



2015  
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Award-Winning  
Newspaper

# McLean CONNECTION

**A+**  
PAGE 6

## McLean's 'Meeting Place'

NEWS, PAGE 5

**Hip-Hop Artist Challenges  
President-Elect's Character**

NEWS, PAGE 3

**McLean Community Center  
Seeks Board Candidates**

NEWS, PAGE 3

Phuong Nguyen, who has worked as a server at the McLean Family Restaurant for the last six years, skillfully servers her table's entrees in one trip from the kitchen to the dining room. She immigrated to the U.S. from Vietnam in 1993 and lives in McLean.

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 9 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY FALLON FORBUSH/THE CONNECTION

JANUARY 18-24, 2017

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## OBITUARY



**John David (Jack) Trunnell.**

### John David (Jack) Trunnell, 65, of McLean, Dies

John David (Jack) Trunnell of McLean died on Saturday, Dec. 31, 2016 after a brief fight with pancreatic cancer. Jack passed away in peace, surrounded by his wife and five sons. He was 65.

Jack was CFO and co-owner of Trunnell Electric in Rockville, Md. Along with his two brothers, Jack led a second-generation family business that celebrated its 80<sup>th</sup> anniversary in 2016 and earned recognition by the *Washington Business Journal* as one of the leading family-owned businesses in the D.C. area. He was active in Trunnell Electric for over 37 years.

Born on Nov. 26, 1951 at Doctor's Hospital in Washington, D.C., Jack was one of five sons. A graduate of Winston Churchill High School in Potomac, Md. and East Tennessee State University in Johnson City, Tenn., he lived his entire life in the D.C. area.

A member of Calvary Church in Annandale, Jack was a man of faith, a family man and a great friend.

He was deeply involved in volunteer work for his church, including helping to redo the grounds and guiding electrical rewiring of the church building.

In the community, among other activities, he was a regular presence at Langley High School lacrosse games, grilling burgers at the snack bar.

A lover of history, Jack enjoyed taking his five sons on trips to Civil War battlefields. He also loved the outdoors, spending hours in the yard and garden, both at home and while helping others.

In addition to his wife and sons, Jack leaves behind his mother, Jean Trunnell; four brothers; seven grandsons; and one granddaughter.



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# NEWS

## Renowned Hip-Hop Artist Challenges President-Elect's Character

Chuck D speaks at the Martin Luther King, Jr. Day Celebration at the McLean Community Center.

BY FALLON FORBUSH  
THE CONNECTION

**T**he incoming president is a "Twittiot," a combination of Twitter and idiot. That is what Chuck D of the notorious hip-hop group Public Enemy said of President-Elect Donald Trump and his tweeting habits during the Martin Luther King, Jr. Day Celebration at the McLean Community Center on Sunday, Jan. 15.

Chuck D's hip-hop group released its first album, "Yo Bum Rush the Show," in 1987 with beats and raps focused on articulating the struggles facing black people and the disenfranchised. His group, along with hip-hop group N.W.A. are credited with helping bring hip-hop and rap music into the mainstream during the late '80s and early '90s.

This period is commonly known as the golden age of hip-hop, which the 2015 film "Straight Outta Compton" depicts.

Since then, Chuck D has become a social justice and political activist and has been named one of the 100 Most Influential Black Americans by Ebony Magazine and one of the "50 most important performers in rock and roll history" by Rolling Stone magazine.

"Black music is powerful because once upon a time ... black folks weren't supposed to talk at all," he told the crowd.

His talk in the Alden Theater was primarily focused on last fall's presidential election and the coming presidency, which he said has "boggled all of the pundits and anyone else who has any sense."

"Old days don't come back, but old hate comes back in new ways," he said. "We're in some frustrating times."

The campaign trail, which he says was paved with Islamophobia, racism, sexism and other forms of bigotry, is a "challenge



PHOTOS BY FALLON FORBUSH/THE CONNECTION  
**Muna Shami of McLean gets her book, "Fight the Power: Rap, Race, and Reality" signed by Chuck D.**



**Aiden Coates, 8, and his mother Myra Coates of McLean get their programs signed by Chuck D during the meet and greet after his conversation and Q-and-A in the Alden Theater.**

### VIEWPOINTS

### What do you think of what Chuck D had to say?

#### Tahirah Akbar-Williams of Suitland, Md.

"I love him. He's an icon for music and intellectual thought. He can contextualize what we're going through. Look at our president. We have a president who is racist, sexist, xenophobic and homophobic. That tells me something about this country."



#### Anderson Williams of Bristol, Va.

"Be spectacular and not a spectacle. That's what stuck with me. It hits home on where we are today. The election was a spectacle."



#### Michael Sykes of Mt. Vernon

"I agree with him wholeheartedly. I was telling people that this new administration wasn't going to last and he said the same things. I also appreciated his frankness."



#### Skip Squires of Ellicott City, Md.

"He was awesome. He's one of my favorite artists. I like that he's fighting the anti-intellectualism of the current environment. I discovered him in college and have been following him for 30 years."

to character." "Martin Luther King, Jr. was all about character," he said.

As King said in his legendary "I Have a Dream" speech in 1963 at the Lincoln Memorial in Washington, D.C.: "I have a dream that my four little children will one day live in a nation where they will not be judged

by the color of their skin but by the content of their character."

