

2016  
Virginia  
PRESS  
Association  
Award-Winning  
Newspaper

and Oakton  
**Vienna**  
**CONNECTION**

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PHOTO BY DONNA MANZ/THE CONNECTION

DECEMBER 7-13, 2016

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



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## FAITH

*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.greatfallsumc.org](http://www.greatfallsumc.org)  
Questions? Call 703-759-3705.

**St. Thomas' Episcopal Church** at the intersection of Lewinsville and Brook Roads in McLean, just a mile west of Tysons, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Look for our Pumpkin Patch this October, and check [www.stthomasmcleanva.org](http://www.stthomasmcleanva.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).

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

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

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

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

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).




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Kiln pottery studio in Vienna donated bisque tiles, paints, and stencils for children to design their own clay artwork to bring home. Kiln also donated containers of their community-loved freshly-made frozen custard.



## Santa Joins Area Families for Lunch

**More than 230 people bought tickets for annual Vienna event.**

Santa's helpers and North Pole elves are out in full-force in Vienna, appearing in all the expected places that kids show up at ... With support from the Town of Vienna Parks and Recreation Department, Santa and his elves joined more than 230 guests at a lunch in his honor on Dec. 3. The annual lunch with Santa was held at the Vienna volunteer fire station this year as the com-

munity center is out of commission while being re-modeled.

Santa listened to wish-lists - or just greeted little ones - while Rudolf mingled among the guests. Everyone who was asked responded that they had had fun at the Santa lunch.

The VVFD Auxiliary served a lunch of mac-and-cheese and chicken nuggets, while Kiln and Company donated bisque tiles for kids to paint and bring home. Kiln's famed custard came after the hot lunch, all donated by the locally-owned business.

On December 10, VVFD Auxiliary is hosting an all-you-can-eat pancake breakfast open to the public.

—DONNA MANZ



**The little kids appeared to get shy sitting on Santa's lap so Santa used his North Pole skills to engage them.**

PHOTOS BY DONNA MANZ/THE CONNECTION



**To a rousing recorded version of "Here Comes Santa Claus," Santa Claus came.**



**One-year-old Eric Fedotov expressed his awe upon meeting Rudolf. Big sister Evgeniia, 8, keeps a watchful eye on Eric.**



**Big sister Evgeniia Fedotova, 8, held on to little brother Eric, 1, as the two met Rudolf.**



## CAPPIES REVIEW

# Old Comedy Finds New Audiences Oakton High production of 'Once in a Lifetime.'

By EVELYN "LILY" RICE  
FLINT HILL SCHOOL

**G**orgeous costumes, talking pictures, and two thousand air planes — what could this possibly be, you ask? Why, Oakton High School's production of "Once in a Lifetime" of course!

"Once in a Lifetime" was written in 1929 by Moss Hart, and would turn out to be the first of many successes for the playwright. The comedy opens on three struggling vaudevillian stars: Jerry Hyland, May Daniels, and George Lewis. They are doing just fine trying to "make it" on stage, until Jerry sells their act in a sudden declaration that the real money is in talking pictures. The three head out to Hollywood, where they set up a school on the art of elocution, leading them to meet the gossip columnist Helen Hobart, narcissistic film mogul Herman Glogauer, and ditzy aspiring actress and George's love interest Susan Walker. Through a series of misadventures and near failures, George shoots a movie with no lights, the wrong plot, and inaudible dialogue due to the sound of his cracking Indian nuts; yet he is declared a movie genius ushering in a new period of film.

The cast's unwavering energy and vitality, along with perfectly timed sarcastic



PHOTO BY DOUG KUTYNA

**From left: Hunter Carrico, Anna Goodin and Rob Warric in Oakton High production of "Once in a Lifetime."**

lines, brought this show to life. Each character in the sometimes crazy play was eccentric but still able to maintain his originality. Hunter Carrico did an excellent job of portraying George's childish side, making a character that, despite his naivety, was somehow charming rather than ridiculous.

His relationship with May Daniels, played by Anna Goodin, was almost that of a brother and sister. Goodin's portrayal of May as the alpha-female and voice of reason radiated within the theatre. Max Torti did a great job as Lawrence Vail, a character who experiences the most extreme

change of all, from that of a fed-up, slightly mad playwright to a calm man comforting May on the train.

The elaborate, period-specific costumes were a great success—fitting the characters perfectly. The over-the-top glitz of Helen Hobart's sequined outfits, the transition from dowdy clothes to nice outfits for the three main cast, and the detailed cigarette girls' skirts helped the audience better understand the characters and were truly a joy to see. Though at times it was hard to see the actors due to a combination of turned backs and not being in the light, the overall energy of all the characters and expressive faces made up for it. The play had many sets, something that would be daunting for most high schools, but not for Oakton. The various scenes, including a train car, Hollywood hotel, and film studio, were anchored by their detailed sets. The meticulous use of props, such as an old fashioned phone and real Indian nuts, did not go unnoticed by the audience. With the craziness of the many sets, costumes, and multiple characters speaking at once, "Once in a Lifetime" is a truly difficult production for a high school, but Oakton pulled it off effectively and with humor that resonated with the audience despite the fact that it was written nearly ninety years ago.



