Visit: [www.aldentheatre.org](http://www.aldentheatre.org).

### SUNDAY/JAN.8

**Concert: Opera Celebration** 4 - 6 p.m. Saint Francis Episcopal Church 9220 Georgetown Pike Great Falls VA 22066. The new year is the traditional time to revel in the beauty of the voice. Beloved Amadeus pianist-in-residence Frank Conlon brings together spectacular talent in solos and ensembles, as well as his incomparable storytelling. Cost: Season pass \$150 or \$30 at the door. Visit: <http://amadeusconcerts.com/>

### SUNDAY/ JAN. 15

**Martin Luther King Jr. Day Celebration at The Alden Center: Chuck D** 2 p.m. 1234 Ingleside Ave. McLean, VA 22101. Best known as leader and co-founder of the legendary rap group, Public Enemy, Chuck D redefined rap music and hip hop culture with the release of Public Enemy's explosive debut album, "Yo Bum Rush The Show," in 1987. Speaker subject to change. Cost: \$20/\$10 MCC tax district residents. Visit: [www.aldentheatre.org](http://www.aldentheatre.org).

**Holiday Decorating Contest** We encourage all Great Falls businesses, organizations and neighborhoods to light up the night this December. The winner will receive \$200 and will be featured in an ad in the Great Falls Connection.

### 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/](http://www.jamminjava.com/)

**Swing Dance with KING TEDDY.** Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls, 8:30-9 p.m. drop-in beginner swing lesson; 9 p.m.-12 midnight dance. \$15. The Rockin' Bones stay true to the original classic rockabilly styles of such artists as Gene Vincent and the Blue Caps, Eddie Cochran, Johnny Burnette and the Rock and Roll Trio, Carl Perkins and early Elvis Presley. The Rockin' Bones do not parody rockabilly heroes; they are not an oldies band. Instead, they strive to capture the essence of swinging, beat-crazy music.

### 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.

**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](mailto: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: \$35 775-762-8016 [brionesjonesm@yahoo.com](mailto:brionesjonesm@yahoo.com)

**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

**Blue Christmas Service** A non-traditional service of remembrance and hope for those who are stressed, lonely or grieving. 3:30 p.m. at Katie's Coffee House, 760 Walker Rd, Great Falls. Sponsored by the Great Falls Area Ministries. For more information contact Carol Blackwell, [lovriver@aol.com](mailto:lovriver@aol.com).

**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.Ó Enjoy hot spiced cider, sugar cakes, a roaring bonfire and 18<sup>th</sup> 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.

SEE CALENDAR, PAGE 11



# CALENDAR

FROM PAGE 10

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.

**WEDNESDAY/DEC. 14**

**Great Falls Historical Society Holiday Gathering:** Message of Neighborliness, Great Falls Grange Hall, 6:30 p.m. This is a Free-Admission, Potluck Dinner Event. Please reserve your place at

[www.gfhs.org](http://www.gfhs.org) to ensure seating for all.

**SATURDAY/DEC. 17**

**Holiday Express and Visit with Santa at Clemyjontri Park** 10 - 3 p.m. Clemyjontri 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/clemyjontri/>

**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 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>



*Oh the places you'll go...*

**December 11 - 16, 2016**  
**6:00 - 9:00 PM**

**McLean Bible Church**  
8925 Leesburg Pike, Vienna, VA 22128  
(703) 639-2000

Join us for a week of holiday cheer & festive activities the entire family can enjoy.

RSVP: [mcleanbible.org/christmasvillage](http://mcleanbible.org/christmasvillage)

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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](http://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.