Chuck D said King's legacy is "spectacular" while Trump's legacy has been a "spectacle."

"It is not about Trump," he said. "This is about a polarized nation ... the whole planet

is watching every second of what goes down [in Washington, D.C.]. Character is at stake ... That's what's going on right now."

He cautioned the crowd by saying that Trump's words carry meaning, but that arts, like hip-hop, can overthrow the dangers of one-sided philosophy.

## McLean Community Center Seeks Board Candidates

Months before a scheduled 18-month renovation is to begin on its main facility, the McLean Community Center (MCC) is seeking candidates to run for seats on its 2017-2018 Governing Board. The board provides oversight and guidance for MCC programs and facilities, which include the Robert Ames Alden Theatre (The Alden) and The Old Firehouse Center. An agency of Fairfax County Government, the center is located at 1234 Ingleside Ave.

To run for a seat on the 11-member board, a candidate must reside in the Center's tax district (Small District 1A-Dranesville). To

have their names placed on election ballots, candidates are required to obtain the signatures of ten McLean tax district residents in their respective categories (either adult or youth).

Three adult positions and two youth positions are open this year. The three adult candidates who receive the three highest vote counts will serve three-year terms. Youth members will serve one-year terms. Adult candidates must be at least 18 years of age as of McLean Day (May 20). Youth candidates must be 15-17 years of age as of McLean Day. One youth member will be

elected from the McLean High School boundary area and one will be elected from the Langley High School boundary area. Youth candidates are not required to attend either school, but they must reside in the boundary areas served by one of the schools as defined by Fairfax County Public Schools.

#### Key Election Dates:

❖ Jan. 23: Petition Packets are available.  
❖ March 17: Completed Petition Packets are due at MCC by 5 p.m.

❖ April 10: Absentee Voting begins at the MCC Administrative Office, 6631 Old Dominion Drive, and The Old Firehouse Cen-

ter, 1440 Chain Bridge Road, McLean.

❖ April 10: Candidates' Orientation.

❖ May 7: Candidates Meet and Greet, 3-5 p.m. Sponsored by the Friends of MCC, at the Old Firehouse Center, 1440 Chain Bridge Road, McLean.

❖ May 17: Absentee Voting ends at the MCC Administrative Office and the Old Firehouse Teen Center at 5 p.m.

❖ May 20: Elections at McLean Day from 10:30 a.m. to 5 p.m.

For more information on the MCC Governing Board Elections, call the Center at 703-790-0123, TTY: 711, or logon to the website: <http://bit.ly/2ix7qc1>.

# OPINION

## Counting on Our Reps in Congress

Sound the call to action; resist changes that are against the values and beliefs of most Virginia voters.

While most voters in the United States did not vote for Donald Trump for president, it was all the more so here in Northern Virginia. Hillary Clinton won the popular vote nationwide by 2.9 million votes.

In Virginia, Clinton won 49.75 percent to 44.43 percent over Trump; 1,981,473 votes for Clinton to 1,769,443 votes for Trump.

In the City of Alexandria, Clinton won 75.56 percent of the vote, with 17.54 percent voting for Trump; 57,242 to 13,285 votes.

In Arlington, Clinton won 75.83 percent of the vote, with 16.64 percent voting for Trump; 92,016 to 20,186 votes.

In Fairfax County, Clinton won 64.43 percent of the vote, with 28.61 percent voting for Trump; 355,133 to 157,710 votes.

Most people in this area didn't vote for the

kind of changes that might be coming with this change of administration and party. They didn't vote to repeal the Affordable Care Act. They didn't vote to give massive tax breaks to the nation's wealthiest families, in many cases millions of dollars per family. Certainly they didn't vote for broadside attacks on Medicare, or to undo progress on climate change. This list could go on for some time.

### EDITORIAL

With all of this and much more under consideration, we rely on our members of Congress, including our two U.S. senators, to fight, to stand up and resist changes that are against the values and beliefs of most Virginia voters, to sound the call to action in every case it is needed.

U.S. Rep. Don Beyer says he will not attend the inauguration.

U.S. Rep. Gerry Connolly and U.S. Sen. Mark Warner rallied with thousands in Alexandria

last weekend to oppose the repeal of the Affordable Care Act.

Even the one Republican member of Congress from the region, U.S. Rep. Barbara Comstock (R-10), spoke out against Trump during the election.

Comstock could play an important role standing up for the values of voters in her district, and will play an important role in representing the interests of the region.

Call your representatives and tell them what matters to you. Every Virginia resident is represented by Virginia's two U.S. senators and one member of Congress. Of course this pertains to those who supported Trump as well.

Beyer: 202-225-4376

Connolly: 202-225-1492

Comstock: 202-225-5136

Warner: 202-224-2023

U.S. Sen. Tim Kaine: 202-224-4024

We welcome your letters to the editor; submit at <http://www.connectionnewspapers.com/contact/letter/>

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

### LETTERS TO THE EDITOR

## An Apology to LGBTQ Community

To the Editor:

My community involvement began in 1989 with my opposition to Family Life Education (FLE). Among the reasons I opposed FLE were that it promoted the acceptance of homosexuality and said that gays cannot change. For 25 years I have made public statements that homosexuality was a choice and that it could be "prayed away." I was very wrong.