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

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## NEWS

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

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

**O**n 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



COURTESY OF FAIRFAX COUNTY PUBLIC SCHOOLS  
**Glasgow Middle School teacher Lindsay Mulcahy and seventh grade students at the Dec. 1 school board meeting.**

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/>

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# MS

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

**Date and Time:**  
12/15/2016 at 12:00 PM

**Speaker:**  
**James Simsarian, MD**  
Neurology Center of Fairfax

**Location:**  
Sea Pearl Restaurant & Lounge  
8191 Strawberry Lane  
Merrifield Town Center, Suite 2  
Falls Church, VA 22042

**Event Code:** TR394141 (1349339)

### PLEASE RSVP\*:

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

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

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

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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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Call: 703-917-6444.  
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## The Container Store Launches Annual Holiday Hugs Program

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

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

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



PHOTO CONTRIBUTED

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

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

For more information about the Holiday Hugs program, visit [standfor.containerstore.com/holidayhugs](http://standfor.containerstore.com/holidayhugs).

### 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

**SUNDAYS, December 11 & 18, 12 - 4 pm**

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**Cartoon Skate on Saturdays**

*See more at [restontowncenter.com/events](http://restontowncenter.com/events)*

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- Charles Schwab
- 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
- Potomac River Running
- Pottery Barn
- PR at Partners
- PR Barbers
- Prime Cleaners
- South Moon Under
- Talbots
- Victoria's Secret
- Wells Fargo
- White House Black Market
- Williams-Sonoma
- The Wise Investor Group

### DINE!

- American Tap Room
- Ben & Jerry's
- Big Bowl
- BRB: Be Right Burger
- Busara Thai Restaurant
- Chipotle Mexican Grill
- The Counter
- Edibles Incredible!
- Il Fornaio
- M&S Grill
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- Tasting Room Wine
- Bar & Shop
- Tavern64
- Ted's Bulletin
- Uncle Julio's
- World of Beer

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**Colleen Webb**  
Journalist  
**EXPLORER**

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"...one of those rare events that delight people of all ages."  
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## CALENDAR



**The Church of the Good Shepherd in Vienna will host a Puppy Nativity on Saturday Dec. 17 from 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>**

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

**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.

**"Ten Best Friends"** a solo show featuring Joan Fegan's oil portraits of the ten most popular breeds of dog in the US, has been extended through the holidays. Cost: Free. The location is The Frame Factory Gallery, at 212 Dominion Rd., NE, Vienna, VA 22180; 703-281-2350. Gallery hours are Monday - Saturday, 9:30 am - 5:30 pm, on Thursday 10:30 a.m. - 5:30 p.m. Visit <http://theframefactory1.com/index.htm>.

**Inaugural Christmas Village at McLean Bible Church** Sunday Dec. 11 - Friday Dec. 16 McLean Bible Church Tysons Campus 8925 Leesburg Pike Vienna. Christmas Village is a walk-through attraction complete with family-friendly rides, indoor skating, live entertainment, and so much more. We're transforming the twelve corridors of MBC Tysons for six days of Christmas fun. Consider bringing a donation of a new, small or medium sized toy. The gifts will be used to bless needy children in the DMV. Admission: Free <https://www.mcleanbible.org/events/christmas-village-2016>

**Volunteer By Helping Pack Shoeboxes for Operation Christmas Child** Sunday, Dec. 11 through Friday, Dec. 16 from 6 - 9 p.m. McLean Bible Church Tysons Campus 8925 Leesburg Pike Vienna. Email us at [christmasvillage@mcleanbible.org](mailto:christmasvillage@mcleanbible.org) or visit: <https://www.mcleanbible.org/events/christmas-village-2016> and click "How Can I Help?" At the top right of the page for more info.

**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; Caffé Amouri, 107 Church Street NE; Doctors Covell, Stack, and Henon, 120 Beulah Road NE; Evolution Fitness, 216 Dominion Road NE; Rexall Drug Store, 150 Maple Avenue W; Vienna Arts Center, 115 Pleasant Street NE.

**Winter Walk of Lights at Meadowlark Botanical Gardens** open every day beginning on Friday, Nov. 18, 2016, through Jan. 8, 2017. Open Thanksgiving, Christmas and New Year's, too. The walk of lights runs daily from 5:30 - 10 p.m. Last tickets sold at 9:30 p.m. This family-friendly six-week winter wonderland of spectacle is only a few years old but has garnered a loyal following from throughout the Northern Virginia area, particularly Vienna and its environs. To buy timed tickets online: <https://www.novaparks.com/events/winter-walk-of-lights>

**The Freeman Store & Museum** Wednesday through Sunday noon - 4 p.m. 131 Church

Street NE Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. [historicviennainc.org](http://historicviennainc.org)

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

**Bingo Night. Sundays.** 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. [www.vvfd.org/bingo.html](http://www.vvfd.org/bingo.html).

**Gentle Yoga.** Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. [www.edimprovement.org](http://www.edimprovement.org). 571-213-3192.