# NEWS

**Oak Hill Herndon Fantasy Flight 2016: Children with life-challenging illnesses and their families board Sleigh Ride One, nonstop service to the North Pole, for a day of holiday cheer and a private visit with Santa Clause. United Airlines hosted the day with the support of hundreds of volunteers and regional businesses.**

PHOTOS BY ANTHONY C. TSANTRIZOS



## Taking a Fantasy Flight to the North Pole

**In spirit of season, community organizations and businesses donate hundreds of service hours and supplies.**

BY MERCIA HOBSON  
THE CONNECTION

One hundred twenty-five children with life-challenging illnesses, their families and a support team of doctors, nurses and volunteers, for a total of 216 people, arrived at Gate 7, Terminal D at Dulles International Airport, Dec. 3, and headed for the hottest destination of the season.

Children's Hospice International, located in Alexandria, in partnership with United Airlines had invited children and their families to experience a special trip. Earlier that morning each person had checked in at the United Airlines counter and received a complimentary ticket aboard Flight 2135, IAD-NTP, non-stop service from Washington to the North Pole, aboard Fantasy Flight 2016, call sign Sleigh Ride One.

They lined up at the boarding gate shortly before 8:30 a.m., awaiting an adventure so many families had anticipated for months. Going down the jet bridge, parents lifted their children out of wheelchairs leaving the chairs behind for the support crew. Others held the hands of their ill child and the hands of their other children as the line moved forward to enter the plane.

The flight crew greeted the passengers as they boarded the plane for their all-expense paid trip to the North Pole and personal visits with Santa Claus.

Sparkling garland hung on the overhead compartments and cut out snowflakes dangled from the ceiling.

**HOLIDAY MAGIC**, a mix of community spirit and care, fueled this year's United Airlines Fantasy Flight 2016, a program in its 27<sup>th</sup> year of operation. Through the support of United Airlines, its partnership with Children's Hospice International, the giving of dozens of local and regional corporations and hundreds of volunteers including United employees who donated their time and talent, United's Flight to the North Pole prepared to depart.

Francis Parker and her husband had eagerly anticipated this day since May when the youngest of their four sons, Case, age 2, was diagnosed with can-

cer. While waiting to board Fantasy Flight 2016, Parker's boys had crayoned letters to Santa and mailed them with the help from members of Herndon Rotary Club. Paul Williams, Rotarian, said, "It's a happy time here today, to celebrate with the families."

As the boys colored, Parker said, "Case is receiving treatment at Walter Reed. His nurses told us about the flight when Case was diagnosed. We woke them up this morning, put them in the car and didn't tell them where they were going until we got to the airport. Everybody's been wonderful." Looking around, she added: "What a great opportunity this is."

Although Case's brothers had flown before, this was to be Case's first flight, as it was for many children aboard Fantasy Flight 2016. While the flight attendants helped the families settle in, United Airline's Captain "Bubba" welcomed everyone aboard. He explained that there were some very special rules on the nonstop flight to the North Pole.

"Window blinds have to remain down," he said, adding that the plane uses a very special fuel, making it travel so fast it'll be extremely bright outside. "And everyone knows, where Santa lives," Captain Bubba said, "is a secret, only United has clearance from Santa Claus" to land at the North Pole.

The flight is real and so is the destination. Sandy Steinmeyer, a United Airlines flight attendant and key organizer of the Dulles Fantasy Flights said: "All Fantasy Flights across the United States and Guam, a total of 14 flights, will really take off this year."

According to Randy Cox, managing director United Airlines, United Airlines donates the fuel for the flights while employees, flight attendants, crews and support teams donate their time.

Julia Wislocka, United Airlines staff representative corporate communication, commented that there is no doubt in her mind Fantasy Flight is the most amazing event of United Airlines. She said, "It's a great example of employees and the community coming together. The event, takes hundreds of volunteers, and the concourse where the families will arrive, really is transformed to be the North Pole."

Terry Edwards, a United employee for 27 years, was Mrs. Santa. Before the plane departed, she agreed and said, "In their mindset, the children are at the North Pole. They buy into it 100 percent."

While Sleigh Ride One traveled at near warp speed, it made quick time to the North Pole but not before flight attendants could treat everyone to apple slices and sweets. As Fantasy Flight 2016 prepared to land, Captain Bubba came on the intercom one last time. To everyone on board, he wished: "Fill your days with laughter; fill them with peace and with joy. Welcome to the North Pole."