Feelings are generally not a choice, as is recognized by my church's website, [mormonandgay.org](http://mormonandgay.org). For my past statements, I apologize to the LGBTQ community.

I wish my social conservative friends would be more understand-

ing that probably most gay and transgender persons did not choose to have the feelings they have. Often these feelings begin at a very young age. A family member should be able to acknowledge same-sex attraction or gender preference without fear of rejection, loss of employment or opportunity. When we social conservatives ask gays to live celibate or ask transgender persons to use bathrooms for their biological gender, we should understand that we are asking a lot. We have not walked in their shoes.

I do not believe that most gay and transgender persons want to undermine Christian values; they want to be able to act on powerful feelings they did not ask to have. I do believe though that some who are promoting LGBTQ rights do oppose Christian values and advocate an androgynous society. For example a lawyer for

Gavin Grimm, whose bathroom case is before the Supreme Court, is the Secular Society Women's Rights Legal Fellow at the ACLU.

Eroding the standards of modesty between male and female makes society more dangerous for women. What may now seem to be a casual act for a man may be regarded as rape by a woman. The casualness we have introduced over recent decades I think is responsible for the well-publicized statistic that 20 percent of college coeds are sexually assaulted.

While I therefore believe bathroom use should be based on biological gender, I understand that this imposes a great hardship on transgender persons. I would hope that other social conservatives would understand this too.

Arthur Purves  
Vienna

## Stopping Gerrymandering in Virginia

To the Editor:

As the new legislative year begins in Richmond, I hope more voters will join the effort to stop gerrymandering in Virginia. An overwhelming majority of us (as well as Presidents Reagan and Kennedy in the past and Clinton, G.H.W. Bush, G. Bush, and Obama now) favor this cause.

To stop gerrymandering, we must change Virginia's constitution. And as long as our legislators can make law in back rooms and with voice votes (that record yea or nay but not individual legislator's votes), that won't happen. We'll all have to step up. To learn how, visit [OneVirginia2021.org](http://OneVirginia2021.org) and look up "Delegate Jerry Mandering" on Facebook.

Dianne Thomas  
Fairfax

### Write

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

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail:  
[north@connectionnewspapers.com](mailto:north@connectionnewspapers.com)

## Bicycle Advocacy Workshop Feb. 4

Are you interested in making Fairfax County more bike-friendly? On Feb. 4, 2017, Fairfax Alliance for Better Bicycling (FABB) is hosting a free workshop that will provide attendees the basic tools and strategies needed to help make bicycling conditions better in Fairfax County. The workshop will be held on Saturday, Feb. 4, 2017, from 9:30 a.m. to 3 p.m. at Prince of Peace Lutheran Church, 8304 Old Keene Mill Rd in Springfield (across the street from the Springfield Golf and Country Club).

There is no charge for the workshop; however, participants are asked to pre-register before Jan. 29, 2017 ([www.fabb-bikes.org](http://www.fabb-bikes.org)). Lunch will be provided. Topics include: components of a successful advocacy campaign, developing an advo-

cacy plan, online advocacy tools, and why citizen advocates make a difference. Attendees will have time to develop their own campaigns. Presenters are local citizens with a proven record of leading advocacy campaigns: FABB members Sonya Breehey, Bruce Wright, and Alan Young, and Fionnuala Quinn of The Bureau of Good Roads.

FABB is an all-volunteer nonprofit organization dedicated to improving conditions for bicyclists of all ages, nationalities, and walks of life. Over the past decade FABB has played a key role in advancing bicycling in Fairfax County. More information about the organization and workshop can be found at [www.fabb-bikes.org](http://www.fabb-bikes.org) or by contacting Bruce Wright at [info@fabb-bikes.org](mailto:info@fabb-bikes.org) or 703-328-9619.

## McLean CONNECTION

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PHOTOS BY FALLON FORBUSH/THE CONNECTION

**General Manager Peter Kapetanakis worked in the restaurant on Wednesday, Jan. 11, overseeing the operations during the breakfast and lunch service.**

## McLean's 'Meeting Place'

**Gov. Terry McAuliffe praises McLean Family Restaurant for 'the best food in all of America.'**

BY FALLON FORBUSH  
THE CONNECTION

A family-owned restaurant in the Salona Village Shopping Center on Chain Bridge Road has been serving McLean for the last 47 years and has become a meeting place for the area's high-profile elected officials, including Virginia's governor.

"The greatest restaurant in the United States of America, the best breakfast," Virginia Gov. Terry McAuliffe, said of the restaurant in a video that was posted to his social media accounts on Jan. 4. "Tell yah, the best food in all of America."

McLean Family Restaurant was McAuliffe's Virginia Business Spotlight of the Week the first week of the New Year.

"I was very surprised and thankful that he did that," says George Kapetanakis, owner of the restaurant.

It wasn't McAuliffe's first time dining at the establishment. Before he was elected governor, he used to live in McLean and he and his family were regulars, says George.

As McAuliffe noted in his video, the restaurant is well-known for offering its breakfast menu all day, but that hasn't always been its claim to fame.