### 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/)

### SATURDAY/DEC. 10

**Vienna Volunteer Fire Department Auxiliary Pancake Breakfast** 8 - noon Vienna Volunteer Fire Department, 400 Center St. South, Vienna, Va. Santa Claus will make his arrival at 10:30 a.m. to greet all. The Sheriff's office will be there to provide you with a free photo of your child and a set of his or her fingerprints - using clean, inkless technology. Photo ID with fingerprints gives authorities vital information to help locate a missing child. There will also be tours of the fire equipment available. All proceeds go to the Vienna Volunteer Fire Department to assist in

SEE CALENDAR, PAGE 9

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





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+

## CALENDAR

FROM PAGE 8

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

**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)

SEE CALENDAR, PAGE 11



Musicologist, humorist and jazz pianist John Eaton will share the history and harmonies of some favorite seasonal songs from the American Songbook at a special "Holiday Spectacular" on Saturday, Dec. 17 at The Alden 1234 Ingleside Ave. McLean.

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





# 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).



# CALENDAR

FROM PAGE 9

**Reach for the Stars at Riverbend's Astronomy Festival 5 - 6 p.m.**  
Riverbend Park is located at 8700 Potomac Hills St., Great Falls. There will be guided star-gazing and a chance to peek at the stars through a telescope. Learn more about what's twinkling in the sky at night as you listen to ancient stories about the constellations around the campfire. Enjoy games and activities, and if you get a little hungry, there will be hot chocolate and snacks available for purchase. Cost: \$6 online \$7 at door. <http://www.fairfaxcounty.gov/parks/riverbend-park/>. This event will be canceled if it's raining or snowing.

## SUNDAY/DEC. 11

**Colonial Wassail 1 - 4 p.m.** The Claude Moore Colonial Farm 6310 Georgetown Pike, McLean. Stand fast, root! Bear well, top! (God send us a howling crop! In the winter the apple trees need encouragement to bear fruit during the coming year. Gather in the Claude Moore Colonial Farm's orchard to wassail the trees with singing, dancing and chants to ensure "a howling crop." Enjoy hot spiced cider, sugar cakes, a roaring bonfire and 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. 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>

**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

**Giant's In-Store Nutritionists Promote Community Wellness 6 p.m.** Vienna Giant at Vienna Shopping Center, 359 Maple Avenue East, Vienna. 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.

## SATURDAY/DEC. 17

**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



PHOTOS BY DONNA MANZ/THE CONNECTION

**Skaters waltz on an imaginary iced pond; some slip and fall at Meadowlark Gardens' Winter Walk of Lights.**

## Winter Walk of Lights Brings Holiday Magic to Life

Meadowlark Gardens' Winter Walk of Lights opened on Nov. 18. A half-a-million colored and crystal LED lights glow and shimmer in night, creating storybook vignettes and woodland surrealism. The Winter Walk of Lights at Meadowlark Botanical Gardens off Beulah

Road in Vienna runs through Jan. 8. First timed entry is at 5:30 p.m.; the last is 9:30 p.m. Buy your tickets online at [www.winterwalkoflights.com](http://www.winterwalkoflights.com). To get a per person \$1 discount, good Monday through Thursday, use mailer16 when purchasing tickets.



**An animated deer and her fawn "watch" as garden guests stroll by. The Winter Walk of Lights at Meadowlark Botanical Gardens off Beulah Road in Vienna runs through Jan. 8.**

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>

**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/>.

**"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>

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## 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 13

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## THE CONNECTION

Newspapers & Online

### UPCOMING SPECIAL EDITIONS

#### DECEMBER

12/14/2016.....HomeLifeStyle; Home for the Holidays

12/21/2016.....A+ Camps & Schools; Holiday Entertainment

& Gift Guide III

12/21/2016.....Connection Families: Safe for the Holidays

12/28/2016.....Children's Connection 2016

#### JANUARY

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

1/11/2017.....HomeLifeStyle

1/18/2017.....A+ Camps & Schools

1/25/2017.....Community Guide

1/25/2017.....Winter Fun, Food, Arts &

Entertainment; Valentine's Preview

#### FEBRUARY

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

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

Health Month

2/8/2017.....HomeLifeStyle

2/8/2017.....Valentine's Dining & Gifts II

Valentine's Day is February 14

2/15/2017.....A+ Camps & Schools

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# Destination: North Pole

FROM PAGE 12

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.

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."

PHOTOS BY ANTHONY C. TSANTRIZOS



**Montel Flipping and Mrs. Minnesota, Morgan Bredde, enjoy a moment together during festivities sponsored by United Airlines at their Fantasy Flight celebration. Bredde is an Ambassador for Children's Hospice International (CHI), a non-profit organization that partnered with United Airlines. CHI completes the circle of care and improves the quality of life for children with life-altering illnesses.**



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

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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# 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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**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  
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## 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, Eugenia 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  
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Light tomorrow  
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-Elizabeth  
Barret Browing

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**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)  
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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](http://www.signupgenius.com/go/10c0f4faea2ea57-thewish1)





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.