SEE DESTINATION, PAGE 15

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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](http://www.soberride.com).



# Destination: North Pole

FROM PAGE 13

The children, their families and the support teams deplaned. They headed up the jet bridge to the concourse. There, much to their surprise, with eyes wide open, storybook characters, Minions, Storm Troopers and hundreds of volunteers had formed a gauntlet, and were applauding their arrival. High fives were slapped; children hugged Minions and the Red, White and Blues band played. Even the Racing Presidents of the Washington Nationals stepped up to the children and gave out hugs.

Earlier, Cox described the effort it took to transform the concourse to be the North Pole; "We begin decorating the night before at 6 p.m. It takes 350 volunteers to decorate the North Pole. All the work and the decorations are donated."

Jim Lynch from Michigan attended the event with his teenage daughter Emily. Lynch said, "Emily completed a weeklong research program at NIH. This is a fun day. And to just walk off that plane, we were blown away."

Another element of the day is the impact the event has for the siblings of a challenged child. Wislocka said, "Today's event is so important for the sick kids, but also for their siblings because their parents' focus has been on the sick child. United Airline employees and our volunteers make sure the siblings get just as much attention and love."

Xin Huang's 3-year old daughter, Heidi, attends the Maryland School for the Deaf and Blind. While Heidi rested in her wheelchair, Huang said that this was the second time they had attended the event. She added, "It's an important family event. Last year, every other month, Heidi's brother, Leon, would ask about it. He absolutely believes we are at the North Pole."

**DURING THEIR VISIT** to the North Pole, guests experienced an entertainment line up of 13 bands; various support groups such as Summit Therapy Animals and Red Door Salon and entertainers like Aerial Graffiti Jugglers, who all donated their time and talents for the cause.

But the event everyone waited for was his or her personal visit with Santa and Mrs. Claus. Each child had an extended time with Santa and received a bag full of age-appropriate toys or items, purchased specifically for that child.



PHOTO BY ANTHONY C. TSANTRIZOS

**A child at United Airlines Fantasy Flight knows the best gift of any season, is a welcoming hug.**

At 21, Montel Flipping was the oldest invitee. He sat in his wheelchair, eyes alert. His mother, Sonja Flipping said, "Montel was diagnosed with pediatric brain cancer at Children's Hospital. This has been a 4-year journey, and God is awesome." She added that Montel, her only child, had been accepted into the Police Cadet Program one month prior to his diagnosis. "Where trust is, is what matters most," she said as they left to get in line for Montel's visit with Santa.

Ashtin Parker from West Springfield High School and Bryson McDaniels from Lake Braddock High School were two of the gift purchasers for the event. Parker said, "This year we got to buy 800 toys."

McDaniels added: "We got toys every child would like, from ages newborn to 21. If we can make a difference, we will do this any day." Both Parker and McDaniels had formed gift and fund drives, Ashtin's drive was named Ashtin's Angels and McDaniel's was Bryson's Blessings.

McDaniel's added: "We really put a lot of thought into what to buy, headphones, books, puzzles, then he added: "The headphones are for the 21-year old."

For more information about Fantasy Flight, contact United Airlines. For more information about Children's Hospice International that ensures medical, psychological, social, and spiritual support to all children with life-threatening conditions and their families, contact [www.CHionline.org](http://www.CHionline.org).

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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 33<sup>rd</sup> 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 12<sup>th</sup>-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 17

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# NEWS

## Addiction Is Not 'Somewhere Else'

FROM PAGE 16

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 12<sup>th</sup>-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](http://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](http://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](http://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](http://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](http://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](http://www.abc.virginia.gov) or 800-552-3200.

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-Werner  
Heisenberg

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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](mailto: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/](mailto: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 18<sup>th</sup> and gifts will be delivered to the hospital the week of December 19<sup>th</sup>. 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](mailto: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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