The restaurant has gone through several transformations, according to Peter Kapetanakis, the restaurant's general manager and George's brother. It used to be a small deli before it became a restaurant in the 1970s. A bar that served customers alcoholic drinks in the basement was also



**Rizos Hadoulis, the restaurant's chef of 17 years, slices the meat for the restaurant's gyro platters and sandwiches fresh off a vertical rotisserie in the kitchen and serves it with warm pita bread, tomatoes, onions, feta, tzatziki sauce and French fries.**

opened in the venue, but has since closed, now offering ample storage space for the business.

What has always been true is that the business has been known for its "American with a hint of Greek" bent, says Peter.

The business was started by the

SEE FAMILY RESTAURANT, PAGE 8

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**A Education Learning Fun**



PHOTO COURTESY OF KIDS4PEACE

**The Kids4Peace Interfaith Summer Camp is aimed at helping to break down religious stereotypes.**

## Planning for Summer Camp

**Local camp fairs help families navigate the maze of summer camp offerings.**

BY MARILYN CAMPBELL  
THE CONNECTION

**I**n an effort to confront religious intolerance, a group of local middle school students will attend a camp aimed at bringing together children from different religions and giving them the chance to come together, make new friendships, visit houses of worship, learn about other traditions and practice dialogue to confront Islamophobia and Anti-Semitism.

"Campers will get experiences in synagogues, mosques and churches," said Shoshana Abrams of Kids4Peace. "They'll see how others pray, how they celebrate and what they believe. It's helping to break down stereotypes. A lot of interfaith action is needed to combat Islamophobia and bring together people of different faiths."

Kids4Peace's Interfaith Day Camp is one of a diverse variety of summer camps available to local children. From performing arts, wilderness adventures and sports to language immersion, standardized test prep and community service, the summer offerings in the Washington region are plentiful. Though warm weather is months away, this is the time to start planning for camp and finding the best fit, say child development experts. "You want to include your child from the beginning of the process," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College in Alexandria. "Explore options by following their interests. I like to ask kids 'What problem would you like to solve?' For instance, would they like to learn how to play basketball, how to make a rocket, how to see other galaxies, how to paint with acrylics, how to star in a play? These [questions] will point you in a direction that is good for both you and your child."

Local camps fairs such as the Northern Virginia Camp & Summer Fun Expo, offer access to a variety of both day and overnight options in one location. "We want parents to know that there are many different options out there, and they're going to find out all the specif-

ics about many camps," said Jacky Dooly, of Northern Virginia Camp & Summer Fun Expo and Washington Parent in Bethesda, Maryland. "There will be specific sports camps like swimming and martial arts. Maybe child has academic issues and they need to get caught up. If so, there are academic programs."

Before attending a camp fair, Dooly suggests that families prepare themselves, and there are questions that she recommends parents ask prospective camp officials. "Does the camp offer early morning care as well as later evening care?" she asks. "Find out information about the food that is offered at the camp. How much activity will your child get during the day? If you're interested in a particular camp, find out if it fits within your budget."

"I'd also want to know how they are going to keep your child safe, how they encourage participation, and the percentage of returning camp counselors and campers," added Lorente. "If you have a camp with



PHOTO COURTESY OF WASHINGTON PARENT

**Face painting will be one of the activities available at the Northern Virginia Camp & Summer Fun Expo.**





Camp fairs, such as the Northern Virginia Camp & Summer Fun Expo, give families an opportunity to see the variety of summer camps available.

PHOTO COURTESY OF WASHINGTON PARENT

high return rates that indicates that it is a place where people want to be.”

Mandarin immersion, public speaking and science exploration are among the choices that will be available this summer at BASIS Independent Summer McLean. Noting that this will be the camp’s inaugural summer, Asha Bruot, spokeswoman for McLean BASIS, says that there will also be “a traditional day camp for students in first through fifth [grades] with thematically-linked activities, classroom projects, outdoor games, drama, music, and art.”

“Summer camp should be a place for your child to explore, play [and] become,” said Lorente. “The school year has become so structured. I would want a camp that has embedded in it time for child-directed exploration [and] free-time.”

## For More Information

### 2017 CAMP & SUMMER FUN EXPOS

**Sunday, Jan. 29:** The Montgomery County Camp & Summer Fun Expo/Hilton Hotel & Executive Meeting Center/Rockville, Md.

**Saturday & Sunday, Feb. 25-26:** The Northern Virginia Camp & Summer Fun Expo/Dulles Town Center Mall, Dulles, VA.

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

**Kids4Peace Camp:** <http://www.k4p.org/chapters/washington-dc/>

**Tips on Trips and Camps:** (Feb. 12, 1-3:30 p.m.), Walt Whitman High School, 7100 Whittier Blvd. Bethesda, Md., 301-881-0547 or <http://tipsontripsandcamps.com/dc/>

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## NEWS

# Family Restaurant: McLean's 'Meeting Place'

FROM PAGE 5

Kapetanakis' uncles, George Vroustouris and Sam Sampris, who were both born in Greece, says Peter.

Patrons can order the traditional ham, bacon or sausage omelet or try something a little different, like the restaurant's Greek omelet with feta cheese, onions and tomatoes, or its signature M.F.R. omelet with gyro meat, feta cheese and tomatoes.

"Gyros and souvlakia are our main Greek dishes," George says.

Rizos Hadoulis, the restaurant's chef of 17 years, slices the meat for the restaurant's gyro platters and sandwiches fresh off a vertical rotisserie in the kitchen and serves it with warm pita bread, tomatoes, onions, feta, tzatziki sauce and French fries.

Souvlaki, which is meat marinated in garlic, olive oil, lemon and salt and pepper that is served on skewers, are served with pita bread, tomatoes, chopped lettuce, feta, tzatziki sauce and French

fries.

"We try not to cut corners and buy quality products," George says.

Many of the restaurant's patrons come back for years and years.

"It's a meeting place," George says.

Washington insiders like Former Speaker of the United States House of Representatives Newt Gingrich and Former Secretary of State Colin Powell would frequent the dining room once a week, according to the Kapetanakis brothers.

"It's been very satisfying for me for the restaurant to be successful for all of these years," says George. "It's because we're fair and reasonable to customers. We try to treat them like family."

George is looking forward to his retirement. He has two children, 30 and 28, as well as a son-in-law who are involved in the business.

"We'll be following the same formula for a while because people seem to like it, but my kids will take over eventually," he says.

## VIEWPOINTS

### How long have you been dining here and what have you ordered?

—FALLON FORBUSH

#### Bob Rosenbaum, 85, of McLean

"I've been coming since 2000 and I'm here six days a week, sometimes seven. Depending on breakfast or lunch or my mood, I'll get eggs or tilapia. Today I had an egg sandwich."



#### Larry Everett of Baltimore, Md.

"I've been coming out here for my business for the last 10 years. The staff is friendly and the price for the home-cooked food is reasonable. There's a lot of old people here, so they can't hear when I'm talking loudly," he joked. "I had the veal Burgundy special today and it was excellent."



#### Bob Babington of McLean

"I've been coming for about the last five years. Everything on the menu is good. I had tilapia with roasted potatoes and corn today. My favorite soup of theirs is the chicken noodle."



#### Hazel Day of McLean

"I come every day [for the last 15 years] and I get the same thing: crispy bacon, rye toast with strawberry jelly, scrambled eggs, grits and decaf coffee. It's convenient and I appreciate the service. They take good care of me."



#### Bette Peabody of McLean

"I've been coming for 24 years. It depends on the time of day, but I love their brunches. Coming from New Orleans, I like to go to a place that serves grits. It's important to me. They have the crispiest bacon in the area and the staff and family members are always friendly. I got the burger today."



#### Martha Beckington of Alexandria

"I've been coming here for the last 10 years to have lunch dates with my friend Cynn timer who lives in the area. I like that the booths are private and cozy. My favorite is the Eggs Benedict, so I usually get that. I always take some homemade soup to go because it's so good."



#### Carola Shulman of Washington, D.C.

"This has been my treat for the last 15 years. When I go to my doctor nearby, I get to eat as a reward when I'm done because I usually have to fast before my appointments. Because I don't make myself BLTs at home, I tend to get that. It's very good. They're not skimping on the bacon."



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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.

## WEDNESDAY/JAN. 18

**McLean Newcomers and Neighbors Monthly Luncheon** 11:30 a.m. Duangrat's Thai, 5878 Leesburg Pike, Falls Church, VA. Patrick Lucas of the Fairfax County Police Crime Prevention Unit will speak. Cost of the luncheon: \$22. To R.S.V.P. for the luncheon, e-mail Gloria Cohan, [gloriacohan@gmail.com](mailto:gloriacohan@gmail.com) by January 12. Prospective members are invited. [www.McLeanNewcomers.org](http://www.McLeanNewcomers.org)

## THURSDAY/JAN. 19

**"All For Aleppo" A Comedy Show To Benefit Those Suffering in Syria** Doors open 7 p.m. 8 - 10 p.m. Jammin Java 27 Maple Ave E, Vienna. Do you like to laugh and be a good person? Then this show is for you. Get a babysitter. Come be part of a wonderful cause. You won't regret it. 2016 has been a tough year, especially for the people of Syria. Thousands of people have been injured in the fighting. Thankfully, Doctors Without Borders have been there to provide aid and medicine to those in need. Please help us in supporting their efforts by joining us for a night of laughter and good will. 100% of the net profits from this show will go directly to Doctors Without Borders. Cost: \$15 [benafd@gmail.com](mailto:benafd@gmail.com) 571-230-9177

## FRIDAY/JAN. 20

**Closing Notice Inauguration Day MCC and The Old Firehouse** will be closed on Friday, Jan. 20, for Inauguration Day. The centers will reopen at 9 a.m. on Saturday, Jan. 21.

## SATURDAY/JAN. 21

**Shakespeare's "The Two Gentlemen of Verona"** 2 p.m.; Live music at 1:30 p.m. The Alden 1234 Ingleside Avenue, McLean. When long-distance love tangles the heartstrings of the play's title characters, it takes two clever women, a pair of devoted servants and a dog to make things right. Shakespeare tries out some of his most popular ideas for the first time in this early comedy. \$35/\$25 MCC tax district residents.

**Shakespeare's "Romeo and Juliet"** 7:30 p.m. The Alden 1234 Ingleside Avenue, McLean. With its ravishing language and uproarious comedy, "Romeo and Juliet" celebrates love's triumph and its trivialities. Verona's walls embrace the volatility of youth as well as the wisdom and restraint that often escape young and old alike. Admission: \$35/\$25 MCC tax district residents.

## SUNDAY/JAN. 22

**Thornton Wilder's "Our Town"** 2 p.m.; Live music at 1:30 p.m. The Alden 1234 Ingleside Avenue, McLean. A moving look at life in the small town of Grover's Corners, "Our Town" examines what it means to grow up. Through three acts: "Daily Life," "Love and Marriage" and "Death and Eternity," Thornton Wilder studies the deeply personal yet remarkably universal lives of the Webb and Gibbs families. This poignant American tale explores friendship, love and death, but most importantly, what it truly means to live. Admission: \$35/\$25 MCC tax district residents. ASC Ticket Package: Purchase tickets to all three plays and a pre-performance seminar, "Brush Up Your Shakespeare" on Thursday, Jan. 12, at 7:30 p.m. for \$88/\$60 MCC tax district residents.

## THURSDAY/JAN. 26

**"Arts Night Out"** 6:30 - 9 p.m. 1234



## 'Poema de Andalucía' at The Alden on Saturday, Jan. 28

**New York City's Flamenco Vivo Carlota Santana, one of the nation's premier flamenco and Spanish dance companies, comes to The Alden at the McLean Community Center (MCC) for a single performance at 8 p.m. on Saturday, Jan. 28. Tickets are \$35 for the general public, \$20 for MCC tax district residents. The theatre is located at 1234 Ingleside Avenue. Tickets are on sale now. For more information or to purchase tickets online, visit: [www.aldentheatre.org](http://www.aldentheatre.org) or call 703-790-0123, TTY: 711.**

Ingleside Avenue, McLean. MPA Exhibitions Director, Nancy Sausser, will guide us through the artwork on exhibit with an insightful Art Talk at 7:45 p.m. All proceeds from this benefit will be donated to local charities. Tickets are \$20 in advance or \$25 at the door. For more information and to order tickets visit [www.ndwc.org](http://www.ndwc.org).

## FRIDAY, JAN. 27

**McLean Art Society Meeting with Oil Painter Pattie Hipscher** 10 - noon McLean Community Center, 1234 Ingleside Ave. Ms. Hipscher teaches at the Washington Art League and is a recent recipient of an award from The Arlington Artist's Alliance for a portrait of her son. 703-790-0123.

**Old Firehouse Friday Night Trips Bazooka Ball Sports** 3:30 - 10 p.m. Join the staff at The Old Firehouse as they go to Bazooka Ball Sports to play two versions of indoor, paint-less paintball, using Nerf and airsoft balls instead of actual paintballs. Pizza, arcade tokens and two hours of Bazooka Ball are included in the fee. A signed waiver is required by Bazooka Ball for participation. \$40/\$30 MCC district residents.

## FRIDAY & SATURDAY/JAN. 27 & 28

**The Art of Marriage Friday** 6:45 - 9 p.m. Saturday 9 - 3 p.m.

When you were standing at the altar reciting your marriage vows, did you have any idea that marriage would be so complex? It probably didn't take you long to understand that your spouse is not as much like you as you thought. But figuring them out is more than just an equation. Marriage is more than a science; it's an art.

And like any art form, requires an investment of time, focused study and the right tools. If you need to soften some of the edges in your relationship, or want to brighten the landscape of your marriage, The Art of Marriage is for you. \$60 Early Registration by January 12. [viennapres.org/strengthen-your-marriage](http://viennapres.org/strengthen-your-marriage)

## SATURDAY, JAN. 28

**Virginia's Indian Tribes** 10 - 12 a.m. McLean Community Center 1234 Ingleside Ave. Most Virginians have no idea about the 11 present-day Virginia tribes, the issues they've encountered, or how they continue to thrive. For a fascinating look at their past and present the McLean Area AAUW invites you to hear Karenne Wood, a member of the Monacan Indian Nation and director, Virginia Indian Heritage Program, Virginia Foundation for the Humanities. Cost: free.

**"Flamenco 101: An Overview of Flamenco History and Styles"** 6:30 p.m. 1234 Ingleside Ave. A lecture and Q&A session with Flamenco educator Estela Vélez de Paredez that will deepen your understanding of flamenco dance and make your experience watching Flamenco Vivo/Carlota Santana much richer. \$5/\$3 MCC tax district residents.

**Flamenco Vivo/Carlota Santana** 8 p.m. 1234 Ingleside Ave. You'll forget all about the winter weather outside when Flamenco Vivo/Carlota Santana heats up The Alden. Flamenco Vivo brings an exciting evening of flamenco to the stage featuring accomplished artists from the U.S. and Spain. \$35/\$20 MCC tax district residents.

## SUNDAY/JAN. 29

**The Sixth Annual McLean Chocolate Festival**, 1 a.m. to 5 p.m. The McLean Community Center, 1234 Ingleside Avenue, McLean. The admission fee is \$2 per person. Children age six and under are admitted free. Buy treats to eat on site or stock up for Valentine's Day. Featured on the Festival Stage will be performances by Ukulele Phil and the Hula Kids at 1:30 p.m., and bluegrass music by Mike Mitchell and the Wildman's at 11:30 a.m. and 3:30 p.m. Ongoing demonstrations of colonial American chocolate-making will be presented by American Heritage, a Mars company. There will be plenty of free parking.



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## Here's What's Happening at MCC

### American Shakespeare Center Shakespeare Weekend @ The Alden



### Shakespeare's "The Two Gentlemen of Verona"

Saturday, Jan. 21, 2 p.m.

Live music at 1:30 p.m.

\$35/\$25 MCC district residents

### Shakespeare's "Romeo and Juliet"

Saturday, Jan. 21, 8 p.m.

Live music at 7:30 p.m.

\$35/\$25 MCC district residents



### Thornton Wilder's "Our Town"

Sunday, Jan. 22, 2 p.m.

Live music at 1:30 p.m.

\$35/\$25 MCC district residents

### Onstage @ The Alden

### Flamenco Vivo/ Carlota Santana

Saturday, Jan. 28, 8 p.m.

\$35/\$20 MCC district residents



### Just in Time for Valentine's Day!

### Better Than Bling Jewelry & Fashion Accessories Show

Saturday, Feb. 4, 10 a.m.-5 p.m.

Admission: \$5; Free, children age 12 or younger

### Onstage @ The Alden

### The Amazing Max

Saturday, Feb. 4, 2 p.m.

\$15/\$10 MCC district residents



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



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# I Think Therefore I'm Not

By KENNETH B. LOURIE



As much as I write a good game, and talk a good game, I don't think as good a game as I write and talk. As I sit and write this column, on Saturday, January 14, I am four days away from my regular, recurring, quarterly CT Scan, scheduled for Wednesday, January 18, followed up almost immediately by my normal post-scan, face-to-face appointment (I have had telephone appointments) with my oncologist two days later on Friday, January 20. As you all are reading this column, it's almost like real time, except you only know my feelings and some dates, but not the results/facts.

Nor do I, of course, as of this column's publication and of your reading it, and therein lies the reason for this column. Waiting, wondering, worrying and hoping is what I/Team Lourie will be doing for the next six days. And though we've all been through it before (nearly eight years of 'it'), enduring 'it' never gets any easier. In fact, it gets more difficult in a way. Partially because, given my original "13 month to two-year prognosis, this waiting for scan results shouldn't be happening. I can't help thinking that I'm borrowing time. I wasn't diagnosed as "terminal" for nothing. I was/am a stage IV, non-small cell lung cancer, meaning the cancer had (1) metastasized (spread) which is never good and (2) was inoperable, which is self-explanatory. Both of which determine a stage IV diagnosis thereby minimizing one's options. Ergo, my prognosis. Yet here I am, nearly eight years later, anticipating the results of my next CT Scan to learn whether I've been given another reprieve or another reminder of why I was diagnosed stage IV in the first place: tumor growth and/or movement.

Somehow, I must ignore the facts and the statistics, ignore the reality; and as Andy Dufresne said to "Red" in "The Shawshank Redemption:" Get busy living or get busy dying." Which as you regular readers know is what I try to do, or at least write like I try to do. And to friends and family, it appears to be what I'm doing. However, in my head, six days away from learning my fate (at least for the next three months until my next CT Scan/brain MRI), I am not exactly 'living' it. I'm stuck, more or less, between "why worry" and "what if?" As a consequence, I can't get out of my own way, sort of; heck, I can barely get out of other people's way.

Don't get me wrong. I'm not moping around "woeing-is-me;" that's not my nature. But I am having some difficulty deluding myself into thinking (living) that the next few days are somehow a random-type meaningless occurrence that will have no bearing on my life. Quite the contrary, it's everything. There's no more important time in my life than waiting for the results of the varying diagnostic tests that I have. And though I remain mostly asymptomatic now, (last week's column: "Slippery Hope" notwithstanding), I was also asymptomatic (generally speaking) when I was first diagnosed in February 2009. Consequently, feeling nothing does not provide the same comfort and joy as you might think. Granted, feeling symptoms would be worse. But considering that over the years feeling/not feeling symptoms have both lead to encouraging and discouraging results, I'm not comforted by anything until after my oncologist tells me if my warranty has been extended.

Feeling something, feeling nothing; I never know what to feel except fear — of the unknown, and for the next few days, my future is what's unknown. Living through that is always a challenge. If I've convinced readers and friends and family otherwise, all the better. Personally speaking, it's only easy writing and talking about it. Living it is another story entirely.

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

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# EMPLOYMENT

## BULLETIN BOARD

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

### SUNDAY/JAN. 29

**Home Seller Seminar: Become A Savvy Seller.** Free, no obligation, offered by Lyons McGuire Homes & Estates of Keller Williams Realty. Speakers include a professional stager, organizer, & photographer. Learn insider secrets to getting the most money for your home. 1-4 p.m. at Keller Williams, Great Falls, 774-A Walker Rd. Great Falls. RSVP: [LyonsMcGuire@LyonsMcGuire.com](mailto:LyonsMcGuire@LyonsMcGuire.com)

### FEBRUARY

**Free public service seminars -**  
-Decluttering: Feb. 2, McLean High School, 1633 Davidson Rd., McLean.  
-Aging in Place: Feb. 8, Falls Church H.S., 7521 Jaguar Trail, Falls Church.  
-Downsizing: Feb. 14, Marshall H.S. 7731 Leesburg Pk., Falls Church.  
-Retirement Communities Feb. 22, Madison H.S., 2500 James Madison Dr., Vienna.  
For more information and seminar registration go to [RetireeRealEstate.org](http://RetireeRealEstate.org), or call 703-772-3033.

**Fairfax-based non-profit Britepaths offers free Financial Education classes** and sessions at various locations in the Fairfax County area to low- and middle-income adults who reside throughout Northern Virginia. The offerings are free and open to the public, but reservations are required.

Below is a listing of our Winter/Spring offerings. A graphic with information is also available at: <https://britepaths.org/news/get-financially-fit-new-year>

### ONGOING

**Volunteers Needed.** PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: <https://prsinc.org/caring-volunteering/>. Questions? Email [lpadgett@prsinc.org](mailto:lpadgett@prsinc.org).

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).

The **Lewinsville Senior Center in McLean** needs a **Certified Arthritis Exercise Instructor.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit [www.scov.org](http://www.scov.org) or contact the Volunteer Coordinator at 703-281-5086 or email [volunteer@scov.org](mailto:volunteer@scov.org).

**Vienna Toastmasters.** 2nd and 4th Wednesdays from 7:30-9 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

### Sr. Project Engineer

HNTB Corp., Arlington, VA.  
Lead ITS and traffic engineering design.  
Reference job #1216-15060 & send resume to D. Harden,  
715 Kirk Drive, Kansas City, MO 64105.  
EOE.

### ST. STEPHEN'S & ST. AGNES SCHOOL is hosting an EDUCATOR OPEN HOUSE

**Saturday, January 21 at 9:00 A.M.  
Presentation begins at 9:20**  
Learn more about teaching at our school and finding jobs in private schools. Teachers of diverse backgrounds and experiences are encouraged to attend.

Register online: [www.sssas.org/educator](http://www.sssas.org/educator)  
1000 St. Stephen's Rd., Alexandria, VA 22304  
703-212-2284

### PRESCHOOL CLASSROOM AIDE POSITION

**KIDDIE COUNTRY  
Developmental Learning Center**  
9601 Old Keene Mill Rd, Burke, VA 22015  
email: [kiddiecountryii@aol.com](mailto:kiddiecountryii@aol.com)

We are looking for a kind, caring individual who loves children and is interested in assisting in the care and development of preschool age children. Applicants must be committed to excellence in the classroom and the positive and appropriate implementation of a planned high quality program. Split position 9:00am-1:00pm and 3:00-5:30 or 6:00pm M-F  
703-644-0066 EOE

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### EMPLOYMENT

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or call Andrea @ 703-778-9411

### ZONES

- Zone 1:** The Reston Connection  
The Oak Hill/Herndon Connection  
**Zone 2:** The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/Lorton Connection  
**Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette  
**Zone 4:** Centre View North  
Centre View South  
**Zone 5:** The Potomac Almanac  
**Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

### 26 Antiques

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### 26 Antiques

### 21 Announcements

### 21 Announcements



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### 21 Announcements

**ABC LICENSE**  
JD Sisters, Inc., trading as Aroma Indian Cuisine, 4052 Campbell Ave. Arlington, VA 22206. 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.  
Jyoti Chhatwal, President  
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

### 21 Announcements

### 21 Announcements

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### 21 Announcements

### 21 Announcements

### 21 Announcements

**HORSE WORLD EXPO**

**January 20-22**

**MD State Fairgrounds • Timonium, MD**

Over 400 booths of products & services for horse owners and horse lovers. Multi-breed demonstrations, Stallion Avenue, Breed Row & more!! Seminars by National Clinicians and Family Friendly Entertainment

[www.horseworldexpo.com](http://www.horseworldexpo.com) Information: 301-916-0852

### 21 Announcements

### 21 Announcements

### 21 Announcements

### 21 Announcements

**ESTATE SALE - LOG HOMES**  
**PAY THE BALANCE OWED ONLY!!!**

**AMERICAN LOG HOMES IS ASSISTING FINAL RELEASE**  
OF ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

**3 Log Home kits selling for BALANCE OWED, FREE DELIVERY**

1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000  
2) Model # 303 Little Rock \$38,525...BALANCE OWED \$15,000  
3) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

**BEFORE CALLING: VIEW at [www.loghomedream.com](http://www.loghomedream.com)**  
Click on House Plans

**NEW - HOMES HAVE NOT BEEN MANUFACTURED**

- Make any plan design changes you desire!
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**JUST  
LISTED!**

**509 Timber Lane, Falls Church City \$979,000**

*Fantastic cape cod in Falls Church City!*

Featuring 3BR/2 full BA all updated with spa-like finishes. Gourmet kitchen with stainless steel appliances, Wolf range, crystal cabinets, eat-in dining space and separate formal dining room. French door walkout to huge entertainer's patio & yard! Upper level with sitting area/office space, two bedrooms including owner's suite. Gorgeous bath w/ claw foot tub & dual vanities!



**\*OPEN\*  
Sun. 1/22  
2-4pm**

**704 Live Oak Drive, McLean \$1,449,000**

*PHENOMENAL 5BR/4.5 BA on .61/acre lot*

boasting private and treed oasis-like views! Gourmet island kitchen with stainless steel, granite and bar seating plus breakfast area; family room with wall-of-windows and 2-story ceiling; owner's suite with walk-ins and luxury full bath; spacious walkout lower level includes rec room, office and media room!

**Super location; Langley School District!**



**1821 Westmoreland St., McLean \$1,299,000**

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

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